

SUPPORTER NEWSLETTER **Friends**

SPRING/SUMMER 2021



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WELCOME

The first national lockdown was just a year ago. Who would have thought then that we would all still be struggling with the consequences of the pandemic twelve months down the line? Everyone has been affected to some extent by the human, social and economic impact of this dreadful disease and the Hospice is no exception.



Trustees decided at the first lockdown to continue with as full a range of services as possible and we have stuck with that policy, despite the financial uncertainties. Some patient contacts have been made remotely, but our Hospice at Home team has performed admirably throughout the crisis and offered direct care and support to those in need, even during the darkest days and at great personal risk. We are proud of what we have been able to achieve in the most difficult of circumstances.

Understandably, many of our fundraising efforts have had to be shelved. We are so grateful to those individuals who have made generous personal contributions throughout the year to help compensate and, together with

welcome government grants, we have been able to get by.

Looking ahead, our fundraising team has been highly imaginative in thinking of new initiatives to substitute for cancelled events. The problem for us is that there are still many unknowns around the lifting of restrictions and it is very difficult to make definite plans for the coming months, so we will need your support more than ever if we are to cope.




I hope you find the contents of the newsletter interesting, even inspiring, and will encourage you to continue with your invaluable help for this most worthy of causes.

Here's looking to a better future for all.

Geoff Summers
Chairman

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

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Rawtenstall BB4 7PL

Tel: 01706 253 633 option 3
Email: fundraising@rossendalehospice.org
Web: www.rossendalehospice.org
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LIGHT AT THE END OF THE TUNNEL

Such a lot has happened since our last newsletter in October. The winter seemed so long and hard. Freezing temperatures, snow and rain and of course, another lockdown, this time much harder.

Suddenly family members, friends and work colleagues tested positive for Covid, a stark reality of how powerful this highly infectious disease is. Whole families were struck down and sadly there were some people who didn't recover.

We too felt the huge impact of the new strain of Covid as several of our Hospice at Home Care Team became ill due to Covid, but are thankfully now fully recovered.

It is only due to the incredible resilience, commitment and flexibility of the team that we continued to keep our services running, every single day.

In the midst of all this came the fantastic news that vaccinations had become available, a ray of hope! Even better that at this point so many of the people in our community have been vaccinated.

The government road map has given further hope to us all of a return to 'normality' whatever the



new 'normal' will look like and is something we are all looking forward to, so much!

We are working hard behind the scenes, planning for the remainder of the year and finally welcoming supporters, volunteers and staff back into the Hospice.

As you know from information in previous newsletters, we have

“Come rain or shine, even amongst the pandemic, we are here for you to make every moment count.”

had to suspend our Day Therapy sessions, but have offered support throughout to our patients remotely. We need to ensure that when we are able to welcome patients into the Hospice we can do so safely.

In the meantime, if you or someone you know needs help or support, please do contact us, we are only a phone call away.

It is almost the end of the financial year and the effects of Covid on our fundraising potential and the closure of our shops is clear to see.

We still need to bridge the gap between the funding we get from our commissioners, East Lancashire CCG, and the cost to provide our services, which are currently in excess of £850k. So if you can support us and help us to raise funds we would be so grateful. The Fundraising Team are already

planning events for later in the year and some great ideas for you to raise money and have fun at the same time! Some of these can be seen in this issue and further information can be found on our website and social media pages. www.rossendalehospice.org

Summer is almost here, the days and nights are brighter and longer and slowly but surely Covid numbers are reducing, in fact quite dramatically. It looks like there really is light at the end of the tunnel.

Come rain or shine, even amongst the pandemic, we are here for you to make every moment count.

Irene Smith
CEO





Mary, Tim and Emily on their happy day.

SAFE SPACE TO TALK

When Mary Joanna's partner, Tim was diagnosed with cancer in 2019, Mary first reached out to our counselling service in October 2019.

"It was a space for me to talk without needing to put other people's feelings first," Mary said. "As I don't have family support nearby, I found there was a lot of pressure around Tim's treatment and the decisions to be made."

Mary is a mental health practitioner and works in community mental health so was aware of our Family Support Service through her professional capacity. "There are also a lot of leaflets around on the service and at GP surgeries," Mary added. "I self-referred to the service and got seen quite quickly."

