For many patients receiving end of life care, it is a priority to be with family and friends at home. Being surrounded by their comforts such as a favorite chair or photos posing many happy memories are all things which are so important to them.

Over the last 14 years we have operated a Hospice at Home service and the number of patients has increased each year, along with the scope of our service. We know how important these services are and it has long been our hope to offer more hours of care to patients who choose to live and die at home.

Caring for someone you love at home can be difficult and demanding. That’s why our nurses aim to make it as comfortable as possible and be there to answer questions and offer advice where possible.

Fortunately, we are now able to provide additional care, 24 hours per day, 365 days per year, to help patients and carers at a time when help is most needed.

The service works closely with District Nurses, GP’s, Specialist Nurses and other Health professionals to ensure patients receive the best care. We care for patients and their family with dignity and compassion night or day.

If home is where your heart is and you need the help of the hospice, please get in touch. We will work with you to ensure that the care we provide is focused on your wishes and support you in any decisions made about your care, both for now and in the future.

There’s ‘snow’ stopping us!

Despite the difficult conditions this winter the Hospice at Home Team managed to see all our patients in their home, even if it meant getting there on foot. We would like to thank our staff for their efforts in ensuring our patients come first.

Colour Dash is back! see page 13
Welcome

This year marks a special occasion where we can look back over the last 30 years and be honoured for what we have achieved.

In this edition of our newsletter, we would like to share some of our history with you and celebrate these successes with our valued supporters.

The most important celebration is the local communities dedication and commitment to supporting Rossendale Hospice, which has provided local people living with life limiting conditions with the support they need.

I am always amazed at how the Hospice started out with very few resources, but big ambitions. It is humbling to see it thrive today, whilst still endorsing the same drive and passion to develop services today.

This passion and enthusiasm has delivered professional service in an ever changing landscape of Hospice care requirements. The number of patients cared for by the Hospice has increased rapidly over the years, which has also resulted in rising costs. In the last 20 years the cost of providing Hospice care in Rossendale has risen by 603%.

The number of volunteers has also increased. We currently have more than 200 volunteers who make it possible for the Hospice to function.

The change in services has grown significantly and offers 24 hour care, 7 days a week. This was just a dream 30 years ago.

Our services will always be relied upon and we are grateful that we have the community support to deliver this much needed care to those who need it.

I would like to take this opportunity to thank everyone who has given time or money – you are the reason we stand proud today and can look forward into the future with positivity.

Geoff Summers, Chairman
Hospice Facts

Below are a few facts about Rossendale Hospice

- Our early diagnosis day was one of the first to open in the country.
- We are one of two hospices in the country to receive BACP Accreditation for its counselling services.
- Originally set up for cancer patients only, but today supports patients with life limiting conditions.
- In the last 5 years, our Fundraising Department have organised more than 50 large events.
- In the last 20 years, the cost of proving hospice care in Rossendale has risen by 603%.
- More than 40 active befriending volunteers give 1 hour a week - 2,080 a year!
- In 2010 a new Chronic Obstructive Pulmonary Disease (COPD) programme was started.
- The first Nurse in charge was appointed in 1990 working just 13 hours. Today we have 5 nurses.

Celebrating 30 years of caring for local people

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

Rita Albanese, Day Therapy Staff Nurse has been introducing Armchair Yoga to our Day Therapy patients.

There are many benefits to armchair yoga and our patients really enjoy taking part in the sessions.

The session starts by focusing on teaching breathing techniques that work to calm and relax the mind. Then we introduce gentle movements using yoga stretching aids which releases tension and improve suppleness.

It has been so beneficial that many patients have reported incorporating simple yoga exercises into their daily routine at home. They have experienced benefits such as improvements in breathing and feeling more flexible.

“Armchair yoga brings on a feeling of well being. These exercises work in your own environment too”
Barbara

“I find the armchair yoga really helpful. It eases my stiffness and helps my mobility. I love the breathing part of this exercise and I practice it everyday at home because I can feel the benefits.” Derek

COMPLEMENTARY THERAPIES

Patients and carers can benefit from complementary therapy sessions, which are focused on symptom relief and improvement of overall well-being.

