

Hospice at Home

Carlisle and North Lakeland
Local Care for Local People

WELCOME TO THE AUTUMN/WINTER 2023 ISSUE OF

CONTACT

After the amazing support in our 25th anniversary year it has been encouraging and humbling to see the continued support from the many volunteer fundraising initiatives, and planned events from our fundraising team. We have had so many lovely occasions take place. Full of joy, laughter, new friendships and very generous contributions.

Inside this Issue:

- Business Partner support (pg 5)
- Family Testimonial (pg 7)
- Welcome to Lancarr (pg 8)
- Apprentice Take Over (pg 9)



The importance of this cannot be underestimated, without fundraising our amazing clinical staff couldn't provide essential support for our community. To put that into context, the 2021 Census found that 4.7 million people were caring in the UK, so having the option of receiving respite care can be a real lifeline for some people. The costs of providing care for 3 hours of respite is £51. This provision enables us to respect the wishes of people to stay in their own home and give their carers a break. This allows us to support their resilience, so they can continue caring. Our other services equally as important also come at a cost, a nurse overnight for care cost £ 241 and a counselling session costs £29.

What also makes me proud to work for Hospice at Home is witnessing peoples gift of time. Recently a group of youngsters from Carlisle College came and renovated our court yard so that patients and staff could enjoy an outdoor area. The support we receive spans many generations and long may this continue and be valued.

We aim to provide more care and grow both our fundraising and clinical team to support our local community and thanks to our amazing volunteers and supporters we will strive to do this.

Thank you for you continued support,

Debbie McKenna

Chief Executive Hospice at Home



Christmas Tree collection appeal

Last year's Christmas Tree Collection raised almost £15,000! We are pleased to announce that the appeal is making it's return on January 11th and 12th 2024.

We will be opening up registration in November. Keep your eyes peeled on the website and our social media channels for further information. The appeal is only successful because of our marvellous volunteers and donations.

If you have a van and can volunteer your time please get in touch.



Talks

The fundraising team were out and about recently giving a talk at the Raughton Womens Institute. It was great to be able to showcase what we can do as a charity. If you would like us to talk at your next meeting all we ask is a donation! Contact the fundraising team on 01768 210719 or email fundraising@hospiceathome.co.uk

Remember your phone!

We provide care over 1,500 square miles of North East Cumbria. We come across many challenges in our day to day. One of which that you might not have thought of was phone signal. All Cumbrian's know that signal can be sketchy from time to time. Luckily for one our nurses, she had signal! Here is just one account of when a phone was essential!



"It was about 5 am and I had a call from a nurse who was looking after a patient in a rural part of the Eden Valley. She had been asked by the husband of her patient to move her car to allow him to get out and off to work. Unfortunately when she went to re-enter the house, the door had closed and locked behind her! The husband by now had left and she was locked out. The nurse was obviously shocked, called me to call the husband so he could return and let her back in the house. He did return and all was well. The moral of the story is always take your mobile phone and a coat with you. Fingers crossed for phone reception!"

- On Call Member of Staff



We brought the sunshine!

The team braced for a weekend of showers at this year's Kendal Calling Music Festival. Despite the rain clouds, the volunteering team lead by Julie and Cara from the fundraising team brought the sunshine and raised an incredible £19,000.

Thank you to everyone that came and said hello while donating for a sunflower item.

Will Aid Appeal

If you are thinking of writing or updating your Will this Autumn please consider using our Will Aid appeal and help raise funds for Hospice at Home

Hospice at Home, with the support of Scott Duff and Co Solicitors, are once again launching our Will Aid appeal.

How to access Will Aid

- Contact the below branch to arrange an appointment to write or update your existing Will.
- Then make a donation to Hospice at Home in lieu of the Solicitor standard fee.

Your donation will help Hospice at Home continue to care for local patients that have a life limiting condition in their own home, whilst supporting their families and carers through devastating times. The charity would like to sincerely thank Scott Duff and Co for supporting the charity with this appeal.

Scott Duff & Co.

