CONTACT

Hospice at Home Carlisle and North Lakeland provides vital support for patients and carers, husbands and wives, mothers and fathers, brothers and sisters, partners and friends. All services are provided free of charge to the patient, therefore the charity relies on community support and funding to make sure the service is available when needed. Thank you for making a difference.

Inside this issue...

“Team Trucker Gerry” have been busy skydiving, bungee jumping and running this summer. Read more on page 4.

Elma Harrison describes the care received by her family from Hospice at Home on page 7.

We had so much fun at our Penrith Colour Run! Please turn to page 6 to find out about our plans for 2017 events.

Star Baker!

The Charity receives many lovely letters from patients and their families. This letter came from nine year old Callum Hughes who has been baking cakes to raise funds. He was given a target by his family to raise £2,000 and so far he has raised over £1,600 and still going strong....

“I first found out about Hospice at Home when my Grandad sadly died last June. My Mum, Grandma and Uncle looked after my Grandad at home as that is where he wanted to be. Without the help from the Hospice at Home nurses this may not have been possible. I decided to try and raise some money for Hospice at Home nurses so that they could give other families the same support they gave us. I will continue trying to raise money as it reminds me of my Grandad.”

20th Anniversary On The Horizon

In 2017 the Charity will be celebrating its 20th Anniversary. To help raise vital funds and awareness of our cause we are kindly asking for the help of our past, present and future supporters. Could you organise a community or corporate event, be inspired to register for a challenge, or perhaps your place of work or organisation are looking for a special Charity of the Year beneficiary or partnership? If so please put forward the name of local Charity, Hospice at Home. Ultimately, it’s you - our supporters - who have enabled the nurses and carers to visit over 5,500 patients and families since 1997. You have helped make this possible and provided many hours of care to people who are coping with a life-limiting or life-threatening illness and who have wished to be cared for at home.

Thank you for making a difference and in anticipation of your help in 2017, I thank you for your kindness, support and enthusiasm.

Julie Blundell, Fundraising and Marketing Manager
Chairman’s Comments

It has given me great pleasure to meet some of you at the “Tea with the Chair” events recently. These have also given me the opportunity to reflect on the development of palliative care over the course of my lifetime, as well as some personal influences.

I remember the days when the diagnosis of an incurable illness was discussed with family members before the patient, and when this led to discharge from hospital with no “treatment”. It is now 49 years since the first hospice was founded in the UK, and over subsequent years so much has changed, with the huge development of hospice services, specialist palliative care workers and available treatments, both in the active treatments of many malignancies and in the management of symptoms. The roles and needs of families and carers are better recognised, and opportunities to talk and to plan are encouraged. There is a long way to go, and no room for complacency, but there is also room for pride in the work that we do. Hospice at Home not only provides vital practical and “hands-on” care, but also incorporates skilled advice, psychological and spiritual support to patients, families and carers: it is very special.

Dr Alison Miles, Chairman

Event Organisers—We Need You!

Hospice at Home is very fortunate to have a fantastic team of volunteers throughout the North and East of the County who organise many fundraising occasions, represent the Charity and help to raise awareness.

Our Volunteer Fundraising Forum Groups are active in Appleby, Brampton & Longtown, Carlisle, Dalston, Keswick, Kirkby Stephen, Wigton and there is a newly established group in Penrith. Some of the groups are looking for new members to assist with organising events. If you are looking for a new challenge and are keen to help with planning and organisation of community fundraisers please call 01768 210719.

Grand Raffle

Thank you to everyone who has purchased or sold Blissful Breaks Grand Raffle tickets. The draw will take place on Friday 7th October during Hospice Care Week. Good luck to all and thank you to the businesses that have donated a prize.

