

Autumn/Winter 2025

Friends Newsletter

Image: Maxine Speechley, former patient, performing a speech at the Ladies Christmas Lunch event.



@rossendalehospice
rossendalehospice.org



Rossendale
Hospice
Making every moment count

Welcome to the latest Rossendale Hospice Friends Newsletter

As we say goodbye to summer and what has been a busy year to date for the Hospice, we first and foremost want to take the time to recognise the ongoing support from the people of Rossendale.

The money raised by individuals, families, schools, business and volunteers continues to fund the majority of the cost of all services we provide and without this income we would not be able to offer the wide range of services we do today. We appreciate that many of the fundraising events take a lot of work to organise and that you may support other organisations besides ourselves, but rest assured every penny you donate to us is appreciated and is used to fund much needed support to people in the community.

2025 has seen a poignant time for the team in that Geoff Summers, the Chair of Trustees for almost 20 years, stood down from the board. Irene Smith, our Chief Executive of 19 years, retired and Christine Durkin, former Chair, Vice Chair and a founding member of the Hospice in 1986 also left the board. We thank them for their huge commitment and all they have contributed to the Hospice and our community over this time.

The newsletter as usual contains details of forthcoming events and other regular



activities, which if you don't already have in your diary, I hope you will be able to find the time to participate or pass onto friends and family.

We are always looking for new ideas and to be involved in local events, to generate funds and enable us to improve the services we offer. If you have any suggestions please get in touch.

Andrew Holt and Ian Patmore
Co-Chairs

Your Journey, Our Support

Rossendale Hospice is based right at the heart of Rossendale, in Rawtenstall. We offer care and support to those living with life-limiting illnesses, as well as support for families, carers and friends. Our personalised care means that patients have a choice in where they are cared for, whether that be in their own home, or in our wellbeing sessions. Our services are open to adults in Rossendale facing life-limiting conditions such as Cancer, Heart Failure, Dementia and more. We also offer bereavement support to both adults and children affected by these challenges.

Our focus is to positively influence the future for those in Rossendale facing life-limiting illnesses. We aim to provide the best possible care through our range of services which include pain and symptom management, emotional and psychological support, complementary therapies, and practical advice, all tailored to meet the unique needs of each individual and their loved ones. More information about our services can be found on page 4.

Here at Rossendale Hospice, we are constantly looking at ways that we can improve. In recent months, we have seen the return of our beloved Befriending Service which is designed to reduce loneliness and social isolation for people in Rossendale. Over the years, the service has made a meaningful difference in the lives of many local residents and we are truly glad to see it return.

If you would like to share your feedback, or a story of how Hospice care has had an impact on your life, please email fundraising@rossendalehospice.org.



"The Hospice (day care) has helped me to cope and to carry on with my daily life. I owe them so much for the care and attention I receive from all the staff. I have never regretted attending day care.

I heard about the Hospice from my Heart Failure nurse. I enjoy and look forward to Thursdays. I feel I belong there; it is great. The activities are there if you need them and there is no pressure on you to join in. All of the staff are wonderful and would go the extra mile for you. A big thank you to every one of you"

- Dee Duckworth

Our Services

Rossendale Hospice offer a range of services to support patients living with life-limiting illnesses and those around them. Our services include:

Hospice at Home

This service allows patients to receive high quality care within the comfort of their own home, offering greater choice and flexibility. Our Hospice at Home team offer 24 hour support, including nursing care as well as advice on emotional and practical support for patients and carers.

Wellbeing Services

Based in our day centre at the Hospice, this service supports patients to deal with the physical, emotional and social impact of living with life-limiting illnesses. These sessions provide patients with a change of pace as well as respite for family and carers.

Befriending

The aim of this service is to reduce loneliness and social isolation for people in Rossendale, with a team of volunteer Befrienders who are matched up based on things such as common interests and hobbies.

Counselling

Offering support for patients with life-limiting illnesses as well as support for adults and children experiencing bereavement. These sessions offer a chance to explore challenges such as coping with change, managing illness, fears about the future and more.

Complementary Therapies

This service is available to both patients and carers and can be used alongside conventional medical treatments. We offer a range of therapies including reiki, aromatherapy massage and more.

Dementia Support

Our Dementia Support Service provides group sessions for people with an early to moderate dementia diagnosis. The service offers a warm, supportive environment that helps individuals partake in meaningful activity, that is individualised to their capabilities, build friendships, and reduce feelings of isolation. The service also offers access to information, guidance, and relevant resources. Importantly, these sessions provide carers with valuable periods of respite, helping to support their wellbeing too.

