

Supporter Newsletter Friends

AUTUMN 2021



Gin 'n' Trek Success - Page 8



Wellbeing Services Re-open - Page 4



Mini Colour Dash - Page 16



Meet our new Superhero, Penny! - Page 7



Proud Patrons of Rossendale Hospice



Welcome

Life for all of us has been tumultuous to say the least over the past 18 months, but since we last wrote to you in the Spring, things have finally started to bloom here at the Hospice.

We have once again been able to bring our Community together for the first of our in-person events since lock-down and to great success. Our Mini-Colour Dash, for under 16's began proceedings with a rainbow flourish and it was wonderful to see so many happy smiling faces and so much colour splashed across the Valley. Seeing the youngest of our Rossendale residents engaging with the Hospice gave us a great deal of hope for the future and provided young and old alike with an opportunity to meet up again and revel in the positivity.

Following quickly behind was our inaugural Gin 'n' Trek event day which again brought many new faces to a Hospice event and was deemed a rousing success. It was lovely to be able to involve so many local hospitality businesses who had also suffered through lockdown and share in the rebuilding process.

Another new project was the more recent Sabre Challenge which saw over 100 Rossendale daredevils take on physical and mental challenges on an 8 mile Trek around the Valley. Even the rain and fog could not deter their efforts and despite being tired and muddied on the finish



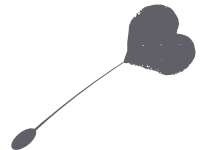
line participants were asking for the event to be repeated next year. A huge thanks to our fundraising team and members of the community for thinking outside the box on new ways to fund our valuable work.

It's also been a pleasure to see visitors back enjoying our newly re-opened Wellbeing facility and to have Volunteers in helping prep for our winter events like our Christmas Bake Off and Santa Dash.

We invite you to join us in December at our Light Up A Life Christmas Service which will once again be held in person. It's sure to be wonderful moment where we can come together and reflect on the last year and work together to build the best 'new normal' that we can.

We hope to see you there.

Geoff Summers, Chairman



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

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161 Bacup Road
Rawtenstall BB4 7PL

Tel: 01706 253 633 option 3

Email: fundraising@rossendalehospice.org

Web: www.rossendalehospice.org

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WE'RE OPEN AGAIN!

After a difficult time for all, we are very pleased to have our Wellbeing Service resume since our doors due to the covid-19 pandemic in March 2020. Then we could only offer support to our patients remotely, so now it's absolutely wonderful to have patients back in the building and enjoying our services. We have certainly missed them.

Presently, to maintain safe covid measures, we are opening the service to a restricted number of attendees, which will be reviewed as we continue through the pandemic.

Our Wellbeing service, (previously known as Day Therapy) is provided by a range of professionals, including Registered General Nurses, Palliative Support Workers, Psychotherapists, Complimentary Therapists and volunteers, all with the mutual goal of enhancing the quality of people's lives with a planned programme of care that is tailored to the needs and goals of each individual.

Living with a life-limiting illness can impact in many ways, our aim is to help people live well, to manage symptoms, build self-confidence and self-esteem to maximise living well.

We provide a holistic approach to specialist palliative care in a safe and supportive environment.

Our group sessions provide an opportunity to talk with people who are perhaps in similar situations and offers a time to share experiences, aiming to promote peer-support and learning, but also friendship building.



On Tuesdays we host those patients with palliative cancers, and Thursdays are for patients with other life limiting conditions such as neurological, respiratory and heart failure. The Wellbeing Service is for people who would benefit from attending group sessions to actively optimise their physical and mental wellbeing.

A comprehensive menu is available to ensure patients receive a nutritious lunch, with refreshments available throughout the day.

As well as fully trained 1:1 Counselling Support, our Wellbeing programme offers a range of group activity sessions including

- **arts and crafts**
- **gardening**
- **pet therapy**
- **yoga**
- **aromatherapy**
- **reiki**
- **reflexology**
- **jacuzzi spa bath**

Whilst we encourage people to make their own way into the hospice, we do have hospice transport. Our purpose-built minibus is equipped to ensure safe transport for those with mobility issues, wheelchair users and those receiving oxygen therapy, all provided by our highly trained staff and volunteers.

"We understand that for some, attending a hospice can feel very daunting, and we want to dispel those worries and offer reassurance by inviting people to arrange a drop-in to have a look around and have a chat about our services. You will soon see that the hospice offers a welcoming and warm atmosphere. This invite is open to patients, carers, relatives and professionals"

Donna Cryer

Community Team Leader
Clinical Services



OUR UPCOMING EVENTS

December 2021

SUN MON TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Santa Dash
5th December





Penny has become the face of our new Penny Boxes which some of you will have already seen through our schools campaign.

In early 2022 these will be available to businesses and for your mantelpices at home and Penny has lots of ideas for new fundraising events that she can help support.

