

Friends

The newsletter of Rossendale Hospice



Integrated Health
Care Centre

Registered Charity No.1008228

The sound of music brings warmth and joy to the Hospice

Monday afternoons at the Hospice are to be filled with the sound of music from 21st September when a new support group commences.

The East Lancashire Commission Clinical Group has awarded us a social prescribing grant to enable the Hospice to run a Singing & Support Group in partnership with Valley Academy, Crawshawbooth who are providing Grant Bromley, Musical Director and Sally-Ann Bromley, Project Manager and singing coach.

The 2-hour sessions will include a half hour break to get advice & support from Hospice staff and other agencies.

The group is open to people caring for somebody with a long-term illness or life-limiting condition, with the intention that they attend the group together. The singing is for pleasure so no skill is required and there will be some small percussion instruments for those who wish to participate in a different way.

The group was the idea of Sharon Rowland, our Befriending Coordinator, who says, "I am very excited about the group starting. I really enjoy singing and it has helped me through some very sad times. It's usually for my ears only so it will be great to be able to join in with other people without worrying about not having a great voice!" For more information or to see if there are still spaces available, please contact Sharon at Sharon.rowland@rossendalehospice.org or on 01706 253648 / 07528 753 085.



Nurses, volunteers and patients enjoy a relaxing day at the seaside

Oh I do like to be beside the seaside

The lack of summer sun hasn't stopped our Day Therapy patients having fun. For one week during August our patient Nurses dressed in theme, our volunteers played summer songs on the organ and provided activities including 'hook a duck'. With fish and chips for lunch followed by ice-cream and sticks of rock a memorable time was had by all.

On another day the theme was Ladies Day at Ascot.



Nurses Loretta, Jean and Pam get into the mood for a day at the races.

New group helps Day Therapy help more patients

Our Day Therapy nursing team has recently launched a new service, allowing the Hospice to support more patients.

The new Monday Group is for patients who have been attending our existing Day Therapy service for some time and although ready to be discharged, many have long term conditions and would like additional support.

Patient needs

The group meet from 10am-1pm each week for twelve weeks and then alternate Mondays for a further twelve weeks.

Whilst at the Hospice patients are able to access all our services, obtain advice from our nurses, have a complementary therapy such as reflexology or receive counselling.

Pam Connell, our Senior Nurse co-ordinating the service says: "This new service enables us to meet the specific needs of patients to a greater extent and also increases the number of people who are able to access our Day Therapy service."

Difficult times but the Hospice has a lot to sing about



We have many new and exciting developments at the Hospice, including the new Monday Group in Day Care, a Singing Group for carers and their loved ones and a Befriending Service.

We are also looking forward to our new Clinical Lead, Gillian Warwick, starting in October. You will find more details as you read on.

This year's lack of summer sun hasn't stopped our Day Care patients having lots fun. 'Hats off' to our nurses for organising a day 'at the races' to coincide with Ascot and more recently they enjoyed a 'day at the beach'.

The past few months have been a challenging time for the Hospice Management Team as

our CEO was absent for an extended period however we are very grateful and fortunate that Sharon Whittaker was able to fulfil the role on a temporary basis.

One of our Trustees, Brian Topping, has stepped down due to other commitments. Brian was instrumental in helping us develop a new approach to our future planning and will be sadly missed.

Supporters

I wish to take this opportunity to say something in light of recent media coverage surrounding some other charities' fundraising practice. You, our supporters, are at the heart of everything we do and it is important that you know that we are committed to the highest levels of fundraising standards. We always follow data protection rules and have never,

and will not, share your details with other organisations. We adhere to the codes of practice laid out by the Institute of Fundraising and to underpin this, the Hospice has recently become a member of the Fundraising Standards Board.

We have a variety of fundraising events coming up in the next few months including the shortest hottest sponsored walk in Rossendale – our Firewalk Challenge, the Christmas Ladies Lunch and our annual Light up a Life event, not to mention all the wonderful fundraising you organise on our behalf.

Thank you for your support which ensures our patients; your family, friends and neighbours can continue to receive the care they need and deserve.

Geoff Summers, Chairman.

Gillian leads from experience

Gillian Warwick has been appointed clinical lead at Rossendale Hospice.

Gillian, who lives in Burnley, and has more than 20 years experience in the health service, starts work in October.

