

# Friends

The newsletter of Rossendale Hospice

## The Hospice is here to help the community



Being part of the community and serving the people of Rossendale means everything to Rossendale Hospice. It is the reason the charity was launched more than 25 years ago and it is the reason for its continued existence through hard times and financial difficulties.

The people of the Valley have always recognised the Hospice's commitment with great support as volunteers and fundraisers, and now it is with pride and pleasure the Hospice announces further help for the community.

Hospice at Home is already valued as one of the charity's core activities and we hope to expand the service to provide 24 hour care. Discussions with patients facing end of life decisions have become easier over the years and many want to manage their conditions at home, with their families and with our support. Caring for someone at home is tiring emotionally and physically especially at night so we are increasing our team to provide this vital service.

### Strengthened relationships

A support nurse employed by Rossendale Hospice has been helping the community since January 2013. Vicki Frost is funded by East Lancashire Clinical Commissioning Group and is in place to help patients with long term illness.

Vicki's patients include people with dementia, heart failure, diabetes, Parkinson's disease, COPD and many other problems that affect their independence and their relations with family, friends and others in the community. Dr Zeenat Sykes who has been involved with the project said: "I have thoroughly enjoyed being the Clinical Sponsor for this initiative and working closely with Rossendale Hospice. It has helped me appreciate the impact dedicated patient-centred care can make on patients referred to the support nurse."

Irene Smith, Hospice chief executive, said: "The post has strengthened relationships between health and social care and provides a strong starting point in the development of integrated neighbourhood teams." Since Vicki started her new role last January more than 140 people have been referred by GPs, district nurses and members of the community team.



Vicki Frost, support nurse, and Dr Zeenat Sykes Clinical Sponsor

Regular contact enables them to manage their illness and reduces the number of GP and hospital visits.

Given the complexity of some of her cases Vicki is able to identify medical problems and alert the relevant professional and, of course, arrange Hospice care either at the Hospice or at the patient's home.

### Helping young people

The Hospice also works closely with young people in the community trying to come to terms with bereavement. We have recently helped one local school which had an unusually high number of pupils struggling with the effects of bereavement. A series of group sessions run by Family Support Services lead Marion McCall provided the opportunity to share thoughts and individuals were helped with suggested coping mechanisms and peer support. **For more information about bereavement support for young people please contact Marion on 01706 253633.**

### Be part of something special

The Hospice is launching a new Supporters' Scheme this Summer inviting our loyal supporters to give 'a little something' each month. By joining our Supporters' Scheme you will become part of a growing community who choose to champion those affected by life-limiting illnesses in Rossendale. Most importantly, you will be helping us to reach even more of the people who need our vital support services.

By giving as little as £4 per month you can help us make a huge difference to our patients and their families.

We hope that you will understand why it is so important for us to be able to plan for the future knowing we will have a steady income we can rely on. Please register your interest in joining the Scheme by emailing [fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org) or by calling Paul Gauntlett on 01706 253633 option 3.

**Together we can make a big difference.**

# A new year, new problems but great expectations



A new year starts with new hope, not least that the weather will improve. As winters go it's not been too bad in the Valley, certainly compared to more unfortunate people living along the coast and in low lying areas, but let's hope for a good Spring and Summer for everyone.

It's a new calendar year, but we are coming to the end of our financial year. Our overall income comes from a couple of main sources. Fundraising in all its guises accounts for two thirds and this has held up well over the year, thanks to your continuing and unfailing support. The exception is with legacies, which is always very difficult to predict, for obvious reasons, and this year we have received less than projected. Thankfully the income from our new shops has helped to compensate, the latest addition in Bacup proving very popular.

The balance of our income is from the local NHS, in the form of a grant, and from Social Services, where we have a contract which contributes to the funding of our Hospice at Home service. Both health and social services have their own very difficult funding pressures and understandably we are having to justify ourselves as a provider offering quality and cost effective care. Uncertain times lie ahead, but we are confident that we will be able to maintain our 'statutory' funding, even if we have to go through some form of tendering process. The partnership that we have developed over the last 25 years with the community of Rossendale has allowed us to build a strong reputation that I am sure will hold us in good stead in the future.

The Hospice does not look after itself. The Chief Executive and her team manage the show on a day to day basis and how well they do! But we are a charity and ultimately trustees are responsible for making sure that governance arrangements are sound

and that structures and strategies are in place to take us forward. The work of a trustee sounds onerous, but honestly it's not. It's very rewarding being involved in such a worthy enterprise (not financially, I hasten to add!) and there is great satisfaction in being part of a team that is motivated to move the Hospice ever onwards and upwards. We are always looking for new faces with fresh ideas and energy, especially if they have a special skill or background. So please, if you are interested in spending a few hours a month as a trustee for a good cause, contact the Hospice and let us know. Even if you think the role of a trustee is not for you, don't forget that we need volunteers over the whole range of our work. We can never have too many and we would love to hear from you.