For more details, stay tuned to our social media and be on the look out for our new Penny Boxes on counters around the Valley.

Oink!



MEET PENNY, OUR OWN SUPERHERO

Superheroes are rarely this cute!

For the past few years, our penny box campaign has seen piggy banks across the Valley filling up with spare change all to help fund the Hospice and our services.

Well this year, we have gone one step further and found a brand new sponsor; Penny the Pig!

Penny is a Mangalitsa Cross Middle White pig and when she's all grown up she will have a long curly coat. When not out and about being a fundraising superpig, she lives with her friends at Kiln Clough Farm and is excited to meet you all in 2022.



2020 FUNDRAISERS

The world has gone through a lot of changes over the past two years and fundraisers have had to adapt to survive. We trialed 2 very different events this year, both of which were a roaring success.



Gin 'n' Trek

- 762 entrants
- 330 bottles of tonic water
- 10 venues
- 7 gin sponsors
- 5 miles walked

• £13,160 raised



Some of our Gin 'n' Trek participants



Sabre Challenge

Something very different for us was the Sabre Challenge: an ultimate test of physical and mental prowess as suggested and planned by former soldier John Dawson.

Over 100 residents took part in a gruelling 8 mile trek with puzzles and tasks along the way, all topped off by an assault course at the end held at Rawtenstall Cricket Club.

John sadly lost his father, David a year ago and wanted to plan the event to give back to the Hospice at Home team who had provided care and respite for the family during his father's illness.

John said "I was really pleased with how the day went and amazed by the amount of money we managed to raise"



John Dawson and his father David

Sabre Challenge

- 96 entrants
- 27 teams
- 7 challenges

• **£12,087** raised to date



Team 'Jays Sandals'



Team 'Cutie Patooties'



The winners at the finish line:
Christopher, Jay, Michael & Daniel



Sunflower Memories

771 remembered and
£10,900 raised

Sunflowers will once again grace our streets during June/July 2022 with orders taken from March
www.rossendalehospice.org/sunflowers



WHAT WILL YOU LEAVE BEHIND?

We are all shaped by our memories; those from our childhood, good times and bad and those of moments spent with our loved ones.

Remembering them gives us so much joy but it can also serve to help them in the future.

It is reported that around 30 million UK residents may pass away without a will, and that's understandable. It can feel overwhelming to arrange by ourselves but challenging to talk about with our families. Not leaving a will can be a minefield for those left behind and cause additional stresses at an already difficult time.

Knowing who to trust with arranging our will is obviously incredibly important which is why we've partnered with Make A Will Online to help you make the whole process so much easier.

We have been granted a limited number of wills to offer to our supporters and when our scheme launches in the New Year we will be able to offer these out **FREE** on a first come first served basis.

We pay the reduced rate, you pay nothing to remember your family, friends or charity in your will and have that peace of mind that your wishes will be honoured.

You may wish to support our services in your will, which would be hugely appreciated, though is not obligatory.

Much of our essential funding is received through events and special fundraisers but the care of **1 in 5** of our patients is made possible thanks to gifts in wills

Even a gift of 1% in your will to Rossendale Hospice makes a huge difference to someone in your community with life-limiting conditions but also ensures those closest to you receive the remaining 99% hassle free.



If you would like to log your interest in our scheme early, please get in touch with our fundraising department on 01706 253633 opt 3 and we will be happy to talk to you in more detail.



CALL FOR TRUSTEES



The Hospice is a charity and is governed by a Board of Trustees, which ultimately has the responsibility for ensuring that the organisation provides high quality services that are well managed and adequately funded. Currently we have nine trustees, all of whom are volunteers. Like the other two hundred volunteers who do so much to support the work of the Hospice, they receive no payment and take on the role because they want to do something which is challenging but very satisfying and of real value to their local community.

Have you ever considered the possibility of becoming a trustee? Our current trustees are a mix of local residents with interesting backgrounds that give them skills and insight that enable the Board to make balanced decisions affecting not only day to day activities but also the future direction of the Hospice. More information about our trustees can be found on the Hospice website.

Trustees meet as a Board every two months. There are occasional meetings and events in between, but overall the time commitment is not demanding.

We are keen to hear from anyone who thinks they might be interested in becoming a trustee. There is no set qualification as such, but it is always helpful to have a skill that will help the Board in its discussions, in areas like health and social care, general management, finance, personnel, fundraising, and IT. That list is by no means exclusive and for, instance, someone with retail experience would be particularly helpful at the present time. Basically, if you have an interest in end of life care, are enthusiastic and have life experience, we would love to hear from you.

If you would like to take your interest further then please contact me through admin@rossendalehospice.org.

I look forward to hearing from you.