32 St. John's Street, Keswick,
Cumbria, CA12 5AS
Phone: 017687 74321

40 King Street, Penrith,
Cumbria, CA11 7AY
Phone: 01768 865551



Help our work live on

Hospice at Home
Carlisle and North Lakeland

**The importance
of legacy giving**

Simply put a legacy is a gift in your Will.

A gift that means something to you, whether it be a small gift of a few pounds or more substantial financial gift. A legacy is a way for you to continue to support your charity after you die.

What could a legacy gift mean to Hospice at Home and the local community we serve? It means Hospice at Home can continue to care for local patients in their own homes, from personal care, overnight support, Occupational Therapy, Befriending to Complementary Therapy. We will be able to provide much needed respite care for the carers and families of loved ones who are dying, we can provide bereavement support where it is needed. Any legacy received by Hospice at Home will be spent supporting local patients, their families and carers.

To find out more information please visit **www.hospiceathome.co.uk/legacies-help-our-work-live-on**, or call the Fundraising Office on **01768 210719** or email **Comms@hospiceathome.co.uk** to ask for a legacy pack, the charity are always happy to welcome you to the office in Dalston for an informal discussion about legacies, please call or email the above telephone number to arrange this.

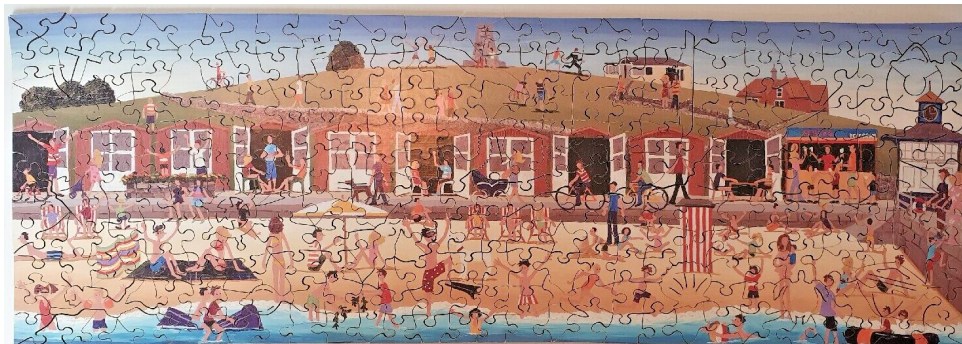


Brampton, Carlisle, Keswick, Penrith and Wigton are the locations of our five wonderful shops where you can find anything from a good book for your next holiday to an outfit fit for any occasion and pretty much anything in between. They are staffed with people who care and have the time to chat. They are a real local hub for the community, a font of knowledge, a warm welcome to all & a place to make connections, either through popping in, volunteering or donating.

So what are you waiting for, come and visit us today!

- Area Shop Manager Jude Walker

Did you know we have a channel on



We recently received a donation from one of our lovely volunteers at the Carlisle shop

that made for an interesting eBay auction. We had a bidding war over a Wentworth Wooden Jigsaw, a very unique piece that eventually sold for £256! The buyer was super happy he could add to his collection whilst helping charity. Please visit to see other items on our channel, address below.

Hospice at Home Penrith Shop
3 Little Dockray, PENRITH, Cumbria,
CA11 7HL
01768 868602
Penrithshop@hospiceathome.co.uk

Hospice at Home Carlisle Shop
63 Castle Street, CARLISLE, Cumbria
CA3 8SL
01228 550119
Carlisleshop@hospiceathome.co.uk

Hospice at Home Wigton Shop
9 King Street, WIGTON, Cumbria
CA7 9DT
016973 45656
wigtonshop@hospiceathome.co.uk

Hospice at Home Keswick Shop
4-5 Museum Square, KESWICK, Cumbria
CA12 5DZ
01768 775830
KeswickShop@hospiceathome.co.uk

Hospice at Home Brampton Shop
2B Market Place, BRAMPTON, Cumbria
CA8 1NW
01697 424700
BramptonShop@hospiceathome.co.uk

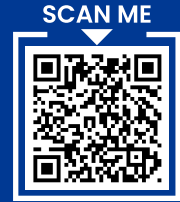


Hospice at Home Ebay Shop
<https://tinyurl.com/yr7symuv>



Could you be our next Business Partner?

