

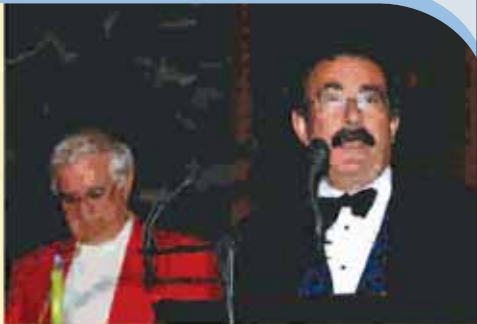
## Adding Quality to Life

### Over £20,000 raised as Sheffield celebrates 35 wonderful years with St Luke's Hospice

On 1<sup>st</sup> November a prestigious anniversary celebration dinner was held at the Cutlers' Hall and raised over £20,000.

Professor, The Lord Winston, who is widely known for his activities in the House of Lords, and television appearances including *Child of our Time*, was the guest speaker and was joined by a host of supporters from across Sheffield, including, The Lord Lieutenant of South Yorkshire, The High Sheriff of South Yorkshire, The Lord Mayor and Consort, The Bishop of Sheffield and The Master and Mistress Cutler, to name a few.

Event Organiser, Audrey Rose (MBE) commented, "I would like to thank all our guests for supporting this wonderful event. We were thrilled with the amount of money raised. Their support highlighted the truly special place that St Luke's holds in many people's hearts from across the city."



### Local cyclists push start St Luke's Hospice 35<sup>th</sup> anniversary celebrations

In October six local cyclists set out from St Luke's and went on a mission, cycling over 35 miles each, between St Luke's and the two day hospices, Beighton Day Hospice, Wheata Day Hospice and then, back to St Luke's, cycling one mile for each year that St Luke's has been open. Gerry Park and his dedicated team chose the challenge to raise awareness of the valuable services that St Luke's has provided for the last 35 years, and also raise funds for the Hospice. The team cycled over 210 miles between them, in under 6 hours, and raised £450, and the money is still coming in.



# St Luke's past greets the present

In October St Luke's Retirement Group met up with the current staff to celebrate the past 35 years and all St Luke's has achieved. Professor Eric Wilkes joined the celebrations to present several awards to staff for long service. It was a really great opportunity for old friends to meet up and chat about their own very special memories of their time at St Luke's.



We have so many dedicated staff and volunteers to help St Luke's run smoothly but did you know that many of these have been helping for 10, 15, 25 years and even some remarkable individuals that have been here for 35 years, since St Luke's opened. More awards for long service were later handed out at a special dinner at Baldwins Omega. A great night was had by all and here's to the next 35 years!



## How to look a million dollars without paying it!

In November staff and volunteers strutted their stuff, alongside local Conservative Councillor, Ann Smith and modelled a range of glamorous party wear at our first sparkling festive fashion show.

The fantastic evening showcased a wide selection of beautiful "pre-loved" evening wear, dazzling shoes and accessories for both men and women all from St Luke's Shops and what's more, the glamorous event raised over £2,800 for St Luke's.



All the fabulous outfits were especially chosen from St Luke's six shops proving you really don't need to break the bank to look great. There was also a raffle and nibbles were kindly supplied by Marks and Spencer, Meadowhall.



## If you go down to St Luke's shops today, you are sure of a big surprise

Currently there are six St Luke's shops at Gleadless, Abbeydale Road, Ecclesall Road, Crookes, Chapelton and Woodseats. All are staffed by a dedicated team of staff and volunteers and are a real Aladdin's cave, selling a wide variety of donated goods including, clothing, jewellery, cards and furniture. Currently the shops bring in about 10% of the money needed to keep St Luke's open, in fact they are that popular, in the New Year we will be expanding our number of shops and opening a great new store at Stocksbridge. So keep your eyes open and make sure you pay us a visit.



# A Day in the Life of...

"Kit Harris, St Luke's new Communications Manager spent a day working on the ward with Staff Nurse, Pam Beckford, to find out exactly what went on.

Until I joined St Luke's in October 2006 I had no previous experience of palliative care and although I knew what a hospice did and the vital services St Luke's offered I had no idea of the special "vibrant, yet tranquil" haven that lay at the top of Little Common Lane.

My day began with a handover from the night shift during which time the nursing staff discuss and update each other on individual patient's care. This enables the on-coming shift to build up a really good picture of the patients' mental, physical and emotional needs. I was surprised at how well the staff get to know patient's, their carers and families and clearly this enriches the care. Patients are always cared for by the same team of nurses and this clearly helps the patient and family.

