Welcome

In this edition of the newsletter we wanted to share the successes you have helped create by supporting the hospice in so many ways.

Our vision is to positively influence a future in which everyone within our community facing a life-limiting illness receives the best possible care and that their families and carers receive the support that they need. This vision would not be possible without your support and we are pleased to showcase how 'together' we have helped so many local people. On pages 8-9 we enlighten you as to how we have helped local people in the Valley and further on pages 12-13 we would like to thank some of our supporters for the tremendous efforts they have gone to when raising money for the hospice.

Our patients regularly tell us just how much of a lifeline the hospice is for them but yet there are still so many people that are a little unsure about coming to a hospice and don't know what to expect. One of our former patients, David Hacking has kindly shared his experience of coming to Day Therapy. You can read his story on page 3 and we hope you will share this with others who may benefit from the hospice services. So sit back, grab a cuppa and enjoy reading our latest edition of the newsletter.

Geoff Summers, Chairman

Introducing our Coffee Mornings

Last year, for our 30th Anniversary, we introduced monthly Coffee Mornings where anyone could come, have a tour of the hospice, speak to the nurses and enjoy a cuppa and a cake.

Since then we have held 17 coffee mornings which has attracted over 45 visitors each month. In addition, many people have decided to refer themselves to access the hospice services since visiting.

Would you like to visit the hospice? Why not join us on the 2nd Monday of the month and pop in for a view of the hospice and a brew.

David’s Story

Can you tell us a bit about how you got your diagnosis

It all started about 16 months ago. One morning I woke up with terrible stomach pains and went to the doctor. They took a blood test and within 24 hours I was back at the doctors and rushed into hospital. I had a growth on my bowel which had burst. I went straight into theatre with no time at all to process what was happening. I gradually started feeling better and started chemotherapy once the wounds had healed.

How did you first hear about the hospice?

When I was discharged from the hospital a district nurse visited me at home. After many weeks off work I found myself nipping to ASDA, just for social interaction with other people. The nurse suggested Day Therapy and that I would benefit from attending the hospice. My first reaction was that I have no intention of dying. I thought it would be full of older people than me. The nurses said it would help having other people to chat to. She convinced me to go and give it a try.

What was your first experience of Day Therapy like?

As soon as I came in I was asked what I wanted for my lunch – I thought this isn’t as bad as I had imagined it would be! I sat in the lounge and nattered to other patients. The nurses suggested Day Therapy and that I would benefit from attending the hospice. My first reaction was that I have no intention of dying. I thought it would be full of older people than me. The nurses said it would help having other people to chat to. She convinced me to go and give it a try.

Did you get involved in other activities like arts and crafts for example?

I can’t paint a wall so I wasn’t going to start painting pictures, but it was all very relaxed and I never felt that I had to get involved in other things.

Some of the other patients did and really enjoyed it. I liked just chatting with other people and getting to know them.

Did you take up the offer of other treatments?

Yes, I had some complementary therapies. I had a back massage, reiki and reflexology. I had no idea that the therapist could tell I had a sore hip from rubbing my toes – I was very impressed. They were very helpful and beneficial to help me on my road to recovery.

Would you recommend the hospice to anyone else who needed it?

I thought it was hugely beneficial. I would encourage anyone to come and give it a go. I hope by sharing my experience it will help reduce any misconceptions or anxieties about attending the Hospice.

If you would like to sponsor this page for £250, please email: fundraising@rossendalehospice.org

For details of latest vacancies visit our website www.rossendalehospice.org/volunteering-jobs
Older people are sadly especially vulnerable to feeling lonely as often they have a very limited number of social interactions in a week, mostly due to mobility issues. To try and relieve the problem of loneliness and isolation, we offer a Befriending service, where trained volunteers visit isolated older people and spend some time with them to have a chat alongside a cup of tea.

Befriending offers supportive, reliable relationships through volunteer befrienders to people who would otherwise be socially isolated.

Getting to know a new person who takes an interest in you and your life can improve your mood and confidence greatly, and make you feel listened to and part of the community again.

How do I get to know more about the Befriending Service?

We have a Befriending Service Co-ordinator who can help you with more information about how the service works. She will arrange to come out and meet with you and to have a chat about you and your interests, what you enjoy and generally get to know you a little.

If you decide you would like to access the Befriending Service she will take time to carefully select a volunteer Befriender for you.

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 and incredibly lonely.

Health problems or other circumstances can make it hard to get out and about, stay in touch with people, or form new friendships.

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Everyone needs other people, but not everyone has someone...

You may find reading difficult and would enjoy someone reading the local paper to you, or your favourite book. You might enjoy a game of cards, doing a jigsaw together, or simply just to have a good old chat!