Scan the code to find out more



There are lots of benefits for businesses who partner with a charity - not only do you have the comfort and knowledge your help is supporting those who need it most in our community, our Partnership will also provide your business with many benefits. These include increased visibility and revenue, positive brand recognition, new networking opportunities, teambuilding and morale boosting opportunities and can support your company's Corporate Social Responsibility Policy. If you would like to know more, scan the above QR code or contact our Corporate Fundraiser Kylie Palmer on Corporate@hospiceathome.co.uk



£72,000 landmark for Genevieve



"Since joining the team here at Hospice at Home, I have been blown away by the kindness and generosity of our amazing supporters and volunteers. Over the years Genevieve have raised a huge amount of vital funds, helped us to raise awareness and ensure our clinical services are available to those living in our community going through the most devastating of times." - Kylie Palmer Corporate Fundraiser for Hospice at Home. Read more here: www.hospiceathome.co.uk/genevieve-fundraising-hits-72k

Mighty Oak of fundraising

Jo & Peter from Larch Cottage are proud to support a local charity where all funds donated would benefit and help support local people. A collection tin was arranged for their reception area and in June 2011 Hospice at Home received its first donation of just over £42.00, as well as the business growth that Larch Cottage Nurseries has seen over the years, Hospice at Home were delighted to visit to celebrate that since that first donation twelve years ago, Jo, Peter and their visitors have now raised over £20,000.00!



Fundraising from the Community

The support from our local community is constant and awe inspiring. We are so grateful that you choose to support the charity with your events. If you need our help, please don't hesitate to make contact (back page). For more information go to www.hospiceathome.co.uk/your-fundraising-event



Thank you to Amy and Katie for raising £1,019.80 from their kids disco in June, when fundraising for the Great North Run in September.



Edna and team had another successful Vintage Market at Waverton Village Hall, raising £3,769.29. Thank you to all involved!



July's Carlisle Street Collection raised £1,122.17 despite the downpours! Thank you!



Thank you to Michael Batey and the Keswick Volunteer Group who raised £1,550.51 during the Cumberland Art Exhibition

The Street Collection day receives a Mayoral Invitation



On Friday 26th May our teams of fabulous volunteers descended onto the sunny streets of Wigton and had the best Street Collection there ever. Generous support raised a tremendous £661.50 in donations.

On this special day we were also invited by Mayor Christopher Scott to walk with him during the Wigton Carnival. Our fabulous volunteers Edna, Liz, Jenny and Suzanne created these sunflower costumes and joined the Mayor, raising a further £396! Thank you Wigton!



Family Testimonial - Margaret Gray

John and I moved to Cumbria in the summer of 2017 – we knew his diagnosis of Motor Neurone Disease was life limiting but we were both keen to live in this beautiful county for as long as possible and enjoy the natural beauty of the fells, lakes and countryside.

John wanted to do as much as he could even though walking soon became an issue and he needed to be in a wheelchair from December 2017. John was keen to take any opportunities to get out and about and was able and happy to use the Trampers available at some National Trust places and Whinlatter Forest Park. We heard about Freedom Wizard from my sister in law Cathy as she had met Allie as she walked in the fells and we got in touch with her. Allie had this fantastic all terrain Boma wheelchair in which she took people up into the fells. Of course only certain ones were accessible but definitely much better than doing nothing.



Our first adventure with Allie was to ascend Latrigg Fell in June 2018, and the smile on John's face was fabulous. The views over Derwent Water were spectacular. Later we went up Sale Fell with her and though quite bumpy for John it was another achievement. These were my first two logged Wainwrights and I vowed to complete the remaining 212. I knew that John would not be able to do many more, but his determination to do what he could within his capabilities spurred me on, and continues to do so. To date I have climbed 116 Wainwrights so well over half way.

