

in touch

September 2008



Just look at what we have achieved for our patients

Since St Luke's launched its first ever strategy, 'Adding Quality to Life', in October 2006 we've taken major steps forward in achieving our aim of providing the best possible care for our patients.

- A new cordless nurse call system was introduced in 2006 on the 30 bed ward area using vibrating pagers rather than buzzers. This reduces noise and interference and enables us to monitor patient calls and nurse response times.
- Inflex, a patient information system for use across the city was introduced in April 2007 and is the first shared system of its kind in the country. This system enables us to share patient details with nearly all the professionals involved in the patients' care thereby improving communication and support to our patients.
- In November 2007 we introduced a new logo and branding, which is based on caring and people, to reflect St Luke's values and philosophy.



- In March 2008 we welcomed our day hospice patients back on site, giving patients in the community wider access to a more comprehensive range of services and support.

The strategy, developed through consultation with our patients, staff and medical professionals across the city, mapped out the hospice's plans from 2006 to 2011 and offers a clear path for St Luke's as it continues to develop the highest possible standards in patient care. We have made great progress but there are many more improvements planned, across all of our services, over the next few years.

Steve Kirk, Chief Executive, commented, "As we look to the future we will continue to strive to be the best hospice we See Pg 2

What we have achieved cont...

can and a world leader in palliative care. We will make every effort to not only continue to meet but to exceed high nursing standards. We will launch our first nursing strategy by 2009, confirming our commitment to the best possible patient care and support.

"The need to move to a new site is still ongoing, and as this newsletter goes to print, we are progressing with a location in which to build a new World Class Centre for End of Life Care. (see page 10 for more details)

"I would like to express my sincere thanks to all those who have played a part in St Luke's

considerable achievements; it has certainly been a busy time with much to celebrate. Here's to the future."

If you would like further information please contact Steve Kirk, (0114) 2357 451 email: ceo@hospicesheffield.co.uk.

Look out for St Luke's first impact report, which will be available to download on our website from September.



St Luke's Celebration Concert

**Saturday 11th October 7.30pm
Victoria Hall Methodist Church,
Norfolk Street. Tickets £10**

It is St Luke's 37th anniversary and we would like to invite you to come and celebrate with us at our annual concert. There will be a host of entertainment from Bradfield School Choir, Bolsterstone Male Voice Choir, Sheffield Folk Chorale and others. To reserve your ticket please call Jenny Beadman, Community Fundraiser, on (0114) 2357 556 email: j.beadman@hospicesheffield.co.uk

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"Thank you also to all the therapists who provided such lovely extra care which mum really enjoyed and made her feel pampered."

Quote from family of a patient

Just look how far I have come!

5 minutes with St Luke's Therapies and Rehabilitation
Patient, Sidney Cutts, 63 years young

"I first came to St Luke's Therapies and Rehabilitation Centre when I had been diagnosed with cancer and I felt so down, I even refused radiotherapy treatment. I thought I didn't have anything to look forward to, I didn't have any goals and I didn't know what was around the corner.

"Then I met Megan Brown, my nurse at St Luke's, and she gave me a good talking to. Megan has been my brick in here.

"When I first met her we chatted about the future and the importance of setting goals. One of mine was to walk my daughter down the aisle.

"I'm sure, because I had this fantastic goal of the wedding, it has made me live longer, I simply had to reach that goal. I even had the radiotherapy treatment which I had previously refused. If someone had said to me all that time ago that I would feel this positive now, I wouldn't have believed them and it is down to the help and support I have received here at St Luke's.

"This picture is really precious to me, not only because it is my daughter's wedding but it shows just how far I have come since being

diagnosed. A short while ago I thought there was no way that I would have made the wedding and now, in myself, I feel so much better than when I first came here. I have some spark back.

"I look forward to coming to St Luke's. You can get your feet massaged and see the chiropodist. I even have some beer in the fridge and have made lots of friends here. The staff are great. They don't care what you want, they help you, they don't think twice and never say 'in a minute'.

"I love it and look forward to my Wednesdays here! It is a great chance to get away from home and it gives my wife a break. This isn't like hospital it is like my local!"



Fundraising roundup

With over £4million to raise each year, just to keep St Luke's doors open, we need all the help we can get. We would like to say a big thank you to everyone who has donated to St Luke's and helped to raise vital funds.

Here are just a few of the many ways in which you have been helping us to raise money and keep on caring for the people of Sheffield.

- Margaret Hirst and the Hallam Rotary Club raised a whopping £1,000. Thanks to all involved.
- Genocide Crematorium and John Fairest Funeral Home raised £455 through raffles, donations and a Golf Day at Hillsborough Golf Club Club .