"Coming from a caring profession, there is sometimes an expectation that you don't need additional mental health and wellbeing support. I found it to be a really useful space to channel my feelings."

Mary and Tim discussed getting married in a private ceremony with their daughter and planned the wedding during the first few months of Tim's diagnosis. "It was lovely spending time being focused on that and as we wanted to keep it between ourselves, my counsellor was the only person I was able to talk to about it."

Mary and Tim's daughter, Emily, also accessed the service for several sessions and she found the face to face appointments, pre-Covid, to be really helpful.

When Mary felt things becoming too much again, she re-referred herself in July 2020 and was impressed at how quickly the service managed to fit her in.

"It's a really good service. We do all need to support Rossendale Hospice as it's such a good cause and a good support."

We asked Mary what advice she would give to others considering accessing the service and she said, "Go in open-minded, the sessions are your space where you can share your thoughts, feelings, and worries. In my case, my husband's terminal cancer diagnosis and its affect on myself and our family. Talking can be invaluable and give you the strength to be able to continue to cope with your situation."

HOW YOU CAN ACCESS THE SERVICE

We provide a range of services to help patients and their carers or families cope with their emotions, fears and concerns. Our highly qualified and experienced psychotherapists offer psychological interventions including:

- Counselling
- Mindfulness Skills
- Family & Carer Support, including pre and post bereavement counselling

If you are in need of the above support, and you're a Rossendale resident with a Rossendale GP, you can self-refer on the contact details below. A health professional can also make a referral for you.

Tel: 01706 253633 or **email:** marion.mccall@rossendalehospice.org or d.shannonwallace@rossendalehospice.org

Patient feedback

Our team is currently supporting patients with telephone appointments due to the pandemic. In the service's last patient survey in January, the following feedback was received:

100%

Felt the counsellor understood their problems

100%

Would recommend telephone counselling to others

80%

Would access the service again by telephone rather than face to face.

20%

Would be happy with either telephone or face to face support.

FUNDRAISING IN A PANDEMIC

Whilst the past year has been challenging, in more ways than one, you have helped by supporting the activities we adapted and made possible. Here is a snapshot of how the Rossendale community have helped us during the pandemic.

Events and activities cancelled due to Covid

- Rossendale Woman of the Year
- Ladies Christmas Lunch
- Annual Ball
- Rainbow Warrior
- Youth Enterprise Challenge

These are key events on our fundraising calendar and in 2019 raised £90,000.

How you helped us to keep going



CARRY ON CARING CAMPAIGN

103 supporters donated
£7,208 towards our Covid appeal last Spring.

We were so touched by everyone's generosity as the first UK lockdown commenced. This was a lifeline to us in the early days of Covid.

SUNFLOWER MEMORIES

Almost **550** remembered and **£5,250** raised

IN JUST ONE DAY CAMPAIGN

£14,434 regular gifts received.

LIGHT UP A LIFE

500 wreaths dedicated to loved ones

960 people remembered in total

20% increase from last year

£24,810 raised in total

Our first virtual Light up a Life ceremony and our dedication wreaths made this the most successful event of the year.



LOTTERY

Over **280 players** since the first draw in January.

SANTA DASH

Participants raised **£3,313**



TOP THREE WAYS TO SUPPORT US

We value each and every way you are able to support us. Every bit raised helps us continue to provide vital care in Rossendale. You can take part in our events to support us or any of the following:

1 Fundraise

There are so many ways to raise sponsorship – a walk, run, cake sale, or a dress down, non-uniform day. Just get in touch with us first: fundraising@rossendalehospice.org.

2 Gift your time

When our shops reopen and normal activities resume, we can't wait to have all our volunteers back. Why not email us if you have some time to donate: d.shannonwallace@rossendalehospice.org.

3 Donate

This past year has been tough for so many. Any donations, little or large are gratefully received. As are any items that we can use for raffles, prizes, or to sell in our shops once reopened.

*We could not do what we do without you.
Thank you!*

OUR UPCOMING EVENTS...

Sunflower Memories

 Order by the 30th June!
www.rossendalehospice.org/sunflowers

Great North Run
 Register to take part by 28 June!

Dates for the diary ...