She will agree with you how often you might like a visit from your Befriender (typically once a week), or you may not want someone to visit you, but to share a regular phone call…. It's up to you.

Did you know...

You can increase the money raised from your donations when signing up to gift aid? This can be done by completing a simple gift aid form when you drop off your donations!

Donate it!

Our three shops are always in need of quality items to sell and we welcome your donations. You can donate your items to any of our shops.

Our shops are open from 9am - 4.30pm Monday to Saturday. (Closed Bank Holidays)

If you want to check out our online items visit www.rossendalehospice.org/onlineshop

Thank you to all our volunteers, supporters and donors for providing time or donations for our shops.

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If you would like to find out more, Contact Amy O'Connor, Befriending Co-ordinator on 01706 253633
What is your ideal volunteer role?

Out of the following descriptions, what would describe you best?

a. I know my way around a computer – I can produce documents at ease.
b. I’m excellent at organising things – everything I own is in its rightful place.
c. I love good housekeeping – I take pride in keeping things clean and tidy.
d. I thrive when spinning plates – multitasking is easy.
e. I have a great sense of direction – Getting from A to B is no problem for me.

What would you say is your best quality from the following list?

a. I have an eye for detail and like things to be precise.
b. I am an excellent communicator with others.
c. I make a great cuppa! Nothing better than a decent cup of tea.
d. I am a good listener and can help and direct others using this quality.
e. I am very independent and have a lot of patience for others.

What would best describe your position within a team?

a. I am a great team player and enjoy working collaboratively.
b. I like to be methodical – I am always thinking on a logical basis.
c. I would call myself non-judgemental and take a supportive role.
d. I am the communicator – I can articulate problems clearly.
e. I am fit and active – practical and physical aspects are the jobs for me.

What would best describe your personality?

a. I am supportive and like to motivate others.
b. I have a positive attitude which makes me approachable to others.
c. I am empathetic and can be compassionate to others.
d. I am always polite and friendly to others.
e. I have a great sense of humour and can build rapport with others.

What would you say is your best quality from the following list?

a. Great on the telephone – love having conversations with others.
b. Creative – My mind is just wired to see things others may not.
c. Caring for others – I am attentive and supportive.
d. Confident – what I see and hear is only my business.
e. Local knowledge – I know the area well.

Finally, choose the one that fits you best:

a. Flexible
b. Helpful
c. Confidential
d. Happy
e. Adaptable

Count up your scores below:

A’s ......................................
B’s ......................................
C’s ......................................
D’s ......................................
E’s ......................................

Mostly A’s Fundraising Volunteer
Your skills and personality would best fit in our fundraising department where we are motivating and encouraging the community to support the hospice. Every day is different and having a flexible nature would fit well within this environment.

Mostly B’s Retail Volunteer
Your skills would fit perfectly in our retail department. We have three shops in Bacup, Haslingden and Rawtenstall plus a storage unit where the hospice sorts through all their donations. Having skills in organising lots of things would be a valuable asset.

Mostly C’s Day Therapy Volunteer
Having people skills and being a caring person fit well within our Day Therapy department. Helping patients and making a great cup of tea are just what is needed. Reliability and consistency are key within this area as we ensure patients are our key priority.

Mostly D’s Reception Volunteer
Our reception is a hive of activity and requires a superb multi-tasker to successfully juggle answering the telephone, greeting visitors and supporting with a range of administrative duties. A happy reception volunteer is the first person that visitors see when walking into reception.

Mostly E’s Volunteer Driver
Local knowledge and having a great sense of direction are valuable to the role of Volunteer Driver. They collect patients from their home and drop them off at the hospice to receive the care and support they need. Being eligible to drive the hospice vehicles is essential to this role.

For more details about becoming a volunteer contact volunteer@rossendalehospice.org or call 01706 253633.

Have you or a family member received our services? Would you like to tell your story? Contact fundraising on 01706 253633.
People in the local community, just like you, have been supporting the hospice morning and night to help raise funds to provide this invaluable care.

In addition to this we have had a team of 200 volunteers who give up their time to make it all happen.

Many people in Rossendale have helped make every moment count, whether that’s time or money it has given many people the chance to access the care and support they need.

If you would like us to come and do a talk about our services, please email: fundraising@rossendalehospice.org  
www.rossendalehospice.org

Did you know that in the last 12 months Rossendale Hospice has run a 24 hour service, 365 days a year, to ensure you, your family and friends have access to hospice care when it’s needed most?

7,600 hours of nursing care given to patients in the comfort of their own home surrounded by their family and friends.