Once all the patients were bathed and dressed, the curtains were drawn and the sunlight flooded in to reveal beautiful views out of the windows. At the end of each ward there is a balcony or conservatory that overlooks the award winning, peaceful gardens, that so much work has gone into. I thought it would be eerily quiet on the ward and the routine rather regimented,

however, St Luke's is not such a formal place. I witnessed the staff considerably changing their nature around patients, laughing and joking, listening, sitting with relatives and putting a caring arm around them, holding the hand of a patient, providing reassurance. No wonder the ward teams are so busy, this all takes time.

Across the ward staff chat and it is great to see patients involved in "normal" conversations about everyday life. They share everyday stories with patients giving them a slice of normality at a time when they may feel alone and isolated. I heard conversations about the most random things, a dead goldfish at home, childhood memories and even my cat got a mention!

While still providing excellent care and juggling three things at once I saw staff stop in their tracks in the corridor to put an arm around an upset relative to see if they were OK, even when the patient in question wasn't even on their team.

St Luke's places great importance on the individual patient and the fact they feel in control of their lives, I caught Pam several times saying "well, you're the boss!" "Our patients are all treated as individuals and they get the individual care they need, so if they want their breakfast at 11.00am that's when they get it," she commented.



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Soon it was dinner time, fish and chips! It was a flurry of activity as I heard stewards running off saying "I'm just going to get an omelette", even though it wasn't on the menu and I even saw a bowl of porridge going to a patient. That was either a late breakfast, or just what they fancied for lunch. It is these little things that really makes St Luke's so special.

While I was on the ward a patient was readmitted, they were clearly very ill and for me it was quite a shock, as I had only met them a few weeks earlier on a previous stay as they were being discharged. They were quite upset by the upheaval of the journey to St Luke's and were clearly rather ill and distressed. I was really moved by the interaction between Pam and the patient. "It's OK, you are here now," said Pam in a reassuring and calm voice, "I'll fettle\* you, don't worry fettling is my speciality," "I don't know what to do with myself," said the patient over and over, clearly in pain and anxious. "You are here now, don't worry we will look after you now", she said over and over, "It's OK now, you are here now."

Reassuring and settling him, then moving to find the family to see they were OK. A family member commented, "I am so glad he is here, they looked after him so well the last time. That's why I wanted him here".

I found this all very moving, and even writing this now I have a lump in my throat, I could almost see his worries visibly melt away and his family relax, safe in the knowledge that he would now receive the care and attention that he needed.

Before I spent time on the ward I thought I knew what I would say in this article. It would go along the lines that St Luke's is a caring place, great nurses etc, but this visit really opened my eyes and I actually found the experience quite overwhelming.

The ward staff here have a challenging, but rewarding job. I have only been working at St Luke's a few months and everyday I meet unique people with very special stories to tell about how St Luke's has touched their lives. This has been a very humbling experience and I feel lucky that I am a part of St Luke's.

\* To "fettle" is a Yorkshire term meaning - to sort someone out, settle them and make them comfortable.



# Events round up

Supporters across Sheffield have certainly been using their imagination to raise lots and lots of money for St Luke's. Here's how a few of our supporters have done it!

## Hair raising experience all for St. Luke's

At a special event held at Manor Social Club brave Helen Clampin raised a fantastic £1,200 by holding a sponsored head shave. Helen decided that when she turned 18 she would have her head shaved in memory of her Dad who died of cancer when she was 2.

## Best foot forward

A big 'thank you' goes out to the Acorn Amblers who organised a fantastic sponsored walk, raising well over £10,000. 91 customers from the Acorn Inn in Chapeltown walked a total of 28 miles from Castleton and back to the Acorn Inn to raise lots of money for St Luke's. One walker alone managed to raise over £1,100.

Landlord and landlady, Nigel and Elaine,

left pictured with

Dorothy Vickers,

from the

Fundraising

Department.



## Neil Diamond adds a sparkle to St Luke's Hospice and raises £1,800

TV's "stars in their eyes", Neil Diamond, also known as Sheffield's 'Vincent' wowed crowds alongside the award winning singer/entertainer, Gary Phillips and also Stephanie King's Stars of the Future Show, which featured all singing, all dancing local youngsters.

Robert and Jane Ashton, the organisers, recently lost a family member to cancer who was nursed by St Luke's Hospice. Robert and Jane will soon be emigrating to Australia and wanted to give something back to St Luke's before they went.

## Local youngsters ride over 600 miles for charity

Check out the moment when four local youngsters handed over a cheque for over £1,500 following a challenging sponsored bike ride in which they covered more than 600 miles.