John's condition got worse over 2018 and we began to need more help. We had great support from all the NHS, social services and the Motor Neurone Disease Society. As time went on we were referred to the local Hospice Services and John attended the Day Hospice in Penrith which has now sadly closed. When we needed help at night this is where Hospice at Home came in and we had fantastic overnight support which then moved into day time care. John enjoyed the visits by the staff who always treated him as a person, and were patient with him as his voice was affected and he used aids on his I-Pad to speak. The staff were kind and supportive to me as well, and John and I both benefitted from the care given including complementary therapy. Sadly John died in February 2019 July just 18 months after moving here.

Walking in the fells helped me hugely and I continued ticking off the Wainwrights with my good friends, Jenny, Tom and Alison. I returned to work as a nurse locally and also decided to offer my time as a Trustee for Hospice at Home. I felt as a previous carer and user of the services as well as my previous NHS experience I could give something back to the service that helped John and I so much.

I have very much enjoyed getting involved with the business side of the charity and am very interested as it grows and develops based on the current demands within the local community. My next challenge for Hospice at Home is taking part in The Summit at Sunset Walk up Blencathra in August. I understand there are good numbers of people signed up for this and therefore a great promotional and fundraising event.



Welcome to Lancarr



For 25 years, Hospice at Home has offered free of charge respite care in their own homes to patients and their families and carers in the local community. It is an important part of the service provided by the day night nursing team.

In the autumn of 2021 a telephone survey conducted in the local area that showed out of 33 homes in the area, 19 provided overnight respite, and only one provided daytime support. This initial piece of work led to an independent research project commissioned by Hospice at Home, to look into the current provision of respite care for adults who are receiving palliative and end of life care. The project gathered patients and their families' views and experiences of respite care.

The research showed that those who had benefited from respite care from Hospice at Home, had 'overwhelmingly positive' experiences, however for some, the respite care that had been provided was not enough. This was particularly the case for those who were physically and emotionally exhausted with the responsibility of caring. The research identified that overnight respite provision was especially valued. The former CEO Fiona Stobart and the Board of Trustees as a result of these research findings agreed to explore how Hospice at Home could address this need and provide additional respite.

'Regularly we meet families exhausted by from caring for their loved ones. They need more respite than we can provide. Lancarr room now means we are able to offer patients and their families the opportunity of a break, in a safe environment, cared for by staff whose ethos reflects that of our own'.

- Hospice at Home Nurse Team Leader, Julie Boothman.



The Lancarr room is situated within Park Lodge Care Home, Aspatria. Care will be carried out by the current care home staff while Hospice at Home staff will take referrals from local health care professionals. They will meet and assess individuals to make sure they meet the referral criteria. The project is supported by GP's at Aspatria Surgery and Cumberland Council, and will be reviewed regularly throughout the year.

Cllr Martin Harris Cumberland Council's Executive Member for Adult's and Community Health, said "The opening of the new community hospice respite bed within Park Lodge Care Home is a great example of collaboration to create a valuable resource for the benefit of the local community across North Cumbria. The teams will work hand in hand to provide personalised care and support during a difficult time, providing comfort and compassion for those being cared for and their families."

It is hoped that patients with a palliative diagnosis are able to access the respite facilities for their own wellbeing and their carers.

For more information please contact 01228 608942 or email respite@hhcnl.cumbria.nhs.uk

Special thanks to
Peter Tyson
for Lancarr's TV

In Partnership with



Special thanks to
ast
for Lancarr's door sign

Apprentice Take Over Day



Friday 30th June saw the College's very first "Give a Day - Apprentice Take Over Day 2023". The college offered to support three charities for the day, as well as our Court Yard Garden, apprentices worked on projects at James Rennie School and MenCap Carlisle. Our Corporate Fundraiser Kylie, with the help of Business Partner Westwood Landscape Ltd, built a wish list. She also helped the college recruit apprentice volunteers from local businesses and source donated materials.



Our Garden is normally maintained by staff (in their own time) and our wonderful volunteers, however following a harsh winter and the knock on effects of being untouched during the pandemic we have found ourselves in need of some extra help. There are so many mental wellness benefits associated with being outdoors, such as relieving stress and anxiety and we are extremely grateful to "Give a Day - Apprentice Take Over" for lending a hand and transforming our outdoor space.



