

Newsletter - Issue 20 - Autumn Winter 2010

WILLING TO RAISE FUNDS

Burnetts Solicitors in Carlisle, Newcastle and Whitehaven is one of the latest organisations to sign up to Hospice at Home's Business Partner scheme.

As part of their fundraising efforts, the law firm is giving the charity's supporters the opportunity to have their Will professionally drawn up (or amended) and will not be earning a penny. To raise as much money as possible for Hospice at Home, Burnetts' three strong team of wills advisers will be drawing up basic Wills and, in return, asking that the will-maker makes a donation to Hospice at Home instead of paying Burnetts.

As well as giving their time for free, Burnetts is also providing a 30% discount on normal rates making the fees £90 for a single Will, £135 for a pair of Wills or £40 for a codicil to an existing Will. Wills must be completed by 1st December 2010.

Emma Williams is a solicitor in Burnetts' Wills and Trusts team. She said, "Making a Will is a straightforward, simple and an important way

of protecting family and loved ones in the future. Even so fewer than half of people have made one. It can take years to sort out someone's estate if they die without a Will, leaving their nearest and dearest in great distress. We hope that Hospice at Home supporters will take advantage of this offer to look after their families whilst helping us raise money for an essential local charity."

To make an appointment to draw up a Will call Emma on 01228 552222.

Further information on Burnetts can be found at www.burnetts.co.uk.



BURNETTS
SOLICITORS



Have you joined the Lottery yet?

Just £2 per number per month helps Hospice at Home and gives you the chance to win **£250!**

To join contact the Fundraising office.

Lottery Winners

March	229, 38, 616
April	207, 363, 150
May	622, 651, 155
June	680, 282, 102
July	506, 68, 257
August	57, 438, 566

A Day in the Life of the Lymphoedema Service



The first thing I should say is that there is no such thing as a typical day. That's why we love what we do so much.

There are two of us working in the lymphoedema service. There's me, Andrea, the Specialist, and then there's Linda the Assistant Practitioner. We're a small team but perfectly formed!

We are usually in the office by about 8.15, ready for the first cuppa of the day and listening to messages on the answer phone. It says there are 19 messages – eek! When we listen we have a mixture of calls from community nurses, GP's, Pharmacies needing help filling prescriptions and patients either confirming appointments or wanting to re-arrange. We divvy up the calls and hit the phones to clear up the messages before cracking on with the rest of the day.

The first things to tackle are the new referrals. We average about 10 a month but this week alone we have had eight and three of them are urgent. I take the urgent ones as generally they are more complex and then we divide up the rest according to severity.

Once that's done Linda and I will have a quick chat about who's doing what for the rest of the day. I have a joint home visit in

Aspatria with a District Nurse followed by an afternoon clinic in Penrith. Linda is doing home visits in Carlisle all day, fitting stockings and sleeves with patients who haven't had them before, reviewing our more long standing and housebound patients and assessing two new referrals in Penrith.

Assessing new referrals is a new venture for Linda. As an Assistant Practitioner she was qualified to conduct review appointments with patients who had been previously assessed by me and deemed to be fairly straightforward. However recently she has completed two modules at degree level via the University of Glasgow to give her the skills in assessing new patients and developing management plans for them.

The day ends with a phone call to say that we're finished and back at home now. As a lone worker out and about on the roads of Cumbria we have to be sure that everyone gets back safely at the end of the day. We have a quick chat about how the day has gone and agree to meet in the office again in the morning to do it all again.

Andrea Stigant
Lymphoedema Specialist

The beautiful garden of Sally and Doctor Roger Nelson was opened recently for the first time in aid of the charity.

The event raised the most amazing sum of **£7000.**



Chairman's Comments



Ph: Chesworth Press Agency

We are all anxiously waiting to hear how the expected economic cut backs will affect the service which our charity provides. Everyone knows that we are launching into the unknown.

One known factor however is the tremendous benefit and support which our nursing service gives to those patients and their families who need us. Many of them tell us how they "could not have managed without us", and until others have been in the position to need our support they can only imagine. I am singing our praises, but it is in the knowledge that so many agree with me. We are a local charity and you cannot get more local than nursing a patient in their own home.

