



# Friends

SPRING 2022



Image taken at Whitaker Park

Proud Patrons of Rossendale Hospice



# Welcome

May I offer you all a very warm welcome to our latest newsletter.

Thankfully Covid restrictions have finally lifted and the worst of the pandemic appears to be over. The timing seems appropriate.

Spring is a time for growth and renewal and we can at last look forward to the future with confidence.

The Hospice has, of course, remained busy and active over the last two years, even though we have had to adapt some patient services to cope with unprecedented circumstances.

We have achieved this despite a massive shortfall in our usual sources of income through the valiant efforts of our fundraising team and many local and enthusiastic supporters and prudent management whilst always looking forward to the day when we can think about introducing new services and plan for a full diary of activities once more.

That time has now come and that's why we are making a really special effort this year in a variety of ways:



New services such as a bereavement walking group and more counselling support for family members who have suffered through suicide

A brand new website with patient stories through wonderful videos and new ways to communicate with our supporters

Our bigger and better new Haslingden shop

More events. There's another Gin'n'Trek and Sabre Challenge and the new Pride of Rossendale Awards, recognising Valley heroes

I wish you all a happy and healthy year ahead.

**Geoff Summers, Chairman**

Get in touch if you'd like to advertise your business with us: [fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org)

**Rossendale Hospice**  
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**Web:** [www.rossendalehospice.org](http://www.rossendalehospice.org)

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Get in touch with the family law experts at our offices across Rossendale:

Bacup  
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Haslingden  
**01706 213356**  
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# "The Hospice is a happy place"

**Our patients speak freely about the Hospice and their words might surprise you.**

The word hospice can conjure images of frailty, sadness and loss, but for those patients who access our services, the experience is quite different.

Though everyone that benefits from our Wellbeing service comes to us with a diagnosis of a life-limiting condition, our aim is to remind them that they are more than their condition and that life can still be wonderful.

Here at Rossendale Hospice we focus our services on caring for people within their own home when they are in greatest need and for those who are physically able, we open our doors for day patients.

*"It's a strange feeling because you think you are actually on your own, suffering, but you're not. There are so many people in the same boat and it's great to talk to them and get their perspective about how they're feeling. It's been really good for me."*

*Simon Hibbet, patient.*

Currently running twice a week, we offer people a chance to come along and enjoy a relaxing day with our wonderful team. They can talk candidly with our fully trained Counsellors, utilise our complimentary therapy services, find out important information about any legal or financial help they may be entitled to if they are unable to work and their carers can learn how to help them at home.

Primarily though, our team are there to provide advice and signposting to a wide range of professionals, smiles and a reminder that they are not alone.

Time spent in our lounge chatting to other patients has proven an invaluable healing tool for many. Whilst our nurses can offer advice and care it is often the shared experience of how others deal with their own situation that can help those struggling feel more empowered.

To do so in a place full of light and laughter over a fish and chip dinner or crafting session is often the perfect prescription on difficult days.



We were privileged to have our patients share their experiences with us on camera. Their stories will feature on our new website and will hopefully help anyone considering attending the hospice feel more open to doing so.

Though the stories they tell are sometimes hard to hear, they are all told by happy faces; by people who have felt equipped to move forward feeling positive, heard and supported.

We thank each and every one of them for sharing their stories in such an open way in order that we can reach out to more and more patients.

We also thank them for being brave enough to make that call to the hospice in the first instance.

Hospice can be a scary word, but this really is not a scary place.

If like Roy below, you would like to access our services, please do contact us on 01706 253633 or email [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)



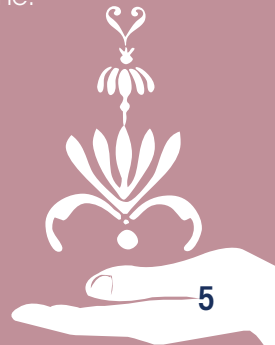
When Suzanne was diagnosed with a rare auto-immune condition at an early age it took a toll on her physically and mentally. As the days passed it felt like life would never seem normal again.

