

Hospice at Home

Carlisle and North Lakeland

Local Care for Local People

WELCOME TO THE SPRING / SUMMER 2024 ISSUE OF

CONTACT



Springtime growth

Spring is such a lovely time. After the darkness of Winter, Spring brings the light and brightness that spotlights new possibilities. Each year presents new opportunities to learn new ways and to embrace new experiences. Hospice at Home takes inspiration from this, as we strive forth into 2024 we are working towards enhancing our services through new ways of working. We are so grateful for the feedback that has recently been given via the Healthwatch 360 Cumberland survey and

through a multitude of other means. We are looking after our community and so by active listening we are making our service even more worthy of the comments we receive, like those kind words shared at the bottom of this page.

Please check our challenge events on the back page. Our fundraising team are always looking for new experiences for our amazing community fundraisers to do whilst challenging themselves. We are all dedicated to supporting our community: our staff teams, volunteers and **you**, the reader- help to provide **Local Care for Local People**. Thank you for your support. I am eternally grateful.

Debbie McKenna

Chief Executive Hospice at Home

“

Words cannot express the comfort you gave me with the few words you spoke to me on the phone that day you offered overnight care. ”

Blues Lotto supporting Hospice at Home

In the spirit of new opportunities, Hospice at Home is excited to announce a partnership with Carlisle United Football Club. With the Blues Lotto, for as little as £1 per week not only could you win prizes (from £5 to £10,000 Summer jackpot) in the weekly and rollover draws, but a donation from your subscription will be used to help Hospice at Home continue helping families throughout the area.*

To sign up please fill out the application form which is available from our shops or downloadable from our website.

*Please see our website for the terms and conditions for more information.



Gift Aid acknowledgement

“Following the death of my Father in 2021, we donated his clothes and because I am a tax payer, I gift aided it. When I received a letter the year after, the amount that had been collected was over £500. I was so pleased! Since then I have told my friends and they have donated and gift aided when they have been having a declutter. I received another letter last month and have raised another £488. It's amazing how much can be collected over the year. It helps provide more care and support for families and patients in need from the clinical teams at a critical point in a patients journey.”

- Lynne, Hospice at Home Registered Nurse



What is retail *giftaid* it ?

Make your donation at our retail shops go 25% further by signing your **gift aid** declaration form for Hospice at Home. Once Hospice at Home has your declaration, the next time you donate, the charity will be able to claim 25% of that donation from HMRC.

£100 can quickly turn into £125 and your donation helps us to do more.

For Gift Aid to be claimed:

- You need to be a **UK taxpayer**
- You need to fill out a Gift Aid form with your **full address and postcode**
- Please **scan this QR code** to go to an online form to register retail gift aid with us.

You can find out more information by calling the office on **01228 475025**.



A Novel Gift



The retail team are set to launch Brampton's newest home décor shop, "**A Novel Gift**" this Spring. Located next to our bookshop, this trial expansion of Hospice at Home's retail fundraising is a great opportunity to further build on our community presence in Brampton. If you are looking for a new volunteering opportunity and want to get involved in this exciting development, please get in contact with Jude on **01228 475025**, **or email for a volunteer information pack** (details on the back page).



amazon
wishlist



Donations come in all shapes and sizes. You can donate money, your time or you can pay for selective items. Our Amazon Wish List is a great way to know exactly how your donation will help us provide care within the community.

Thank you to everyone who has used this way to donate. Take a look at what the clinical departments need to help their patients: **<https://tinyurl.com/HaHwishlist>** or call the **office for more information**

Christmas Tree Appeal

We are delighted to announce that this years Christmas Tree Collection was a success again, with over £15,000 raised.

With the help from local businesses and volunteers we collected 1088 trees over 2 days in January. The charity saw the average donation go up by over £2 this year which is testament to the generosity of our local Cumbrian community. Registration will open again in November for next years collection.