**For more information on our services,
visit our website or call 01706 393870.**



Call us today: 01706 393870

"We can't fault the care given to Mum and to us by the team. They were honest with us, it helped us prepare for what was inevitable. We will be forever grateful for the love and care given."

Light up a Life

Thursday 11th December 2025

Remember someone special this Christmas

St Mary's Church, Rawtenstall

Arrival 6:30pm, Start 7pm

Make your Dedication

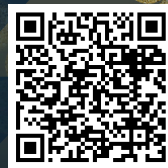
Visit: www.rossendalehospice.org/lightupalife

Call: 01706 393870 opt 3

In-Person: at Rossendale Hospice

Post: Complete a form and post it back to Rossendale Hospice

Deadline: Friday 5th December



Scan here to make
your dedication online



Registered Charity No: 1008228

Kindly sponsored by





£17 Gifts a patient with an hours nursing care this Christmas.

£30 Gifts a counselling session to a bereaved young person.

£50 Gifts a Hospice at Home visit for someone receiving end of life care.

Our Light up a Life service offers a chance to pause, reflect, and remember the life you shared with your loved ones and the memories you have with them. This special service features a festive performance from a brass band and a heart-warming carol service. Dedications will be screened in the church surrounded by candlelight and music, creating a moment of peace and remembrance. Afterwards, we invite you to join us for refreshments. Dedications are welcome from everybody, regardless of your connection to Rossendale Hospice.

How to make your dedication

Post: Complete a form, along with payment details OR a cheque, and post it to Rossendale Hospice, Rossendale Primary Health Care Centre, 161 Bacup Road, Rawtenstall

Online:

www.rossendalehospice.org/lightupalife

Call: 01706 393870 opt 3

In-person: Complete your dedication at Rossendale Hospice

Fundraising

As a charity, Rossendale Hospice heavily relies upon the support and generosity of our donors to allow us to meet ever increasing running costs, ultimately allowing us to continue to deliver specialist care to our patients and their families.

Fundraising Events Our fundraising team hosts a variety of exciting events year-round. Whether you want to take part or volunteer, there's something for everyone. Visit www.rossendalehospice.org/events to see what's coming up.

Charity Shops Find pre-loved treasures at our shops on Bank Street, Rawtenstall, and Higher Deardengate, Haslingden. Every purchase makes a difference.

Community Fundraising From bake sales and golf days to sponsored runs, the possibilities are endless. We love being part of your fundraising efforts- thank you for choosing to support us!

Legacy Giving Leaving a gift to Rossendale Hospice in your Will is one way that you can help to protect the future of Hospice care.

Corporate Opportunities Partnering with Rossendale Hospice is a great way for businesses to give back. From sponsorship and donations to gifts in kind, we're proud to promote your support.

Weekly Draw Rossendale Hospice have partnered up with NYCDA in the 'Care to Win' weekly draw scheme. For as little as £1 a week, you could be in with the chance of winning £1,000 every week, all while supporting hospice care! Head to our website or scan the QR code below to get involved.



JOIN OUR WEEKLY DRAW

FOR JUST

£1

Care to Win!

Winners announced **EVERY WEEK**

Be in with the chance of winning up to £1,000 every week with our Care to Win weekly draw!

SCAN ME



www.rossendalehospice.org/CareToWin

Call us today: 01706 393870



Gin & Ale Trail 2025

On September 6th, we held our Gin & Ale Trail, trekking between local venues around Rawtenstall. Many local businesses had the chance to get involved in this event and participants enjoyed tasting some locally sourced drinks, amazing entertainment and an incredible day of fundraising. The day was filled with laughter, great company and good spirit.

This event raised an incredible £8,000 for Rossendale Hospice. We would like to extend a huge heartfelt thank you to every participant, volunteer, sponsor, venue, our fantastic fundraising team, and everybody that made this event the huge success that it was.

Donating items for our raffles and auctions can help us to raise more funds at our events. If you would like to donate suitable items, please donate to the Rossendale Hospice reception desk.



However you choose to help, your support means the world to us. For more information, please visit www.rossendalehospice.org.

Fundraising Heroes

Woodcocks Golf Day



Woodcocks Howarth & Nuttall Solicitors hosted their annual Charity Golf day this June, raising an incredible £5,000 for Rossendale Hospice. This event was first organised by the firm in 2006 and has now raised an overall of £89,000 for the Hospice. This year, 19 teams competed, with the WHN team being the overall winner.