Suzanne came to the hospice as a day patient and accessed our counselling and complimentary therapies to help her manage her condition and how it impacted on those every day things.

"I was nervous about coming, because I think everybody is nervous about coming to a hospice, but don't be. It's fab.

I can't say how much it's done for me. It's done wonders and I really really want to thank them, because they brought my smile back.

I'm back to Suzanne."



# 2022 Events



June



June - July



September



October



November

# We've Relocated

**Anyone living in Haslingden will have seen our brand new Charity Shop.**

Whilst our previous premises in Haslingden were always bustling with customers, we were limited on shop and storage space so when the opportunity arose to move just a few doors up into a much bigger unit, we jumped at the chance.

The doors opened to the new and improved shop back in December had patrons queueing before we even unlocked the doors. Once inside they were wowed by the boutique feel and added space to browse the racks.

"It looks lovely!"

Like a high street shop but I don't feel guilty shopping there because it's all for the hospice!"

*One of the first shoppers*

Now open 6 days a week 10am - 4pm the shop, located on Upper Deardengate offers a wide array of pre-loved and unused goods. Items range from clothes and accessories to books and games and now offers a line of artisan goods made especially for our shop by the 'Hospice Handmade Heroes'.

Hospice Retail Manager Caren Cookson said "It's wonderful to have a bigger space to be able to display people's generous donations better and customers are loving it"



Our Rawtenstall branch will soon have a similar make over and is looking for volunteers to help run the shop. If you have a spare few hours a week and would like to get involved, please contact [volunteers@rossendalehospice.org](mailto:volunteers@rossendalehospice.org) or call 01706 253633





# Our Giving Tree

**Our Giving Tree, situated in our reception area for all to see, is home to almost 750 golden and platinum leaves - 600 engraved with special mementos.**

Over the years, many supporters have earned their golden leaves on the tree by donating or raising over £1,000 each. Whether in one donation, or over time, the money can be raised a number of ways such as hosting events, funeral donations, gaining sponsorship for challenges or simply making a one off or regular donation.

Supporter leaves can be personalised in memory of a loved one or simply engraved with a name/business or the title of the event - whatever is special to you.



There are also a number of platinum leaves which represent those who have raised a staggering £10,000. This includes the Freemasons, Soroptimists and several independent donations from people just like you.

The leaves are a precious reminder for those who have kindly supported the Hospice for a variety of different reasons; Some supporters have first-hand experience of the love and care that the Hospice offers to families living with a life limiting condition, while others simply appreciate the support we give to the community and never know when they or someone they love may need us.

Total donations of  
£1,000 for a gold leaf  
£10,000 for a platinum leaf

Your name here



# Hospice Heroes



Reuben (pictured above) hit the £1000 doing our mini colour dash and got himself a golden leaf.

**Would you like your own leaf on the Giving Tree or dedicate it in remembrance of someone special?**

If you have donated in the past but not sure if you have reached or surpassed the target please contact the fundraising team to find out.

We can give you a total of your donations to date and help you reach the target needed.

***"What a joy it was to see our golden leaf up on the tree in memory of our Grandma - such a privilege to support our wonderful Hospice who gave our family so much care and support when we needed it the most"***

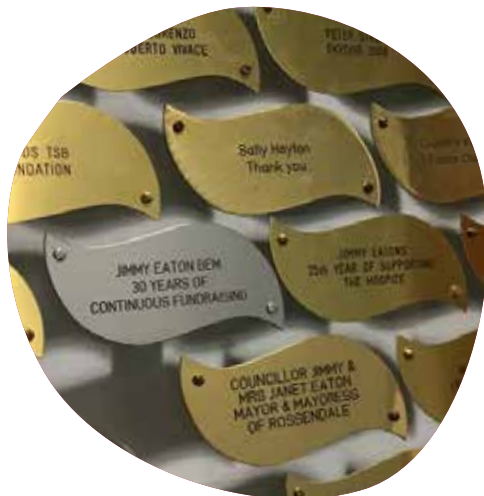
Michelle Procter

leaf holder

Email:

[fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org)

Telephone: 01706 253633 + option 3



# Go on, treat yourself

## Bath Body Shower Home

100% Vegan Cosmetics  
Ethically Sourced Ingredients  
Against Animal Cruelty  
Handmade in Rossendale

New offers,  
events and  
workshops  
throughout the  
year. Follow us  
for more info..