Home Is Where The Heart Is

Hospice at Home is delighted to have been chosen as one of the Mayor of Carlisle’s Charities of the Year. The Mayor, Mr Colin Stothard, (pictured above with Cath Coates, Alison Miles, Mrs Stothard and Fiona Stobart) chose three organisations whose work features the theme of “the home”. We are looking forward to working alongside Carlisle Key and Carlisle Young Carers during this partnership. Details of fundraising events will be shared on our website www.hospiceathome.co.uk over the forthcoming months.
CEO says Hello

Welcome to my article which I am delighted to be writing. The last few months have been very busy for the fundraising, marketing, admin and clinical teams. The financial year from April 2015 to March 2016 resulted in a phenomenal amount of money being raised.

The clinical teams have seen an increase of referrals with an increase of 14.72% on the previous year, the figure rising from 584 to 686.

We have been working towards setting up a Befriending service and I am pleased to report that this is now in place and volunteers are working with patients, their relatives and carers.

The relocation of offices to Valley Court, Dalston is going a little slower than I hoped. Most of the refurbishment work has been completed and we are awaiting the installation of the NHS connection to enable us to access patient records securely. Many businesses have been supportive, not only offering valuable advice concerning the move but have also committed physical resources.

Hospice at Home is looking forward to its 20th anniversary which will run from April 1st 2017 – March 31st 2018. This will be an exciting year and the team are already thinking about ways to celebrate. We would love to hear from you if you have any ideas or wish to help. If so please contact the Fundraising Office.

I am writing this the day before I set off to do the London to Paris bike ride, raising money for the Charity. 295 miles over 4 days seems a huge challenge to me and I am both excited and nervous at the same time.

I want to take this opportunity once again to thank everyone for the support you give to Hospice at Home - in whatever form - we couldn’t manage without it.

Fiona Stobart,
Chief Executive Officer

Physical Education students from the University of Cumbria organised a ‘table-tennis-a-thon’ and bagpack as part of their 3rd year events module and raised £786. This is the second year that students on this degree course has supported Hospice at Home.

John Cook Signs of Carlisle kindly donated their skills and time to add this vibrant signage to the Fundraising Office car. Please wave if you see us out and about!

Fundraising opportunities often arise from special celebrations. Mr and Mrs Kealey of Keswick presented £1,292 to Carole Handy, Keswick Volunteer Fundraiser, above, following their Golden Wedding Anniversary. Michael Collin, of Great Salkeld, below with wife Eileen and Julie of Hospice at Home, donated £673 following his 80th birthday celebrations which included a Tractor Run. We greatly appreciate this kind support.

Photo: F. C. Wilson
Christmas Trees Please!

Hospice at Home will be working with ‘Just Helping’ this winter to raise funds in a new and environmentally friendly way. A collection of Christmas trees will be organised following the festive season, in return for a donation of your choice to the Charity. No trips to the tip or needles in your car, the trees will be recycled locally, and funds will be raised for Hospice at Home!

The collection will be operating in a set postcode area within the city of Carlisle. This is the first year we have trialled this fundraising idea, which we hope will expand in the future. Full information can be found on our website from October onwards.

The ‘20 Item Challenge’

This issue our Shop Teams are asking supporters to take part in a unique challenge that could raise great funds in just a very short amount of time….

Recent research has found that most households have at least 20 items that if they evaporated tomorrow would not be missed. I am not a hoarder and do regularly declutter but it didn’t take me long to find 20 items. At today’s resale prices I estimate these items are worth £95-£100 and if a Gift Aid declaration has been filled in that could add an extra £25. These items were lying around in my house doing nothing useful, but could enable the Charity to provide a night with a Health Care Assistant, over 10 hours of Respite Care, 5 hours of Lymphoedema/Occupational Therapy support, or over 7 hours of Complementary Therapy.

I would like to encourage everyone who is a UK tax payer and donates items to our Shops in Carlisle and Penrith to fill in a Gift Aid declaration as this enables us to claim an extra 25% on the value of the goods we sell. Thank you to all the people who have already done this as so far this year we have generated an extra £2,400 through this scheme, which is fantastic.

Jo Hardy, Penrith Shop Manager

Will Aid Appeal

Have you been putting off making a Will? This autumn could be the time for you to take action when the Charity joins with local Solicitors for our annual Will Aid Appeal.