Enjoy what I sincerely hope will be a good spell of weather over the coming months.

**Geoff Summers,  
Chairman.**

## Julie trains to improve dementia support

The Hospice was fortunate to be selected to work with Lancashire Workforce Development Partnership on an initiative to improve dementia care and awareness.

The pilot scheme which included access to a wide range of training courses for all Hospice staff started in June and concluded with a presentation ceremony, attended by Esther Rantzen.

Julie Openshaw Senior Nurse and Day Therapy Services Lead from the Hospice represented the Hospice and after successfully completing all the modules attended a four day accredited course "Dementia Care Mapping for Realising Person Centred Care"

Julie said "The course was enlightening, educational and there are elements which we will implement to improve our care of patients with dementia, particularly within care at home.



Esther Rantzen and Julie Openshaw at the presentation

We were the only Hospice to participate in the pilot within Lancashire County Council boundaries and benefitted from working with other care providers across a variety of sectors, including care homes and domiciliary care providers"

## Another new shop for the Hospice

It's happened again...Rossendale Hospice have opened another charity shop. In the last few issues we have reported opening shops in Rawtenstall and Haslingden and in January we opened our third shop, this time in Bacup. Shops manager Caren Cookson said: "The Bacup opening has been a great success.

"We are well situated near the central roundabout and have become very popular with local people. All three shops are doing well and it's been a pleasure to help put some money into the Hospice's account. We also provide a good point of contact between the Hospice and the people of each town."

## Ground-breaking TV campaign

We joined forces with 26 other hospices across the North West to launch a pioneering TV advertising campaign aimed at dispelling the myths about the care we provide which can sometimes prevent people from accessing hospice care. The venture, which saw us sharing the cost of slots on peak-time Granada shows including Coronation Street and Emmerdale, also aimed to raise vital funds to support our work. By working together to share the cost of the campaign North West hospices have been able to reach a much wider audience in an affordable way. The commercial ended with a request to viewers to donate £5 and the money raised will be split equally between the hospices taking part.

# Our legendary ladies work their magic

Our Sensational Special Events Committee can always be relied upon to create a spectacular occasion and the latest Ladies' Christmas Lunch saw them excelling themselves.

Glamorous guests were greeted with a glass of champagne on arrival at Nino's Restaurant and enjoyed vocals by Giles Miller. Key 103 radio DJ, Darren Proctor compered the occasion and demonstrated great skill as an auctioneer, helping to drive the bidding on some unique prizes including a 'meet and greet' with Boyzone.

The total amount raised was £17,729. Well done ladies and thanks again!



Darren Proctor, Key 103 Radio DJ, with a group of the ladies' committee at Nino's Restaurant.

## It's party time for our valiant volunteers

**Volunteer Celebration** - Our band of valiant volunteers are our lifeblood and so we wanted to thank them by throwing a party. Held at the Holden Arms in January the evening was enjoyed by all. It provided a great opportunity to meet fellow volunteers and catch up on news. Lesley Marsh, Volunteer Services Manager, presented long service awards.

**Fondly Remembered.** Sadly we have recently lost two of our long-serving volunteers. Betty Walsh always had a ready smile for everyone and had been a volunteer for many years helping at our previous Hospice shop on Queens Square and assisting at fundraising events whenever needed. Stan Blackman's granddaughter, Louise Lukow, is doing the Manchester to Blackpool bike ride on the 13th July as a tribute to her grandad. Louise said: 'Rossendale Hospice was very

close to my Granddad's heart. He volunteered there and made many friends and I know the Hospice relies on donations to allow them to continue their great work.' Louise remembers that it took her a very long time to do her last ride and her Grandad stood for hours at the finish line and even bought her chips and peas for the journey home! To sponsor Louise visit her fundraising page: [www.justgiving.com/Louise-Lukow](http://www.justgiving.com/Louise-Lukow)

Both Stan and Betty will be sadly missed by everyone at the Hospice and we send our sincere condolences to their families.