Tandem Skydive
 22 August
 email fundraising @rossendalehospice.org
www.rossendalehospice.org/skydive

Gin 'n' Trek!
 11 September
 BOOK NOW!
www.rossendalehospice.org/GNT
Sabre Challenge
 Sunday, 17 October

SAVE THE DATE
Ladies Lunch
 3 DECEMBER

If you've managed more than 3 out of 6, we probably need to talk.

My name is Clive Balchin and I provide financial guidance for the over 55s and upwards. I specialise in all aspects of pre and post-retirement living and firmly believe that, with the right planning 60 is the new 40.



**JAMES
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For a free, no-obligation meeting,
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CARE TO WIN

We excitedly launched our brand new Weekly Draw in the New Year in partnership with NYCDA. Since then we have already had 12 draws and increased from 80 players to nearly 200 in three months! We're hoping we can reach 500 players by June to really make an impact to the care we provide.

CARING TO WIN IS AS EASY AS:

- 1 Complete the form in your envelope and return to Rossendale Hospice or sign up at: www.rossendalehospice.org/lottery
- 2 Choose how many entries you would like each week: Single or double
- 3 Choose how you would like to pay: Monthly, quarterly, bi-annually or annually

Our Weekly Draw is a fun way to help us provide care to people with life-limiting illnesses in Rossendale. By helping us to care, and for a minimum amount of £4.34 a month, you stand a chance of winning up to £1,000 every week! There are plenty of runner up prizes too.

Why should I play?

It's an opportunity for our supporters to help raise funds for us while standing a chance of winning a prize.

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

In one year your support will fund a counselling session for a patient with a life-limiting illness to help them manage the emotional turmoil this brings.

In one year, five players will provide a nurse for a day.

Please do help us spread the word as the prize fund increases with the more people who join and of course, makes much more of an impact to the people of Rossendale.

How does it work?

Our Weekly Draw is administered by the National Youth and Community Development Association (NYCDA). They draw the winners using a random number generator which is independently regulated by the Gambling Commission. The NYCDA Weekly Draw takes place every Wednesday.

Once you join, you will receive a welcome pack, with information about Rossendale Hospice, FAQs and most importantly your personal unique lottery numbers.

Stuck for gift ideas?

For a gift that keeps on giving, gift a Weekly Draw subscription for those important dates – Father's Day, birthdays, Christmas and Mother's Day.

Join today for just £1 a draw and help us provide the best possible care and support for people who need it the most.

www.rossendalehospice.org/lottery

WHAT WOULD YOU DO WITH £1K?

We posed this question on social media and here are some of the responses:

A fabulous staycation with the family!

A shopping spree for my daughters and I.

Treat my family to lots of lovely days out when allowed.

New bed and furniture for my daughter.

NYCDA
Weekly Draw
IN PARTNERSHIP WITH THE NYCDA
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





MARATHON CHALLENGE SMASHED

In early March, Dave Woods undertook the David Goggins 4 x 4 x 48 Challenge of running 4 miles every 4 hours over 48 hours. He smashed it by running a total of 53.37 miles over the 48 hours and raised an incredible £1,121 for us! That's an amazing achievement of running two marathons in two days.

"The lack of sleep was the hardest!" said Dave after his weekend challenge that started on 5th March. "I'm not a morning person normally but the 4am runs were particularly harsh. Having 3.5 hours sleep and then having to get your body going again for the next run was challenging!"

Dave was 'just blown away' by the support he received for this extreme challenge. "I initially set a target of £100 and was nervous

ABOVE PHOTO: Dave with fellow Rossendale Triathlon Club member, Chris Watson who joined Dave on one of his runs for moral support.

about being embarrassed if I didn't reach this. I didn't need to worry – it just shows how well regarded the Hospice is in our community. The community spirit and support has been so touching." Whilst on a late Saturday run, Dave came across a group of other lads doing the same challenge. "It really spurred me on – we both contributed towards each other's causes too!"

Dave began running 3.5 years ago at a Park Run, initially to lose a bit of weight and then became hooked. He's now training for Iron Man and would like to thank Rossendale Triathlon Club for all their support.

Rossendale Hospice was his charity of choice as his Mum, Cath Woods who sadly passed away two years ago, got to attend a Day Therapy session. "She didn't think it would be her thing but she loved the vibe and the feel of the session," Dave explained. Unfortunately, her illness took a turn for the worse and she was unable to attend again but she spoke fondly of her experience.

