

Hospice at Home

Carlisle and North Lakeland

WELCOME TO THE SPRING/SUMMER 2021 ISSUE OF

CONTACT

Thank you for...

Helping us to help our community

Your Support Counts

Thank you to everyone who has supported Hospice at Home during these difficult times. Whether it be through volunteering your time, participating in challenge events, fundraising through hobbies or smiling at a nurse, your impact has made a world of difference!

Look inside to see how some of our supporters have made a difference.



See you soon

"I'm going to donate these old clothes to charity... but first, I'm going to drive around with them in my boot for four months!"

Does this sound familiar? Our shops are re-opening on April 12 and we look forward to accepting your donations. Turn to page 5 to read more about our retail outlets during lockdown.

Hands - Face - Space

Did you know that **80% of infections are transmitted via touch**? Or that you can only use **hand sanitizer five times** before you must wash your hands again with soap and water or your risk of infection increases? Turn to page 6 to read more about staying safe.

We're here for you

We are continuing to provide pre- and post-bereavement support and counselling.

During these uncertain times individuals may be struggling more than usual. Being bereaved can be a lonely time and isolation can make it more difficult, increasing the feelings of loneliness and thus, the feelings of grief can be more intense.

We offer support and counselling to adults over the age of 18 years following diagnosis of a life-limiting illness or following bereavement. Family Support is available to anyone regardless of whether Hospice at Home is, or was, involved in providing care.

Anyone can make a referral to the service. The contact number for advice or to make a referral is
01228 608942

Inside this issue...

A story of Family Support - p.4
Every little bit counts - p.7
Your lasting legacy - p.8

Hello from our Chair of Trustees

It is now just over twelve months since the beginning of the first national lockdown imposed in an attempt to bring the spread of the coronavirus under some control. A year on and we are beginning to emerge from the third such lockdown and all of us will have been affected in one way or another. It has changed the way we live and work, our relationships and our prospects, some of these changes may well be permanent. We have also seen many instances of people making sustained and courageous efforts to help within their communities and families. So, I want to take this opportunity to thank you all for your efforts in difficult circumstances, and for your forbearance when things have had to change through necessity.

Thank you to the families and carers of our patients: you do a vital and often unsung work, usually because it is front of you and needs doing. Thank you to all who work for Hospice at Home: people often speak of your care and compassion, which is both valuable and priceless. I include here those who work at Valley Court as well as those who work directly with patients. Thank you as well to those who have been furloughed during this time; yours has been a different and unusual experience. Thank you to volunteers and supporters for your continuing enthusiasm for the work. Last, but by no means least, my thanks to Dr Alison Miles for all her work as Chair of Hospice at Home during a very turbulent period. She stood down as a Trustee and Chairman at the end of December 2020.

You may be wondering who is writing this: you probably do not recognise the photo alongside.

My name is David Wood, and since the beginning of the year I have been Chairman of the Board of Trustees for Hospice at Home Carlisle and North Lakeland. I'm a retired vicar and live in Warcop. In times past I have worked on farms both in Cumbria and North Lancashire as general worker and dairy herdsman. I have also driven a white van delivering fruit and vegetables to hotels and restaurants in Lancashire and since ordination have worked in Kendal, Crosby Ravensworth and Pooley Bridge. I have three sons who live in Leyland, Kendal and Penrith. It is a privilege to have been encouraged to chair the board at this time and I believe we can look to the future in confidence.

David Wood, Chair of Trustees



A few words from our sponsor

We are delighted to be supporting Hospice at Home, a local Charity that provides phenomenal support for those who need it the most. It is our mission to support one local charity a year that is close to the hearts of our people. Supporting our local communities provides great opportunities for our teams to work together. We have an internal Charity committee that meets virtually on a regular basis, discussing potential fundraising ideas, allocating tasks to certain members of staff and organising the fundraising activities. Our committee not only provides vital skills for our people but supports a well-deserved charity at the same time.

We invest in our people, whether that be through completing further qualifications or involving them in schemes like our Charity of the year. We also offer each of our people one additional day of paid leave per year to get involved in charitable activities.