Cranston's Valued Support

We are so grateful to Cranston's for their continued support and their recent donation of £3,304! Cranstons and Hospice at Home ran a 'Christmas Raffle' together, in December, supported by Cranstons local producers. They also donated 50p from the sale of each Christmas Pudding, and 50p per kilo of their festive Marmalade Gammon. In addition they donated a share of profits. Thank you so much for your continued support!

Could you be our next Business Partner?

Scan the code to find out more,
or give Kylie a call on 07773 814112 for more information



Tight 'Knit' Christmas

Your support over Christmas has been very special. Businesses and schools across our service region got on board for our Knit-ivity appeal and showcased their best Christmas jumpers.

Lanes Shopping Centre supported the team by gifting a display stand where we were able to talk to Christmas Shoppers. We raised £295 through donations and card sales. The stand was supported by our wonderful volunteers.



Matalan Support

Matalan national charity is NSPCC, however on a local level, employees are encouraged to suggest charities that they want to support. We are really grateful that Diane at Matalan Carlisle wanted to fundraise for us as we supported her and cared for her husband 3 years ago. It means so much that we were still in her thoughts. Thank you so much to everyone at Matalan and the customers that bought raffle tickets. £1,858.85 is such an amazing sum raised and will go to those in our community who need it most.

Dates for the Diary

06/04/24 Coffee Morning
Dalston Victory Hall

20/4/24 Dalemmain World
Marmalade Awards

5/5/24 Sally's Army 'Sing as We Go', 3pm
St Andrews, Penrith

10/5/24 Michael Batey Exhibition
Ellers Mill, Dalston

30/6/24 Classic Motor Show, 11 - 4pm
More details coming soon

20/07/24 Coffee Morning,
Scotby Village Hall (tbc)

05/10/24 Coffee Morning & Table Top
Sale, Dalston Victory Hall

01/11/24 Beaumont Coffee Morning &
Card Sale

26/11/24 David Ryland Christmas flower
demonstration. More details coming
soon.

09/11/24 Coffee Morning & Table Top
Sale, Thursby Village Hall

01/12/24 Keswick Christmas Fayre

15/12/24 Light up the Life service
St Andrews, Penrith

**More events are coming soon!
For more details please look at our
events page on the website.**



Charity Party Night

Wigton Cancer Support Group joined us at the Dalston office for a tour and to donate the £1,500 raised at their recent Charity Party Night held at the Greenhill Hotel in February.

Community Fundraising



Cycle for Norman

Norman Knapton was a very beloved volunteer at Hospice at Home. He filled his time with music, band practice, photography & books at the Brampton shop and helping out on reception at the office. Sadly Norman died after a short illness. In memory of Norman, his grandson Noah is embarking on an epic challenge. Scan the code to find out more, and follow his journey on social media.



Tree of Light

We really enjoyed having Vic Wilson (President) and John Hayes from Keswick Rotary Club visit the Dalston Office. They raised £2,000 for Hospice at Home over Christmas via their Lake District Tree of Light appeal and collections at Booths. Thank you so much to all of the Keswick Rotary Club members for being such amazing fundraisers.



Shooter Ball

Julie Blundell, from the fundraising team was joined by our Ambassador and volunteer Nicola Irving at the recent Shooters Ball where they accepted the amazing fundraised donation of £5,000. Julie and Nicola both gave presentations relaying how the importance of this gift would make a huge difference within our local community when needing the support of our Clinical Team.

The Gift of Music



“ Dear Hospice at Home,

I was highly impressed by the professionalism and care that your staff gave to my Mum in her last four weeks. I vowed there and then that Hospice at Home would be my charity of choice. Three years ago I bought a saxophone from a charity shop. It cost me £100 back then and it started me on a wonderful journey learning to play. I recently upgraded my instrument and promised I would donate the first one back to a charity. However, my tutor told me she had a young student in search of an instrument and, in short, bought mine for £100! I pledged to donate the money to Hospice at Home instead. So, everyone's a winner and I'm pleased to think that humble saxophone is inspiring someone new.

Kind regards, Michael ”

Patrick's Walk for his Wife

In January 2023, Patrick Tolley's wife died. Soon after he decided that he needed to do something in memory of the special person he had met over 15 years ago - his wife, soulmate and best friend.

