

Autumn → Winter
2025

Life

St Columba's



Light up a Life 2025

Dedicate a light on our Trees of Remembrance

Cammy's Story

Six weeks that meant everything

Feel Good, Do Good

A first look at Manor House Therapies

stcolumbashospice.org.uk

Hospice Care

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Keep in touch:

e info@stcolumbashospice.org.uk

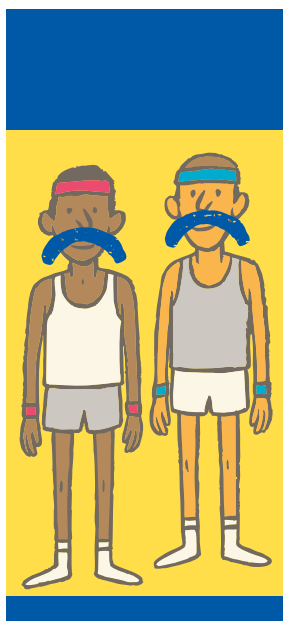
→ 15 Boswall Road
Edinburgh, EH5 3RW

t 0131 551 1381



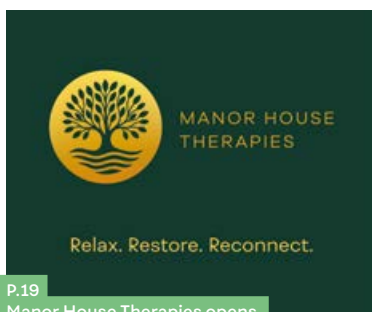
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Welcome!

to the Autumn/Winter
2025 edition of Life
magazine.



As 2025 draws to a close, we're reflecting on a year shaped by compassion, creativity and community.

This year, we were deeply saddened by the passing of Sir Tom Farmer – a long-standing friend of St Columba's Hospice Care and a passionate supporter of our Light Up a Life appeal for over 20 years. His kindness and generosity touched many, and his legacy will live on in the work he

helped make possible. You can read more about Sir Tom and his incredible contribution on page 16.

Thanks to your incredible support, the Hospice has continued to provide expert, heartfelt care to patients and families across Edinburgh and the Lothians. Your generosity has also helped bring exciting new projects to life – from the opening of our innovative Furniture Centre in Bonnington, to our new Bookshop and Café in North Berwick, to

the development of a wellbeing-focused social enterprise that's already making a difference.

Initiatives like these aren't just about the here and now. They're part of our long-term vision to build a sustainable future, so we can continue offering vital care to those who need us – for generations to come. Read more about Manor House Therapies on page 19.

This winter, our Light Up a Life appeal shines brightly with Cammy's



P.13
Light Up a Life is
back this December



P.26
We light a light in memory of our
tireless supporter Sir Tom Farmer

story. At just 17, Cammy is courageously sharing his journey in memory of his mum, who died earlier this year. His strength and love capture the very heart of hospice care, ensuring no one has to face illness, loss or grief alone (page 13–14).

Looking ahead, we can't wait for our sold-out Circus Black Tie event, following the success of last year's unforgettable Vegas Ball. With dazzling

prizes and spectacular entertainment, it's set to be a night to remember. And even if you're not joining us in person, you can still be part of the excitement – keep an eye out for our online auction site going live, packed with amazing prizes and open to all.

As we head into the festive season and a new year full of hope, I'd like to personally thank you for standing with us. Your

kindness ensures that expert, compassionate care is always here, whenever it's needed most.

Wishing you all a wonderful Christmas and New Year,

Jackie Stone
CEO

P.s. When it comes to delivering world class palliative care, your feedback is invaluable to us. We want to know what's important to you. So, if you have comments or concerns about any aspect of our service please get in touch by emailing info@stcolumbashospice.org.uk.

Bonnington's best-kept secret?

In July, we proudly launched an exciting new addition to our retail family – the Furniture Centre, now open at Bonnington Industrial Estate! Bursting with high-quality furniture, artwork, and decorative treasures, it has something to suit every style, space, and budget. Since opening, it's become a go-to spot for bargain hunters, with fresh stock arriving regularly from generous supporters (including hotels and even the Royal Yacht Britannia!).