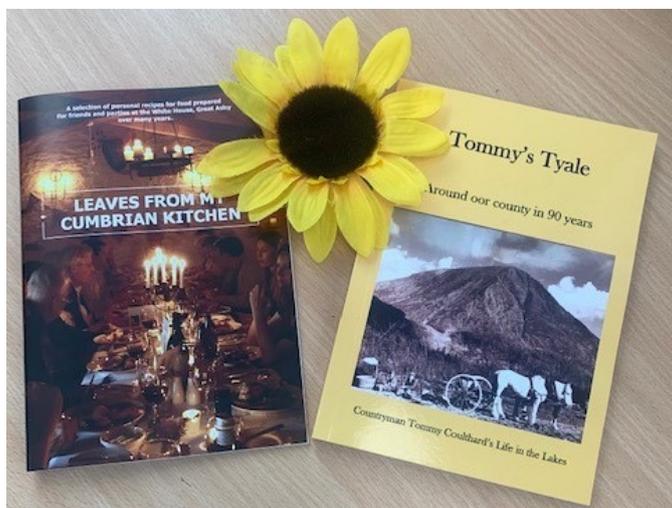
We are looking forward to helping Hospice at Home raise as much funds as possible. 2020 was a difficult year for most, our aim is to help the Hospice make 2021 a good one.

We offer a full range of services including; accountancy, tax advice, payroll, agricultural services, debt recovery, investments, IT support, mortgages and pensions. With the added benefit of them all being under one roof, clients have peace of mind that we have a joined-up approach and their business is in safe hands.

Our offices have remained open throughout the pandemic, supporting current and new clients. If you need advice or support our experts are on hand to help you, please visit david-allen.co.uk or call 01228 711888.

Thank you to David Allen for
sponsoring this issue of Contact

David Allen
Accountancy • Tax • Business Services



Local Authors

Local authors **Michael Shipley** and **Tommy Coulthard** have put pen to paper for Hospice at Home. A shared passion for Cumbria, Michael shares a selection of personal recipes for food prepared for friends and parties at the White



House, Great Asby over many years while Tommy reflects on a way of life which has changed in many ways – but where there remains a vibrant and warm sense of community as well as respect for and appreciation of heritage and tradition. Both books are available on our website for a suggested donation of £10 or by telephoning 01768 210719.

Please visit our online shop at:
www.hospiceathome.co.uk/shop/

Leaves from my Cumbrian Kitchen...

Italian Pea Soup

- 1kg fresh peas, pods and peas reserved separately
- 30g butter
- 1 onion, 1 celery stalk, 1 bunch fresh mint, and 1 carrot, all peeled, stringed, stalked and finely chopped for a soffritto
- 2 large potatoes, peeled and diced
- salt & pepper to taste
- Fried small croutons
- 4 tbsp creme fraiche
- a little hot paprika

1. Bring 2L of water to a boil. Blanche the peas for 8-10 minutes or until tender. Remove the peas and refresh in cold water, drain and dry and then reserve. Don't throw away the cooking water as this now provides the basis for the soup.
2. In a large saucepan (large enough to hold all the pea pods and ingredients) melt the butter, add the soffritto, and sweat for 10 minutes over a medium heat. Add the potato dice and sweat for a further 5 minutes until they start to stick.
3. While the soffritto is softening, string the pea pods and chop them coarsely. Add to the soffritto and toss. Add enough of the pea cooking water to cover the vegetables. Season and stir. Boil until the potatoes are disintegrating. Allow to cool, puree with a liquidiser and then pour through a fine sieve, pressing hard to get everything through except the strongest parts of the pods. Add more water if desired.
4. To serve, reheat the soup with the peas in it, check for seasoning, add croutons and a spoonful of creme fraiche for each searving, and a very light dusting of paprika.

Thank You to everyone who supported the Raffle Appeals in 2020

2020 proved a bumper year for funds raised for our Spring and Festive Raffles.

Thank you to the businesses who donated prizes and to everyone who bought a ticket or forwarded a special donation to these appeals. Collectively the Raffles raised more than ever before which proves how very kind and caring our supporters are who helped raise funds during this most challenging year. In total **£46,784** was donated which equates to **280 nights of support to a patient and their families in their home.**

Thank you once again to everyone who kindly remembered our local charity and for every single ticket purchased which has enabled care and comfort to be provided within patients' own homes.