The determined youngsters, Karl Fieldsend, Paul Ruding, Alex Windle and Richard Hewins are

all aged 15 and from Ecclesall, they rode an impressive 150 miles

each in just four days travelling coast to coast from Whitehaven

to Sunderland and we are proud to announce they have raised a

massive £1,500 for St Luke's Hospice. The boys decided to do the

ride to raise money for St Luke's in memory of one of their

parents work colleagues, who died of cancer and spent some

time at St Luke's. Karl commented, "It was really hard at times,

but we had to keep on going. I am so glad we finished it, it is

quite an achievement."



# Dare devil, Lyndis, joins Red Devils

In October, one of St Luke's very own Support Workers, brave Lyndis Sharman aged 64, did a sponsored parachute jump with the famous Red Devils.

"It was such a peaceful experience. It was a beautiful day, really clear and I had the most wonderful birds eye view. I would definitely recommend it to anyone. Not only did I have a great day, I have some brilliant memories and I have raised lots of money for St Luke's. It was a fabulous experience I would do it again I loved it!" So far, Lyndis has raised over £200 and the money is still coming in, if you would like to make a donation then please contact Lyndis at St Luke's on **(0114) 236 99 11**. If you would like to join in with St Luke's next sponsored parachute jump, please call Aimee Ward, our Events and Corporate Fundraiser on **(0114) 235 7554**.

## It is the little things that make St Luke's so special...

At St Luke's there are around 250 staff and 600 wonderful volunteers and all are here to do exactly the same job. Sounds mad doesn't it? Not really, all staff and volunteers at St Luke's are all doing one job "adding quality to life" for our patients and their families. Through their own role at St Luke's everyone is working towards the same goal and everyday many people at St Luke's take an extra step to ensure that they not only provide fantastic care, but also create some very special memories. **Here are just a few stories...**

### St Luke's beamed around the world

**Here is John Ford St Luke's ITC Manager's story...**

"People may think that being an IT Manager, I don't have an awful lot to do with our patients and that I cannot directly help them. However, I have set up several webcams for our patients, so they can make contact with friends and family across the world. The webcams are an important communication tool as the patient can not only talk to friends and relatives that are miles away, but they can all see each other by using a computer and this may be the only contact they have. I have even connected patients with friends and relatives as far away as in Hong Kong and America. I was just really pleased to be able to make a difference it really was a truly moving experience."



## Marvellous Sewing Ladies

**Here is the Sewing Ladies story....**

One of our patients was feeling really uncomfortable as they were experiencing swelling due to their illness. So Jenny Beadman in the fundraising team made a few phone calls, to find some suitable fabric, then drove to collect it. The team of volunteer sewing ladies made a pair of special shorts and a few hours later our patient could relax and feel more comfortable.





## Want to get involved in fundraising? Or want to organise your own event?

Did you know that St Luke's needs £686 - 24 hours a day, 365 days a year just to keep its doors open and we receive less than 1/3 of our annual running costs from public funding. If you would like to get involved and help raise funds for St Luke's but really don't know where to start or, you would simply like to chat over some fundraising ideas, please contact Jenny Beadman, our Community Fundraiser on **(0114) 235 7556**.

## Super soup!

### Here is Sue Milligan, St Luke's Kitchen Team Leaders story ...

Even though the Catering Department at St Luke's provides over 68,000 meals a year, they still find time in their busy day to cater for patients' individual needs and make sure they have just what they want. One patient who had been ill for some time was brought into St Luke's as they were having difficulties in eating and had totally lost their appetite. They were then visited by one of St Luke's chefs to see how they could help and it was decided they should try our special homemade soup. Our patient then fell for Sue's (St Luke's

super chef) tasty home made soup. Sue then wrote down all the recipe's she had for the patient to take home, for their family to make.



## Fab Fish 'n' Chips

### Here is Chris Grocott, Rehabilitation Co-ordinator's story...

Rehabilitation at St Luke's is more than about simply helping patients gain independence. Wherever possible personal aims and activities are developed that are particular to each patient that will make a difference to their life.

"All our patients have different needs and aims to fulfil and we are here to make that happen. Sometimes it is the really simple things that can make a big difference to someone's life. On this occasion our patient especially wanted a Blueberry Muffin and famous Harry Ramsden's Fish & Chips, so we took them to Meadowhall. It was lovely that I could take our patient and their partner on a trip out together so they could both share the experience."

"By the time, they returned to St Luke's the nursing staff commented that both the patient and his partner were simply glowing and their trip had done them the world of good."

# A quick note to say...

Here are a few comments from letters sent to St Luke's that we would like to share with you.

