

# Hospice at Home

Carlisle and North Lakeland

Local Care for Local People

WELCOME TO THE AUTUMN / WINTER 2024 ISSUE OF

# CONTACT

## Tributes and thanks

The year seems to be progressing so quickly and we have a lot to celebrate. Firstly I would like to pay tribute on behalf of all of us here at Hospice at Home to Dr. Pauline Mary Coulthwaite who died 12th June 2024. From the service of thanksgiving it was clear the commitment and selfless support Pauline gave to end of life care over many years and since the inception of Hospice at Home. We would like to give our sincere thanks for this to both Pauline and the community who supported her to do so.

We would also like to congratulate Fiona Stobart for being named in King Charles III Birthday honours list. She is receiving a well-deserved MBE for the commitment to end of life care within Cumbria. Fiona led the charity for 25 years as Clinical Manager and Chief Executive Officer. Under her leadership many patients have received high quality palliative and end of life care along with support for their families and carers. That commitment continues still as she is a trustee for Hospice at Home West Cumbria. A truly inspirational woman.



*I have no doubt at all that the help and support we received from Hospice at Home meant that we were able to fulfil our promise to keep her and care for her at home. Thank you again for all of your support.*

- Recent Family Kind Words Feedback for the Team



I would like to take this opportunity to thank all our volunteers and supporters for your continued support. Our fundraising team has had many successful new events this year including Bunny Hop where we engaged with our younger community supporters. We have also worked towards our Carlisle Racecourse events as we are their first Charity of the Year. It's been jam packed with local support including that of Carlisle United's Blues Lotto where we have already had multiple winners from our charity sign ups. All of this is so positive and helps us to ensure that we can continue to provide excellent care and support for our community in their homes.

**Thank you for reading this edition of Contact.**

*Debbie McKenna*

Chief Executive Hospice at Home

## Dates for the Diary

- 11th Sept** Carlisle Racecourse Bucket Collection (V)  
**21st Sept** Carlisle Pride (V)  
**27th Sept** Carlisle Street Collection (V)  
**28th Sept** Bake Sale Coffee Morning, Brampton\*  
**28th Sept** Coffee Morning, Scotby\*  
**5th Oct** Coffee Morning & Table top sale, Dalston\*  
**6th Oct** Great Cumbrian Run **Charity Places available**  
**17th Oct** Carlisle Racecourse Bucket Collection (V)  
**19th Oct** Holistic and Spiritual Health and Wellbeing Festival, Penrith\*  
**24th Oct** Hospice at Home Race Day (V)  
**1st Nov** Beaumont Coffee morning and card sale\*  
**3rd Nov** Carlisle Racecourse Bucket Collection (V)  
**9th Nov** Coffee Morning & Table top sale, Thursby\*  
**11th Nov** Carlisle Racecourse Bucket Collection (V)  
**14th Nov** Brampton and Longtown VF Annual Card Sale at Glingerbank, Longtown\*  
**18th Nov** Sainsburys Bucket Collection, Penrith (V)  
**19th Nov** Carlisle Racecourse Bucket Collection (V)  
**22nd Nov** John McNicholl Supper Dance\*  
**December** Elf Escape  
**1st Dec** Carlisle Racecourse Bucket Collection (V)  
**1st Dec** Christmas Fayre, Keswick\*  
**7th Dec** Appleby Christmas Concert\*  
**15th Dec** Light up a Life Service, Penrith  
**15th Dec** Carlisle Racecourse Bucket Collection (V)

(V): Volunteers needed.

\*Volunteer led event, in aid of Hospice at Home

If you are able to volunteer your time please call 01228 475 025 or look at the events list online for more info.

[www.hospiceathome.co.uk/volunteering-for-hospice-at-home/](http://www.hospiceathome.co.uk/volunteering-for-hospice-at-home/)

Tell us about your event:

[www.hospiceathome.co.uk/your-fundraising-event/](http://www.hospiceathome.co.uk/your-fundraising-event/)



A big thank you to the Great Corby Village Hall committee. Their recent variety show was a huge success. Whilst raising £300 for Hospice at Home, they also raised funds to help run the village hall for their community.