Dave finished his last run off by visiting where her ashes were interned at Clowbridge Reservoir.

"If you've been thinking about doing a fundraising challenge, just bite the bullet and do it! I feel uncomfortable putting myself in the spotlight but I got so much out of this too. Part of the challenge is being mentally prepared for what you can achieve but be positive. Even if you raise £75, it's £75 more than what the Hospice has!" added Dave.

As Dave has raised £1k for us, he will receive a golden leaf on our Memory Tree as part of our appreciation for his effort.

Thanks to Dave's amazing hard work, the money he has raised funds SIX days of nursing care to the people in Rossendale!

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

"If you've been thinking about doing a fundraising challenge, just bite the bullet and do it! I feel uncomfortable putting myself in the spotlight but I got so much out of this too."



BRAVING THE SHAVE

In February, 12 year old Travis Dobson braved the shave in aid of Rossendale Hospice and raised an incredible £618!

Travis had been growing his hair for three years as he likes it long, but like most of us during lockdown, his wild locks were overdue a cut. That's when the idea came to cut off his hair for a local cause. Together with his mum and dad, he started looking at local charities and that's

when he watched a video on our website about the work that we do. Travis and his dad were moved to tears by the stories on the video.

"That was the moment he became completely self-propelled to go ahead and do it!" said his dad, Duane. "He learnt so much from the experience including to really appreciate things in life. We were so proud to see him so motivated to want to help."

Travis learnt how to set up a page on Just Giving and loved seeing the graph that showed the money raised steadily increase. He set a target of £250 which he very quickly surpassed!



Travis during and after his big shave.



Straight after the shave, Travis' dad treated him to a takeaway. "It was at that moment that the enormity of what he had done sunk in but he was reassured knowing and realising what a good thing he had done," said Duane proudly.

Travis was really proud too and chuffed with the media attention he got and the certificate he received from us. "He's had a great story to tell his mates of something truly positive he did in lockdown."

Thank you for being a Rossendale Hospice Hero Travis!

"He learnt so much from the experience including to really appreciate things in life. We were so proud to see him so motivated to want to help."

Through Travis' heroic efforts, he has funded FIVE night sits for patients in Rossendale. This means patients will receive care and support during the night to provide comfort to them as well as much needed respite to families/carers.

ROSSENDALE HOSPICE HERO

Our first Rossendale Hospice Hero of 2021 is Aaron Murphy! Aaron has challenged himself to run a marathon around Rossendale this Summer to help raise money for us. Aaron has so far raised an amazing £1,597!



Sam Gildert braved all the elements in January to walk 200km and raised an incredible £831.25 for us!



Enormous thanks go to Robert Nicolas Steel Ltd. for their very generous donation of £5,000. Mr and Mrs Rhind usually attend our annual ball, which we were unable to hold, so decided to make a donation in lieu of attending.

THE VALLEY'S ULTIMATE CHALLENGE IS HERE!

Supporter John Dawson has arranged a new endurance challenge in Rossendale to raise funds for Rossendale Hospice.

John, who formerly served in the Army, has created a challenging 8 mile course over the valley hills to take place on 17th October. The course will consist of seven challenges on route, to be completed by teams of four. It promises to be an enjoyable experience that will really test competitors to achieve their best. As well as raising money for the hospice, the fastest teams stand a chance of winning some prizes.



Starting at Marl Pits, the course goes over Cloughfold, Top O'Leach, Cragg Quarry, Whitewell Bottom, back to Marl Pits with a finishing presentation.

The challenges include map reading and navigation; casualty extraction; communication; minefield crossing; sandbag carry; survival skills, observation and memory then an obstacle course to finish.

For more information, please visit:
www.rossendalehospice.org/sabre-challenge



GON 'N' TREK

11 SEPTEMBER 2021

PUB WALK



5 MILE WALK
10 PUBS TO VISIT
GIN SAMPLING ALONG ROUTE

REGISTRATION: 11AM
12 NOON PROMPT START
START: ROSE 'N' BOWL,
STACKSTEADS

FINISH:
NORTHERN WHISPER



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WWW.ROSSENDALEHOSPICE.ORG/GNT

Registered Charity Number 1008228

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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