Some patients try different therapies to help them feel better. Patients benefit in different ways from aiding relaxation, reducing tension and anxiety.

We also offer some therapies to carers as it can boost their physical and emotional health whilst caring for a loved one.

Therapies include reiki, reflexology and massages.

Our service users have given the following feedback...

“The therapist conducted the sessions in a very gentle and calming way in a peaceful setting. She was extremely professional & very knowledgeable.”

“The therapies helped me relax and be calm, which lasted for hours after each session.”

“Friendly & approachable therapist who could understand where I needed extra work around symptoms. I have cut down on anti-inflammatory and headache medicines.”

“Time to completely relax away from stresses of home. It made me less inclined to need painkillers.”

“I have found the whole experience to be very beneficial to my recovery.”
Ann was diagnosed with lung cancer in March 2016.

When her lung specialist suggested a referral to Rossendale Hospice she was against it.

“I was not interested in going because I felt miserable and didn’t want to mix with other people who were ill too. I was in a state of shock and did not know where to turn.”

Ann had a cough for over 2 years and her G.P sent her for a chest x-ray. That’s when her life changed.

Ann and her husband had busy lives. Archery was their passion and they competed at championship level events. They also travel to visit their two grown up children and eight grandchildren who are spread across the globe in the USA, England and Ireland.

Her cancer diagnosis was never part of her life plan.

Several months after her diagnosis, whilst still undergoing treatment, her District Nurse mentioned the “Hospice” word again, saying it would be good for Ann to attend.

Ann agreed reluctantly saying she would give it a try.

“I am so glad I decided to go to Rossendale Hospice as I have got so much from it. It’s a place filled with laughter and I can get the support I need. Everybody understands what I am going through and the staff are friendly and supportive. I have met some amazing people and made lifelong friends along the way.”

Ann has accessed a variety of Hospice services and finds the complementary therapies very beneficial.

“I never imagined the Hospice would be so friendly and uplifting.”

Her way of saying thank you was by getting involved in fundraising.

Last year Ann organised a 24hr Archery Competition.

“I agreed to tell my story because I wanted to say how grateful I am to Rossendale Hospice for the help and support I have received and I am still getting. I urge people to take advantage of what the Hospice has to offer and spread the word about the work they do. It is a wonderful place, friendly, happy and filled with laughter. I love going, it’s a real treat, just like having a special day out with family and friends.”

Have you or a family member received our services? Would you like to tell your story?

Contact fundraising on 01706 253633
1986 - 1991

In 1986 the initial idea of 'Terminal Care in Rossendale' was conceived. Charitable status was granted for Rossendale Hospice and homecare was operational by 1988.

During 1990, the first Nurse-in-Charge was appointed and worked 13 hours over two days. An open day was held to raise awareness of the new services to local people in the valley.

By 1991 the official opening of 'The Bungalow' which housed the Day Care facilities was a key milestone for Rossendale Hospice. This year was also the start of trialling non-cancer patients, which became permanent and currently stands today.

Later that year, Rossendale Hospice launched a monthly bereavement group to support patients and their families.

1992 - 1996

Day Care services were operating well and increased to 4 days a week by 1992. Our nursing team increased to 3 members of staff. The following year, Christie's Manchester acknowledged the Day Care Unit as a centre of excellence.

Our first vehicle was donated to the hospice in 1995 - this was the start of being able to offer transport to patients. Two volunteer's drivers were recruited to help.

With a National Lottery Grant in 1995, complementary therapies commenced. A Reflexologist attended one morning per week allowing patients to get control over some of their symptoms. Therapies then extended to include Reiki and aromatherapy daily and some hypnotherapy.

A decade into providing Hospice care in Rossendale we celebrated with a Anniversary Dinner and celebrated the achievements to date.
1997 - 2001

In 2000, a 10 week rolling programme for patients with early stage cancer was introduced.

Our special events committee was created in 1999 and they organised the first Annual Ball.