Geoff Summers
Chairman



Three of our
Trustees: Bev,
Barry & Liam
(clockwise)



YOU'VE GOT A FRIEND

Everyone can feel lonely now and again, but as we get older and friends and relatives move away, or we suffer a bereavement of a loved one, being at home on our own can be especially difficult.

Health problems, or other circumstances can make it hard to get out and about, stay in touch with people, or form new friendships. If this happens it can then be difficult to tell others that you are feeling lonely. Rossendale Hospice has a Befriending Service which could really help if you are feeling isolated and lonely.

It is very easy to access the service by contacting the Hospice and speaking to our dedicated Befriending Co-ordinator, Amy who can arrange a home visit to chat about hobbies and interests and gives more information about the service. She will then match the best possible Volunteer "Befriender" with someone looking to access the service, who will regularly visit an older person, or someone who is isolated and lonely in their own home, or will phone them for a chat.

Getting to know a new person who takes an interest in you and your life can improve your mood and confidence greatly and above all the feeling of loneliness.

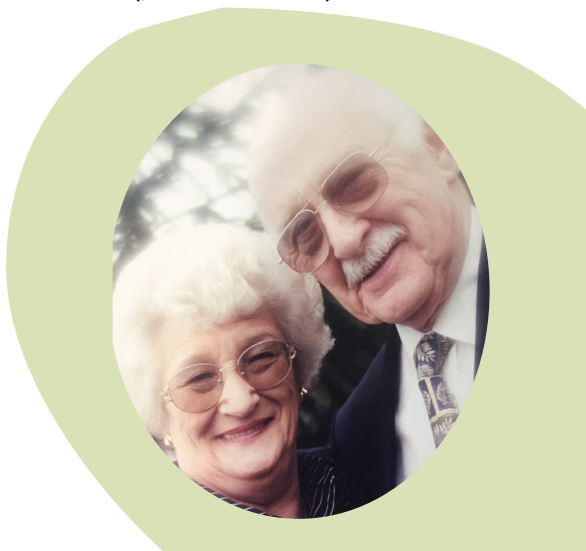
One such gentleman, Harry Frost of Rawtenstall accessed our Befriending Service after the death of his beloved wife Sheila.

Harry was quite a character, with lots of interests and hobbies and missed the company of his wife.

Volunteer Maureen was carefully selected to become Harry's Befriender and really enjoyed the weekly visits she paid him in his home.

Sadly Harry passed away in December 2020 and his only surviving relative was his Niece, Lillian. Harry was also great friends and a loyal customer of Neary's General Store in Helmshore. James Neary often helped Harry out. He asked James if he would be executor to his will, a privilege which James accepted.

It was Harry's wish that some of the proceeds from his estate be donated to Charity and we were astounded when we discovered that he had bequeathed an extremely generous legacy to Rossendale Hospice, to enable others in the valley to benefit from our services as he did. James and Lillian came along to the Hospice to present the cheque and to reminisce about both Harry and Sheila. (pictured below)



"Harry would be very happy to see the benefit of his legacy at the Hospice and if it can help others then his wishes have been fulfilled!" Jim Neary

"In my view the Rossendale befriending service has made a significant impact right across Rossendale especially after limited social interaction as a result of the COVID pandemic.

It is services like ours that will re-connect people and places, restore self-confidence and improve the mental wellbeing for those seeking help."

Andy Laverty, Locality Commissioning Manager
at the NHS East Lancs CCG

"Befriending provides a valuable lifeline for those who are elderly and socially isolated. Volunteering one hour of your time weekly gives the opportunity for that individual to feel socially included"

Amy O'Connor,
Befriending Coordinator

**To enquire about using
or volunteering for our
Befriending service head to:**
[www.rossendalehospice.org/
befriending](http://www.rossendalehospice.org/befriending)

Care to Win?

£1,000 WINNERS



Draw 34: Barbara



Draw 38: Claire

REGISTER ONLINE

www.rossendalehospice.org/lottery

 **IN PARTNERSHIP
WITH THE NYCDA
WEEKLY DRAW**
Weekly Draw

Rossendale Hospice is a beneficiary partner of the NYCDA Weekly Draw, which is registered with the Gambling Commission under account no. 5166 by the National Youth and Community Development Association (NYCDA). For more information please visit www.nycda.co.uk



ABOVE PHOTO:
Cousins Beth (left) and Philippa (right)

COUSINS FUNDRAISE FOR GRANDAD

Beth, 25 from Manchester and her cousin Philippa, 19 from Bacup, Rossendale, lost their Grandad Tom Navesey in January 2021 and have been fundraising to honour his memory with a Golden Leaf on the Hospice Giving Tree.

Tom was diagnosed with Myelofibrosis, a type of blood cancer, in April 2018. Tom remained relatively well but after his diagnosis wanted to spend more quality time with his family. In August 2018, Tom and his family went to Turkey where he paraglided over the sea with granddaughter Beth, despite being 83 years old at the time.