So, whether you're furnishing a flat or hunting for a hidden gem, pop in for a browse – you never know what you'll find...

OPEN

Tues-Sat:
10am-5pm

Sunday:
11am-5pm



Hospice news

Introducing Manor House Therapies



We're excited to launch Manor House Therapies this month – a new wellbeing space offering massage, reflexology and aromatherapy. Open to the public, every treatment helps fund hospice care in our community. It's self-care

with real impact. Just in time for Christmas, you can also pick up gift vouchers – perfect for treating someone special to some well-deserved relaxation.

Find out more on page 19 or visit online at manorhousetherapies.org.uk



**MANOR HOUSE
THERAPIES**



A spectacular summer with the Tattoo

We had a fantastic time working with the Royal Edinburgh Military Tattoo this summer and hope everyone who attended enjoyed the show as much as we did! A special shout-out to our amazing

volunteer Liz Gallagher, who was recognised as a local hero during one of the performances – a proud moment for Liz and for all of us at the Hospice. We're deeply honoured to have been chosen as a

beneficiary of the Tattoo's 75th Anniversary Appeal, a powerful gift that will help us reach even more people with the expert, compassionate care they deserve, thanks again to all who voted.

Our 2024/25 Impact Report is here

We're proud to share our latest Impact Report, 'Inside Out' – now available to read online. Packed with highlights from the past year, it celebrates the moments of proud achievements, and incredible support that made it all possible. You'll also find a series of short videos featuring members of our team sharing what makes the Hospice so special, in their own words.

Read it now at
stcolumbushospice.org.uk/who-we-are/how-we-run/key-documents



Community corner

This summer, we've seen extraordinary acts of kindness from our community and corporate supporters, each one helping to make a real difference to patients and families across Edinburgh and the Lothians. Here's a look at just some of the wonderful things that have taken place.

Streaming for good - Liam's fundraising milestone



Our very own Liam (aka Docy93) reached an amazing milestone this year, raising over **£25,000** through his streaming events. Thank you to Liam and his supporters for such inspiring dedication.

Glen2Gulf: An epic challenge in memory of Christine



In July, Hugh Harley and friends Jack, Algie, and Zack took on an extraordinary triathlon-style challenge in memory of Hugh's mum, Christine. The Glen2Gulf Challenge saw them cycle **90km** from Crianlarich to Crinan, swim 1.5km through the powerful Gulf of Corryvreckan, and run 27km across the Isle of Jura. They completed the **118km** journey in a single day, raising over **£11,000** for the Hospice – an incredible effort in memory of a much-loved mum.

A morning of coffee and community



Thank you to the Friends of Starbank Park, who hosted a joyful coffee morning in August raising **£1,050.50** for the Hospice. With face painting, cakes, games and plants, it was a real community celebration. Christine, one of the Friends, said: "We were delighted to host such a successful event and hope it becomes a regular fixture in the park." We hope so too!



Glen 2 Gulf swimmers at the Gulf of Corrywreckan.
(Photo credit: Konrad Borkowski)



Fringe by the Sea,
in East Lothian

On stage at Leith Theatre



We were honoured to be chosen as the beneficiary of Leith Theatre's Fringe production of 'Calendar Girls' this summer. The cast even created a charity calendar, which was sold at performances, helping raise an incredible **£3,591.84** in total. Our thanks to everyone involved for their creativity and generosity.

East Lothian moments

This summer, we hosted a warm afternoon tea for people living with dementia and connected with new and familiar faces at Fringe by the Sea. Thank you to everyone who came along to support us.



Get Involved!

Contact us to get involved! Learn more about the Hospice, or let us know your fundraising ideas. Email **fund@stcolumbashospice.org.uk** or call **0131 551 1381**.

The past few months have brought some remarkable support from our corporate partners, showing how much can be achieved when local businesses get behind a cause they care about.

Corporate corner

Amazon supports Manor House Therapies

We're excited to be launching **Manor House Therapies**, a new social enterprise that helps fund Hospice care. Thanks to the generosity of Amazon, the space has been beautifully finished with calming items like diffusers, soft lighting,

and natural décor – all donated in full after our team reached out for support. Their generosity has helped create a welcoming, professional environment for future clients and every treatment booked helps fund our care.