Her brief covers all clinical services including Hospice at Home and Day Therapy.

She said: "It's a very exciting time to be joining the Hospice. I'm coming in at a time when services provided by the hospice are being reviewed and developed.

"It's a warm and welcoming place and I am lucky to have already established working relationships with many of the staff."

Gillian has been working as a Macmillan

Clinical Nurse Specialist within the community setting for the past 9 years and more recently as a Macmillan Advance Nurse Practitioner. She has 13 years' experience of working in the palliative care arena.

She said: "It's going to be a challenging role but everyone has a high regard for the hospice and I'm looking forward to joining the team." Chief executive Irene Smith said: "We welcome Gillian to the team.

Her experience and knowledge in palliative care will be invaluable, particularly as we review and enhance services to ensure the highest level of care, both at the Hospice and within the home"

Our chief executive is back!

We welcomed Irene Smith, CEO, back to the Hospice at the beginning of August after a period of absence.

For four of the recent months Rossendale Hospice had an acting Chief Executive. Sharon Whittaker, who previously worked at the Hospice as general manager, stepped in at short notice and was in post from the beginning of April until the end of July. Sharon, who originally left the Hospice in 2006 to be a director of health services in the Gulf state of Qatar, was enjoying semi-retirement back home in Rossendale when the call for help came.

She said "I am very proud of my time as acting Chief Executive and I want to thank all the staff, board members and volunteers for their support and dedication. Having helped the Board tackle financial and operational issues, and identify key future priorities, I believe the Hospice can look forward to the future with a great deal of optimism."

Hospice chairman Geoff Summers said: "I thank Sharon on behalf of the Board for her positive approach and commitment to this Hospice and its staff in her time as acting Chief Executive. She has provided continuity of leadership through difficult times and I am delighted that the Hospice will continue to benefit from her knowledge and experience through her work on Information Governance."

A friend dropping in

The Rossendale Befriending Service helps to find volunteers to visit people in their homes to provide company and give their loved ones some peace of mind.

We have around 20 people being visited at the moment. One lady recently said: "My befriender is a good match for me. I like her coming and we have a good laugh and talk about all sorts of things."

Our Befriending Coordinator holds monthly Befriending Drop-ins at various venues in Rossendale. These are an opportunity for people to find out more about Befriending and other Hospice services as well as being

a chance to meet other Befriendees or Volunteer Befrienders.

The dates for the next few months are:

Old School Café, Haslingden Community Link from 2pm to 3pm on 22nd September and 27th October

Bacup Central Church Hall, Burnley Road, Bacup from 10am to 11am on 2nd September, 7th October and 4th November

Whitworth Library from 2.15pm to 3.15pm on 11th September, 9th October and 13th November.

For more information please contact Sharon Rowland on 01706 253648 or 07528 753 085.

Come and help us on EBay, we need your skills

Do you have an interest in collectables or just a great flair/talent for knowing what will sell on eBay?

Would you like to help Rossendale Hospice raise funds for people with life-limiting illnesses? We are desperately in need of local volunteers to help us grow our eBay enterprise.

If you want to help your community, have a few hours to spare, are looking for a sixth

form project or want to meet new people give us a ring.

We need volunteers with a good working knowledge of computers, have used eBay or have an interest in collectables, antiques, vintage clothing, vintage toys or books etc, would like to research, photograph or write descriptions for our donated items, can use email or would be willing to pack and post sold items.

If this sounds interesting please ring Caren Cookson, our shops manager, on 07506594850 and full training will be organised.

We are also looking for volunteers in Rawtenstall and Haslingden shops with a particular need in our Bacup shop. Again please ring Caren if you have a few hours to spare.

Family surprise for Anne our new Rossendale Woman of the Year

Anne Tighe, was honoured with the award at the Red Hall Hotel, where more than 80 people celebrated the achievements of Rossendale's most outstanding women.

Anne has had a long career in the NHS and currently chairs her residents' association, is group leader for Age UK, runs a group for the elderly, volunteers for Cruse bereavement counselling, Victim Support and the Samaritans and has been an active member of the Soroptomists. As well as her charitable commitments, Anne is an active member of Rossendale Ladies Choir and has also learned sign language to help her to sign to the public.