By 1999, Former Day Care patients held a self-help group at the Hospice every Monday. They were known as the New Horizons group who later volunteered in a new hospice shop.

The Early Diagnosis Day was the first in the country to be developed.

The Giving Tree, which now sits in Reception, was sought. This was created to raise funds throughout the 15th Anniversary year. Today more than 500 leaves take pride of place on the tree. Each leaf signifying the local support we have in the valley.

2002 - 2011

A new group was piloted, the COPD Group (Chronic Obstructive Pulmonary Disease) was started in 2009 and is still running today. Many patients with lung and heart conditions find it beneficial to meet others with similar conditions at Day Care.

In 2006, Rossendale Hospice secured a contract with Social Services to provide a social palliative care service.

During these years the Hospice moved twice. In 2007 it moved into the newly refurbished Ward 5 of Rossendale Hospital and then it moved again in 2010 to where it is based today - The new Primary Care Centre, Bacup Road, Rawtenstall.

The Befriending Service was created to help isolated and elderly people in the community. This service currently has over 100 volunteers supporting many patients in the community.

2012 - 2018

Between 2012 - 2014 we opened our three retail shops based in Rawtenstall, Haslingden and Bacup. Our shops raise a substantial amount of funds to allow the Hospice to continue its good work and this is only possible through the donations we receive from the local community. By 2014 the shops raised just over £50,000.

In 2015 Rossendale Hospice was accredited BACP (British Association for Counselling & Psychotherapy) - we were the second Hospice in the UK to receive this accreditation.
Rossendale Women of the Year 2018

Two inspirational local ladies have been awarded Rossendale Woman of the Year 2018 at a prestigious ceremony in April.

Close sisters, Brenda and Denise do everything together and insist they come as one. They have been raising funds for charities and local causes for many years.

“We’re delighted to have been chosen to receive the Rossendale Woman of the Year award 2018! There are so many other deserving women in Rossendale and to have been selected is an honour. We’d like to thank everyone who nominated us and who have supported us over the years!”

The award luncheon was held at St Mary’s Chambers, Rawtenstall which is where the first ever Rossendale Woman of the Year was held back in the year 2000. Guests were treated to music by Billy Arnold and a very humorous insight into Molly Robins’ childhood and now as cake extraordinaire on Channel 4’s Extreme Cake Makers. A fantastic amount of £4,000 was raised for the Hospice.

This year, 10 women were nominated for their contributions to our community. The new Rossendale Woman of the Year Committee, formed from previous winners and their friends, had the hard task of choosing a winner.

Special thanks go to CFH Solutions, Roland Hailwood, Molly Robins, Billy Arnold and AJM Photography for making the day special.

Congratulations to, Benda & Denise and to the other nominees who all deserved to be recognised for their achievements!
The challenge of a lifetime

Event Name: Mongol Rally
Team Name: Say No To Slippers
Challenge: Driving 13,000 miles from UK to Siberia

In July, a team lead by Peter Ormerod of Helmshore will head off on an epic 2-month, 13,000 mile drive to Mongolia, in an 11 year old Renault Kangoo!

“I’ve always wanted to do an epic overland adventure and this is the perfect challenge, It’s a great way to see amazing places, make new friends and raise money for a vitally important local cause.

I’ll be doing the whole trip with my wife and our three grown up sons, each joining for different sections, along with my brother in law and cousin from Scotland. We each have our own reasons for doing this adventure, in my case, the sudden loss of a really close friend last year gave me a sharper focus on what’s really important.”

The team name is ‘Say No To Slippers’ – capturing the spirit that life is for living to the full, whatever your circumstances. Which is a great reflection of the hospices own motto of Making Every Moment Count.

Starting in Rossendale, the team will head to Prague where other teams from across Europe will converge, then each team heads off separately, on its own choice of route and timetable. For “Say No To Slippers”, it’s down through the Balkans to Turkey, into Georgia and across the Caspian Sea, though Turkmenistan, Uzbekistan, Kyrgyzstan, Kazakhstan, Mongolia, and finishing in Siberia.

“We’d like as many people as possible to get involved with the adventure by donating, following our progress online and supporting the fund raising events in the weeks before we head off.”