Walking in memory of Sarah - Links Vet Group

In an incredibly moving show of support, the team at Links Vet Group walked **26 miles** in a single day, visiting all their East Lothian practices to raise funds for the Hospice in honour of their much-loved colleague Sarah, who had recently been diagnosed

with incurable cancer. Since then, we were deeply saddened to hear of Sarah's passing. Our thoughts remain with her family, friends, and colleagues. The walk raised an amazing **£22,000** and was a powerful tribute to a remarkable woman.

Feeling Inspired?

Whether you're part of a business, community group, or team of friends, we'd love to help you turn your ideas into impact.

Contact us at **fund@stcolumbashospice.org.uk** to get started.

This festive period, your gifts can carry a little bit of extra meaning, if you buy from St Columba's. Whether it's from one of our high street shops, our furniture centre, or our digital platforms like Ebay, Vinted and our Shopify store, every single pound helps the Hospice. Here are a few of our favourite seasonal gifts in the Iona Café now!



1
Cute tree shelf sitter
£5.50

Add a playful touch to your décor this year with this cute Christmas tree shelf sitter, complete with shiny star at the top!



2
Mixed Spice Candle from Gisela Graham.
£12.99

One of our favourite things about Christmas is the unique scents that remind you of festive periods gone by. With this scented candle, you can fill your home with the scent of Christmas cheer throughout the holidays.



3
Baubles
£6.99

Why not give your tree a little bit of extra Christmas spirit with baubles that benefit the Hospice? Think Santa Claus for a good cause.

Top 5 gifts for Christmas!

4
Calendars
£6.00

This year we have two calendars for you to choose from, one featuring art from our annual exhibition at the Hospice, and another, special edition, made up of artwork created by our patients and their families.



5
Amusables Gingerbread House
£45.00

Bring festive cheer home with this irresistibly cute Gingerbread House. Made from soft biscuit-toned plush, it's decorated with embroidered icing, colourful suedette sweets on the roof, and a charming textured wreath above the door.



Curious about Living and

Roddy Fergusson and Becky Chaddock from our team recently took part in a powerful and thought-provoking session titled "How to Die Well", as part of the Curious Festival hosted by the Royal Society of Edinburgh.

We all hope to live well, and, when the time comes, to die peacefully and without suffering. This session explored just that: how we can live and die with greater awareness, support, and compassion.

Led by Professor Scott Murray, and facilitated by Roddy, the discussion looked at how experiences of dying have changed over the last century, and what

we can learn from different illness journeys today. Attendees considered how physical, social, mental, and spiritual wellbeing all play a role in end-of-life care.

Becky Chaddock guided participants through simple but meaningful ways to prepare – from using formal tools like Future Care Plans to simply talking with loved ones about what matters most. Whether it's our favourite music, how we take our tea, or who should care for our pets, these conversations really count.

Over 40 members of the public attended, each leaving with new insights and a deeper curiosity about living and dying well. If you're now curious to find out more, email rchaddock@stcolumbashospice.org.uk.





Dying Well?



17-year-old Cammy Hannaford from Leith shares his experience of hospice care. His mum, Gillian, was just 51 when she found out her cancer was terminal - only days before Christmas.



Cammy said: "We always thought Mum would end up at the Hospice, but we didn't know when. She was diagnosed with cancer in August last year and we found out it was terminal on 20th December. By April, she wasn't able to get out of bed without help. At that point, the Hospice at Home team had been coming out to support her. They spoke to Mum and Dad about the benefits of being an inpatient, with round-the-clock care, and she was admitted to the ward that same month.

"It was difficult not having her at home, but it was good knowing she was being well looked after. It's not far from where we live, so my younger brother and sister and I could easily get the bus to visit - even during the school holidays, or if Dad was working.

"If I'm honest, I expected it to be depressing - it's where people die, right? But it's not like that at all, it's a much happier place than you would expect. The staff are nice and always explained things clearly for us. When Mum moved from a shared room to her own, we decorated it with pictures to make it feel more like home. My Mum and younger sister even had massages.

"My wee brother and I started coming in weekly to talk to someone in the Child and Family Support Team. For me it's been a huge help. Even though I've spoken to family and a bit to my friends, what's said in there stays in there. I can get stuff off my chest and not worry about it as much. My Dad has recently started coming in too.