Anne, 74, said: "I was surprised to win. It was a lovely day, my two daughters were there and they had secretly arranged for my sisters to be there as well. The award was just the cherry on top."

The other finalists were Kate Crane and Hameeda Mahmood.

Belinda Evans, Special Events Chairperson, said: "All the finalists were worthy nominees. "We were delighted by the nominations received which highlighted the work of women all over Rossendale. It was a fabulous day. I'd like to thank all the guests who helped raise over £4000 in one afternoon which is truly remarkable."



Anne pictured with her trophy and certificate

To nominate your Woman of the Year 2016 please download a form from the website or email sam.morris@rossendalehospice.org



RWY winners Dawn Taylor, Louise Cooper & Anne Tighe

Summer delight

Louise Cooper, Woman of the Year 2014, organised a Summer Delight of cakes and Pimms at the scout hut in Cloughfold raising £228. Previous finalists joined in and Louise is hoping to make it an annual event.

Leisure Trust back the Hospice

Rossendale Leisure Trust have nominated the Hospice as their charity, have staged sporting events including Spinathon and Zumbathon and donated £1 from every gift voucher purchased.



Six Steps moves on

Rossendale and Pendleside Hospices have been delivering the Six Steps Programme, focusing on providing end of life care education to care homes and domiciliary agencies for almost four years.

Our Hospice's work on the programme will now be delivered by Jeanette Shepherd from Pendleside Hospice as Chris Durkin,

who has organised the programme for our Hospice, retires from this role.

She said "It was time for a change and we know that Pendleside will deliver an excellent programme." Jeanette has been Six Steps facilitator for Pendleside and will now be running the programme for both hospices.

Diary Dates

5th – 11th Oct - Hospice Care Week Why not hold your own event, donate some goods or buy something in our shops. Please support your local Hospice.

8th Oct – Tesco collection day at Rawtenstall.

8th Oct – The Riverside Inn, 51 Bury Road, Rawtenstall. Ann Summers Ladies Night 7pm. Tickets £6 from the bar.

9th Oct – Hospice Hero Day - We're encouraging schools and businesses to dress as their superhero for the day raising funds for the Hospice and awareness of Hospice Care week.

22nd Oct – Marks the end of the Inter-school challenge. Each school receives a certificate and the winning category (nursery, primary and secondary) receives a trophy.

22nd Oct – Spice Night organised by the Round Table at the Ashoka Restaurant 7:30pm. Tickets £20. Book online at www.bookwhen.com/spice

23rd Oct Firewalk – If you have a burning desire to try something new this one's for you... see our article

29th Oct – Sale and information day on the ground floor of Rawtenstall Health Centre, an opportunity to find out more about the hospice and buy some fabulous artwork and items made by patients.

7th Nov – Sale Day at Rawtenstall Market where nurses and patients will be selling gifts made by patients and other donated items.

12th Nov – Thorntons Chocolate Evening organised by the Friends Group at Rawtenstall Cricket Club 7.30pm. Tickets £7.50 at the Hospice for further details phone: Hilary 07554 532345

4th Dec – Ladies Christmas Lunch at Nino's Restaurant. Tickets on sale at the Hospice at £45 phone 01706 253633 opt3

5th Dec – Carol Concert – With Stacksteads Brass Band at St Veronicas Parish Centre 7.30pm tickets £11 including hot buffet supper. Tel Terry: 0781154982/01706 226504

9th & 10th Dec – Tesco collection days at Haslingden. If you can spare a couple of hours please get in touch.

12th Dec – Jimmy Eaton's Xmas Ball at The Riverside, Whitworth, 5 course meal and entertainment tickets £35 contact Jimmy: 07907595933

17th Dec – Light up a Life at St Marys Parish Church. This event allows you the opportunity to remember a loved one at Christmas. To make a dedication which will be displayed on a screen during the service please contact the Hospice.



Thank you to the hundreds who help us every year

RUNNERS



Every five years we are given the opportunity to register for 1 place in the London marathon. This year Ignazio Pillitteri took the challenge and although injured completed the race. He would like to thank all his sponsors – you helped raise £3439.

Haydens Solicitors wanted to raise money for the Hospice at the same time as getting fit and accomplished both raising over £810 by taking part in the Manchester 10K. Jemma Gorst ran the Blackpool Half Marathon for

the Hospice because we nursed her grandad, Charlie Dunne, towards the end of his life. Jemma raised £111.