World Gravy Wrestling Championships

August bank holiday brought much excitement as the World Gravy Wrestling Champions took place at the Rose and Bowl in Stacksteads. Gayle Davis (aka The Chinwagger) took on this challenge, very kindly in aid of Rossendale Hospice. Gayle did amazingly and was great entertainment, raising an outstanding £493!



Melanie Duffin



Back in August, Melanie Duffin embarked on an extraordinary adventure, trekking 210 miles across Iceland as part of The Great Norse Run. After raising a remarkable amount of £1,267 for Rossendale Hospice, Melanie explained how she was pushed far out of her comfort zone, experiencing many challenges, including camping out in the desert, running through a sandstorm and enduring the trail end of a hurricane.

Sunflower Memories Campaign

Thanks to your fantastic support, the 2025 Sunflower Campaign raised a record £14,000! A huge thank you to everyone who made a dedication, our wonderful sponsors, and the volunteers who helped make it all happen.



Pride of Rossendale Awards



Earlier this year we saw our Pride of Rossendale Awards return, reminding us how proud we are to be part of such an inspirational community. Huge thanks go to all of the nominees, those who came to support them, each sponsor, and our dedicated committee for helping with the planning and organisation of this wonderful event. The evening raised over £6,500 for Rossendale Hospice!

Heads Above Charity Night

Heads Above is a much-loved hair salon based in Haslingden. In October, the salon kindly organised a wonderful evening of entertainment in support of Rossendale Hospice and Breast Cancer Now. We are incredibly grateful to have received a generous donation of £700 from this event, an amount that will provide the equivalent of 14 Hospice at Home visits for local families in need.



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Volunteer Story

Dave Woods

Dave Woods has been a much-valued and dedicated volunteer at Rossendale Hospice for three and a half years. His main role is driving patients to and from the Hospice for Wellbeing day sessions, ensuring they arrive safely and comfortably. This role is so important, as our volunteer drivers often create the first impression for our patients and help them to feel safe and look forward to the sessions.

Originally from Chatham, Kent, Dave joined the army at age 15 and proudly served until his retirement at age 40, when he moved to the local area and began working as a bus driver.

Dave was inspired to become a volunteer after his late wife had attended the Cancer Wellbeing Sessions at the Hospice, before she sadly passed away. Grateful for the compassion and support that his wife received, Dave was determined to give back to the Hospice. By offering his time, care and humour, he now helps others who are walking similar paths, ensuring they feel supported each step of the way.

We asked Dave about his favourite part of volunteering and his quick answer was- "My favourite part about volunteering at Rossendale Hospice is without a doubt the friendliness of the staff and the patients. We share plenty of laughs and there's always good banter that makes the days enjoyable. The positivity and the kindness from everyone at the Hospice make it a very special place to be a part of".

Dave's warmth and sense of fun has helped him to build many special bonds at the hospice. In fact, at Christmas, he has become something of a tradition himself- delighting patients by dressing up as Santa and handing out gifts. Outside of his driving duties, Dave shares other talents, too. He is a keen baker, known for his delicious chocolate flapjacks, which he regularly brings in for hospice staff as well as for his neighbours where he lives. He also takes part in his local community by helping out at games nights, always ready to lend a hand or bring a smile.

Dave truly reflects the very best of what Rossendale Hospice stands for- kindness, compassion and a willingness to go the extra mile. Just like Dave, each and every one of our volunteers plays a vital role in making the Hospice such a special place. We are deeply grateful for the time, care, and warmth they give so freely, helping us to support our patients and their families in a time that matters the most.



Legacy Giving

Gifts in Wills are crucial to the survival and growth of hospices across England, Scotland and Wales, providing 15% of the voluntary income that hospices rely on to deliver essential care.

Hospice care is free at the point of use. But, unlike the NHS, it is not fully state funded. While hospices receive some government funding, more than £1 billion of the £1.6 billion they need each year comes from generous donors. With rising costs and growing demand for hospice services, these gifts are more important to us than ever.

A Gift in your Will can help make sure hospices like ours can continue to offer compassionate, free care to hundreds of thousands of people and their families each year, now and in the future.

Marion McCall, our Family Support Lead here at Rossendale Hospice shared the following message.

“Offering tailored support to patients, carers and bereaved adults and children is a service that we take pride in at Rossendale Hospice. Leaving a gift in your Will protects the future of hospice care meaning we can continue offering this care in the years to come.”