The participating Solicitors very kindly give their time free of charge and you are asked to make a donation in lieu of their fee to Hospice at Home.

Having an up-to-date Will is the only way to make sure the people you love are looked after when you are no longer here. Getting your affairs in order is important and Will Aid provides an excellent opportunity to ensure that your wishes will be carried out when you die.

When writing wills many people decide, once their family and friends are provided for, to kindly leave a legacy to the Charity which ensures they provide a lasting difference to help local patients and families.

To take part in this vital appeal please contact one of our supporting participating Solicitors during September. Each solicitor will advise of time scale of when their support will take place. In anticipation of your help we thank you for your generosity.

- Arnison Heels, Penrith 01768 862007
- Atkinson Ritson Carlisle 01228 525221 or Wigton 016973 43241
- Beaty and Co, Wigton 016973 42121
- Bendles Solicitors, Carlisle 01228 522215
- Burnettts, Carlisle 01228 552222 or Penrith 01768 800855
- Hewitson & Harker Kirkby Stephen 017683 71534
- Scott Duff and Co, Penrith 01768 865551, Keswick 017687 74321 or Carlisle 01228 531054,
- Waugh and Musgrave, Cockermouth 01900 823127
Building Vital Support

McKnight & Son Builders is one of the longest established building firms in Carlisle. Bob McKnight started the firm in 1965 and, through hard work and determination, has built a successful and well respected business. In recent years, Bob’s son, Wayne, has taken over management of this respected family business. The firm continues to thrive.

The workforce at McKnight & Son comprises around 30 craftsmen who all take great pride in their work. The firm has an enviable reputation for the quality of their workmanship and for delivering a very personal service.

Over the past few years the firm has diversified and built up a substantial property portfolio for the rental market. From low cost housing, to superb luxury penthouses, the firm offers a wide range of properties to suit all needs.

A business renowned for their support of local charities, McKnight and Son became Business Partners of Hospice at Home in February 2015. They have kindly supported events and helped sponsor fundraising occasions. This edition of the Contact Magazine has been generously sponsored by the company.

Wayne McKnight said “McKnight Builders are proud to help this local charity. Hospice care is a cause we wholeheartedly support. ‘The home’ is important to our business and we realise that many of our community wish to stay at home when nearing the end of life.

We understand referrals have dramatically increased and want to help to make sure that Hospice at Home nurses and carers are available when their help is needed. Sponsoring this magazine means additional funds are available to the nursing service which will provide extra hours of important nursing care to local patients and help to families and carers”.

Triumphant Triathlete at ‘The Lakesman’

“I have taken part in triathlons of various distances each year since 2005, but this year gave me the opportunity to try completing the ultimate triathlon, an “Ironman”, The Lakesman, held in Keswick on 19th June, consisted of a swim - 3.8km (2.4 miles), cycle - 180km (112 miles) and run - 42.2km(26.2 miles, a full marathon!).

To give me every incentive to complete I thought I would ask for sponsorship and raise money for Hospice at Home who helped care for my Mum (Judith Harling) during the final months of her life in 2011. Needless to say, most weekends leading up to the event were dedicated to training, and by the day itself I had completed the race distance for each discipline separately, two highlights being the Windermere Marathon, and taking my bike on the train to Edinburgh before cycling back to Carlisle.

Although the day of the event dawned grey, with a horrendously early start of 6:00am, it was calm and the drizzle didn’t move in until later on. The cycle route went from Keswick to Egremont via Cockermouth, up the coast to Silloth before an “extra loop” to make up the distance, and then returning to Keswick again via Cockermouth. The marathon was a 5 lap course around Keswick, which was made easier by so many supporters on route. It was a long day (and a long way!), but I was able to keep going simply because I had prepared well. It was a fantastic event and I enjoyed it all the way to the finish line. I am very pleased to have raised over £2,000 for Hospice at Home who looked after my Mum so well.”

Toby Harling
Cyclists—we need you!

After the astounding success of the Hadrian’s Cycleway Challenge in 2016, which at the time of going to print has raised £37,000, we ask you to hop on your bike and pedal the C2C for Hospice at Home on 7th - 9th July 2017, in the Charity’s 20th Anniversary Year.