We will experience many changes in the years ahead but will do our very best to deal with these challenges knowing that we have such a dedicated nursing team supported by an experienced office team. These two teams however would not be able to continue their work without our amazing army of volunteers. It is most gratifying that in spite of the monetary cutbacks our volunteer team shows no sign of cutting back.

I know that many of you reading this issue of Contact will be some kind of volunteer, whether it is volunteering in our Penrith shop, organising or supporting the very successful

and varied fundraising events, volunteering to be part of our new Business Partners scheme, or having a voluntary post including President, Vice President or Trustee. The charity's future depends upon these volunteers and needs their numbers to grow. I would, on behalf of Hospice at Home Carlisle and North Lakeland, sincerely thank these volunteers for all that they do. I would however like to issue each one of you with a challenge. You are all aware of the work for which our charity is known, but I would ask you to make sure that your friends, neighbours and work colleagues know as well. You may be able to speak from personal experience of your family having used our nursing service and if so your words of support are worth "millions".

If you would like an update of any of our activities please visit our informative website www.hospiceathome.co.uk and feel free to add your comments to our Facebook or Twitter pages.

I would finally like to thank Katarzyna Gajewska, who has worked as our office manager for the last four and a half years. She will be leaving us soon to resume her life in Poland and I know that you will all join me to wish her well for the future.

Michael Pearson

Chairman

Business Partners

We are delighted to welcome five new Partners to our scheme. They are:-

Lloyd Motors

Thomas Graham & Sons Ltd

George Hudson & Sons

Appleby Creamery

Burnetts Solicitors

Partners pledge their support to the Charity either by way of financial support, gifts in kind or by encouraging their staff to hold an event. We are very grateful to all our partners for their commitment to the Charity.



Remember a and your memories.

loved one and A poignant service will be held on Sunday 5th support December, at 3pm, at Lorton Street Methodist Hospice at Church in Cockermouth. The charity is Home. pleased to be holding this service jointly with

Light up a Life Hospice at Home West Cumbria.

is one of the hospice movement's best loved Please take time to look at the enclosed and most meaningful community events. It's a special Light up a Life leaflet for more details.

a time to remember and celebrate the life of a loved one. These services are not just occasions to celebrate the lives of those who have died but an opportunity to remember loved ones who for whatever reasons cannot be with us but are always in our thoughts.

A tree will bear a light dedicated to your special someone and will remain illuminated over the Christmas period. Each light represents and celebrates the life of that special person remembering special moments



DRESS TO IMPRESS

Ever fancied a spin of the roulette wheel? Well now's your chance as Hospice at Home are holding a fun Casino Evening in the Patterson Suite at Carlisle Racecourse on Friday 22nd October.

The event is for ladies and men of all ages so why not hunt out those evening dresses and suits for a special evening and try your hand at roulette, black jack and wheel of fortune. Don't worry if you have never visited a casino before as all croupiers are friendly, professional and experienced at dealing with both the novice and the more experienced player.

A grand prize is available for the winner of the occasion with many prizes to win throughout the evening on the wheel of fortune.

Tickets are £10 each which will include sweet and savoury canapés.

This is a fun event so why not come along with work colleagues, a group of friends or perhaps your family and enjoy a Las Vegas evening here in Carlisle.

Don't miss out on this event as tickets are limited so please contact the office to book your place A. S. A. P.



Photo: www.steelcitycasino.co.uk

HOSPICE AT HOME SHOP

The shop has now been run for six months by a team of volunteers. It has surpassed all targets. There are now five managers, who with the other volunteers have succeeded in more than doubling the income. The shop has received many compliments and still people are coming in and expressing amazement at the change. The generosity of so many people in donating quality items and the care, with which they have been displayed, has enabled the shop to improve visually as well as encouraging people to return to pick up a high quality bargain. The three best sellers are ladies wear, bric-a-brac and books.

Part of the fun of being a volunteer is seeing things being sold in the shop, as well as the surprise at some of the items that come in. Higher prices are obtained where possible by occasionally selling goods outside the shop, on eBay, at auction or targeting people who are known to have a particular interest in a specific field. Jewellery is valued by an expert, who can often give us more money than we know we could obtain in the shop. Our highest priced item sold in the shop so far was a model wooden yacht which we put in the window and within 3 days was sold for £80! Books are scrutinised by Anne Bell and her team, and again those that may be valuable, e.g. first editions, are priced and sold accordingly. Surplus books are now being taken to various outlets, where they are being sold and the proceeds attributed to that place. Any remaining books, and those unsuitable for sale are recycled and money received from a recycling firm. Likewise, clothes and linen that are not suitable for sale, or have not sold, are recycled. In fact, most people are

unaware that we receive money by weight for recycled clothing, so even the tattiest of material goods with a label on the bag, 'RAGS' will bring us money, without it having to be sorted at all.