Thank you for making a difference

Thank you to David Allen for sponsoring this issue of Contact



your support in 2020 =

61,690 hours of respite care

Supporting Families

In February 2016, the Law family tragically lost father & husband, Percy to secondary brain cancer. Chris remembers the support provided by Hospice at Home during that difficult time.

In the months leading up to his death, our lives were completely turned upside down. Not only was my dad's health rapidly deteriorating, but so too had our family home been decimated by the



Carlisle floods of December 2015. Living and working away, my own experience was reduced to agonising worry on weekdays, and putting on a brave face at home on weekends. My mum and sister, meanwhile, were constantly in the eye of the storm, bravely juggling crises. All around us, the very foundations of our family's livelihood were under strain. Enter Hospice at Home.

Although they rarely feel comfortable conceding it, at the time -- whether out of adrenaline-fuelled focus or perceived guilt -- those around people with life-limiting illnesses are far from immune to their effects. They are, ultimately, the ones who live with the consequences on the other side. Towards the end of his life, Hospice at Home nurses stayed with my dad overnight -- directly caring for him, whilst simultaneously indirectly caring for us. They afforded my mum and my sister the peace of mind of knowing that he was receiving the best possible care, and the invaluable gift of as good a night's sleep as was possible. Even in a different city, I felt their support profoundly. It was, in my mum's words, 'a big old comfort blanket'.

Above all, the Hospice at Home nurses that supported us were truly amazing people. They were caring and genuine, thoughtful and warm. They took the time to get to know my dad and shared our pain, always having the words that so many stumble on. Even today, I am still taken aback at the compassion and sensitivity of the nurses who took care of all four of us in our very last weeks together. Although we were absolutely crushed, we could not help but be simultaneously uplifted at the power of the human spirit.

We will never be able to truly repay them. Their work is priceless.

Your story, your support

In February, Chris ran over 100 miles in support of Hospice at Home, raising almost £600 to support our community.

Thank you Chris!



From mum to healthcare assistant to nursing associate, meet our Emma Evans

I started working at Hospice at Home in 2014 as a Healthcare Assistant, having previously worked at Penrith Community Hospital. I work alongside other Healthcare Assistants and Registered Nurses delivering palliative and end of life nursing care to patient's in our local community.

Hospice at Home have always been extremely supportive in my ongoing development as a Healthcare Assistant, so when the opportunity arose to apply for the post of Trainee Nursing Associate, I felt it would be the ideal way to progress in my nursing career whilst still being able to continue working as part of the Clinical Team. The continuous help and support from the Hospice at Home family and their unfaltering belief and confidence in my ability as a nurse gave me the courage to step out of my comfort zone and become a student again, as a Mum in my thirties!

I was successful in being offered a place in the March 2020 Cohort of Nursing Associate Apprentices at the University of Cumbria. It came at an ideal time, with my youngest child having started school, meaning I had gained extra time through the week for studying as well as working – even through a series of lockdowns!

Being supported by Hospice at Home to complete this apprenticeship will allow me to gain invaluable experience within all areas of Nursing – Adults, Children, Mental Health and Learning Disabilities, gaining broader understanding and appreciation for the wider healthcare teams I encounter within my community role. These new experiences and practical placements will allow me to give a higher quality of patient care when I return to practice as a qualified Nursing Associate.

Sunflower Supporters

Hospice at Home
Carlisle and North Lakeland

REGULAR DONATIONS REALLY DO MAKE A DIFFERENCE IN OUR COMMUNITY

TO BECOME A SUNFLOWER SUPPORTER AND GIVE REGULARLY PLEASE VISIT

WWW.HOSPICEATHOME.CO.UK OR CALL 01768 210719

f @ in REGISTERED IN ENGLAND AND WALES CHARITY NUMBER 1095708

Find out how you can support us further by visiting www.hospiceathome.co.uk or calling 01768 210719

The Hospice at Home Charity Shops look forward to a bright future

At Hospice at Home we always look forward and focus on the future and what we can achieve. Over the last year, our four Retail Shops have spent more time closed in lockdown than they have open.

We have been extremely fortunate to have the support and expertise of specialised volunteers who have looked after our two eBay shops. **Thank you** to these special **Volunteers** who have helped during these periods and who continue to help us in the future, allowing our retail sales to continue during lockdown.