Helen Melling raised £1068 by running the Edinburgh Half Marathon. She said: "Rossendale Hospice helped my mum after being diagnosed with breast cancer. They provided lots of support and care as well as a place for my mum to chat (and do yoga!) with others who were going through the same experience".

Emma Knowles, wanted to do a good deed for the Hospice as a friend had used our services, and raised £228.75 by running the Manchester Marathon.

CHALLENGE EVENTS



Red Devil Nathan Connolly and Dave

David Howarth, who has terminal brain cancer, has fulfilled one of the items on his bucket list – a sponsored skydive. Dave's wife Lizzie said: "Rossendale Hospice takes Dave twice a week for daycare. We are both receiving therapies, the Hospice have been coun-

selling our children and give us constant support. A skydive became top priority when Dave found he had cancer and we wanted to give something back to the Hospice." David has raised a phenomenal £2070!

Three Rossendale police officers laced up their walking shoes to raise funds for the Hospice.

PC Kam Nazir and PCSO's Ian Pickles and Peter Skidmore undertook a 24-mile Valley walk and raised a fantastic £1735.



PC Kam Nazir, PCSO's Peter Skidmore & Ian Pickles

JOGLE is the team name chosen by the Watts brothers and friends for the gruelling challenge of cycling 880 miles from John O'Groats to Lands' End in 7 days!! This amazing achievement not only marks Richie Watts' 50th birthday but pays tribute to their dad, Jim Watts, a founder of the Hospice. Richie said: "We spent 54 hours in the saddle, climbed more than 42,000ft, overcame 5 punctures, a broken chain and mixed weather but the sense of achievement was fantastic. I would like to thank our sponsors, B&E Boys, NCS, Fred Hamers, Musbury Fabrics, WM Dyer, Fothergill Crenette and Fearn



Luke Asquith with his mum Philippa

Thank you to 21 year old Luke Asquith who raised £2136 by walking 50 miles in 2 days. He said: "I lost my mother, Philippa Asquith, to cancer.

She dedicated her whole life to her family and making sure me and my brother Bayley were brought up well. The nurses at Rossendale Hospice worked tirelessly to ensure she was as comfortable as possible, always at hand when mum and the family needed assistance. Philippa wouldn't have lasted as long without their help. This is my thank you for looking after my mum so well."

Julie Holden is a 51 year old grandma of two boys who likes a challenge. She decided to cycle 78 miles and swim 1 mile over 2 days to thank the Hospice for the care provided to her late father in law, Arthur. Julie raised £1923.

Emily Sawicz raced 100 km over 2 days raising a brilliant £712.50! The Race to the Stones event is a non-stop endurance race...so quite a challenge.



Damian Ludlow, Tim & Adrian Watts, Driver Brian Pickup, Mike OShea, Richie Watts & Andy Lacy

school for the minibus. We wouldn't have been able to reach the fantastic amount of £5749 without their support".



Sean returns to sing with St Mary's

St Mary's RC School, Haslingden, produced The Sound of Music with music teacher Berni Booth playing Maria and international opera star Seàn Ruane playing Colonel Von Trapp alongside 80 children.

Head teacher Donna McNicoll, said staff and pupils had been 'overwhelmed' by Seàn's support. "He worked with our choir for the Hearts & Voices concert at Blackburn Cathedral and said he would come back. The feedback has been amazing. We were happy to present £1300 to the Hospice and will continue to support the Hearts & Voices event."

The Hearts & Voices concert will be at Blackburn Cathedral on February 12.

If your company would like to sponsor the event or your school would like to join in please email:

sam.morris@rossendalehospice.org

Are you ready for the hottest sponsored walk?



The shortest, hottest sponsored walk is coming back to Rossendale on Friday 23rd October! If you have a burning desire to try something new then our Firewalk Challenge taking place at Rossendale Rugby Club is for you. With fire eaters, jugglers, music,

refreshments and a celebratory after-party we guarantee you, your family and friends a night to remember!

Registration is £25 and we ask you to raise £100 in sponsorship. Register online or call the fundraising team on 01706 253633 option 3.