It was a truly special day and one we will remember for a long time, now all we need is some sunshine so we can enjoy it!



Nature and Counselling

Alison Manson explained the importance of this area for the Family Support Team.

The team provide support and counselling to anyone over the age of 18 years of age following the diagnosis of a life limiting illness or following the loss of a loved one. Sessions can be provided within individuals own homes or here at our office in Dalston, where we have a dedicated comfortable room where those being supported are able to explore their feelings in a safe and confidential space.

The re-vamp of the court yard now enables us to return to use the natural space outside which can have a significant impact on individual's mental health, helping to reduce stress, anxiety and depression, thus improving general psychological well-being.

Our staff members well-being is equally important, therefore the space is also utilised by all Hospice at Home team members, whether this be after a long shift or a welcome break in beautiful surroundings.

Thank you to each and every volunteer for all your efforts on the day, very much appreciated.

Snow Stopping this Supporter!

What an honour it was to meet Steven who called into our Dalston offices after returning home from skiing over 200 miles from Norway to the Swedish border. Following the route taken by the heroes of Telemark, Steven and his team skied across the "Hardangervidda" over the course of 11 days.

Crossing over Europe's highest plateau snowfields, sleeping in snowholes and the same shelter huts used some 80 years ago, all while raising awareness for charities close to his heart. Hospice at Home have supported Steven's family and we are extremely grateful to receive a donation of £1,340.00 that will help to ensure the vital care and support we provide to patients and their families continues to be available when needed. From all of us here at Hospice at Home a huge thank you for your continued support.



Let us know about your fundraising event!

And we can support you with publicity, equipment and general encouragement!



Joanne and Paul's Great North Run

Joanne and Paul Jennings are running this year's Great North Run in support of Hospice at Home.

Paul and Joanne have a strong connection with the charity. Paul's late wife- Jennifer, who was diagnosed with primary breast cancer in 2009 received care from Hospice at Home, as well as supported the whole family during this difficult time. Jennifer passed away in 2012 after a three year battle.

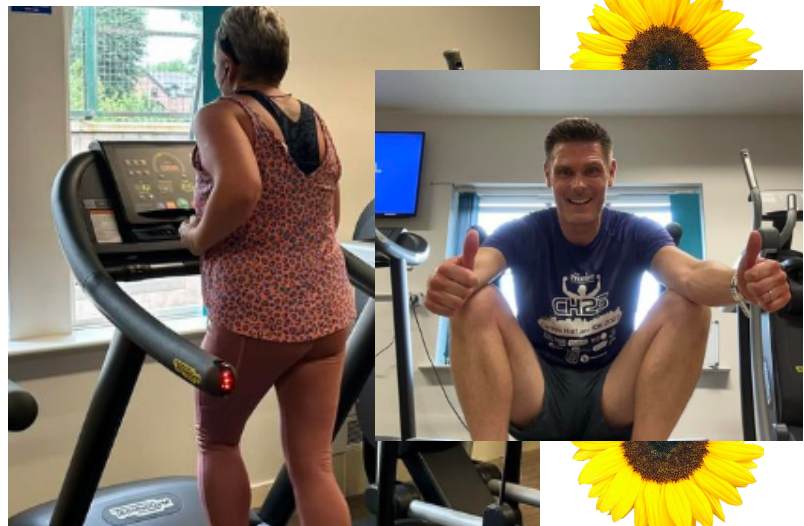
In 2014, Joanne and Paul met and was later married in 2018. Joanne, who has been a registered nurse for 19 years, working for both the NHS as well as private care. In January 2023, Joanne joined the Hospice at Home team as a registered nurse.

"I feel so privileged to be part of this great team which provides support for both patients and their family in their home."

Paul, who has participated in several half marathons and even ran the Great North Run last year, managed to persuade non-runner Joanne to enter this year's event and raise money for the charity that is close to both their hearts.