PHOTO RIGHT: 83 year old Tom paragliding

Tom lived in Bacup, Rossendale since 2002 with his wife Sandra. They would have been celebrating their 60th wedding anniversary in 2022. They moved from Oldham to Rossendale when Philippa was born to be closer to be their daughter Steph and her new baby.

On Christmas Eve of 2020, Tom became unwell with an infection and was admitted to hospital shortly after Boxing Day before returning home two days later.

Unfortunately during this time, Tom caught COVID-19 which led to Beth, Sandra and their family caring for Tom at home.

At this point, the Rossendale Hospice @ Home Team stepped in to help care for Tom. Sadly, 10 days later Tom passed away.

Beth, Philippa and their family were given respite from caring for Tom and put their trust in the Hospice at Home team.

In March 2021, Philippa undertook a personal challenge of completing 350,000 steps in one month. She raised an amazing £520.31 for Rossendale Hospice in memory of her Grandad.

Beth said:

“As a family, having someone else to be able to trust with taking care of him was invaluable.

They acted with dignity and allowed us to take a much needed break.”

On October 10th, Beth, a Doctor at North Manchester General Hospital completed the Manchester Half Marathon also in memory of their Grandad and raised £651.25.

Together they smashed their target of £1,000 to get a Golden Leaf on the Hospice Giving Tree in remembrance of their beloved grandfather Tom.

If you would like to set your own fundraiser, contact Fundraising on 01706 253 633 option 3 or fundraising@rossendalehospice.org.uk. We'll get you all set up and support you in reaching your goal!

BELOW PHOTO: Beth on the finish line with her medal



MINI HEROES, BIG IMPACT

Hospice in-person events opened back up this year with our Mini Colour Dash filling the Valley with smiles and clouds of colour.

Held at Whitewell Bottom Community Centre back in July this year's Colour Dash was held for our younger supporters. Those 16 and under took part in an energetic fun-run whilst being showered with

coloured powder by our volunteers. It was such a fabulous way to get back out into our community and see so many happy faces.

An incredible, £4,998 was raised by the Hospice's supporters which could provide 167 bereavement counselling sessions for children and young people who have lost someone dear to them.

It was heart-warming to know that the young people involved wanted to support their local Hospice whilst having some fun on a grey Sunday and parents and onlookers alike were treated to a thoroughly entertaining day out.



Our wonderful
Mini Colour Dash
Heroes



One young participant, Reuben Haworth, raised a remarkable total of £858.25 himself. Reuben's efforts will fund 29 counselling sessions for families in Rossendale, a feat which made him a very proud young man.



"The Family Support Team of counsellors want to give a huge thank you to all the children and young people who made such a fantastic effort. The money you raised will help many children and their families through sad and difficult times following the death of someone they love."

Rossendale Hospice's Family Support Lead, Marion McCall

ROSSENDALE HOSPICE HERO

A brave group of Rossendale Hospice supporters took a leap from 15,000 ft on Sunday, 23 August to raise funds for the charity. Alex Evans, Jordan Minshall, Sue Engledow and Victoria Main all signed up for Rossendale Hospice's Skydiving challenge, reaching speeds of 120mph in a tandem skydive above Lancaster.

£3,300 raised



Jordan Hilton completed Bolton Ironman the weekend prior to the London marathon and also completed the Sabre Challenge two weeks later.

He has raised £1684 to date for his recent fundraising bringing his overall total to over £2600



Light up a Life Returns

After a COVID induced hiatus last year, our much loved Light up a Life service returns this December.

Accompanied by a brass band, carols, hot drinks and mince pies, the non-demoninational service will provide a welcome atmosphere for a moment of quiet to join others in lighting a candle in memory of your loved ones.

The candlelit event will be held at St Mary's Church, Rawtenstall Thursday 9th December 2021 from 7pm. You can request a dedication for the event for just £5 and those received before December 1st will be shown on a screen during the service.

This year we have also brought back our wreaths with hand-written dedications. After a torrent of requests last year, this year wreaths are available for you to keep and hang on your door, gate or special place.



Also available are smaller hanging decorations for you to write yourself and place in your home or memorial to your loved one.

We are very much looking forward to hosting the Light up a Life Service again this year and hope to thank as many of you in person as possible for your continued support.

Here's wishing you all a positive, healthy and happy 2022.

**For more information, please visit:
www.rossendalehospice.org/lightupalife**





Rossendale
Hospice
Making every moment count

VIRTUAL SANTA DASH

Saturday 4th December or a day that suits you!

Choose your distance - 5k or 10k and raise sponsorship to help raise funds to provide a gift of care to local people with life limiting illnesses this Christmas

£8 registration fee - includes free santa suit



WWW.ROSSENDALEHOSPICE.ORG/SANTADASH

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:

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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

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

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