Fancy dress walk and fun in the park



Team Winfields after receiving their medal from Ted Robbins

Thank you to everyone who supported our 5km Fancy Dress Walk in July. Some walked in memory of loved ones, others came for the fun. Valley comedian and actor, Ted Robbins started the walk and presented medals at the finish where

walkers were greeted by the DLNW dance troop. Special thanks to Winfields Megastore Ltd for sponsoring the event, The Whitaker, Co-op, Waterfoot for supplying water, Liz Henson Photography, Kimberley Chadwick for salsa warm up, the VIC's



Chloe Brennan age 9

who marshalled and provided a fantastic assault course and all our wonderful volunteers. Although we are still awaiting some sponsorship monies we have so far raised £3065



Valley Shorai Karate club showed that you don't have to grow your own moustache to take part in November. Junior members paid for fakes and had a raffle to raise £165. You too can join in November! Misha Mochett (inset) after running the Morun, a 10k race which this year takes place on 22nd Nov, wearing his freshly grown Moustache. He raised £428.

The Friends group have continued to support us with cake sales and a flower demonstration sponsored by Roland's florist and Arthur McDonald, gold winner of Tatton Flower Show 2014. Special thanks to St Mary's School, Rawtenstall and Donna Baldwin. Their events this year have raised £1138. **If you think you could help organise events please contact Hilary Martin: 07754 532345.**

Ian Walkden and Spring Terrace Folk and Social Club organised another successful Charity Folk and Rock Night at St Mary's FC and raised £1000.

St Mary's with St John's Church, Goodshaw celebrated Pentecost with an afternoon tea and raised £247. You too could hold your own afternoon tea/coffee morning. If you would like any help or advice please contact us.



Their next event is Thorntons chocolate evening at Rawtenstall Cricket Club on the 12th November. You will be able to sample and decorate chocolates, learn about chocolate and receive a goody bag. Tickets £7.50 at the Hospice.

Cohens Chemists have been in business for 35 years and to celebrate gave their branches the opportunity to support a local charity. Lynne Oates, supervisor at Cohen's, Haslingden said: "We chose the Hospice, a charity close to our hearts. We raised £424 with an Easter and Christmas raffle and then Cohen's donated £350 increasing our total to £774. We would like to thank everyone who helped us."



Carol and Lloyd Phillips' annual garden party is usually an excuse for family and friends to get together but Carol who owns Annie Peaches Tearooms in Lamberts Mill, wanted to make this year's event a fundraiser for Rossendale Hospice and raised a massive £1,125. Carol said: "Over 70 people enjoyed the day and I am already planning for next year." Carol and her staff have already received their first Christmas lunch booking and are encouraging other companies to join in the festive spirit by wearing their Christmas jumpers to work and asking for donations to the Hospice.



Pam Deiana, Leo Amatino, Nurse Pam Connell & Roland Qosja Anacapri Italian restaurant held a day of entertainment including raffle and BBQ and raised £1200! Leo Amatino would like to thank everyone for support and intends to hold another fundraising day next year.



The Tea Bar Service in Rawtenstall outpatients department in the Primary Health Care Centre presented a camera, art and craft materials and made a cash donation. Thank you to the patients and staff who contribute.

Thank you to all our fundraisers who have supported us over the past six months. We are sorry that space prevents us from including you all but your efforts are greatly appreciated.

If you are part of a group or organisation and would like to learn more about the Hospice and would like to view our DVD please contact us to arrange a talk from a representative.

Corporate gold award for Cassons

Rossendale Hospice is incredibly fortunate to have the support of many companies in the valley and due to demand we launched a mutually beneficial Corporate Partnership Scheme which recognises and rewards the different levels of contributions companies and their employees make. A gold corporate partner would provide in excess of £2000 a year, silver partners £1000 and a bronze partner £500. The gift may be a donation, sponsorship of an event like our Annual Ball or a cost such as printing this newsletter, taking part in a challenge event or by donating gifts in kind. Thirty companies qualified as this year's inaugural members of the scheme and have received certificates of appreciation. Paul Gauntlett, the Head of Fundraising presents Les Nutter, the Managing Partner at Cassons,



who is the Chair of our Corporate Ambassadors Group with a gold Corporate Partner Certificate to proudly display in their reception. If you would like to support the Hospice through your company, **please contact Alison by email: a.whittakerstewart@rossendalehospice.org**

Corporate Ambassadors Group Challenge

September marked one year since the launch of the Rossendale Hospice Corporate Ambassadors Group. Members of the group meet to discuss how they and the wider business community can support the Hospice. The group recently undertook their first

fundraising challenge event at Zip World Titan in Snowdonia - the only four person zip line in Europe where riders reach super speeds of 70mph over mountain, moor and mine! Sponsorship is still being collected but we estimate the event will raise about £7,000.