Visit our web page www.saynotoslippers.com for more information or to support him visit www.justgiving.com/fundraising/saynotoslippers

Inspired by Peters challenge? Why not take part in a challenge and help raise funds for Rossendale Hospice.

www.rossendalehospice/challenge-events
Plan ahead with Lasting Power of Attorney month

Have you taken a moment to think about who you would want to make important decisions for you, if you couldn’t make them for yourself?

Woodcocks Howarth and Nuttall Solicitors is supporting Rossendale Hospice during June to encourage people to make a Lasting Power of Attorney (LPA) and raise awareness of the benefits of doing so.

What is a Lasting Power of Attorney?

A Lasting Power of Attorney is a legal document enabling one or more people to make decisions on a person’s behalf if they lose capacity to do so themselves.

There are two types of Lasting Powers of Attorney covering different areas of decision making – one for property and financial affairs, and the other for health and welfare.

Why do I need to appoint one now?

A Lasting Power of Attorney is not just for the elderly. It is just as important for those who are healthy and of sound mind to have proper plans in place for the future.

A LPA can only be set up when an individual has mental capacity, so if you don’t appoint a Power of Attorney and are later incapable of managing your finances, your assets will effectively be frozen, which can cause difficulties.

Woodcocks Howarth and Nuttall Solicitors will be donating £120 to Rossendale Hospice for each Lasting Power of Attorney made through the firm during June.

For more information on LPAs or to book an appointment at WHN’s Haslingden, Rawtenstall or Bacup offices, please contact Berin Jones, Stephen Parr or Catherine Hamilton on 01706 2133356.

To find out more about the initiative, visit rossendalehospice.org/powerofattorney

I was really pleased to have put a lasting power of attorney in place for my mother-in-law prior to her going into a care home, which enabled me to manage her affairs in her best interest. It made things so much easier and straight forward, so much so that my mother has done the same and I am doing mine in June too.

Irene Chambers, Trustee

Make a Will Month will be taking place in September 2018 - See our events section for more details.
Each year we receive a great amount of support from local companies. This year more than 26 companies have raised more than £86,000 for Rossendale Hospice.

The support given includes financial gifts, sponsorship pro-bono support and gifts in kind.

Earlier this year we celebrated their support and presented certificates to those who have given considerable support over the last 12 months.

If you would like to support the Hospice, we have many ways in which you can get involved.

We would like to thank the following companies for their support in 2017:


Would you or your workplace like to get involved in a new entrepreneurial challenge?

Take part in this 12 week challenge where you will be up against other local businesses to raise as much as possible from £50.

Sign up before June to take part and find out more by visiting our website:

www.rossendalehospice.org/CorporateChallenge

Visit our website for more information about how companies can support the hospice
Rossendale Hospice joined other North West Hospices in a campaign which encouraged men to donate their unwanted clothes.

The ‘Drop Your Pants’ campaign coincided with Testicular Cancer Awareness Month, which ran throughout April.

It helped to raise awareness and encouraged more donations of men’s clothing.

A high percentage stock donated and regular customers are female. Rossendale Hospice wanted to get involved in this campaign to raise awareness of our need for men’s clothes and give them a reason to shop in our stores.

We know many men support the valuable work of the Hospice but we still have a lack of clothing donations coming from men.

Other hospices who also took part in this initiative are: Pendleside Hospice, Burnley, Woodlands Hospice, Liverpool, St Mary’s Hospice, Ulverston, East Lancashire Hospice, Blackburn, Eden Valley Hospice, Carlisle, Dr Kershaw’s Hospice, Oldham and Willowbrook Hospice, St Helen’s.

There is still time to donate your clothes to one of our Hospice shops - please see locations and opening times.

Rawtenstall Shop
77 Bank Street, Rawtenstall, BB4 7RW
Tel: 01706 240084

Haslingden Shop
13 Upper Deardengate, Haslingden, BB4 5QN
Tel: 01706 830475

Bacup Shop
17 St James Square, Bacup, OL13 9NH
Tel: 01706 872507

All the shops are open Monday to Saturday from 9am - 4.30pm
Diary Dates

**JULY**

14th **Rossendale Colour Dash** at Marl Pits. A 4km run, walk or jog whilst being showered with coloured powder by passing through colour stations.