## Community Fundraising



A big thank you to Sally Nelson from the Brampton Volunteer Fundraising Forum for organising the open garden day at Applecross. With kind permission from Mr and Mrs Burn, the rain didn't deter avid gardeners from visiting and raising a fantastic sum of £4,439.41



Jo is a retired district nurse who ran the London Marathon for Hospice at Home. She came to visit us and explained how she saw first hand the important work that Hospice at Home provides within our community. Thank you so much for your support Jo and for raising an incredible £4,026!



Lynne Williams from Snippets Mobile Hairdressing, also runs a gym group for her friends and family. Each year they choose a charity to raise money for. This year they completed 100 miles in May & the Gelt Gladiator as well as other challenges! They've raised £1,670! Thank you so much!



## Business Partner Support



We were so grateful to receive a donation of £800 from The Toffee Shop recently. The donation was raised from customers adding to their online order a donation of £1, £2 or a custom amount or dropping change into the tin at the till in the shop. Thank you to Kathryn & all her generous customers!

Thank you to Pioneer Foodservice for holding their fundraising Fun Day back in April. The team and customers were so generous and they have raised £701!

We would also like to share our condolences for the death of Chairman, Andrew Jenkins.



Wannop Ltd raised £2,000 at the Cumberland Show. Eddie Wannop kindly raffled off 2 tickets to his executive box at Newcastle United for a game next season. Thank you so much for their 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



## Happy Crafting!

This is Lucy, who was on holiday in the Lakes and called into Keswick shop.



As the sun was just starting to shine, she was taken by a beautiful new Wool Aran jumper lovingly created by Paddy, one of Keswick shops valuable volunteers. Lucy tried it on and instantly fell in love, so much so she wouldn't take it off in the climbing heat. Just shows that our shops are for all seasons and filled with individual items pre loved or waiting to be loved for the very first time. Some are created by our very own talented crafters! Please contact [retail@hospiceathome.co.uk](mailto:retail@hospiceathome.co.uk) if you would like to be part of a new crafting group for the shops.

## Dying Matters

During May, our clinical team members went on a shop tour during Dying Matters week. The theme of the week was **"The way we talk about Dying Matters"**.

The goal was to give members of the public and customers to our charity shops the opportunity to ask questions about end of life care within Cumbria. Thank you to everyone that came to visit our clinical staff and shops during the week. We hope that you had meaningful and worthwhile conversation. We are always here if you have any questions, please call our clinical number **01228 608942**.





## \* Memories & Wishes

At Hospice at Home we believe creating positive lasting memories for families is an important aspect of palliative care. Hospice at Home would like to help people facing a life limiting illness create these lasting memories together with their loved ones. From making memory kisses, photo collages and video messages, we are here to help.

If you would like to help us create these memories for current and future patients and their families, please have a look at our Amazon wish list, which has a number of tools that we need to make their memories a reality.

Please scan the QR code or visit <https://amzn.eu/hdJ2Z5y>



## LEAF

### Lived Experience Advisory Forum

Share your experience of Palliative Care

We have opened a forum for people whom have locally experienced the loss of a loved one. You do not have to have used any of our clinical services to be part of the forum. Share your experience to help us shape our services and any future projects that Hospice at Home undertakes for the community. Sessions will be supported by one of our counsellors.

Thursday 10th October 2024 at 2pm  
Hospice at Home, Valley Court, Barras Lane,  
Dalston, CA5 7NY

RSVP to Ashley Macaulay

**Ashley.macaulay1@hhcnl.cumbria.nhs.uk** or  
**01228 608942**

## Summit at Sunset Success!



**WE MADE IT!** The weather was typical of the Lake District beginning with a sunny departure from Keswick ascending into cloud as walkers guided by the Lakeland Mountain Guides made their way to the summit of the 4th highest mountain in England.

Congratulations to all walkers for completing this arduous challenge in difficult conditions and raised over £16,000.

Thank you for helping present and future patients and families.