- The Lady Mayoress of Sheffield, Cllr Kathleen Chadwick, raised a mug to help raise funds for St Luke's Hospice as part of Care for a Cuppa month and raised £93.26.
- Even the rain didn't dampen our spirits at our annual Golf Day which brought in over £5,000.

- A collection day at Sainsbury's, Archer Road, raised £800.
- A wonderful music evening, held to say a fond farewell to Bishop Jack, raised £7,000 to be split between St Luke's and the Cavendish Centre.
- Solicitors across South Yorkshire showed their 'Will Power' during St Luke's first ever Free Will Month and raised £1,400.



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"Thank you to all concerned during Dorothy's stay at St Luke's. The last 21 days of her life could not have been spent in a more caring and supportive environment. She and we are forever grateful for all you did."

Pat, friend of a patient

- Joanne Parker, and her husband Steve, undertook a challenging 400 mile round trip and raised £1,251.13.



- Staff from St Luke's ran through the streets of Sheffield in the SIG Insulations Half Marathon and raised over £400.

- GB Building Solutions' staff completed a 1,000 mile charity bike ride and raised £2,731.



- Keith Bright organised a fishing match in memory of Rolly Melluish and raised over £1,000.

- Volunteer Julia Hitchens organised a book sale and raised over £640.



- Kier Sheffield raised over £6,000 at their five-a-side football tournament.

- Hats off to the Ladies Day at Owleton Stadium which raised £8,500



- St Luke's popular Summer Fair raised over £10,000, and Royal Mail donated £500 towards the Summer Fair raffle prize.

- Form 10-10 from City School raised a magnificent £1,200 in just 10 weeks.

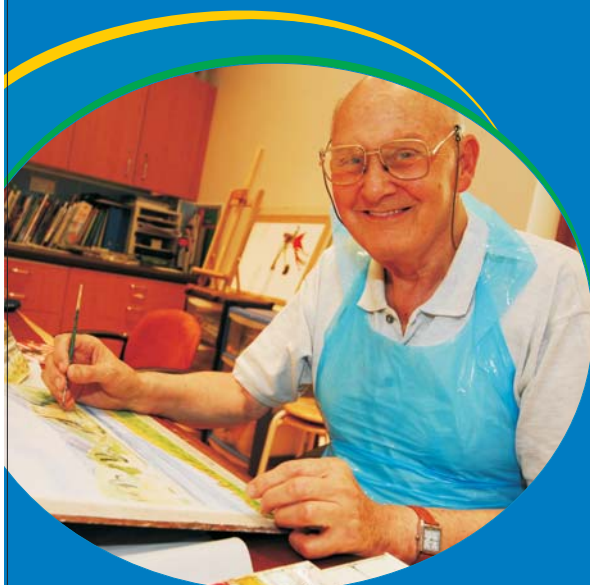


A creative haven...

From an open-doored room at St Luke's the sound of laughter and the hum of chattering voices softly drift down the corridor.

In-patients and Therapies and Rehabilitation patients enjoy each other's company, casually exchanging friendly banter while surrounded by a wealth of textiles, paints, silks and sparkly bits that catch the eye.

Welcome to the Therapies and Rehabilitation Centre.



On site at Little Common Lane, the Centre is an area where patients come and discover new and forgotten hobbies, skills and passions.

Graham is happily concentrating on painting a stunning still life image of colourful blooms, a challenge given to him by his daughter. Alice is

sewing delicate leaves onto a painted canvas as part of a group project. Jackie is salting her silk print that will soon be transformed into a card for a loved one. Margaret is carefully sketching pencil outlines, the early stages of yet another masterpiece.

The creative room is part of the Therapies and Rehabilitation Centre which provides an outlet for expression. Patients have the choice of making plant pots or coasters, weaving stool covers, making silk scarves, designing greetings cards and drawing and painting with a vast array of paints, pastels and pencils.

"Some people come to the creative room for the social side of things, but they often end up getting involved in something that's going on," explains Anne Wilkinson, occupational therapy assistant and creative worker. "Often patients can be a little nervous when they first come but they soon start to relax and discover skills they might not realise they have. There can also be a sense of achievement in what they're doing here."

And for day patient Graham, the Centre helped him rediscover a long lost talent. "I applied to art school when I was 11 or so but didn't get in so, as young boys are prone to do, I snapped my pencils up and hadn't done anything artistic until I came to St Luke's. I first came as an in-patient and I found I had a lot of spare time on my hands.

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"I just wanted to say how much we as a family appreciated your support in mum's final days. Your input made a huge difference to it all. As the weeks have gone on the feeling that "we did it right" has helped with the grief. Thank you."

Jane, daughter of a patient

The nurses encouraged me to explore the therapies available and I picked this one.