**SEPTEMBER**

10th **Make a Will Fortnight** with Woodcock, Howarth & Nuttall Solicitors. For more information on how to make your will contact them on 01706 2133356.

22nd **Musical Extravaganza.** Rosendale Ladies Choir, Artisan Brass and Special Guests will be performing. Tickets cost £8. Tickets are available online, from the Hospice and the Ladies Choir from 4th of June.

29th **Annual Ball** at The Hilton Hotel Manchester. A superb evening of live entertainment, auction and DJ. 7pm drinks reception followed by a 3 course dinner.

**OCTOBER**

8th-12th **Hospice Care Week.** Helping raise awareness of the important work of hospice. Why not hold your own event during Hospice Care Week?

16th **Pink Ladies Night** at Haslingden Bar & Grill. Charity fun night 7pm start 3 course meal and entertainment. Tickets £30 and can be purchased from Heads Above Salon in Haslingden 01706 228609.

26th **80’s Boogie Night** at Haslingden Cricket Club. Enjoy a fun 80’s evening. Tickets are £15 each which includes a pie and pea supper. Tickets are available online and from the Hospice from 2nd of July.

**DECEMBER**

1st **Ladies Christmas Lunch** at Nino’s Restaurant, tickets are £45 each which includes a 3 course Christmas lunch, entertainment and prizes to be won.

13th **Light up a Life** at St Mary’s Parish Church. This event allows you the opportunity to remember a loved one at Christmas. To make a dedication please contact the Hospice. Your dedication will be displayed during the candlelit service.

15th **Jimmy Eaton’s Ball** at The Riverside, Whitworth. Five course meal with live band, tickets are £35 each, contact Jimmy on 07907 595 933.

Visit our website or more up and coming events
Thank you!

The Friends Group are a number of volunteers who organise events for the Hospice each year. They were formed in 2013 with the intention of holding two fundraising events and two cake sales a year, and to help out at events organised by Fundraising such as the Hearts and Voices concert. They are always looking for new members and ideas for events!

Since 2013 they have organised events such as a Curry night, Clarins Night, Flower demonstration, Summer Delight afternoon, Fashion show and a number of Cake Sales. In that time, from their events, they have raised a fantastic £7,317.

The Friends Group are now also supporting the Musical Extravaganza which is planned for 22nd September.

Andrew Radcliffe raised £892 by shaving his head because he wanted to support everybody who goes through chemotherapy.

Thanks Andrew!

Thanks to the Refectory Café at St Thomas Church, Helmshore who held a Saturday session and raised £440. They are looking forward to making this an annual event.

Fantastic Support Ladies!
We would like to thank all our volunteers past and present for their hard work and determination to their local hospice. From volunteer drivers, day therapy volunteers and fundraising support - you have all given your time and helped the Hospice to be where it is today.

The Hospice would like to give a special thank you to all the volunteers who have helped create gorgeous hand knitted toys and clothing.

Items knitted by our volunteers

These goods are sold at the Hospice and have become very popular with the local community. These sales could not happen without the continued support of our sterling volunteers.

It doesn’t matter how young or old you are – knitting is great fun! Eileen Touhey is 94 and has been kitting items to sell for 10 years.

Thank you to Arthouse for donating some lovely screens for our day therapy lounge. This allows us to section off the room and offers more privacy to patients and visitors.

John Murphy and a group of his friends completed the Yorkshire Three Peaks challenge in November.

The challenge was in memory of John’s Mum - Kath who sadly passed away in May 2017.

John and his friends raised a massive £1,842.

Amazing!

Thank you to everyone who has supported over the last 30 years
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: £ ........................................

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.

Please complete the form above and return it to: Rossendale Hospice, New Cribden House, Rossendale Primary Health Care Centre, 161 Bacup Road, Rawtenstall BB4 7PL.

...Thank you for your support