At first, doctors gave Gillian a prognosis that stretched to June. But her illness

progressed much faster than expected. She had a brain tumour, and over time it changed her personality in ways that were hard for Cammy to watch.

"If I had to pick one word to describe Mum, it would be 'unfiltered.' She was funny and said what she thought! But as the tumour affected her, she spoke less. She seemed a bit livelier once she came to the Hospice, but it was still strange for me to see the change in her personality. She started losing her appetite not long after the diagnosis and by then wasn't really interested in food either. It was hard to see her fading in that way.

"My Mum and Dad met when they were just 19 and 20, and we've always been a close family.

This Christmas, your light can bring comfort, care and lasting memories to families like Cammy's.



Cammy, top right, with his family in Santa Ponsa

"The Hospice gave us time to be together at the end of Mum's life, and I'll always be grateful for that. She was here for six weeks, and those weeks meant everything.

"Since then, I've tried to give something back. This year, I ran the Scottish Half

Marathon in memory of Mum and raised £3,275 for the Hospice. It felt like a way to honour her and help other families get the same care we had.

Now, as he begins a plumbing course at college, Cammy is moving his counselling sessions to every fortnight. But the support continues, just as

it will for his family long after Gillian's death. Next year, the family plan to return to Santa Ponsa, their favourite holiday spot, to scatter Gillian's ashes on the beach.

"Mum always wanted a house abroad. This feels like a way of giving her part of that dream."

By supporting our Light Up a Life appeal, you can help families like Cammy's receive expert care, counselling and comfort when they need it most. Together, we can ensure no one faces illness, loss or grief alone. To dedicate a light to a loved one, return the appeal leaflet enclosed with your magazine, call **0131 551 1381** or visit **stcolumbashospice.org.uk/LightUpaLife**.

Every year, we join with hundreds of people in our Hospice community to remember and celebrate the lives of our loved ones. This is an opportunity for everyone to remember someone they love, whether you have any prior connection with the Hospice or not.

During our services, the lights on our Christmas Tree of Remembrance will be lit, symbolising the lives of those we are remembering.

Your gift will not only Light up the Life of your loved one, but it will also help care for our patients and their loved ones this Christmas.

We hope you can join us at one of our Light up a Life ceremonies.



Light up a life

£10



£10 could provide a delicious Christmas dinner freshly prepared by our chefs, bringing a moment of joy over the festive season.

£30



£30 could pay for a session with a chaplain or counsellor for patients and their families offering comfort, guidance or simply someone to listen.

£50



£50 could provide an hour of nursing care at home or in the community to offer pain and symptom relief.



Our Tree of Remembrance
in Charlotte Square Gardens

Dedications can be made throughout the festive period, and our Trees of Remembrance will remain lit in Charlotte Square Gardens (from **Monday 1st December**) and St Mary's Pleasance Gardens, Haddington (from **Thursday 4th December**) into the New Year.



£100 could provide a patient and their loved ones with a meaningful wellbeing session to create precious memories this Christmas.

For more information,
please see the enclosed
leaflet, call **0131 551 1381**
or email **fund@**
stcolumbashospice.org.uk

Hospice events



EVENT HIGHLIGHT:

Wendy's kiltwalk experience

Wendy Harrison, our Education PA, laced up her walking boots earlier this year to take on the **Mighty Stride (21 miles!)** at the **Edinburgh Kiltwalk**, all in support of the Hospice.

Wendy, said: "The Kiltwalk was such an amazing event to take part in. The atmosphere was brilliant from start to finish, and there were plenty of fab snacks handed out along the route to keep us going. When we reached the finish line, we felt a huge sense of achievement, but more importantly, we'd raised money for a cause that really matters. If you're thinking about it - go for it! It's fun, it's uplifting and it's a great way to make a difference!"

Feeling inspired? Kiltwalk 2026 is already on the horizon - and we'd love to have even more hospice heroes join Team St Columba's!
Email: fund@stcolumbashospice.org.uk today!

Looking for a way to support the Hospice, but not sure where to start?