"I was a little reluctant to come in here at first but it's nice to come and talk to people and get off the ward for a while. The atmosphere and community in this room is grand.

"Everything I'm doing is something new and I'm really enjoying it. I wouldn't ever have started painting if I hadn't come to St Luke's. I'm exploring all sorts and it's a hobby I want to carry on with.

"To put it bluntly I think the Centre is the best thing since sliced bread!"



Extraordinary gift for Christmas...

Thinking about Christmas gifts? How about a gift that's easy to obtain, delivered straight to your door, affordable and doesn't even need wrapping? For every one of these gifts that you buy you'll make two people very happy - and give yourself a warm glow!



The idea behind St Luke's virtual gift scheme is easy. Simply choose an item from the list below as a gift for a loved one or friend, send a donation to St Luke's and, in turn, this gift will benefit a patient at St Luke's. For each virtual gift bought we'll send you a special gift certificate and envelope for you to personalise and send out.

- £10 - An Aromatherapy Treatment for a patient.
- £15 - A Creative Arts Session for a patient.
- £25 - One Hour of Care for a patient
- £30 - A Meal for Two (for a patient and their partner).
- £50 - A Home Visit by one of our Specialist Palliative Care Team.
- £100 - 24 Hours Holistic Care

If you would like to order a gift, telephone us on (0114) 236 9911 and ask for Christmas cards or email christmas@hospicesheffield.co.uk

The great outdoors

At St Luke's we treasure the outdoors and the haven it can provide for patients and their families, as well as looking picturesque throughout the year. We've taken the time to create a garden, with nooks and crannies worth exploring, different seating areas, scenic features and green space – and it's a fundamental part of the St Luke's ethos.

Patients and visitors to the hospice have often praised the garden which adds to the home-from-home environment we're constantly striving to provide.

Patient Rose and her husband Steve are particularly appreciative of the outside space at St Luke's.

The couple, who have been married for nearly 40 years, are both keen anglers and so are used to spending time outside.

Steve said: "It's nice to be able to get outdoors into the garden at St Luke's.

We've been out numerous times and enjoyed it. The gardens are beautiful.

"For the most part we're on the ward but because going outside is nice to get some peace and quiet and a change of scene.

"Going outside allows you to get away from things, sit down and talk about whatever. Whoever is responsible for the garden has done a marvellous job. When the hospice moves it'll be fantastic to have even bigger gardens as lovely as this. Access will be better and there'll be more space to wander in.

"Rose and I are used to seeing lots of wildlife, there's a huge amount around when you're fishing. Although the animals are different in the hospice garden it's still nice to be surrounded by wildlife, it means a lot to us."



Thoughts turning to supporting St Luke's at Christmas?

St Luke's Christmas Raffle

Help the ongoing work of St Luke's, enter our Christmas draw and you could win up to £2,500.

The Christmas Raffle draw is a completely separate event from St Luke's regular weekly lottery therefore giving you even more opportunities to support Sheffield's only hospice this Christmas and win!

1st prize of £2,500, 2nd prize £750, 3rd prize £500 plus many other exciting prizes kindly donated by St Luke's supporters.

Available from all hospice shops and the reception area at St Luke's on Little Common Lane, tickets are only £1.00 each or £10.00 for a book of ten. For more information please contact the lottery team on (0114) 255 3552.

St Luke's and the people we care for will be grateful for any contribution you are able to make and what's more all profits will be helping our patients this Christmas!

Good luck!

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"It is so clear that the staff really do care about their patients, as they become attached to them and still have great respect for them as individuals. This quality is hard to find."

Quote from family of a patient

60 seconds with...

Jo Statham, Clinical Psychologist

- **How long have you been at St Luke's?**
I have been at St Luke's for a year. My job is split between working at St Luke's and the Macmillan Palliative Care Unit.
- **How would you describe your job?**
Working as a Clinical Psychologist, I use talking therapy to help people cope with the emotional stresses and strains of life-limiting illness. The aim is to help them to make more sense of their situation, deal with upsetting thoughts and feelings or communicate better with those close to them. We may work on identifying their strengths in coping, lifestyle changes that might feel better for them and ways of making these changes. This can help them to have more of a sense of control or be more able to cope with the impact of illness on them and those close to them. I do not tell people what to do but work with them.
- **What do you do on a daily basis?**
Often my day will start by meeting with other members of the multi-disciplinary team. This is to ensure that the work I am undertaking fits with the overall care of the patient and family; good communication is important. A large part of my day involves working therapeutically with patients and family members. I work with patients and their family members and can see them either on their own or with members of their family. I can see people as in-patients at St Luke's or when they are at home, either seeing them as outpatients or if needed, visiting them at home.

What is the most rewarding part of your job?