If you would like to support Joanne on her first ever run, please donate here:

<https://tinyurl.com/8vxnabjd>





Emma's top up

In May 2022, I began the Registered Nurse Degree Apprenticeship – a “top up” degree following on from graduating as a Registered Nurse Associate in April 2022. I was given the opportunity to continue my studies with The University of Cumbria, joining a cohort in Lancaster for this condensed degree, with the support of Hospice at Home.

Not all Nursing students are in the same fortunate position as I have been, to have the continued support from an employer to undertake not one, but two university apprenticeships, and to have been given the opportunity to have my final placement with the team I have worked with for the past 10 years.

During this placement with Hospice at Home, I will be working in the Nursing office, carrying out patient assessments and managing the Nursing caseload, as well as supporting the Nurses and Healthcare Assistants. Working for Hospice at Home as a supernumerary student also means I am very well placed to access external learning opportunities with the wider multi disciplinary team, such as the Clinical Nurse Specialists and District Nurses and can spend time with the healthcare professionals who often refer to us.



Edging towards qualifying is nerve-wracking for any Nursing student, and there is always the pressure of employment post qualification. Having worked for Hospice at Home for almost a decade now, I have always retained a wish to continue working for the organisation when I qualify.

Throughout both my apprenticeships, for Nursing Associate and registered Nurse, I have felt extremely well supported and prior to this when working as a Healthcare Assistant, always felt that I had ample opportunity for role development, attending training sessions and teaching days wherever possible to build up a greater knowledge base and become more clinically competent. This support and encouragement is something that will now continue in my Nursing career, as upon completion of my final placement, and completion of the degree, I will be transferring from the Day and Night Nursing team to the Lymphoedema team, where I will take up the role of Lymphoedema Nurse. This will be a development role, while I learn the clinical skills and expand on the knowledge base required for that role, whilst supporting the transition from student to Newly Qualified Nurse.



Want a career which gives back to the community?

Our mission to provide local care for local people is constantly growing. We need talented people in various roles, to provide care and support not only for the patient but for those around them. Go to the link below for more information about our current available positions.

www.hospiceathome.co.uk/work-with-us



Dates For Your Diary

For more information please visit our website or call 01768 210719

Newton and District Welsh Male Voice Choir Concert

Sat 16th Sep 7pm for 7:30pm
St Martin's Church, Brampton

Cocktail Night

Sat 23rd Sep 7pm for 7:30pm
Dalston Victory Hall

Larch Cottage Open Garden (Last Open Day) Wed 27th Sep

Penrith Golf Club Coffee Morning

14th Oct 2023 10-12noon

Coffee Morning (Selling Christmas Cards)

Friday 3rd Nov 2023 10am
Beaumont Parish Hall

A Night of Comedy

Friday 3rd Nov 2023 7:30pm
Greenhill Hotel, Wigton, CA7 8LS

Glingerbank Card Sale

Weds 8th Nov 2023 10am
Glingerbank, Longtown

Knit-ivity Christmas Jumper Day

Any date in Dec 2023

Appleby Christmas Concert

2nd Dec 2023

Keswick Victorian Fayre

3rd Dec 2023

Light up a Life

Sun 17th Dec 2023

We would love to know your thoughts

Feedback is a great way for us to make sure that we are providing what you need. If you have a moment, please follow this link <https://forms.gle/Cq2SZwdQorvdba22A> or scan this QR code to fill out our short questionnaire. Thank you.



Sunflower Supporters

**YOU CAN REALLY
MAKE A DIFFERENCE
FROM JUST £2 PER
MONTH**

WWW.HOSPICEATHOME.CO.UK/REGULAR-GIVING

Recite^{me}

To make our website more accessible we have recently installed Recite Me software. Once the user clicks on the Accessibility blue button in the top right of the website, they will be able to manipulate the page to their best advantage. This could mean changing font size, colour or even language!

Have a go!

Change of Details?

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

Clinical Enquiries: 01228 608942

Email: admin@hospiceathome.co.uk

Fundraising Enquiries: 01768 210719

Company Limited by Guarantee in England and Wales No: 4609579 Registered Charity No. 1095708



Registered with
**FUNDRAISING
REGULATOR**