We host a wide variety of events throughout the year - from sponsored runs and ceilidhs to pub quizzes, afternoon teas, and art exhibitions. Whether you're sporty, creative, or simply love a good get-together, there's something for everyone to enjoy, all while supporting vital hospice care in your community.

Scan the
QR code to
see what's
coming up!



Meet the team

Regular visitors to the Iona Café may have spotted a new, but familiar face behind the counter.

Aneta Rafa recently stepped into a new role leading the Café, having moved over from our kitchen team. Though she's new to the Café, Aneta is a well-known presence around the Hospice, with over 15 years of dedicated service. We caught up with her recently so you can get to know the person bringing warmth (and great coffee!) to your visits.



So, Aneta, what's your favourite thing about your new role?

I love meeting so many people. I really enjoy the conversations I have with all our visitors and patients and being able to support their families too. Every day is so different, which is great - you never quite know what it will bring, and I like that!

Outside of work, what do you do for fun?

I like to run - I've done three half marathons for the Hospice, which still makes me laugh because I never enjoyed PE at school! I also volunteer at our Morningside shop on Sundays, which I love. It's a

great way to stay connected and give back in a different way.

That's fantastic, you're even supporting the Hospice in your free time!

Haha, yes I am! I've actually signed up to do a sponsored skydive next May with John from Fundraising too. I'm terrified of heights though, so I'm already a bit nervous at the thought, but it's for a great cause, so I'm trying to be brave!

Well, when you have a moment to take things a little slower here, do you have a favourite cake

or sweet treat that you'd recommend to visitors?!

Honestly, everything is good - I like it all! But I did have a banoffee scone this morning that was excellent... I'd definitely recommend giving it a try!

Iona Cafe
opening hours:
**9-5pm
daily**

Relax. Restore. Reconnect...

...At Manor House Therapies

Manor House Therapies is our new social enterprise located within the tranquil setting of the Hospice's historic Manor House (17 Boswall Road).

Launching this Autumn, our wellbeing space offers a range of holistic therapies - including massage, reflexology, Reiki, aromatherapy and counselling services - all delivered by qualified professionals.

Open to the public, Manor House Therapies provides a peaceful space for relaxation and self-care, with all proceeds reinvested into hospice care. This

innovative model not only enhances community access to therapeutic services but also helps fund compassionate end-of-life care for patients and families across Edinburgh and the Lothians.





MANOR HOUSE THERAPIES



Jackie Stone, CEO:

"This new initiative is helping us to redefine what hospice fundraising can look like. It's a perfect example of social enterprise meeting social impact."

Backed by a generous £32,700 grant from the Wolfson Foundation, Manor House Therapies reflects the hospice's commitment to sustainability, innovation, and community wellbeing. Whether you're seeking stress

relief or simply a moment of calm, Manor House Therapies offers a meaningful way to care for yourself while supporting others.

We're delighted to be partnering with Scottish organic skincare brand, ishga and Cornwall's Made for Life Organics to offer a tailored treatment menu and retail offering in our spa.

The Manor House
Therapies team

For more information and opening times visit
www.manorhousetherapies.org.uk

2024 / 2025 OUR YEAR IN NUMBERS

Every donation, every hour volunteered and every act of kindness powers our work. These figures show the difference we've made together over the past year...