We are looking for 50 individuals who would like to conquer the notorious C2C route, from dipping their wheels in the Irish Sea at Whitehaven to the fabulous sense of achievement on arrival in Tynemouth. Our dedicated and supportive cycle and fundraising team will help you achieve this goal.

If you or a group of friends or work colleagues are eager to join this special challenge, to enjoy the camaraderie and importantly support the Charity, then don’t delay—this is the event for you!

Entry Fee is £100 and each participant is asked to raise £500 in sponsorship. Places are limited so it is advised to make enquiries ASAP to the Fundraising Office on 01768 210719 or email fundraising@hospiceathome.co.uk and information packs can be forwarded.

We promise a weekend never to be forgotten where you will meet great friends, conquer challenges you thought unachievable but finally you will make it!

The Penrith Colour Run was a great success in July with over 600 participants and £20,000 pledged! In 2017 we are planning to host a Midnight Walk on Friday 26th May and our third Penrith Colour Run in late summer. Both events will be launched on our website and Facebook page in the new year.

Hospice at Home was proud to work with Life Education Centres Cumbria for The Springtime Wine and Dine held in April, which raised £10,572! A great auction, delicious dinner and fantastic performance by Miss Cindy Hoten were enjoyed by 120 guests. This fantastic sum will be split equally between the two charities. Pictured above, L-R: Volunteers Brenda, Elizabeth and Jayne at the event.

Team Trucker Gerry

We first met Gerry Armstrong in June 2015 when he took part in our C2C Cycle Challenge. He has become a great supporter of the Charity since this event and this year has organised a Skydive, Bungee Jump and participation in the Cumbrian Run for “Team Trucker Gerry” - a group of local men and women who have taken on one challenge, or a combination of all three! We would like to thank the team very much for their fantastic support.

The Committed 2 Rock Choir are certainly committed to helping Hospice at Home raise funds. Concerts in December 2015 and April 2016 have generated over £1,500 for the Charity.
‘I Cannot Explain The Relief I Felt’
Hospice at Home helped Elma Harrison nurse her husband, Gordon, for the last month of his life. Elma describes that support…..

“What is Hospice at Home? What do they do? Just another charity? No, not just another charity - they are the most marvellous people you are ever likely to come into contact with.
I nursed my husband at home for nearly 15 years after he had a very serious stroke. He was completely paralysed down his left side and needed help with all his personal care. He was unable to walk and needed assistance with his food.
With the help of my family and a big care package, we managed to keep him happy and able to stay in the place he loved most - his home.
When the doctor gave us the shock news that he was deteriorating and his body was now closing down, there was panic. What were we going to do? How would we manage?
Our doctor told us about Hospice at Home and explained that we would get as much help as possible to enable us to keep Gordon at home during his last few weeks of life.
A phone call from Hospice at Home told me that a fully trained nurse or care assistant would come when I thought I needed them most. This might be during the day or at night – where possible, at times that would be most suitable for me.
When the Hospice at Home nurse came the first night at 10pm, I cannot explain the relief I felt. A happy face, a lovely smile and a cheery, “Hello, I am here to look after you”.
Off I went to bed, closed the door and had the best rest I had had for weeks. Usually I was up at least 3 or 4 times a night when my husband called out for me.
During the following few weeks the care we received was wonderful.
The night before my husband passed away, he was ill; all the family were round his bed.
The Hospice at Home nurse took charge of us all in her quiet and professional manner and somehow she got us through the night. Her tender loving care was something that had to be seen to be believed.
This is just a short account of my experience of the care we received. What do we think of Hospice at Home? TOTALLY AMAZING.”
Elma Harrison (pictured above with Jan Lamb, Clinical Lead and Quality Facilitator)