A car boot load of electrical goods as well as items that we think will sell better in the independent Charity shop in Silloth goes at least once a week and the shop is most generous in giving the Hospice at Home between £10-12,000 a year in return.

The shop has recently gone on the internet, which enables prices to be checked immediately, as well as having an email address (below).

The shop is still only opening four days a week, Tuesday, Thursday, Friday and Saturday, from 10.00 am to 4.00 pm, but with more volunteers coming forward it is hoped next year to increase this.

Christmas cards will be on sale in the shop in the autumn, and it is hoped they will lure more people in to see the shop and what wonderful goods are for sale!

Contact the Shop team:

3 Little Dockray, Penrith CA11 7HL

Tel No: 01768 868 602

hospiceshop@btconnect.com



New representatives join the Volunteer Fundraising Group

The Charity would like to welcome two new Volunteer Fundraisers to the Fundraising group namely Jackie Lambert and Wendy Wearmouth who have kindly agreed to represent the Appleby and Kirkby Stephen areas of our community. Jackie, a familiar face to the charity, is



well known for her fundraising events such as the Burns Nights in Gt. Asby and annual Golf Days in Appleby. Wendy, a well known figure in Kirkby Stephen, is an active fundraiser within the community and the Charity teams are looking forward to working with both new members.

Omitted from the photograph are representatives from Wigton, Longtown, Lakeside and Keswick.

Partnership Working

A key part of the Cranstons philosophy is supporting all things 'local', we source our meat from local farmers, stock locally produced food and drink products, employ local people and use local service providers. We are passionate about supporting local people and the local communities we serve. Each year Cranstons donates thousands of pounds to support local charities and community projects. We signed up to be one of Hospice at Homes business partners as we recognize the fantastic role they play in our region and felt we could help the charity build awareness and raise the funds it needs to continue providing such an important service.

One of the key ways we felt we could help was to publicise Hospice at Home's work amongst our large regional customer base. In Cranstons spring customer newsletter (8000 copies) we ran an article about Hospice at Home, highlighting the service it provides, the population it covers and the constant need to raise funds. We encouraged our customers to support the charity and provided contact details should they wish to donate. We plan to run further small updates in our future

newsletters highlighting the latest fund-raising work and further building awareness.

Since signing up as business partner we have also run a Cranstons staff room charity shop donation week and hosted a Hospice at Home Bag pack at the Food Hall which raised over £800. We are hosting a fund-raising table for flag day and I have started talking to Sheila and Julie about the possibility of a charity evening at the Food Hall.

We find the partnership works well as we have been able to provide useful help in ways that aren't purely financial and the support work fits in well with our overall principle of supporting local people and communities.

Jane Silburn

Cranstons Marketing Manager



Photo: J. MacKenzie

COAST TO COAST SUMMER SOLSTICE LADIES CYCLE RIDE

Experience the adventure of a life time and join a team of 50 special women to raise funds for Hospice at Home.

This is a challenge not to be underestimated, it's 140 miles with some tough hills along the way.

Our trip begins on Saturday 18th June 2011 by dipping our front wheels into the Irish Sea in Whitehaven where we then set off into the stunning scenery of the Northern Lake District, and down in to the lush Eden Valley. From here we climb up on to the 'Roof of England' – the Northern Pennines. Next we pass through the Durham Dales and from here it's all downhill to our final destination on Monday 20th June into Tynemouth at the North Sea.

If you or a group of friends, family or work colleagues are eager to join this special team to enjoy the camaraderie, through the good and bad times of hard hill climbs, and enjoy

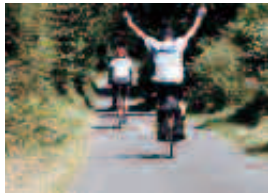
the relaxation of a glass of wine in the evening, contemplating the day and discussing what is in store for the following day, then this could be for you.