# Scentish

In Store - 45 Bank Street, Rawtenstall, BB4 7JN  
Online - [www.scentishshop.com](http://www.scentishshop.com)

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# Bunny Hop

This year we launched a brand new schools event over the Easter period; The Rossendale Hospice Bunny Hop.

Students across the Valley were 'Hopping for the Hospice' and having a ball as they did! Each participant was given a pair of paper bunny ears to colour in and wear along with a little chocolatey thank you from us.



Schools were also visited by hospice mascot Penny the Pig to present them with their certificates of achievement.

With money still coming in, so far, schools have raised over £5000!



Pupils from St Joseph's school

# Care to Win

The Weekly Draw is now in its second year and proving as popular as ever. It's a great way to support your local Hospice whilst giving you a chance to win big too.

We have partnered with NYCDA to bring you an opportunity to win the jackpot of £1000 every week, with rollovers of up to £10000!

75p of every £1 spent goes directly to Rossendale Hospice to provide quality care for local people.

What would you do with £1000?

## How to sign up:

- Head to [www.rossendalehospice.org/lottery](http://www.rossendalehospice.org/lottery)
- Choose as many entries as you would like each week: Single or Double
- Choose how frequently you would like to pay
- Check our social media every Friday to see if you're a winner

Rossendale Hospice is a beneficiary partner of the NYCDA Weekly Draw (Gambling Commission account no. 5166) For more information please visit [www.nycda.co.uk](http://www.nycda.co.uk)



# Walking and Talking

**Rossendale Hospice is expanding its services by trialling a walking therapy, offering up to 6 sessions to each client, due to start in May. This will involve working with either hospice patients or people who have been bereaved.**

As a hospice, our aim is to improve quality of life for our patients and there is a great deal of evidence behind the physical, mental and emotional health benefits of connecting with the natural world. Combining this with our BACP Accredited talking therapies gives our patients a relaxing environment to be able to open up and talk.

Being outdoors and with the beautiful natural resources just on our doorstep gives the opportunity to draw on the experiences of being in nature; complementing the therapy process, helping to work on setting new goals; to build resilience and a sense of belonging and wellbeing.

Each referral will be assessed on an individual basis. Levels of fitness will be taken into account prior to each session with each route individually adapted changes to planned walks.

If you would like to find out more about this brand new service, please contact us on 01706 253637.





# Growing Together

**Our Day Patients are lucky enough to have safe and easy access to our little rooftop garden, but since lockdown it has needed a little extra love.**

Working together with patients, local volunteers and community groups such as Incredible Edible Rossendale, we are hoping to transform the space into a full Sensory Garden; filled with bright colours, glorious scented flowers and multi-textural greenery.

It's proven that time outdoors in nature can be immensely beneficial to both physical and mental health and we hope this project will give our patients and our hard working staff, a place to breathe and just be.

It is hoped that in time, we can improve this area with additional planters, a small water feature and a herb garden, so that our patients can learn the medical benefits of everyday herbs through wellness workshops.

Any gardeners out there know how rewarding and life affirming that can be and we feel this is vital at a time in someone's life when they may be losing much of their independence and confidence.

We are hoping many of the supplies will be donated from the community, so if you have spare seeds or pots or are a business that would like to sponsor our garden, please get in touch before you donate on 01706 253633 opt 3 or email us on [fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org).



# Let's Talk

## How our communications are changing

If anything positive has come out of the COVID crisis here at the Hospice it is that we have learnt to be more adaptable to change and use more tools to be able to communicate with our patients, our team members and our supporters.