15,518 hours from volunteers giving their valuable time to help such as sorting through donated clothes in our shops, answering telephone, transporting patients, making those much needed cups of tea and being part of the wider support circle.

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10,500 hours of nursing advice and support given, plus a hand to hold for patients coming to terms with a diagnosis or helping them live with a life limiting illness.

835 hours of counselling for patients, carers’ and their wider families to equip them with the tools to cope with loss and grief - supporting them to know it’s ok not to be ok during this time.

What is impossible to put into context is the number of hours our dedicated supporters like you have given. Over 1,700 of you did your bit in making every moment count and in turn have created a lifeline for your friends, family and neighbours.

On behalf of our patients, their families and the staff at the Hospice – thank you!

361 hours of releasing stress and tension with soothing reflexology and aromatherapy massaging introducing calm and relaxation through difficult times.

1,450 hours of kind hearted companionship given to elderly and socially isolated people who have enjoyed baking, playing board games, crafts and sharing stories with their volunteer befrienderes.

7,600 hours of nursing care given to patients in the comfort of their own home surrounded by their family and friends.
Celebration Giving is a lovely way in which to celebrate a special occasion and help your local hospice too.

You may be due to celebrate a special birthday, anniversary, a birth or marriage in the family. If you have everything you need why not ask for donations to the hospice in lieu of gifts. We are able to provide celebratory giving envelopes which you may choose to include in your invites. All you have to do is bring the envelopes to us and we will inform you of the total amount received.

We will send a thank you letter to everyone who contributed. The envelopes also allow us to claim Gift Aid, which can boost your fundraising by a further 25%.

Mr & Mrs Nuttall who got married in July this year. When planning their big day, Chris Nuttall & Georgina Nuttall decided that instead of asking guests for gifts they would ask family and friends to donate to the Hospice, a charity close to their heart.

Sadly during the planning of the wedding Georgina’s mother passed away. Georgina and Chris along with the generosity of their guests have raised an astounding £2,940 as well as donations on their ‘Much Loved’ tribute page which brings their grand total to £3,577.50!

Thank you to Chris, Georgina, her Father and all their family and friends - this is amazing!

The Friends Group is made up of volunteers who support the Hospice by organising 2-3 events a year to help raise much needed funds for the Hospice.

The events vary from pamper nights to curry nights, cake sales to musical events spread out throughout the year. Can you help? They currently have 8 volunteers but are always looking for new members to join them. The Friends Group hold quarterly meetings to discuss new ideas and organise their events.

These meetings are very informal and the volunteers help out where they can.

Their next event is a Cake Sale held on the Ground Floor of the Rossendale Health Centre on Thursday 7th November between 10am – 2pm.

Over the past 6 years, they have raised almost £8,000 for the Hospice which is the equivalent to 36 patients receiving a day therapy session.

Without the help and support from the Friends Group those patients may not have benefitted from our vital services whilst living with a life limiting condition.

If you would like to join the Friends Group, or simply donate a cake for the Cake Sale then please get in touch with Hilary Martin on 07554532345.

Mr & Mrs Nuttall and Granville Barker recently celebrated their 77th birthday and asked his friends and family for donations to the hospice instead of gifts. He was thrilled to have raised over £220 for the hospice.

The Friends Group hold quarterly meetings to discuss new ideas and organise their events.

If you would like to sponsor one of our events, contact fundraising@rossendalehospice.org
Thank You!

Woodcocks Haworth and Nuttall solicitors raised a fantastic £7,000 in their annual Golf Day for Rossendale Hospice.

Lauren May Peacock took it upon herself to challenge herself to run 10K in under 1 hour. Lauren chose to fundraise for the Hospice due to the great services a close family member receives. She ran the 10K in Switzerland in the middle of summer which was difficult enough but managed the run in an excellent time raising £1,145.

Crossfit Vita-Ray gym members took part in the Three Peaks Challenge in August raising over £4,400. 17 of them climbed three mountains to complete the gruelling challenge within 24hours.

Well done to our 5 Great North Run runners who took part in the iconic challenge in Newcastle in September. So far they have collectively they have raised £2,100. Here are two of the runners - brother & sister John Williams & Joanne Johnson.

Haslingden District Nurses completed the Hospice Steps Challenge in April. Each of them took 10,000 steps a day for a month to raise £554 for the Hospice in memory of Joyce Thorne.

Peter & Janet Ormerod in 2018 completed the Mongol Rally raising over £10,000 for the Hospice. This year they decided upon something a little more risky and took part in India’s Rickshaw Run. They have successfully completed a 3000km drive in ‘Tic Toc’ - their trusted choice of vehicle raising almost £2,500!