Registration fee is £100. This includes packed lunches and refreshments en route, accommodation and dinner on night two in Allenheads, cycle maintenance, coach back up and first aid provision.

Each participant will be asked to raise a minimum of £500 in sponsorship. Fundraising packs will be sent out to help achieve this figure.

Come on make 2011 the year you set yourself a challenge and help raise funds for Hospice at Home, the local charity caring for local people with life limiting illnesses and offering support to their families and carers.

For further details please phone the office 01768 210719



Photos: www.c2c-guide.co.uk



Glitz and glamour the theme for an evening at Hoopers

An amazing evening took place in Carlisle on the 8th July when celebrity, glitz and glamour was the theme for a special Hoopers event that raised £800.

Celebrity Andrew Stone from the band Starman and star of Sky TV's Pineapple Dance Studio, made a special appearance. Customers and supporters flooded through the doors in anticipation of meeting Andrew who enjoyed all the merriment. He was especially interested in learning about the work of the charity.

A group of dedicated Carlisle Volunteers helped to sell raffle tickets. The lucky winners were able to choose from an array of



Photo: Hoopers

magnificent prizes. In addition, golden envelopes were sold with a prize for everyone. The gifts and prizes were all generously supplied by Hoopers.



Photo: Hoopers

Eastern Cumbrians continue to fundraise

The Appleby and Kirkby Stephen areas have a long standing, supportive fundraising community. Sadly, Anne Thornton, our Volunteer Fundraiser for Kirkby Stephen, retired at the beginning of summer and the charity wish to thank Anne for all that she achieved.

In June Margaret Bousfield, Anne Thornton and a team of volunteers from this community organised a bucket collection at Westmorland Services. An astounding £949.09 was generously donated from members of the public who stopped to use the services.

A magnificent open garden took place on the 4th July at Smardale Hall at Kirkby Stephen, and even though the weather wasn't kind for a July afternoon, the event raised a splendid £700. The gardens of the Dargue family were glorious and a delicious tea was served to complete the afternoon.

The sun did shine for the 10th Appleby Golf day on the 30th July when an astounding £2500 was raised. Over

111 golfers took part including 12 junior players with 26 commercial sponsors supporting the event. The great majority of sponsorship and raffle prizes came from the Eden business community which supports the Golf Day each year.

The Charity would like to thank all the volunteers that give their time, energy and hard work in organising these events and choose Hospice at Home as the charity. Thank you also to all the local businesses which donate goods and sponsor events to help us achieve the £9,500 needed each week to continue to fund the clinical services.



Photo: www.edenvalleymessenger.co.uk

JUBILATION FOR DAWN WALKERS

On Sunday 13th June Hospice at Home Carlisle and North Lakeland held its second Dawn Walk. 140 walkers took part with a special sailing at 8am, donated by kind permission of the Ullswater Steamer Company, which travelled from Glenridding to Howtown. The sponsored walk took a seven mile lake route finishing back in Glenridding. When sailing down the lake a memory roll call took place which was an especially poignant moment as most participants were remembering a loved family member or friend. Sponsorship money is still arriving at the office but to date over £7000 has been donated. As well as a vital fundraiser, those involved with the Charity also understands how important it is for walkers to remember their loved ones on this special day.

Carlisle couple Tony and Brenda Graham took part in memory of Brenda's mum. As she said in her own words *"Thank you for a great day, we so enjoyed the walk. I have finally had the chance to say thank you for the care Hospice at Home gave to my late mother. I told my sponsors you are all the Cumbrian Angels!"*



Remember Hospice at Home hope to have places for challenge events in 2011



Please contact the Fundraising Office for further information

Photo: Cumbrian Newspapers Ltd

Did you Know?

- Hospice at Home nurses around 300 patients each year and provides support to their family and carers
- Since we began in 1997 over 3000 patients have been cared for
- Last year 12,765 hours of care were provided
- All services are provided free of charge
- Last year 17% of our patients were suffering from illnesses other than cancer
- We provide Lymphoedema Support, Occupational Therapy, Complementary Therapy and Bereavement Support
- We cover an area of 1500 square miles, with a population of 188,000
- Our annual budget is £765,000
- Approximately 22% of our funding is provided by the NHS
- We need to raise £490,000 this year. This equates to £9,500 per week
- Over 80p in every £1 raised goes directly to patient care

Motorcycle Adventure of a Lifetime

Local farmer Michael Cowen has just completed a challenge event with a difference – motor cycling 11,000+ miles from his home in East Curthwaite near Carlisle to Beijing – all in aid of Hospice at Home Carlisle and North Lakeland.