While closed, we have regularly visited the Shops and carried out Health and Safety checks to make sure the premises are in tip top condition for when those doors are able to open to the public. We are expecting a huge amount of donations and with this in mind we ask you to consider registering your donations to Gift Aid, this could help us gain an extra 25% more at no extra cost to the donor. A form is available in the Shop for more info and to register.

Our Retail Team, both Shop Managers, Assistant Shop Managers and all the 121 volunteers can't wait to once again welcome our wonderful customers. We are extremely lucky to have such loyal regulars who are well aware their donations and purchasing power ultimately could be helping a fellow neighbour or family member within the community who have asked for the help of the Hospice at Home Clinical Team. Our Keswick Shop also has a regular foot fall of tourists and day visitors who frequent the town and many return regularly when visiting the Lakes. So, no time for retail doom and gloom and let's look to the future and once again Hospice at Home will be offering that warm and friendly shopping experience and the opportunity to catch up with our Shop Team Friends.

Our Keswick Shop

4-5 Museum Square, KESWICK,
CA12 5DZ. 017687 75830
in joint collaboration with Hospice at
Home West Cumbria

Our Penrith Shop

3 Little Dockray,
PENRITH, CA11 7HL.
01768 868602

Our Carlisle Shop

63 Castle Street, CARLISLE,
CA3 8SL. 01228 550119

Our Wigton Shop

9 King Street, WIGTON,
CA7 9DT. 016973 45656

Miss those charity shop
afternoons? Why not browse
our **eBay** shops
<https://bit.ly/3IN962L>
<https://bit.ly/3wfpGxj>

Marmalade triumphs!

In spite of a difficult year, marmalade makers have proven their resilience. Entrants from around the globe have posted thousands over 3,000 jars to Dalemain ready for the **2021 Marmalade Awards**.

Marmalade making is a very personal thing, and this has been especially evident this year. Entrants have included messages and notes, and one Japanese marmalade maker even sent a jar with heart-shaped peel inside, and the wish that 'marmalade will connect everyone's hearts.'

More time spent in the kitchen has also allowed entrants to be especially inventive, with homemade marmalade makers adding all kinds of new ingredients. Knotweed, gorse flowers, rowan berries and star anise have all been added to the citrus preserve, in the hope of standing out from the competition.

The Rathbones First Timers category has been hugely popular this year, following a quiet winter of being 'locked down'. One such entry comes from a teenager who spent January making marmalade to his gran's recipe, instead of going on his planned gap year.

The judging has been delayed until it is safe to recommence, and organisers hope to announce the award winners on 20th June at Dalemain, as part of their annual Plant Fair. The winning marmalade recipe will be replicated by award-winning producers Thursday Cottage and sold at Dalemain and Fortnum & Mason's, in their famous Piccadilly store.

All proceeds from the Homemade Awards go to support Hospice at Home Carlisle and North Lakeland as well as other palliative care charities worldwide. The Awards take place with the generous support of Fortnum & Mason, Rathbones, Armstrong Watson, Thursday Cottage and Lycetts.

To find out more about the Awards, visit
www.marmaladeawards.com



your
support
in 2020

=

6,854 nights of palliative
care or end of life
support in the home



Your story, your support

Our mask-making supporters have helped raise thousands of pounds in support of our community by making and selling masks during the pandemic. Anne Scott tells us how it began. **Thank you Anne!**

Way back in April I started sewing masks, scrubs and scrub bags to help out local social care providers as they were unable to source them elsewhere. I then made masks for family and friends and neighbours. People were wanting to contribute for them so I decided to set up a Mask Tree using a tree in the front garden to display them. After weeks of beautiful weather the day I planned to put them out the weather changed and due to the high winds using the tree wasn't a possibility.

So the mask tree in my porch began. It worked so well it still remains there. I decided to ask for donations to the Hospice at Home as they provided such wonderful care which enabled my sister to remain at home for the final weeks of her life.