**Leaving a gift in
your Will costs you
nothing today but
protects the future
of hospice care.**



**THIS IS
HOSPICE
CARE** ♥

Help protect the future of hospice care with a **Gift in your Will.**



Creating Balance and Wellbeing

Living with a life-limiting illness can bring many emotional and physical challenges, and while you can't always control what's happening around you, taking small steps to support your wellbeing can make a real difference. Finding calm moments, focusing on the present, and nurturing yourself can help ease stress and bring a sense of peace to your day.

Mindfulness is about being present, noticing your thoughts, feelings, and surroundings without judgment. It's a gentle way to reconnect with yourself, especially during difficult times. Practicing mindfulness can help relieve stress and anxiety, improve emotional regulation, and even support better sleep.

There are many ways to be mindful, and you can choose what feels right for you. Some people find comfort in meditation or breathing exercises, while others prefer creative activities like crafting, colouring, or journaling. Even a few quiet minutes spent

doing something you enjoy can bring a sense of calm and achievement.

To help you explore mindfulness at home, we offer free downloadable activities on our website, including colouring sheets, knitting patterns and quizzes.

These resources are designed to help you take a moment just for yourself. You can find them easily by visiting our Homepage, clicking on 'How we can help you', and selecting the 'Mindfulness' page.

At Rossendale Hospice, we offer Wellbeing Services to support those living with life limiting illnesses. Patients must meet a certain criteria to qualify for these sessions, for more information call our main number.

Our current timetable is as follows:

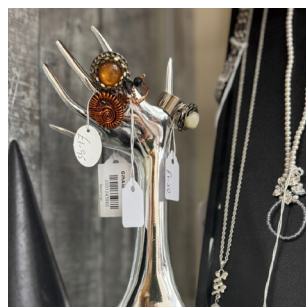
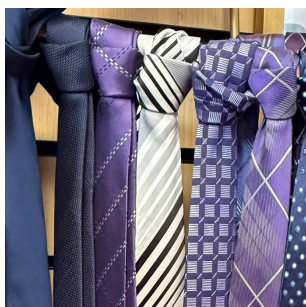
Tuesday: Palliative Care Day
Wednesday: Early Diagnosis Day (Cancer)
Thursday: Long Term Conditions
Friday: Dementia Diagnosis Day

Shop Sustainable. Shop Supportive. Shop Second-hand.

Filled with pre-loved treasures, our Rossendale Hospice charity shops are the perfect way to support your local hospice whilst saving pennies and promote sustainable living. We currently have two charity shops in the Valley. One on Bank Street, Rawtenstall, and the other on higher Deardengate, Haslingden.

You will be pleasantly surprised after a visit to either of our shops. Our friendly staff are always ready to welcome you with a smile and help you find something special. We have all kinds of items for sale, from stylish homeware, one-of-a-kind jewellery and everything in between- you never know what gems you'll uncover!

We are extremely grateful to our shop volunteers who choose to give up their time to support Rossendale Hospice. Their hard work keeps our shops looking beautiful, the stock refreshed, the donations organised and so much more.



A photograph of three people standing in a shop. On the left is a young woman with dark hair tied back, wearing a black hoodie. In the center is a middle-aged man with a balding head, wearing an orange cable-knit sweater and a dark blue scarf. On the right is an older woman with short white hair, wearing a maroon dress with colorful buttons. They are all smiling. The background shows shelves with various items like hats and jewelry.

Call us today: 01706 393870

Each year tonnes of clothes end up in landfill in the UK, contributing to environmental problems. By choosing to shop with us you are not only helping to save our planet, but are supporting a vital local cause. Just £6 spent in our shops could gift one of our patients a warm meal in our Wellbeing Day Service.

Each week, our shop teams choose a 'Donation of the week' to highlight on our social media. Past highlights have included all kinds of exciting items such as tents, wetsuits, designer items and much more. Keep an eye on our socials- posted each Wednesday morning.

We would like to extend a heartfelt thank you to everyone who donates. Your generosity fills our shops with the amazing, one-of-a-kind items our customers love.

If you'd like to donate, we gladly accept good-quality items during our shop opening hours:

Monday - Saturday, 9:30am - 4:30pm
(hours may vary on bank holidays).



Rossendale Hospice depends on the generosity of supporters like you to continue providing vital care.

If you would like to kindly make a donation, please scan the QR code to visit our website.



Rossendale Hospice, Rossendale Primary Health Care Centre, 161 Bacup Road, Rawtenstall, BB4 7PL

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