Between mid April and mid July, Michael journeyed across Europe to Istanbul, following the Silk Road through Bukhara and Samarkand, and spending a week on the mountainous Pamir Highway in Tajikistan, the world's second highest international road. They entered Tibet, visited Everest Base Camp and Lhasa, and rode over 5000 miles in China itself.

This epic adventure has taken Michael over many forms of terrain in all manner of weather conditions. He has visited many

different types of rural, farming communities and large, urban sprawls, all of which have tested his mettle and determination.

Michael, who kept a blog throughout his journey, commented that "the spectacular scenery; the bikes - they are the surely the best way to do a trip like this; and the friends one makes on the way" were the highlights of the challenge.

Total raised to date is £4480.00 and money is still coming in.



Photo: Cumbrian Newspapers Ltd

Sea of Red planned for Penrith's second Santa Dash

Hospice at Home are planning their second Dash in Penrith. It will take place on the afternoon of Sunday 28th November and will kick off the festivities for the annual Penrith Christmas Lights Switch-on. Santa Dashers can choose to walk, jog or run the 4km fun route.

The Santa Dash is for people of all ages individuals, groups of friends or teams of workmates. Last year many families enjoyed the afternoon with Santa Dashers from toddlers to grandparents all enjoying the build up to the Christmas Festivities. While you can just pay your entry fee and take part we would encourage everyone to raise as much money in sponsorship as they can.



Entries cost just £10 for adults and £5 for under 14's, and include a Santa outfit and refreshments. Prizes for the fastest Santa and Top fundraiser will be provided.

Entry forms are available from Hospice at Home on 01768 210719, the Hospice at Home Shop or can be downloaded from www.hospiceathome.co.uk. Closing date is 24 November.

Penrith Flag Day
Tuesday 7th September
Collection in Penrith Town
Centre 9.30am—3.30pm

**Supper, Dance &
Auction, Nicholforest**
Friday 17th September
Tel: 01228 791509 for details

DIARY DATES

**Reg Vardy Concert, Theatre
By the Lake, Keswick**
Sunday 19th September
Tickets £16 & £10. Under 16s £6
7.30pm
Ticket Box Office 017687 74411

**Genevieve Ladies Fashion
Event, Sherburns Inn**
Thursday 30th September
sold out!

Carlisle Flag Day
Friday 1st October
Collection in Carlisle City Centre.
9.30am — 3.30pm

**Casino Night,
Carlisle Racecourse**
Friday 22nd October
Dress to Impress
Tickets £10
Have a go at Blackjack,
Roulette and the Wheel of Fortune
Call the office 01768 210719 for
more details

**Coffee & Soup Lunch,
Crosthwaite Parish Rooms,
Keswick**
Saturday 30th October
Call the office 01768 210719 for more details

**Christmas Card Sale
and Clock Event**
Great Salkeld
Saturday 13th November
Call the office 01768 210719 for
more details

**Yoga Day at Scotby
Village Hall**
Saturday 20th November
Tickets £25
Vegetarian Lunch included
Bring your own yoga mat
9.30am—4.00pm
Call Jean Rhodes on 01228
513752 for more details

Santa Dash
Penrith Town Centre
Sunday 28th November
Entry Fee £10 Adults, £5 Children
3pm start at the Monument
Full Santa Suits provided!

**Christmas Card Sale &
Coffee Morning, Longtown**
Saturday 6th November
Tel: 01228 791509 for details

Victorian Fayre
Market Square, Keswick
Sunday 5th December
Christmas Cards, Cakes and Jams
for sale

**Christmas Carols &
Dinner at the Mill Inn,
Mungrisdale**
Monday 17th December
A festive get together
Tel: 017687 79632

**Marmalade
Festival at
Dalemain**
12th-13th
February 2011

**Bunny Run,
Carlisle City Centre**
Sunday 1st May 2011
Family fun run
Bunny ears and cotton tail
provided!

**Coast to Coast
Summer Solstice
Ladies Cycle Ride**
18th-20th June 2011
3 day event
50 places available
£100 registration fee