**Become a Hospice Hero** - We are now recruiting "Collection Crews" and are looking for teams of adults. Why not get together with friends or colleagues and take ownership of one of our supermarket collection days? Call Fundraising : 01706 253633 Option 3

## When it's time to make a will think of us

When it comes to planning our finances and making a will it seems that an alarming number of people suffer from a serious case of 'Ostrich Syndrome' even though it's the very best way of protecting your family in the event of your death. We joined forces with local solicitors, Woodcocks, Haworth & Nuttall and Hayden Solicitors to help change this with our 'Make a Will Fortnight' in March. The solicitors kindly donated their services on the understanding

that clients made an equivalent donation to the Hospice. Sponsors Alderson & Horan Funeral Services helped to ensure the success of this event.

The Hospice depends on its legacy income so please look at our website for further information if you have not made a Will: [www.rossendalehospice.org/fundraising/individuals-and-community-groups/a-gift-in-your-will](http://www.rossendalehospice.org/fundraising/individuals-and-community-groups/a-gift-in-your-will)

## Smiles and stories as the Hospice goes on film

A bit of filming has been going on at the Hospice with the production of our new DVD which will be used in the community to tell people all about our work and as an educational tool for health professionals.

Local company Big Tank Productions, a video and film company specialising in high definition content for TV, company websites and promotional campaigns, has joined forces with the Hospice to help us produce the DVD.

Rob Hallam, MD Of Big Tank says: 'It has been a genuine privilege to work with the staff and patients and also a real eye-opener. Our perception of what a hospice is was very different from the reality we faced when entering Rossendale Hospice. So much positivity, so many smiles and so many stories of uplifting experiences at what, for most people, can be a very frightening time of life. We hope our film will help paint a true picture of what goes on at the Hospice and how important it is that we all do what we can to support this great service'. Irene Smith CEO Rossendale Hospice said "We were delighted when Big Tank productions agreed to work with us on the new DVD. They are a professional organisation who embraced the Hospice and assisted greatly with the cost of the production.

"Our thanks to the Big Tank Team and to the patients and carers for their courage and honesty."

The finished production will be available on our website soon.



## Diary Dates

### April:

**26th** - Folk & Rock Night at St Marys FC Haslingden, Tel: Ian Walkden 01706 226753

### May:

**1st** - Cake Sale at Rawtenstall Primary Health Care Centre

**4th** - 70's Night at Barbarella Piano Bar, Rawtenstall Tickets £6 Contact Keith 07774876525

**11th** - Morecambe Bay Walk, registration £20 including transport & refreshments, contact the Hospice to register.

**18th** Walk 4 Your Charity – Canal Walk organised by Rotary Club of Church and Oswaldtwistle. If you would like to walk for the Hospice please call: 01706 253633 option 3 or visit [www.rotarycharitywalk.org.uk](http://www.rotarycharitywalk.org.uk)

**29th** Sale & Information Day at Rawtenstall Health Centre.

### June:

**12th** Asda Rawtenstall Bag Pack Day. Contact: [fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org) to offer your support

**18th** Woodcocks Golf Day at Rossendale Golf Club – To book a team please contact stacey.mccann@woodcocks.co.uk or Tel: 0161 761 4611

**22nd** Pennine Lancashire 10K Burnley.

To register: <http://www.runforall.com/10k/pennine-lancashire/>

**22nd** Factors Fun Day, 2.30-4.30pm at Factors Hair Studio, 8A Deardengate, Haslingden. Join Jaz & her team for a fun-filled afternoon.

**26th** Sale & Information day on the ground floor of Rawtenstall Health Centre

**29th** Bacup & Stacksteads Carnival Day hosted by BASCO, see us at our stall in Stubblelee Park.

### July:

**2nd** Summer Delight at the Hospice, hosted by 'Friends of Rossendale Hospice Group', 4.30 - 7.30pm Tickets £6 contact Ann 07085 678552 or Susan 07914 009431

**4th** Charity Golf Day in aid of the Hospice at Rossendale Golf Club: To book a team contact Peter Rothwell 07734 346363 or Gordon Clifford 07909 678590

**20th** Sponsored 5K 'Onesie Walk' from Whitaker Park.

**31st** Sale & Information day at Rawtenstall Health Centre.

### September :

**7th** Great North Run - Places available.

**11th** Inter-school Penny Challenge begins.

**13th** Rossendale Hospice '007' Annual Ball at The Midland Hotel, Manchester, tickets £70 including a sumptuous 3 course meal and fantastic entertainment.