## A hallway refresh

Thanks to The Screwfix Foundation grant we have been able to update our Dalston office space and reception area. The aim was to make it a more comfortable 'home from home' environment for when patients come for their treatments. With the help of our new business partner Apogee Corporation our reception area is looking fabulous. We have new external branding, welcome signs, timeline of the history of Hospice at Home as well as other homely pictures. We hope you like it.





## Saying Goodbye



Earlier this year, I attended a patient's home to care for a gentleman overnight, who was coming to the end of his life. When I arrived there, I met his family, namely his daughter and their pet dog. The gentleman had adopted the dog from a rescue centre just prior to lockdown, following the death of his wife. He and the dog had become close companions and when his daughter also moved in to stay with and care for her Dad, they became a whole family.

In the early part of night, I sat with his daughter by the gentleman's bedside. The dog, who was quite elderly, needed to be carried upstairs to join us. He also needed to be lifted up onto the bed to lie with his Dad, but would get down and lie on the floor from time to time.

The gentleman died peacefully in the early hours of the morning, with his daughter holding his hand and comforting him.

After he had died, she went downstairs with the dog, while I carried out last offices and verified that the death had occurred.

As I was walking down the stairs, it crossed my mind that maybe I should suggest that the dog be helped to see his Dad one last time, so he could understand that he had died and not simply abandoned him. I hesitated a little, thinking that maybe his daughter would think I was a bit odd. When I got downstairs, I explained to his daughter what I was thinking, she was thinking and feeling the same!

She carried the dog back upstairs and lifted him onto the bed so he could know his Dad had gone and say a last goodbye.

- Sue Raine (Registered Nurse)



A huge thank you & congratulations to all the children, staff & parents from Abacus Children's Day Nursery.

This Easter they took part in our trial Bunny Hop event and raised an incredible sum of £3,293.88! The children made bunny ears and hopped round their obstacle courses throughout the week leading up to Easter. Miss Sam (Nursery Manager) said *"This is an amazing amount of money that we have raised for Hospice at Home and is an extremely important contribution, as this will support and provide a lifeline to families throughout our community."*

If your school or nursery would like to take part in next year's Bunny Hop, please register your interest via our events listing page.

**Every penny counts!**

[www.hospiceathome.co.uk/bunny-hop](http://www.hospiceathome.co.uk/bunny-hop)



Everyone at Hospice at Home is passionate about providing the best care. The most compassionate and considerate care, not only for the patient but for those around them. Our clinical staff take a holistic approach to make sure they provide what is right for the individual. Become a regular donor today and allow us to plan our community care for the future. Thank you.

[www.hospiceathome.co.uk/regular-giving](http://www.hospiceathome.co.uk/regular-giving)



## Life doesn't stop for Lydia

Lydia shares her story of dealing with Lymphoedema and not letting it get in her way.

"I saw over 11 doctors and received 2 scans and still no luck. Then I came across Hospice at Home . They have been amazing they have always supported me and have been so helpful when I have been concerned about my leg regarding infections."

Leading up to her wedding, Lymphoedema Lead Susie Bulman set to work making sure that Lydia had a sock that would support her on her special day.

"Lydia has never let her lymphoedema diagnosis slow her down. She wears compression daily to allow her to continue completing the activities she loves. When I heard she was getting married it was a pleasure to be able to source her "something blue" (stocking) for her big day."

- Susie Bulman



Lydia added "To be honest I forgot I had it on. Throughout the day it was so comfortable and as I was wearing trainers it was perfect. I didn't need to adjust it and I had a lymphatic massage before it went on. I only stopped to rest it once and that was at 9pm and I had the stocking on since 7am that morning. I also danced till midnight."

Lydia's message to other Lymphoedema patients is:

"Don't be ashamed of your Lymphoedema. Embrace it . Find what works for you. For me its swimming twice a week. I also found that when I was relaxed and had my legs raised higher than my heart it went down. One aspiration I have is to keep my leg the same dimensions throughout exercise and Manual Lymphatic Drainage (MLD). So that I can live an active normal life." We love Lydia's positive attitude to her diagnosis and we are sure she will achieve her aspiration! Congratulations on your wedding!

