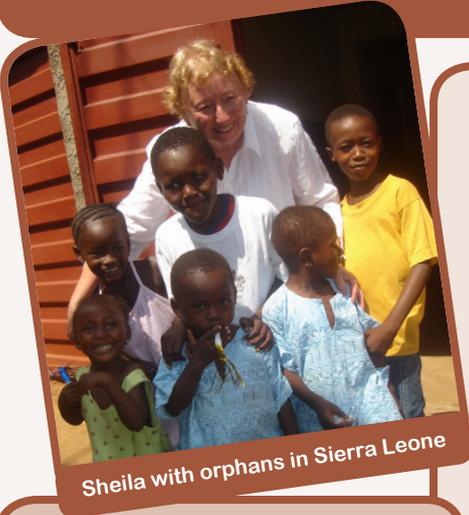


# Newsletter

## Autumn 2011



Sheila with orphans in Sierra Leone

### She is gone

You can shed tears that she is gone  
Or you can smile because she has lived  
You can close your eyes and pray that she will come back  
Or you can open your eyes and see all that she has left  
Your heart can be empty because you can't see her  
Or you can be full of the love that you shared  
You can turn your back on tomorrow and live yesterday  
Or you can be happy for tomorrow because of yesterday  
You can remember her and only that she is gone  
Or you can cherish her memory and let it live on  
You can cry and close your mind, be empty and turn your back  
Or you can do what she would want: smile, open your eyes, love and go on



David Harkins 1981

### Love and go on

On 13<sup>th</sup> October 2011 at Surbiton Hill Methodist Church people from all over the world came together to celebrate Sheila's life. Her life was full of very different parts, all representing her skills and gifts.

A mathematician who became a mother, musician, tennis player, Methodist steward, dedicated trustee of the Princess Alice Hospice and The Shepherd's Hospice, Sierra Leone and active committee member at Help the Hospices.

Tributes to all her walks of life were given by those who worked alongside Sheila. From these tributes it became clear that Sheila's dedication, eye for detail and her understanding of humanity were going to be sorely missed. In his tribute Sheila's husband Michael said he had "lost his best friend". All those present felt they too had lost a dear friend.

Sheila's life was celebrated in word and music, reflecting her life. The service ended with all singing The Hallelujah Chorus.

### Gabriel's Visit

Gabriel's prime reason for visiting was, of course, to pay tribute to Sheila and to speak at her memorial service. Gabriel stayed with Jacqui and Roger Boulton. However, as Sheila would have wanted, we were keen to make the most of his time with us in the UK. The 5 days following Sheila's thanksgiving service were exhausting but rewarding.

Friday saw a 2.5 hour trustees meeting - there is certainly no substitute for being able to meet with Gabriel face to face! This was followed by a lovely lunch at Ruth's to welcome Liz our new trustee. Lunch included toasts to Sheila, Liz, the Queen and Gabriel singing the Sierra Leone national anthem with Liz mentioning that there is a Welsh one! In the evening a funding proposal by Velindre Trust Consultants for care of children with Burkett's lymphoma which will involve TSH was discussed.

Saturday included a trip to the Maple Road farmers market (he certainly saw the sites!), tea at Surbiton Methodist tennis club and an impromptu performance by Gabriel and Jacqui at a concert to support Christian Aid!

Sunday - after church Michael and Nicola (Sheila's eldest daughter) joined us for lunch followed by a meeting with a trustee from another charity that is planning to work in Sierra Leone to improve cancer care.

Monday - a trip to St Raphael's Hospice, a radio interview at the BBC Africa World Service, meeting at Help the Hospices and a whistle stop tour of the House of Commons and then dragged out again in the evening for a curry!

Tuesday - lunch at King's College with Mairead Shaw a nurse from the USA currently doing the Diploma in Tropical Nursing. Subject to funding she and her husband (also a nurse) have volunteered to work at TSH for 1 year. Onto King's College hospital to meet with King's Global Health, who following work in Somaliland are turning their attention to Sierra Leone. Useful discussions were followed by a tour of the Dame Cecily Saunders Institute (founder of the modern hospice movement). The evening was spent writing for this newsletter as one of the major issues in SL is the unreliability of the internet. We were anxious to get this whilst Gabriel was here! Then we packed and labelled dressings etc. to take back to TSH.

Wednesday - an exhausted Gabriel was returned to the airport leaving us all with much food for thought!

### For your diary...

14<sup>th</sup> December 2011

Carol Singing

6 - 7.30pm

at Surbiton Station

27<sup>th</sup> April 2012

Quiz Night

7.30pm

at Claygate Day Care Centre

## The UK Friends of The Shepherd's Hospice, Sierra Leone

9 Tower Gardens Claygate Surrey KT10 0HB Tel. 01372 462119 Registered Charity Reg. No. 1113653

e-mail: ukftsh@btinternet.com website: www.ukftsh.org.uk

## Sierra Leone, moving on with vigour

by Gabriel Madiye, Director of TSH

I bring you greetings from Sierra Leone, country and people who are looking forward to national parliamentary and presidential elections in 2012. The past is not a story many Sierra Leoneans want to recount for fear that it may bring back memories of sadness and hate, where humans resorted to desperate measures.