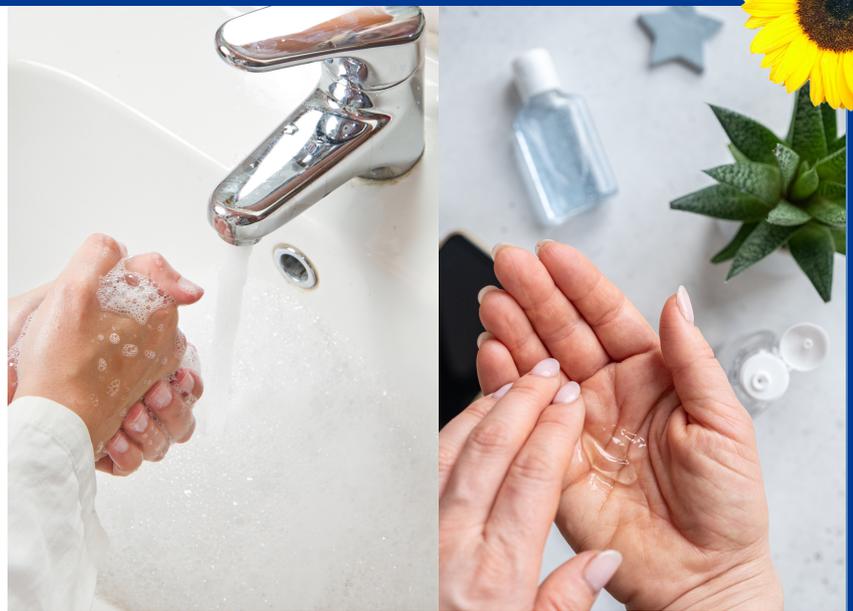
May we take this opportunity to thank all who have made masks or other products to help raise funds for Hospice at Home



Your story, your support

Not only does Norman volunteer on our reception desk, but he has made these amazing bird houses in support of Hospice at Home.

Thank you Norman!



Wash your hands Help stop the spread

Lynne Reside Registered Nurse is now supporting Angela Fearnley-Allen with Infection Control for Hospice at Home.

Hand hygiene is one of the most important aspects of infection control; **80% of infections are transmitted via touch.**

Remember **hand sanitizer/alcohol gel can only be used for 5 times**, then hands must be washed appropriately with soap and water, as a sugary film develops which then risk increases the of infection spreading.

The best way to wash hands for long enough us to sing "Happy Birthday" twice!

It's just as important to ensure hands are thoroughly dry. Ensure you look after hands for staff we advise keep nails short, no false nails, no jewellery, plain wedding band only. Ensure you moisturise your hands especially at night before bed to get maximum benefit.

General rules for hand hygiene are:

- 1. Avoid touching eyes, nose and mouth. Hands touch many surfaces and can pick up viruses once contaminated. Hands can transfer viruses to your eyes, nose or mouth. From there the virus can enter your body and infect you.**
- 2. Cover your mouth and nose with your bent elbow or tissue when coughing or sneezing. Dispose of tissue immediately into a closed bin and wash your hands.**
- 3. Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, taps and phone screens.**

For more information:

www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/



Every little bit

Edna Graham, our Wigton representative for the Hospice at Home Volunteer Fundraising Forum tells us about fundraising during lockdown

As we all know, this year has been made 'almost' impossible as far as our usual volunteer fundraising activities go, for every charity not just Hospice at Home. I could make a very long list of cancelled events, but here are just a few, balls, yoga and golf days, sponsored walks, lots of coffee mornings, concerts, flag days, bag packs... Even our bookshelves have been defunct!!

However some of our volunteers did manage to have events during the brief 'open' times, including myself. After 2 false starts for a Hospice at Home Vintage Market in May and September, I was invited by 2 friends to join them in a pop-up shop in Paternoster Row Carlisle. So with much trepidation we went ahead in mid-December and surprisingly Hospice at Home 'Vintage' raised over £2,000 in that week!

I am constantly surprised by the innovative ways friends of the charity raise funds for us. The brave Clare shaved off her lovely thick curly hair to raise funds in memory of our dear friend, she was aiming for a few hundred, but raised thousands. Liz made jams and chutney and sold it to family and friends who would normally buy it at our Oct coffee mornings, Brenda knits beautiful personalised fancy gloves and donates the cash, and I upcycle furniture, pictures etc, and sometimes sell items, as is, for them to have a go themselves. All of this "stuff" as my husband calls it, is donated by friends.... and fills our sheds, workshop, wash house, and summer house, even the old campervan....and thank you to Hilda, and Diane, for the barn storage.... I just can't say no! Then there are odd items which we sell on social media, like the lovely oak desk, thank you Jackie, and some people just give me a donation from the kindness of their heart!