"Following a two weeks stay my husband is happier and healthier than he has been for over a year. St Luke's has miraculously enabled him to shed the symptoms which have caused him multiple hospital admissions. We do not of course know how long this will last, but my husband feels the help and advice of nurses, doctors, physios, therapists, chefs and numerous others has given him a new life". "...after a few days of residence my husband commented that St Luke's is like a 5 star hotel, except the soup is better here!"

"The beautiful garden where we spent many peaceful hours and the chapel were valued places of healing and comfort. Thank you to everyone for all that has been achieved. Our hope is that others will be similarly helped."

"This summer your wonderful staff transformed my beloved brother from someone who was at deaths door to a happy animated man who was interested in everything around him from Wimbledon to the World Cup. He was even proud to show off how he and the nurses worked as a team to transfer him by sling from bed to chair and back."

"A HUGE thank you to everyone at St Luke's who worked so caringly to make the last few days of Mum's life, somehow, bearable and enjoyable. From the moment she arrived she visibly relaxed and began to have some kind of value to life.

"The four days my mum spent in St Luke's gave back to a very independent person the vital privacy and dignity she lived her whole life. I cannot thank the staff at St Luke's enough for all that they did, from rushing my mum in on the Friday, to the wonderful, wonderful care that you gave to her. I cannot single out any particular member of staff, everyone, without exception, was exemplary. We as a family, shall be eternally grateful to you for all last four days, it definitely eased the pain for everyone."

It is clear from all these stories and letters that St Luke's is an exceptional place that has achieved so much over the years and is rightly somewhere for the people of Sheffield to be proud of. As we head into 2007 and look to the future we would love you to share your stories and memories of St Luke's from over the years with us.

**If you have a special story or memory why not drop us a line to "Memories of St Luke's"  
Kit Harris, St Luke's Hospice, Little Common Lane, Sheffield, S11 9NE,  
Or email: [k.harris@hospicesheffield.co.uk](mailto:k.harris@hospicesheffield.co.uk)**

# St Luke's kick start the festive period

In November St Luke's once again opened it's doors for the ever popular annual Autumn Fair which was bursting with fabulous festive goodies and great gifts. The festive fair raised lots of money and sold a host of gifts and stocking fillers including, beautiful hand made gifts, craft items, cards, jewellery and a mouth watering cake stall full of delicious home made treats.



Well done to Nora Gray, Catherine Harrison and Julia Hitchens (pictured here with Steve Kirk) as they received their special medals for long service. Between them they have been with St Luke's for over 85 years! Thank you for all your support and help over the years.



# St Luke's students celebrate

Many congratulations goes out to all the hardworking students who have just completed a programme of study in Supportive and Palliative Care at the Wilkes Education and Resource Centre at St Luke's. 20 students working in different clinical areas across Yorkshire and Humberside, whilst also studying at St Luke's, received their awards, which are all validated by Sheffield Hallam University. Those recognised included two members of staff from St Luke's, Clare Bower, who gained a BA(Hons) in Supportive and Palliative Care, Specialist Practitioner, and Gertrude Chikwanda who gained her Undergraduate Diploma.

**Well done!**



# St Luke's have gifts all wrapped up

If you are stuck for a something special, for birthdays, anniversaries or even a house warming gift why not call into St Luke's Reception area where you will find great gifts, gorgeous candles, handmade cards, jewellery, the limited edition, adorable St Luke's Care Bear and lots, lots more. And not only will you be avoiding all the crowds on the high street, all the profits from the sale of all goods go towards caring for the patients at St Luke's.



## Are you looking for a challenge with a difference and want to raise some money for St Luke's along the way?

Well, look no further.... Why not join in with one of St Luke's sponsored expeditions?

- **Kilimanjaro Challenge. (September 8 until September 23, 2007)** Climb the world's tallest freestanding volcano and also help improve the lives of local children by being involved with some much needed repairs and refurbishments at the Mbokomu School.
- **Peruvian Encounter. (June 2 until June 17, 2007)** Hike the Inca Trail to Machu Pichu and then help create a recreational area at a local school benefiting some of Peru's poorest communities.

For more details contact Aimee Ward on **(0114) 235 7554** or email [a.ward@hospicesheffield.co.uk](mailto:a.ward@hospicesheffield.co.uk)

## Stamp of approval

Ever wondered what happens to your stamps after you have carefully peeled them off your post?

Every year St Luke's gets hundreds of stamp donations, so what exactly happens to them?

