

Yes, I would like to support people like Ruth by donating to the St Columba's Hospice Care Summer Appeal.

1 Your gift: £10 £20 £30 Your of choice of £ _____

2 Your details:

Title	First name	Surname
Address & post code		
Email		Phone

3 Your payment and Gift Aid:

I enclose a cheque made payable to 'St Columba's Hospice Care' for the value of: £

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Using Gift Aid means that if you are a UK taxpayer, St Columba's Hospice Care can reclaim an additional **25p** on every pound you give.

St Columba's Hospice Care can treat the enclosed donation and any future donations I give as a Gift Aid donation. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature	Date	/	/
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Occasionally we would like to keep you up to date with details of our work, fundraising events and ways to get involved. Your information will not be passed on to third parties. If you would rather not hear from St Columba's Hospice Care in the future, **please tick this box**. If you want to find out more about how we handle your data, including how long we hold it for, how to opt out or how to ask for your data to be deleted, then please visit www.stcolumbashospice.org.uk, call **0131 551 1381**, or email fund@stcolumbashospice.org.uk.



Please send this completed form to:

St Columba's Hospice Care, 15 Boswall Road, Edinburgh, EH5 3RW.
Please contact the Fundraising Team if you have any questions at:
fund@stcolumbashospice.org.uk, or call **0131 551 1381**.

PLEASE DO NOT SEND CASH IN THE POST.

Registered Charity No. SC003634

St Columba's
Hospice Care



“My journey with MND has not been pretty but the Hospice is a beautiful place, somewhere I can be ill without people staring, it's my safe place...”

This summer, your support could help fund our vital Wellbeing Service, giving people like Ruth and her family access to the care, support and resources they need, to make the most of their time together.

DONATE NOW:

stcolumbashospice.org.uk
0131 551 1381



Ruth's story

Ruth Williamson (40) was diagnosed with Motor Neurone Disease (MND) in 2017, just 11 months after giving birth to her daughter, Anna. MND is a rapidly progressing terminal illness, which stops signals from the brain reaching the muscles.

"In under five years I've gone from being an active new mum to being completely paralysed. It's very lonely being trapped in my body with a fully functioning brain but the Hospice has become my safe place – somewhere with incredible staff where I can be ill without people staring.

"I can't walk my little girl to school, hug her, do her hair or read to her, the list goes on and on.

"Anna is five now and not having that interaction leaves me with a sense of guilt that she has to have a mum like me, it's heartbreaking.

"The Hospice has been so inviting to my whole family. I do regular physio, mindfulness and complementary therapy, all have helped me enormously. Scott has also had a positive experience through counselling. We depend on the service more than anyone or anywhere else.

"I want people to know the Hospice has helped me to live well at home for as long as possible. All you need sometimes is to get away from the pressures of life. It's a truly wonderful place."

This summer...

...by making a donation and supporting our new Wellbeing Service, you can empower people like Ruth to feel confident and in control of their own wellbeing so they can remain at home with their loved ones for as long as possible.

Putting comfort, health and happiness at the forefront, we've undergone an essential refurbishment to repurpose our Cedar Ward so that we can meet the changing needs of our patients and their families.

The space is now home to our new Wellbeing Service which encompasses the 'Wellbeing Hub' and the 'Wellbeing Unit'.

The aim of our innovative new service is to support and empower patients and their families to improve their quality of life in a way defined by them. This includes giving people the knowledge, skills and confidence to manage their symptoms and to improve how prepared they feel for living with the implications of a life-limiting illness.

Donate today

Whether it's a one-off donation, pledging a regular monthly gift or upping your existing regular donation amount, please give what you can to our **Summer Appeal**. Your generosity directly helps us to maintain our invaluable services for patients and families across Edinburgh and the Lothians.

 stcolumbashospice.org.uk/donate
or call **0131 551 1381**

£20

could pay for an hour of tranquillity for a patient with our complementary therapists

£30

could pay for an hour's counselling session for a patient or their loved ones

£60

could pay for a physiotherapy session, helping someone to become more mobile

£120

could provide a half a day of expert nursing care to help a patient manage their pain and return to the comfort of their own home