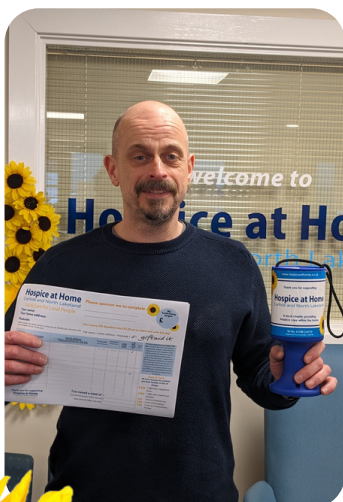
28th May 2023 Patrick embarked on the Wainwright challenge (214 Lakeland fells to climb over a 12 to 15 month timescale). He has already hit over the £1,000 mark. Please join us in supporting Patrick via the Just Giving link below. This is his update from December.

“ Winter has taken its toll on my Wainwright adventures. Slowly progressed to 115 fells completed. Two or three lovely days with a few nice photo's captured. Thanks to everyone's kind words in pushing me along. A further big thank you to all the supporters who have donated money to this wonderful charity. 23 "online" supporters and a further 13 supporters who have donated cash. It's a sunshine break in January and then back to the fells in February for a big push to complete the remaining 99 fells. ”



www.justgiving.com/fundraising/Patrick-Tolley

A birthday Skydive for Judith



We would like to wish Shaun Ayre good luck on his first fundraising skydive in memory of his wife, Judith. On what would have been Judith's 55th birthday, Shaun will be undertaking the skydive with the pilot who is also 55 on the same day. Shaun is a valued supporter of Hospice at Home. Last year he took part at Kendal Calling as one of our volunteers as well as a charity walk with his family. They walked 54 miles to celebrate Judith's 54th birthday.

<https://judithayre.muchloved.com>



Initial Apprehension

“At first I was a bit apprehensive about Hospice at Home as since becoming ill I didn't like anyone to see me, but I thought I'd give it a go. Hospice at Home sent me a Health Care Assistant who instantly put me at ease. She explained everything to me and answered the many questions I had. After her visits I always felt relaxed and a lot better in myself. I'm so grateful to Hospice at Home for their care. They helped me a lot both mentally and physically. Can't thank them enough. ”

-Richard, 2023



Let us know about your fundraising event!

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

Memorial Bake Sale

“We decided to hold a fundraiser in support of Hospice at Home, as they offered amazing support to us when we needed it most.

We cared for our lovely mum Sharon, at home. Just 3 months after a cancer diagnosis she passed away aged 74, surrounded by all her family. In our time of need, Hospice at Home offered help with overnight care. 7 months later our dad Michael, aged 77, passed away and we were once again able to care for him at home right up until the end.

Close to the end Hospice at Home came in and the gentle, compassionate nature of their care was an absolute comfort not only to our dad but to us also. In reflection of the kindness and compassion Hospice at Home provided during the last difficult year, we felt that we wanted to show our thanks.

We decided to host a Bake Sale/Coffee Morning at our church in Brampton. We spent 2 days baking and our church family also contributed their bakes. The day was a huge success and the generosity of our community was overwhelming. Together we raised £902.30. It was an absolute pleasure to be able to show our support and thanks, all in memory of our parents, Michael and Sharon Shellis. ”

-Victoria and Melanie



Sunflower Supporters

START YOUR DONATION JOURNEY TODAY

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



SCAN ME



Service Spotlight

Bereavement and Family Support Team

The service offers 1:1 emotional support and counselling to anyone with a life limiting illness, their family members, also bereavement support. Anyone can be referred to the service, including self-referrals.

Peer Support Group

The team have held a Peer Support Group for over a year. This group is for anyone with a life limiting illness and is currently every other Wednesday afternoon at Dalston. The aim of the group is to bring individuals together and to support each other in a safe place by sharing experiences, information, personal issues, thoughts and struggles. If you are interested in attending, please contact team on number below.