St Luke's has a team of four stamp volunteers, some of whom have been helping us for as long as 25 years! They receive about 90kg of stamps per year and meet once a fortnight to carefully

sort through them. All donated stamps are then divided

up into bundles, the more unusual stamps are then

sorted through and sold in packages to stamp collectors.

In the last year stamp sales have raised more than £300

for St Luke's. If you would like to find out more about

how you can get involved in stamp donating please

contact the Fundraising Department on **(0114) 236 99 11**.



**Over 600 people a year do... do you?**  
**Want to make new friends?**  
**Want to make a difference?**  
**Want to gain some skills for your CV?**  
**Want to give something back?**

If the answer to any of the above questions is "yes" then read on....

St Luke's is currently looking for volunteers of all ages with a wide variety of skills and backgrounds to join the exciting team at St Luke's.

Everyone has something they can offer, from helping in one of our shops, fundraising team, the kitchen or even the tea bar serving refreshments to patients and their families, the list is endless. No matter how much time you have to spare, we can guarantee you will gain lots, including valuable experience, new friends and above all you will be doing a very rewarding job.

If you would like to find out more please contact our Volunteer Co-ordinator, Christine Sammans on **(0114) 236 99 11** for a chat.



# Everyone's a winner!

**Would you like to win your summer holiday on St Luke's?**

Did you know that St Luke's Hospice lottery is currently the 4th largest hospice lottery in the country and averages 13,000 players?

Each week there is a whopping £3,000 won and 150 lucky winners receive anything from £2,000 to £5. The proceeds contribute some £330,000 per year towards the running costs of the Hospice.

Everyone is a winner with St Luke's lottery, playing the lottery is a fantastic way to support St Luke's and who knows you may even win enough to pay for your summer holiday.

If you too would like to join in St Luke's Lottery please fill in the form overleaf, return it and we'll do the rest.



## Good Luck!

## St Luke's Hospice Lottery - New Members Form

### PLEASE PRINT YOUR DETAILS

Title and full name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Post code \_\_\_\_\_ Telephone \_\_\_\_\_

We'll give you a unique five-digit number for every £1 you pay weekly in advance of the draw.

How many entries would you like each week?

When you've decided, please tick the box and fill in the appropriate section below

### Standing order mandate

Please return this form to the Lottery Office and not to your bank.

To (name of your bank) \_\_\_\_\_

Bank address \_\_\_\_\_  
\_\_\_\_\_

Post code \_\_\_\_\_

Sort code number \_\_\_\_\_

Account number \_\_\_\_\_

Name of account holder \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Please pay National Westminster Bank plc, 997 Abbeydale Road, Sheffield S7 2QE for St Luke's Hospice Lottery. Sort code 54 41 47, Account number 12320080, the sum of:

### PLEASE TICK YOUR CHOSEN OPTION

For **one** chance each week

For **two** chances each week

£4.34 every calendar month

£8.68 every calendar month

£13 every 13 weeks

£26 every 13 weeks

£26 every 26 weeks

£52 every 26 weeks

£52 every 52 weeks

£104 every 52 weeks

starting from \_\_\_\_\_ until further notice

Signed \_\_\_\_\_ Date \_\_\_\_\_

**NB Bank: Please quote Lottery reference on all transactions.** \_\_\_\_\_

### Cheque or postal order

Please make your cheques or PO payable to St Luke's Hospice and send with this form.

### Cash collection from your home

We'll contact you with details

For office use only Reference \_\_\_\_\_ Date \_\_\_\_\_

## Dates for your Diary

16th March

**Take your Mum to work Day**

17th March

**Chatsworth Dinner** with guest speaker Matthew Parris

2nd April

**Charity Lunch & Fashion Show**

May

**Care for a Cuppa?**

2nd June

**Summer Garden Party**

10th June

**Chatsworth Walk**

15th June

**Golf Day**

14th July

**It's a Knock Out**

August (Date TBC)

**Balloon Race**

14th October

**Duck Race**

8th November

**Festive Fashion Show**

15th November

**Christmas Fair**

November

**Christmas Cards & Alternative Gifts on Sale**

1st & 2nd December

**Kelham Island**

December (Date TBC)

**Carol Service**

2nd December

**Festival of Light**

9th December

**Dashers Dash & Rudolf's Ride**

And, watch out for more information on the glittering Diamond & Dogs evening at Owlerton Stadium and, much, much more.

## Keep in touch...

If you would like any further information about anything that you have read in this newsletter please do not hesitate to contact St Lukes.

**Telephone: (0114) 236 99 11**

**Fax: (0114) 262 1242**

**Email: [stlukeshospicesheffield.co.uk](mailto:stlukeshospicesheffield.co.uk)**

St Luke's Hospice

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