Yet the Shepherd's Hospice is part of this community and will never extricate herself from the happenings around her, either political or economic. We are slowly progressing as a country as evidenced by recent developments in National Health care policy, electricity, food security, Communication and road construction. As friends you are motivated by the spirit of care and compassion, donating pounds and energies to support poor and vulnerable patients who cannot otherwise have received care.

I will like to assure our friends that the morphine project has progressed as planned with much wonderful lessons learnt. A second consignment of morphine has been imported, convincing that the service has the required capacity to handle and dispense the drug. Through this program, 129 patients have been reached with pain relief. Against this progress, we are planning the future of the Hospice. During my visit, a five-year plan was discussed with trustees of UK Friends.

Strengthening health systems ensuring palliative care skills are developed and integrated into the public health service and ensuring training for nurses and undergraduate Medical Officers in palliative care in the classroom and placement with the Hospice. The Hospice has committed itself to the construction of an in-patient palliative care.

Collaboration with Centres of Excellence and Community Participation and Local Involvement. We recognize the increased investment in the local economy in Sierra Leone over the last four years which may help with funding. Whilst we continue to discuss our way forward along this path, we request our Friends in England and elsewhere to continue their support to keep the community palliative care going, breaking the shackles of pain and restoring souls to freedom and dignity.

### The Community Palliative Care Team, The Shepherd's Hospice

The Community Palliative Care Team (CPCT) continues to offer free health care to people with HIV/AIDS, TB, Malaria and cancer. Community Health Officers (CHO), nurses and volunteers provide home visits and clinics. The medication funded by UKFTSH is dispensed as well as oral morphine for pain control. Adherence to anti-retroviral medication and TB medication is monitored. Close co-operation between the Freetown hospitals and the hospice has resulted in more patients benefiting

from the hospice's palliative care. A CHO has received training in Uganda and the hospice offers training to medical and nursing students. Stigma associated with cancer and HIV/AIDS is slowly being worn away, however patients often present late due to preconceived ideas about the causes of illness. The UKFTSH continues to fund the team's salaries, medications and the patient support fund making it possible for people to attend hospital clinics to obtain correct diagnoses.

### Fundraising Activities

#### SS LUNCHES NOVEMBER 2010

Lunches in differing styles and various locations again took place with guests making generous donations to support the work of TSH – an amazing total of £2641. Thanks to all hosted and all who ate!

#### CAROL SINGING DECEMBER 2010

Once again our melodious sound seemed to be appreciated with £402 collected. Thanks to all and hope to see you next month for more singing!

#### ANNUAL QUIZ APRIL 2011

Although very grateful to Princess Alice for formerly hosting the quiz, the popularity of this event meant a new larger venue was needed. The Claygate Daycentre proved an excellent venue. Congratulations to 'Great Expectations' on a clear win

(and subsequent production of baby Leo by one of its members with great expectations!). Huge thanks to all, especially Malcolm and Peter. The evening raised over £1000.00.

#### OPEN GARDENS JULY 2011

This was a true test of British Grit and support for the cause and you did not let us down! Despite the rain there was an excellent turn-out and even a guest appearance by the sun for an hour! Thanks to all who turned up, sent donations and completed the treasure hunt (no mean feat). Huge thanks to the Thorpe family for all their hard work to make this event so successful raising £803.17.

#### TENNIS SUPPER JULY 2011

Rain did manage to thwart the planned tennis tournament but, undeterred Liz and Clive laid on a great evening of food, table tennis and dance raising £254.

## UKFTSH Trustees

Sheila was a formidable chairman of UKFTSH and the committee is determined to continue her work. We have shared out the roles and recruited a new trustee.

The new committee is:

Chairman: Ruth Cecil  
Secretary: Kathryn Ingham  
Treasurer: Michael Hurton  
Liaison: Jacqui Boulton  
New Funding Sources: Liz Rose

Photo below shows Gabriel with the trustees



## Introducing Liz Rose

Liz was born in Wales and has lived in Surbiton for 20 years. She had a successful career with a leading UK insurance company before giving up work to raise her three children.

Liz became aware of the Shepherds Hospice through Surbiton Hill Methodist Tennis Club, whose members also included Sheila, Jacqui and Kathryn and she has previously organized social events where the profits have been donated to UKFTSH. She is looking forward to becoming more involved in future fundraising.

## Can you help?

Does your child attend a school which might consider funding TSH?

We are looking for corporate funding.

Does your employer have a charitable department?

Does anyone have access to free printing?

Could you put on a local funding-raising event?

UKFTSH can always supply speakers

**And finally...**

As always our heartfelt thanks to you for all your support.

On behalf of Michael, Jacqui, Kathryn, Liz and Ruth.