Supporters' evening at the Hospice

The Hospice Supporters' Scheme has attracted more than 50 members in the past year, raising £7,200 per annum of regular income. They were all invited to visit the Hospice in April to have a look around the facilities, watch a short video, and learn about our work. The guests enjoyed the social atmosphere and saw at first-hand how their donations were benefitting patients and their families. Geoff Summers, the Hospice Chairman, took the opportunity to thank everyone for their regular support. He said predictable income in an age of uncertainty

helps us in our plans to reach more people who need us. If anyone would like to support the Hospice by setting up a monthly direct debit for as little as £4 a month, please contact us on **01706 253633 Option 3, or email fundraising@rossendalehospice.org**.



Richard Bramwell, Jane Young, Emma Whittaker and Ian Bramwell

Lawyers drive forward Hospice support



Jimmy Whittles, Danny Leigh, Ashley Siddle & David McCann

Woodcocks Haworth and Nuttall Solicitors, Patrons of the Hospice for over seven years, have raised over £7,000 from two events this year.

The firm's annual golf day, at Rossendale Golf Club, saw 17 take part. Teams included Solomon Commercials, Trevor Dawson, James Killelea & Co, Barclays, Peirce Accountants, and PM&M Accountants, raised a total of £5,000.

The law firm also threw its weight behind 'Make a Will Fortnight' waiving legal fees and encouraging people to donate to Rossendale Hospice instead and raising more than £2,000.

David McCann, partner at Woodcocks Haworth and Nuttall, said: "Woodcocks Haworth and Nuttall is extremely proud to have supported

Rossendale Hospice over the years.

"Without the continued support of communities through fundraising they would not be able to continue and that is why not only the partners but the staff of WHN have pledged their continued support to the Hospice."

The company is also an active member of the Hospice's Corporate Ambassadors' Group launched last October to increase Hospice support from local companies.

Let your childrens' imagination run wild

Arthouse, a wallpaper and wall art company based in Waterfoot, launched a story writing competition encouraging children aged from 4 to 11 years to write a story based on new collections of children's wallcoverings produced by the company. The competition is being judged by famous authors Jacqueline Wilson, Harriet Goodwin, Linda Chapman and designer Sophie Conran.

All the winning stories will be published in an illustrated hardback book which will be available to buy from the Rossendale Hospice shops, Arthouse Friends and Family Evenings and selected local retailers. Arthouse, who have been Hospice Patrons for many years, has kindly chosen that the proceeds of the published book will benefit Rossendale Hospice.



Great Arthouse Bake Off

Arthouse also launched their own version of the Great British Bake Off to raise funds for us. Each week a number of bakers will be challenged to produce their signature cakes, biscuits or pastries (sweet or savoury) which everyone will be able to try for £1 each, raising £185 in total.

One person will be crowned the Arthouse Bake Off King or Queen at the show stopper final. Kerry Woodall, the 'Bake Off Adjudicator' says "It's a great team-building opportunity to engage all employees either as bakers or tasters, it provides competition between departments but also a fantastic opportunity to raise money for the Hospice."

What a delicious way to have some fun and help bake a difference to the lives of people in Rossendale!

Light up a life

It's that time of year we remember our loved ones; a time of reflection. Please take a look as the enclose leaflet for details of how you can make your dedication which will be displayed at St Marys Church, Rawtenstall on Thursday 17th December.

Rossendale Hospice contact details...

Main Line: 01706 253633

Email: admin@rossendalehospice.org

Web: www.rossendalehospice.org

Rossendale Hospice, New Cribden House, Rossendale Primary Health Care Centre, 161 Bacup Road, Rawtenstall BB4 7PL.

Fundraising and Volunteering

If you think you can help, ring Fundraising on 01706 253633 or email fundraising@rossendalehospice.org

Patrons of Rossendale Hospice



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