September Sunflower Stroll
The Charity welcomes you to join them for the Sunflower Stroll. This is a special event to enjoy the beautiful countryside in North Cumbria and help raise vital funds. This could be a wonderful opportunity to spend quality time with family, friends or work colleagues or to fondly remember a loved one. Whatever the occasion, we promise you an afternoon to remember.
The walk will take place on Sunday 4th September starting from The Dalston Recreation Centre, and has kindly been sponsored by McVitie’s of Carlisle. The event will start at 1.30pm and will follow a moderate 10km route taking in picturesque scenery along the Cumbrian Way, with wonderful views of the historical Rose Castle, the palace of the Bishops of Carlisle. When the walk is complete a delicious cream scone, biscuit, soft drink or cuppa will be served at the Centre.
The entry fee is £10 per adult, £5 per child, under 5’s FREE and £25 per family. Each participant will receive a large sunflower badge to wear on the walk, snacks en route and refreshments at the end.
We ask each adult participant to raise a minimum of £20, either in sponsorship or by giving a special Sunflower Stroll donation. These funds will provide crucial care to patients, families and carers who are enduring difficult times.
Unfortunately the walk is not suitable for buggies or wheelchairs. Dogs on leads are welcome. Please register at www.hospiceathome.co.uk and join our sunny September Sunflower Stroll.
Dates for your diary...

2016:

Hesket Newmarket Show Awareness Stand, Saturday 3rd September, Hesket Newmarket

Sunflower Stroll, Sunday 4th September, Dalston. Please see page 7 for more details.

Great North Run, Sunday 11th September. Good luck to all runners!

Morrison’s Bagpack, Sunday 11th September, Penrith. 10am—4pm. Volunteers required please!

Lakes Gospel Choir Event, Saturday 24th September, Kirkoswald Methodist Church. 7pm, refreshments from 6:15pm. Tickets £7, under 16’s free, available from Helen Armstrong 01768 998453

Clay Pigeon Shoot, September date TBC (please check our website). Melmerby

Bolton’s Got Talent, Saturday 1st October, Bolton Memorial Hall. Light Buffet and a Free Drink Tickets £12.00 (Under 16s £6.00) available from: Thelma Jackson 017683 61109 or Barbara Cotton 017683 61939

Longtown Coffee Morning, Saturday 1st October, Longtown Community Centre. 10am—12pm

Great Cumbrian Run, Sunday 2nd October, Carlisle. Good luck to all runners!

Hospice Care Week, Monday 3rd—Saturday 9th October

Ullswater Steamers Event, Saturday 15th October

Monkhill Coffee Morning, Saturday 22nd October, Monkhill. 10am-12pm

M&S Bag Pack, Friday 25th November, Carlisle. Volunteers required please!

Coffee and Soup Lunch, Saturday 29th October, Crosthwaite Parish Rooms, Keswick.

Dalston Coffee Morning, Saturday 29th October, Dalston Victory Hall

The Houghton Weavers Gig, Friday 4th November, Mungrisdale Village Hall

Razzamataz Afternoon Tea and Auction, Sunday 20th November, Shepherds Inn, Carlisle

Appleby Christmas Concert, Saturday 3rd December, St Lawrence Church

Victorian Fayre Stall, Sunday 4th December, Keswick

Orton Farmers Market Stall, Saturday 10th December, Orton

Carol Singing, Thursday 15th December, Sainsburys Carlisle

Bag Pack, Thursday 15th December, Morrisons, Penrith

Christmas Carols at Lingholm, Friday 16th December, Lingholm, Portinscale

Light up a Life Service, Sunday 18th December, St Andrews Church, Penrith

2017:

Midnight Walk, Friday 26th May, Penrith


Penrith Colour Run, late summer, date TBC!

Hospice at Home Christmas Merchandise will be on sale at most of our events and all of our Coffee Mornings between September and December.

Contact Us:

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T: 01228 550119
3 Little Dockray
Penrith
Cumbria
CA11 7HL
T: 01768 868602
Both Shops are open 10am-4pm, Monday to Saturday. Please follow us:

Company Limited by Guarantee No. 4609579 Registered Charity No. 1095708
For more information about our events, please visit www.hospiceathome.co.uk or call 01768 210719

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.

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