**Hospice at Home is able to provide Lymphoedema treatments thanks to NHS grants**

## How to make a referral to Hospice at Home

With the patient's consent, referrals to the service can be made by any health or social care professional, family member or carer. Patients may also self refer.

Referrals can be made –

**Monday – Friday 9.00 a.m. – 17.00 p.m.**

**Telephone - 01228 608942**





make a

# Will month

Making a Will can be one of those things that you just keep putting off. Unfortunately we never quite know what is around the corner & having a Will or and up to date one, can be invaluable to your family if the worst should happen. A Will is like a road map to grieving families to know that they are following decisions and wishes. With Make a Will month, this October, participating solicitors are offering a simple Will for a donation towards Hospice at Home.

**Participating Solicitors** - Please call to book your appointment. These solicitors have kindly donated their services in aid of Hospice at Home. They are only able to offer a certain number of Wills, so please don't delay. Book your appointment today!

- **Atkinson Ritson** 01228 525221  
15 Fisher St, Carlisle, CA3 8RW
- **Bendles Solicitors** 01228 318644  
Portland Building, Cooper Way, Kingstown, Carlisle, CA3 OJG

*If you are a solicitor and would like to take part in this campaign please ring the Fundraising Office 01228 475025.*

**Gov.uk recommends updating your will every 5 years or at major life changes such as:**

1. Getting separated or divorced
2. Getting married (this cancels any will you made before)
3. Having a child
4. Moving house
5. If the executor named in the will dies

**The average cost when making a single basic Will is over £220.**

A *Make a Will* donation of £170 to Hospice at Home, for example, could go towards funding a Health Care Assistant providing a full night of care (this usually costs £169), allowing families and carers to have a good night sleep knowing that their loved one is being cared for. While you are making or amending your Will this October, have you considered leaving a **legacy**?

## What is a Legacy?

A legacy is a term used to refer to a gift in a Will. This could be to an specific individual, group or charity that is extra important to the person making the Will. This could be anything within their estate. Leaving a legacy gift to Hospice at Home allows us to plan for the future, improve our clinical service and reach out to more people that could benefit from our aim of providing free care and support to patients and families in the home.

Our mission is to enhance quality of life for adults, their families and carers in our area, through skilled and compassionate care and support at home and in their community. With a legacy gift in your Will, you can help us to achieve this.

If you would like to know more about how a legacy gift can help us, please call **01228 475025**.



## BLUES LOTTO

**SIGN UP TODAY!**

**WITH EVERY TICKET  
PURCHASED  
A DONATION IS  
MADE TO  
HOSPICE AT HOME**

SCAN ME



4

1



**GELT  
GLADIATOR**

**EASTER BUNNY HOP**

**CHOOSE  
HOSPICE AT HOME  
FOR YOUR**



**GREAT  
NORTH SWIM**

**CHALLENGE  
2025**

**GREAT  
NORTH RUN**



**CARLISLE  
HALF & 10K**

SCAN ME



**CUMBRIAN  
RUN**



**SUP-BIKE-RUN**

**[WWW.HOSPICEATHOME.CO.UK/CHALLENGE-EVENTS/](http://WWW.HOSPICEATHOME.CO.UK/CHALLENGE-EVENTS/)**

## Christmas Tree Collection 2025



Booking will open mid November. The 2024 collection raised over £16k. This annual campaign is a mainstay in our calendar of fundraising for the charity. Members of the public book their tree for collection (from applicable postcodes), for a donation, and during January our amazing business volunteers collect trees for disposal. It is an amazing way to raise funds while also ensuring your well loved Christmas tree is recycled in an environmentally friendly way. If your business would like to volunteer for the collection please ring **01228 475025** for more information.

## 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](http://www.hospiceathome.co.uk)

**Clinical Enquiries:** 01228 608942

**Email:** [admin@hospiceathome.co.uk](mailto:admin@hospiceathome.co.uk)

**Fundraising Enquiries:** 01228 475025

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