TOTAL
INCOME
£12.08M



8,115

FACEBOOK
FOLLOWERS

345

PEOPLE
ACCESSED OUR
WELLBEING
SERVICES

3,309

ONE-TO-ONE
COMPASSIONATE
COMMUNITIES'
INTERACTIONS



339

PEOPLE RECEIVED
COMPLEMENTARY
THERAPIES



TOTAL
EXPENDITURE

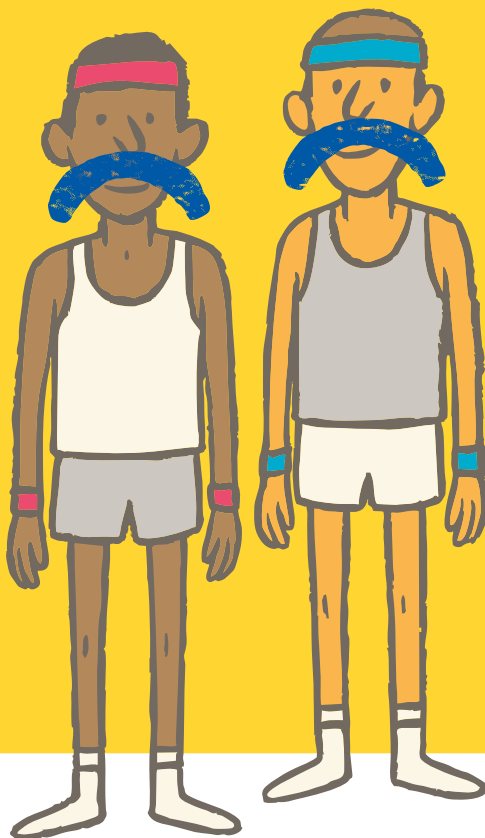
£14.44M



25%
INCREASE IN
ADULT COUNSELLING
+ BEREAVEMENT
SESSIONS



21%
INCREASE IN
FUNDRAISING
INCOME





1,562
PEOPLE SUPPORTED
ACROSS ALL
SERVICES

373
PEOPLE
SUPPORTED
TO DIE AT
HOME



294
INPATIENT
ADMISSIONS

643
VOLUNTEERS
THROUGHOUT
THE HOSPICE COMMUNITY
AND CHARITY SHOPS



Volunteer News

It's been a successful few months for our Volunteer Services team, with awards and milestones galore!



In June, Julie Golding, our Volunteer Manager was awarded the Paul Bennett Volunteer Manager of the Year Award at the City Chambers. We were delighted to see Julie's tireless enthusiasm and constant cheer rewarded at the ceremony! Managing almost 650 volunteers is no mean feat, and we're sure you'll all join us in congratulating Julie.

In September, the Long Service Awards were held in Fidra, and staff from the Intercontinental George Hotel were on hand to serve tea and cakes to attendees. The awards recognised over 620 years of volunteering in total, including a 40-year award for Nancy Mackenzie! Well done to all of the volunteers who achieved milestones this year and thank you to all our volunteers for your continued service.



Recently, past and present staff and volunteers also came together to celebrate an incredible milestone for Tommy Dalglish, our longest-serving volunteer. Tommy has been giving his time to the Hospice since 1980, clocking up an amazing 45 years of service. The event was filled with laughter and fond memories as stories were shared, tributes paid, and old friends reunited in honour of his remarkable dedication.

In memory of Sir Tom Farmer

A lasting light



Sir Tom, with wife,
Lady Anne, attending a
Hospice fundraising event

This year, we light a light in loving memory of our dear friend and tireless supporter, Sir Tom Farmer, following his death in May. Sir Tom was more than a philanthropist – he was a compassionate presence at the heart of St Columba's Hospice Care. From 2003 until 2023, he stood beside us as one of our most committed champions, helping to raise vital funds and awareness through our annual Light Up a Life appeal. Together with his wife Lady Anne, Sir Tom contributed over £400,000 to our work and the appeal itself has now raised over £2 million, a testament to his lasting impact.

His words capture the depth of his connection:

"Regardless of our personal position or achievements in life, when we near the end of our days we all need to turn to the professionals who can ease our journey and support our loved ones... I have had cause to visit loved ones at St Columba's and have always left with a feeling of gratitude for the warmth of welcome I received and the satisfaction of knowing the people I care about were in the right place."

The Light Up a Life event became a treasured part of his year. He found it "immensely uplifting" to gather with others to remember, reflect and celebrate the lives of loved ones, often referring to the Hospice as a 'vital community resource'.

Sir Tom's light continues to shine through the work we do and the comfort we bring to others. This December, as we gather once more, we remember him with gratitude – his kindness, his warmth and his enduring belief in the power of community.

Keep in touch with us online
for our latest news:
www.stcolumbashospice.org.uk

 facebook.com/stcolumbas
 [@StColumbas](https://twitter.com/StColumbas)
 [@st.columbas.hospice](https://www.instagram.com/stcolumbas.hospice)
 [st-columba's-hospice](https://www.linkedin.com/company/st-columba-s-hospice)

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Design: monumentum.co.uk

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edition of Life via email rather than post,
please let us know by contacting
fund@stcolumbashospice.org.uk