Whilst it's wonderful to be getting back to face to face community events and to be welcoming more patients back to our Day Services, we didn't want to ignore those tools that helped us reach out more easily in times of crisis.

We're pleased to say that this year not only do we have lots of new and engaging things to talk about but we have revamped how we tell you about them.

Our shops will carry more leaflets about our varied services but here are just a few of the other ways we will be able to reach out to each other this year:

## WEBSITE

Same address, new content and easier navigation. Lots of new patient video stories and questions answered. Due to go live in Summer.

## NEWSLETTER

Continuing quarterly, they will give updates on upcoming events, new services and celebrate our top fundraisers.

## EMAILERS





Sign up for our email newsletter to be first for event ticket releases, news and special projects.

## PHONE

Our phone number is due to change, but we'll keep you updated. Check our website and social media for announcements.

## SOCIAL MEDIA

Follow us for updates, bargains and fun stuff!

-  @rossendale.hospice
-  @rossendalehospice
-  @RossHospice
-  @Rossendale Hospice



## Making every moment count

We are a charity which strives to improve the quality of life for everyone in Rossendale who is coping with life-limiting illness.

# PRIDE *of* ROSSENDALE

## Awards

Do you know someone who  
deserves to be recognised for what  
they have done for the valley?

**NOMINATE THEM TODAY:**  
[WWW.ROSSENDALEHOSPICE.ORG/POR](http://WWW.ROSSENDALEHOSPICE.ORG/POR)

**VOTING CLOSES:**  
30th April 2022

### CATEGORIES

- ★ Pride of the Valley Award
- ★ Man of the Year
- ★ Woman of the Year
- ★ Young Person of the Year
- ★ Hospice Star of the Year
- ★ Community Group of the Year
- ★ Supportive Business Award

### AWARDS CEREMONY

Friday 17th June  
6.30pm for 7pm  
The Ashcroft, Whitworth  
(Formerly the Riverside)  
Drinks reception with Buffet meal  
Tickets £35 each  
Formal Dress



Registered Charity No. 1008228



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the voice of the valley

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# Thank you for your support

By choosing to donate to Rossendale Hospice, you are helping to ensure we are here to provide vital support to those who need it the most in our community.

Title: Dr/Mr/Mrs/Miss/Ms First name:

Surname:

Address:

Postcode:

Tel no:

Email:

**From as little as £10 per month**, you can sponsor a day of vital care. To become an In Just One Day Supporter and choose which day of the year you would like to sponsor, please visit: [www.rossendalehospice.org/donate](http://www.rossendalehospice.org/donate)

**Alternatively, please tick here if you'd like us to send you details**

If you wish to donate by card or cheque please complete below:

Name on card:

Card No:

Security No:

Expiry Date:

Donation Amount: £

**CHEQUE:** I enclose a donation of £

Please make cheques payable to Rossendale Hospice

*giftaid it*

## Would you like to help us make an additional 25% on your donation?

If you are a UK taxpayer, Rossendale Hospice is able to claim the tax you have paid on your donation and increase the value by a further 25%. In order for us to reclaim the tax, please tick the declaration below:

I have ticked the box to confirm that I am a UK tax payer I would like Rossendale Hospice to reclaim the tax on this donation, any donations made in the last four years prior and all future donations, unless I notify you otherwise. I note that I must have paid enough UK income tax or capital gains tax to cover all of my charitable donations. Council Tax and VAT do not qualify.

Signature ..... Date .....

With your permission, Rossendale Hospice would like to send you monthly updates by email to keep you informed about services, fundraising events and shop offers:

Yes, I am happy for Rossendale Hospice to keep me updated in the future

No thank you, I do not wish to hear from Rossendale Hospice in this way

Rossendale Hospice respects you and your data. We will never pass your details on to any third-party for marketing purposes. [www.rossendalehospice.org/privacy](http://www.rossendalehospice.org/privacy)