Bereavement Support Café

During National Grief Awareness week in December the team held in Penrith a successful pop up Bereavement café. Following it's success we are happy to announce the launch of a new group called Bereavement Together that will meet at Penrith Leisure Centre on the last Thursday of every month 1 - 3pm to find out more please call **01768 245985**.



A Gift of a Legacy

No one should have to face a life limiting illness on their own.

A gift in your Will enables Hospice at Home to continue to deliver its comprehensive care services free of charge within our community when it is needed the most.

To include Hospice at Home in your Will, your solicitor will need this information:

Name of the Charity – **Hospice at Home Carlisle and North Lakeland**
Registered Charity Number - **1095708**

Please contact us for more information
01228 475025

Befriending Service

For those effected by a life limiting illness, be that patient or carer, sometimes you need that little extra support. The Befriending Service is there to offer that helping hand and companionship. Hospice at Home have volunteers ready to do a range of tasks; from accompanying the patient to appointments, helping them prepare their tea for later or just simply to sit down, have a chat and be an ear for those going through a tough time.

“

My name is Helen,

I'm self employed & work from home.

When I heard that Hospice at Home were looking for volunteers for Befrienders I got in touch to see what it entailed. I've been doing it now for 8 years and it's great! It suits me as the hours are so flexible. I find it so rewarding getting to know the patient & their families. Being able to chat to them or maybe going for a walk or going out for a coffee, this gives their family a little bit of free time too to do what they want. Quite often the patient will talk to you in confidence about things they may not want to trouble their loved ones/family with. It can be such a challenging time for them and their family, being able to be there for them and support everyone through this journey means a great deal to them all as well as myself.

”

To be referred to the Befriending Service or if you just want to talk it through to see if it is the right fit for you, please call 01228 608492



VOLUNTEERING FOR US



GAZEBO HEROES

Our community events are really important. Could you help us by constructing and dismantling our gazebo?

SOCIAL MEDIA VOLUNTEER

Could you spare 2-3 hours a week helping us to create engaging content for our shops and other events?

CARLISLE RACECOURSE BUCKET COLLECTIONS

Enjoy race day whilst helping us raise funds.

CARLISLE/ PENRITH/ WIGTON STREET COLLECTIONS

Various dates available throughout Summer

HUGO!

Could you be our loveable mascot
Hugo the Herdwick Sheep?

SHOP VOLUNTEER

Can you help out in one of our retail shops?

SEE WEBSITE FROM MORE INFO AND DATE,

OR FOR YOUR INFORMATION PACK, EMAIL

FUNDRAISING@HOSPICEATHOME.CO.UK

OR CALL 01228 475025

21ST
JUNE

SUMMIT AT SUNSET

Ascend Skiddaw, the 4th tallest mountain in England during this year's Summer Solstice.

Walk Date: Friday 21st June 2024

Miles: 10 Peaks: 1 Duration: 7 Hours

Approx. sunset: 21:53 (Summer Solstice)

Dogs: Dogs are allowed on this event

*inc support, t-shirt and snack

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CHALLENGE EVENTS 2024

[HOSPICEATHOME.CO.UK/CHALLENGE-EVENTS](https://www.hospiceathome.co.uk/challenge-events)

Do something amazing this year!

MAY/
JULY/
SEPT

3 PEAK CHALLENGE

Join us as we climb the highest mountains in the UK.

GREAT NORTH SWIM OR RUN

Charity spaces for Hospice at Home are now available.

JUNE/
SEPT

ANY

SKYDIVE

Skydiving is the experience of a lifetime and we can guarantee you'll have the time of your life!

24 PEAK CHALLENGE

The 24 Peaks Trek takes us to the top of some of the Lake District's highest peaks in one weekend.

6TH
SEPT

JUNE
&
SEPT

LONDON TO PARIS CYCLE

Take on this challenge for a truly inspirational experience.

£45*
sign up
fee

£75
min to
fundraise

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 01228 475025.

If you move home please inform us of your new address. Please let us know if you would prefer to get contact digitally. 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: 01228 475025

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