It is rewarding to provide people with the opportunity to express their emotional and psychological needs and work with them in trying to alleviate the distress they may experience. We know from patients and families that the emotional and psychological effects of living with a life limiting illness can be as difficult to cope with as the practical and physical effects. It is important to me to be part of a service that aims to meet these needs.

How do you work with other departments in the hospice?

All the members of the multi-disciplinary team play a part in meeting people's emotional and psychological needs. By working with other members of the team, we can review our different contributions and monitor how well we are meeting these needs.

What has been your most memorable moment at St Luke's?

The memorable times come from the conversations with patients, their families and staff that remind me of the resilience that people continue to show at a very difficult time in their life.



In the news

Relocation update

Our vision is to create a World Class Centre for End of Life Care that the people of Sheffield deserve. We want to build a new hospice on a site that has ample access to green space, is part of a community but has open views, and has stronger transport links than Little Common Lane. Following joint site review meetings with Sheffield City Council we have become aware of a site that was previously unavailable, the former Bluestone Primary School site. This is a site that meets many of our original criteria and offers a convenient, central location. At the time of this copy of 'in touch' going to print, we are progressing an application to the Council with a view to relocating to Bluestone site.

To keep updated on progress with our relocation plans please visit www.stlukeshospice.org.uk .
A further update will also appear in the next edition of 'in touch.'



Thank you for all your help and support

13 of St Luke's employees will soon be receiving long service awards. Congratulations to Jane Meeds, Lyndis Sharman, Lisa King, Jill Wall, Amanda Needham, Dayanee Singh – Saini, Julie Fox, Christine Quinlan, Ann Dobbins, Linda Booth, Nicola Tinkham, Lynda Curbishley and Shelagh Freeman. Between them they have racked up an impressive 190 years volunteering and working at St Luke's!

New look for our shops

St Luke's Ecclesall Road charity shop has reopened its doors following the first refurbishment in its 12 year history. In addition to the popular ranges of clothing and footwear, accessories, cards and bric-a-brac, the shop has introduced a fantastic book area, an audio and media section, and a new range of homeware. Look out for the new signage at the shop, a distinctive purple colour with our new St Luke's logo. The shop is open from 10am to 4pm Tuesday to Saturday, come along and take a look at the bargains in store! We are hoping to open on Mondays if we can recruit additional volunteers. If you would like to volunteer please contact Gemma Trigg on (0114) 2357546



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"During our time of grief, we can take comfort from knowing that mum was in the best possible place after receiving all the tender loving care she deserved. Thank you all for providing that for her."

Quote from family of a patient

Dash through the snow and raise money for St Luke's

Join in our sponsored bike ride and fun run and help raise vital funds for St Luke's Hospice.

Last year, over 60 supporters put on festive fancy dress and joined in our fun run and bike ride and it is back this year on the 14th of December. Starting and finishing at St Luke's, it is only £10 to enter and you will receive free antlers with your registration pack.

Chose from a 2.6 mile fun run or the 4.9 mile bike ride, both are suitable for a range of ages and capabilities.

Father Christmas and his reindeers will be waiting at the finish line with tasty refreshments to help you recharge your batteries and there will be a prize for the best dressed.

To reserve your place please contact Aimee Ward on (0114) 235 7554
email: a.ward@hospicesheffield.co.uk

Remember someone special this Christmas

Set a light to shine in the dark and celebrate the life of someone special by dedicating a light at St Luke's Hospice Festival of Light.

On Sunday 7th December St Luke's will be opening its grounds for the breathtaking annual Christmas Festival of Light. Throughout the Hospice grounds the trees will be twinkling, adorned with thousands of lights, each one dedicated to a special person, young or old, healthy or poorly, or in memory of someone who has passed away.

The lights will be officially turned on at 6.00pm by one of our patients and Rt. Hon. Richard Caborn MP, a great supporter of St Luke's. The carol singing will be led by St Luke's staff and music will be provided by the Holymoorside Brass Band. There will also be lots of delicious refreshments to keep you warm, including hot homemade soup, mulled wine, coffee and mince pies.

Don't worry about parking, Tesco and First Mainline are providing a free park and ride service for the evening. The first bus will leave Tesco, Abbeydale Road, Lower Car Park at 4.30pm and the service starts at 6.00pm and finishes no later than 7.00pm. We can guarantee a lovely evening, but unfortunately we can't guarantee the weather, so wrap up warm, wear sensible shoes and bring a torch and umbrella!

If you would like to dedicate a light, at a minimum donation of £5 each, they are available on the night or you can dedicate one before the celebrations by calling St Luke's on (0114) 236 99 11. Alternatively you could fill out the form over leaf. A large print version of the form is also available upon request and a download form is available on our website www.stlukeshospice.org.uk.