**25th** Hospice Sale & Information day at Rawtenstall Health Centre

### October:

**5th-12th** Hospice Care Week

**9th** October – Asda Collection Day in Rawtenstall. To offer your help, please contact [fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org)

**10th** - Firewalk Challenge for the Hospice (ideally wearing your Hero outfit!)

**30th** Hospice Sale & Information day at Rawtenstall Health Centre

## Hospice sporting heroes

Headed up by Chris Frost, Team Oscar are celebrating the end of their gruelling '12 in 12' challenge which has seen these intrepid fundraisers biking, running and swimming. It all came to a jubilant end on April 12th at their charity night held at Haslingden Cricket Club. Chris and his friends were inspired to undertake this challenge as a tribute to his father, Tony Frost, to commemorate the 10 year anniversary of Tony's death To support Team Oscar go to: [www.justgiving.com/TeamOscar12in12](http://www.justgiving.com/TeamOscar12in12)



## On top of the world



Gordon Waddington, Mark Kayley and Graham Dowling decided to undertake an awe-inspiring trek for the Hospice as a tribute to their friend David Wylie, who died at the age of 49 in 2011. Gordon described their Kilimanjaro trek as: 'An enjoyable and fantastic experience, travelling first through the rain forest, and then making our way up the mountain. In total we had six nights camping out. The tents were small, making sleep difficult. Finally we set off on Summit night at midnight and this was where the altitude really hits you. After six hours we finally reached the summit, quite an emotional experience'. Our trekkers have raised over £4,000 and are hoping to raise more. You can support them at: [www.justgiving.com/Gordon-Graham-Mark](http://www.justgiving.com/Gordon-Graham-Mark)

## Brian's big run

Hospice Trustee and volunteer Brian Topping will be running the full length of the West Highland Way (a very hilly 95 miles!) over 3 days from 3-5 May in an effort to raise funds for the Hospice. Brian said: 'It's a privilege to be associated with such a wonderful community focused organisation. With superb, dedicated staff and volunteers, it works hard to maintain and expand its high quality services but year on year, securing sufficient income to support this work is far from easy'. To support Brian's brave run go to: [www.justgiving.com/Brian-Topping](http://www.justgiving.com/Brian-Topping)



Brian... running 95 miles

## Carol is doing it for her mum

Carol Cooney is doing the Great North Run and the Manchester 10k.

She said: 'The Hospice does an amazing job. When my Mum was diagnosed with breast cancer, she wasn't given good odds but the hospice was a lifeline.'

Without their therapies and support it would have been much harder for my Mum to fight and beat cancer. Thanks in no small part to the Hospice, my Mum is still with me'.

To support Carol go to: [www.justgiving.com/Carol-Cooney](http://www.justgiving.com/Carol-Cooney).



Crawshawbooth Primary School, Amy Pilling.



Alder Grange High School, David Hampson (Headteacher) and Wendy Pilling, Amber Martin, Josh Mason and Grace Mellors.

# Come and join us in our school challenge

This longstanding initiative is always well supported and 2013 was no exception with a total of 34 local schools taking part and helping to raise £5,167 for the Hospice. The winners were Alder Grange High School, Crawshawbooth Primary School and Hillside Nursery. It was particularly good to hear that teachers at Alder Grange joined in with the fun by holding their very own 'Bushtucker Trial' which we hear involved fish eyes! And they followed this up with a karaoke which was even more challenging for the pupils to endure! As well as raising much needed funds this initiative helps to raise awareness of our services with our next generation of supporters, with their parents and with teachers too. We are hoping that the 2014 Challenge will inspire even more of our marvellous local school communities to take action. This year's challenge starts on 11th September.



Hillside Nursery, The Hospice's Sam Morris & Hannah Schofield.

# More special dates for your Hospice diary

**Onesie Walk** – 20th July - Dig out your most flamboyant onesie and join us for a brisk sponsored walk followed by a picnic in Whitaker Park. This 5km Onesie Walk is open to people of all ages and abilities (and their dogs too!) More details coming soon...

### Calling all the heroes!

You are invited to join in our first ever Hospice Hero Day on Friday 10th October. Timed to coincide with Hospice Care Week across the UK, this is a great excuse to don those superhero capes! We would like to see as many people of all ages across the Valley supporting this special day and joining in the fun: schools, businesses and as many members of the Rossendale public as possible. We're hoping that kind-hearted businesses and schools will allow their employees and pupils (and their teachers too!) to come dressed as their own personal superhero for

the day, whether that means dressing as Superman, Wonderwoman, Lionel Messi, Beyonce or maybe even your Grandad! Keep an eye on our website.

**Firewalk Challenge** – Could your feet handle the heat? The shortest, hottest, sponsored walk is coming to Rossendale on Friday 10th October.