Riverside Health Club organised a 24hr Spin-a-thon which saw gym members (including one of our very own Hospice at Home team) continually cycling on spin bikes for 24hr whilst raising money for the Hospice. They raised over £1,400!

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UPCOMING
Events 2019

7th-11th October
Hospice Care Week.
Why not hold your own event
during Hospice Care
Week? Have a party or a
coffee morning, donate
some goods or purchase
something in our shops.
Please support your local
Hospice. We need you!

BACK BY POPULAR DEMAND!
Saturday 26th &
Sunday 27th October
PUMPKIN TRAIL
Stubbylee Park, Bacup.
Enjoy a fun, family event looking
for Halloween themed boxes
around the park – dare to
see what’s inside? On
booking you will receive
a trail sheet which you will
need to complete. Answer
all questions correctly and
submit your sheet into a
prize draw to win a Family
Ticket to Go-Ape Rivington.

Pre booking advised as only
a limited number of trail
sheets will be available to
purchase on the Saturday
26th October from the
Hospice Shop in Bacup.
Trail Sheets/Tickets £3 each.

Our nineteenth annual ball, organised
by the Special Events team, celebrated
with a Mardi Gras theme and raised an
impressive £22,500.

Guests were greeted by Mardi Gras
dancers at the Hilton Hotel, Manchester.
Alan Keegan, the voice of Old Trafford
and great supporter of the Hospice
welcomed everyone to the room filled
with colour and atmospheric Mardi
Gras music. Auction prizes on offer
ranged from a Golf membership with
Rossendale Golf Club, a JJO Kitchen,
a break at the Windermere Dome
House as seen on Channel 4’s Grand
Designs and a Hyundai i10 car which
was sponsored by The E J Stansfield
Group and many other local
businesses in Rossendale.

A huge thank you to everyone who
attended and supported this event.

Visit our website for more up and coming events
www.rossendalehospice.org/events

Friday 6th December
Ladies Christmas Lunch at
Nino’s Restaurant, tickets are
£45 each which includes a
3 course Christmas lunch,
entertainment
and prizes to
be won. Tickets
are limited and
sell out fast so
please contact
fundraising on
01706 253633 at
the earliest to
avoid disappointment.

Thursday 12th December
Light up a Life is a special opportunity
for you to remember a loved one this
Christmas. To make a dedication please
contact the Hospice or visit our website
for more details. If required, your
dedication will be displayed during the
candlelit service at St Mary’s
Parish Church.

Information & Sale Day’s
Rossendale Health Centre – Ground Floor
10am - 3pm
THURSDAY 31st October
THURSDAY 28th November

Friday 3rd April 2020
Rossendale Woman of
the Year at Rossendale
Golf Club. Do you know
someone who has
contributed significantly
in the local community?
Would you like to nominate
them for Rossendale
Woman of the Year 2020?
Nominations open from
January 2020. The winner
is announced at the main
event which will includes a
3 course meal. Tickets £45.

Rossendale Hospice
Mardi Gras Ball
Make a donation

I WOULD LIKE TO HELP ROSSendale HOSPICE

By choosing to donate to Rossendale Hospice, you are helping to ensure the Hospice is here for years to come, to care for someone’s father, mother, son, daughter, relative or friend. We thank you for your support.

Full name: (Mr/Mrs/Miss/Ms): ...................................................................................................................
Address: ..................................................................................................................................................
...................................................................................................... Post Code: .............................
Telephone: .......................................................... Mobile: .................................................................
Email: ..............................................................................................................................................

If you wish to donate by debit, credit card, cheque or online, please complete your details below:

CREDIT CARD
Name on Card: ..............................................................
Card No: ..............................................................
Start Date: ................................. Expiry Date: .................................................... Issue No. ..............................
Donation Amount: £ ................................................... CVV: 

CHEQUE: I enclose a donation of £ Please make cheques payable to Rossendale Hospice

ONLINE: Visit www.rossendalehospice.org and click ‘Make a 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 ................................................................

Rossendale Hospice likes to keep supporters updated with hospice news, fundraising activities and charity shop offers on a monthly basis. If you would like to hear from us in the future, please tell us how you would prefer to receive this information – You can tick as many as you would like. ☐Email ☐Post ☐Telephone ☐SMS

Your details will be kept on our mailing list until you notify us of any changes. We will ask you to refresh your details every 2 years. You can opt out at any time by emailing fundraising@rossendalehospice.org or by calling 01706 253633 - option 3. If you would prefer not to receive any information from Rossendale Hospice please tick here ☐

We will never pass your details on to any third-party for marketing purposes. You can find details of our privacy statement on our website at www.rossendalehospice.org.