I collect all of these funds in my big orange purse and when the purse is full I take it along to the office because **every little helps**.

On a lighter note.... I received a very apt birthday card last month, it read:

*We'll drink again
Don't know where
Don't know when
But I know we'll
Drink again
SOME SUNNY DAY!!
Cup or glass...you choose!*



CAPTAIN TOM 100

WHAT'S YOUR 100?

Hospice at Home
Carlisle and North Lakeland



Following the outpouring of heartfelt messages since the death of Captain Sir Tom Moore in February, his family pledged to celebrate his life with an event that everyone could be involved in. That event is the Captain Tom 100 and Hospice at Home is proud to be inviting our supporters to take part.

How it works

It's so simple. All participants need to do is dream up a Captain Tom 100 challenge based around the number 100 and do it at any time and anywhere over Captain Tom's birthday weekend – starting on Friday 30 April through to Bank Holiday Monday 3 May.

The challenge could be walking 100 steps, scoring 100 goals, baking 100 cakes, climbing 100 stairs, hopping 100 laps of the garden, building 100 sandcastles, writing a 100-word poem – anything at all, inside or out.

Once supporters have chosen their challenge, they can fundraise or donate to Hospice at Home, and share their 100 on social media, using [#CaptainTom100](https://twitter.com/CaptainTom100)

For more information please visit: www.hospiceathome.co.uk or telephone 01768 210719



your support in 2020

=
35,129 hours of counselling for patients and their loved ones



Help our work live on

The importance of legacy giving

The events of the last year have impacted charities in an unprecedented manner with the cancellation of thousands of events and the loss of billions in income. Lasting legacies have played a crucial role to Hospice at Home during this time when the need for future sustainability has been highlighted.

Organising a valid Will is the only way that you can be sure that your wishes are carried out after your death. Making a Will is an easy, quick and generally inexpensive process. Whatever the size of your estate, a Will ensures that you can use it to maximum effect and provide for those you care for and the causes that you admire. A Will is also tax effective, allowing you to leave a charitable donation to Hospice at Home and minimize applicable inheritance tax. These lasting legacies, either large or small, can help us in so many ways.

For example, a legacy gift of:

- £500 could provide overnight support for 4 nights from a Hospice at Home Health Care Assistant, helping Family and Carers of patients to get some much needed rest.
- £1,000 could pay for 41 hours of counselling from one of our Family Support Team for our patients, their family members or carers.
- £5,000 could purchase much needed equipment to support local patients in their own homes who are receiving end of life care from the charity.
- £10,000 would provide an average 6-weeks of end of life Care for a patient.

Home is where you have a foundation of love, warmth, and happy memories. It might not always be the building itself, but being near your loved ones. This has, without doubt, been more than apparent over this last year when restrictions have meant we haven't been able to see our loved ones throughout the various lockdowns and our homes have been our safe place. By nominating Hospice at Home in your Will, you can ensure our nurses, specialists and councillors are there, in the home, for patients, families and carers of Cumbria.

For more information on how to **HELP OUR WORK LIVE ON** please visit www.hospiceathome.co.uk or telephone or email today for a legacy informational pack 01768 210719

Julie Blundell, Head of Income Generation and Marketing, julie@hospiceathome.co.uk



**Step
Up To The
Plate**

Second Course: The Roman Route

Save the date
11th September 2021

Kindly sponsored by



Dog Friendly

Hadrian's Wall Path

Change of Details? Please Tell Us!

We hope you enjoy reading Contact. If for any reason you would like to be removed from our mailing list, please call us on 01768 210719. If you move home please inform us of your new address, or if you have previously ticked a Gift Aid declaration but your circumstances have changed, please let us know so we can keep our records up to date. Thank you.

Contact us:

Post: Hospice at Home, Valley Court, Barras Lane, Dalston, Carlisle, CA5 7NY

Visit: www.hospiceathome.co.uk

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Email: admin@hospiceathome.co.uk

Fundraising Enquiries: 01768 210719

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