Timed to coincide with Hospice Care Week, this is the perfect challenge for all our daring supporters, and the added bonus is that it doesn't require months of training. The Fire Walk is an ancient rite of passage that has been practised by civilisations around the globe and we're hoping that our very own take on this tradition will tempt lots of daring fundraisers to give it a go. Why not



challenge your boss? This is an incredible challenge that will leave you feeling like you can conquer the world, places are strictly limited so please keep an eye on our website for details on how to register that are coming very soon!

**Great North Run**, it's still not too late to take up the challenge. Go on..... you can do it!

Why not hold your own fundraising event? Whether you've been sitting on a brilliant fundraising idea for some time and now feel inspired to take action, or you're just looking for a great excuse to get your friends together for some fundraising fun please call the Fundraising Team on 01706 253633 Option 3. We'll do all we can to help make sure that your fundraising efforts are a great success and you make the fundraising impact you want. We'd love to hear from you!

# Biggest - ever Light up a Life

Light up a Life is one of our best supported and most meaningful events, attracting hundreds of local people every year.

It represents a time to reflect and cherish memories of loved ones and to share hope with others. Light up a Life is open to all, not just those who have experienced hospice care. Last December saw our biggest ever turnout when over 300 people attended a service at Longholme Methodist Church. The event raised £8,326 and was kindly sponsored by Fred Hamer Funeral Services.



# Jaz celebrates with a song



Jaz, on Xfactor (left) and now

Jaz Gibbs describes herself as 'a persistent X Factor auditionee' (to her the fun is in the trying!) but as well as her vocal talents she is also a fabulous fundraiser, actor, writer and businesswoman. Originally from Malaysia, current Hospice patient Jaz, truly believes in living life to the full. She plans to hold her own fundraiser for the Hospice at her hairdresser's, 'Factors Hair Studio' in Haslingden. The 'Factors Fun Day' will be held on 22nd June and promises to offer something for everyone. Jaz said: 'I never thought I would get cancer but now I am living with it and determined to carry on living life to the full, looking forward to the future and raising funds for the Hospice too'.

# Thank you to everyone who helped us

Here's a round-up of just a few of the many people who've caught the fundraising bug. We wish that we had space to include them all. We are so grateful to each and every one of you:

**Gillian Aspin's** New Year Party at Cowpe Sunday School was a resounding success raising £2,040

**Granville Barker** hosted an evening of entertainment and fun at Sunnybank Social Club raising £326 bringing his personal fundraising so far up to a very impressive £3,174

**Our King of Fundraising** - Community ambassador and Hospice Hero, Jimmy Eaton, rounded off a quarter of a century of fundraising with his Christmas Ball, a firm favourite with our supporters. Last year Jimmy raised £4,000 encouraged by his sponsors James Killelea & Co Ltd. Jimmy has never stopped fundraising since running to Blackpool and back in 1988.



**Helping grow** our 'Tree of Life' - Brenda O'Neill is a familiar face at the Hospice where she's helped to keep everything shipshape for more than 20 years. Brenda is a keen golfer at Baxenden Golf Club where she raised £2,000 as Lady Captain. Pictured here with her husband Billy at the recent Leaf Evening when Brenda was presented with her very own engraved leaf on our Hospice Tree of Life.



**Thanks** to our fundraising group 'Friends of Rossendale Hospice' for their support. Their fabulous Fashion Show in November raised £1,753.



Pictured left to right - Tilly, Saffron, Millie and Lily

# Training for a triathlon...aged only nine

Lily Kendrick & her friend Millie really wanted to do something to help us and so these imaginative 9 year olds have created their very own triathlon which will see them cycling, running and swimming for the Hospice. The girls have been joined by their friends Tilly and Saffron and they will all be training over the summer months in preparation for their tremendous triathlon in September.

These inspirational 9 year olds, who all attend Waterfoot Primary School, are really looking forward to their triathlon. Lily and Tilly are looking forward to the bike ride but aren't as keen on the swimming whereas Millie prefers swimming and doesn't like cycling so it looks like it will be a real challenge. To support our young fundraisers go to: <http://www.justgiving.com/Debbie-Kendrick1>

# Rossendale Hospice contact details...

**Main Line:** 01706 253633  
**Facsimile:** 01706 218878 Hospice at Home  
01706 222712 Day Therapy  
**Email:** [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org)  
**Web:** [www.rossendalehospice.org](http://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 in any way at all, just give the Fundraising department a ring on 01706 253633 or email [fundraising@rossendalehospice.org](mailto:fundraising@rossendalehospice.org)

## Patrons of Rossendale Hospice



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