

in touch

AUTUMN 2007

St Luke's
HOSPICE
Adding Quality to Life

Adding Quality to Life

Welcome to the latest issue of in touch. It has been a busy few months with lots happening at St Luke's and across the Sheffield community. This summer Sheffield was hit by devastating floods, but that didn't dampen our spirits. There have been many dedicated and innovative fundraising activities going on and countless achievements to celebrate. **Read on for more details**

The best possible care within the best possible environment

As I am sure you are aware St Luke's is Sheffield's only hospice and our patients, and their care, always come first. We pride ourselves in offering the best possible care within the best possible environment for our patients and their loved ones.

Our current building is very much like a hospital and has predominantly five bedded, shared rooms. A new hospice needs mainly single rooms so patients can have quiet when it suits them and also privacy. It needs more space for facilities such as en-suite shower and toilet facilities, accommodation for relatives who want to stay, direct access to a larger garden and space to have families around without feeling cramped.

After looking at a number of sites we felt that the Norton Nurseries site would enable our patients and their families not only to have access to a lovely large garden, but also direct access to beautiful parkland, where they could lose themselves with their families if they so wished and forget they were in a hospice for a few hours.

'We may not be able to add days to life, but we can add life to days' and that is why we want to move to a new site. We strongly believe that the Norton Nurseries site will help us to give our

patients and their loved ones the best possible environment in which to share time together and create special memories when time is limited and especially precious.

For more information please log on to www.stlukeshospice.org.uk and click on the 'Future' button.



St Luke's current garden



The Norton Nurseries site

In the news

Congratulations Wheata Day Hospice

On the 3rd of August many staff and volunteers from Wheata joined together to celebrate 12 fantastic years at Wheata Day Hospice. The day hospice has now closed and has now combined with Beighton Day Hospice. This will give our patients access to a wider range of services and they will benefit further from additional facilities such as creative therapies, complementary therapies and hairdressing, which we have not been able to successfully sustain at Wheata.



Although it was sad to be leaving Wheata, staff and volunteers wanted to celebrate with all who contributed to providing patients with the support and care they needed. **Thank you for all your support over the years!**

ACORNS



(Advancing Care of Older People through Renovation and New Structures)

Work has now begun on the renovation of the new rehabilitation centre at St Luke's, which entails changing one wing of the Hospice into a new Therapy and Rehabilitation Centre. A generous grant from the Department of Health has enabled us to carry out this work. This refurbishment will enable us to bring the Day Hospice back on site and we are hoping that the work will be completed early 2008. **Watch this space**

A big thank you

For those who could make it, a great night was had by all at the annual summer barbeque and lots of awards were given out for long service, so a big 'congratulations' to all involved and thank you for all your support over the years.



Make a difference with every click

With every click you really can make a difference to St Luke's. This is an easy way to raise money for St Luke's at no cost to you. **www.everyclick.com** works just like any other internet search engine but also enables you to raise money every time you search the web.

1. Click on 'select the charity you want to support'
2. Type in 'St Luke's Hospice Sheffield'
3. Once the next screen opens click 'select this charity'
4. Fill in your details requested and click 'sign up'
5. To set everyclick.com as your home page, click on the house icon so that every time you want to search the web **everyclick.com** will appear as the search engine on your computer screen and money will be donated to St Luke's.

Bid for the perfect date, at our auction with a twist!

Friday 29th February 2008
Bramall Lane, Platinum Suite

At St Luke's first ever fundraising Bachelor Auction there will be a selection of eligible bachelors, who will be all up for auction, and the lucky highest bidder for each bachelor will win a wonderful dinner date. Men of all ages will be up for auction alongside a selection of different date packages at this light hearted evening.

Some very eligible bachelors have already signed up, so put the date in your diary and get ready for an exciting evening. If you would like to join in or become one of our eligible bachelors please contact Aimee Ward in the Fundraising Department on **(0114) 235 7554**



Make a deal and make a difference ...

Join in with St Luke's Hospice Make a Difference Week 28th October - 3rd November 2007 and help us to make a real difference. St Luke's is asking people to 'Make a Deal' to benefit the Hospice.

- **Do your friends love your baking? Make a deal and bake for a donation.**
- **Like to dress down at work? Why not make a deal with your boss and make a donation for the privilege.**
- **Like washing cars? Make a deal to wash cars in your community in return for a donation to St Luke's.**

To participate is easy, simply make a deal and then ask people to make a donation to St Luke's as a thank you. Every penny counts and will make a real difference to the people being cared for by St Luke's Hospice.

For more information please contact Kit Harris, Communications Manager on **(0114) 235 7559**, or email: k.harris@hospicesheffield.co.uk.

Great gift idea

Are you struggling to buy a Christmas gift for someone who has everything? Don't worry, St Luke's has the answer. How about one of our special virtual gifts?

The idea behind St Luke's virtual gift scheme is simple. Instead of buying a gift for a loved one, or friend, simply choose an item off the list below, send a donation to St Luke's and in turn this gift will benefit a patient at St Luke's. Each virtual gift bought will be accompanied by 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.**
- **£30 - A meal for two.**
- **£25 - One hour s care**
- **£50 - One home visit by our one of our specialist palliative care team.**
- **£100 - 24 hour s holistic care**

If you would like to order a gift, please contact the Fundraising Team at St Luke's on **(0114) 236 9911**.



A day in the life of the Community team

To care always

Would it surprise you to know that over 900 patients every year are cared for in the community by Specialist Palliative Care Nurses from St Luke's? There are many people who wish to remain in their own home during the course of their illness. Kit Harris, Communications Manager, spent the day with Anne Luscombe to find out what her role in the community involves and how St Luke's provides help and support in the community.

St Luke's Specialist Community Palliative Care Nurses (not to be confused with MacMillan Nurses) are solely funded by St Luke's. They have special skills and knowledge and a great deal of experience in palliative care. This enables them to support patients, their carers and families working alongside GPs and District Nurses in the community.

Anne works in the south east of the city and cares for approximately 36 patients. Her days are varied, and she spends time visiting her patients and their families as well as contacting them by telephone to check they are alright. On a daily basis she liaises with patients, GPs, District Nurses and Consultants

to name a few. Along with her colleagues Anne also provides advice to patients, carers, and health professionals on St Luke's 24-hr help line which the team cover Mon-Sun 8.00am - 8.30pm. After these hours the unit nurses cover the calls.

Each nurse has their own style of nursing and Anne's is with a warm smile, an arm of support and a calm honest chat as she openly talks about patient's symptoms, how they are coping and, above all, what can be done to improve the patient's quality of life. So how does Anne sum up her job? "Well, my job is all about offering advice and giving the best possible quality care."

"It is a partnership between the patient and me. I develop a care plan with my patients to help tailor their care to what they want. I'm not just there for patients I'm there for the family if they are struggling. I also work with many specialists at hospitals and build good relationships. This helps my patients' care to be seamless. The job satisfaction is unbelievable; I wouldn't want to do anything else".



Anne and Kit



The first patient I met had been in Anne's care for about 6 weeks and is living at home with her partner, who is also ill. I was struck by the honest and frank conversations that Anne had about their wishes and illnesses. One patient told me "She's honest we have to trust each other. If I wasn't honest with her and she wasn't with me, we wouldn't have that trust. I have faith in her, I can ask her rather than asking the GP; she's just what you need, she is just the tonic."

I thought coming into the home of someone in such a difficult situation, with a life limiting illness, would be very sad and awkward, but in fact there was lots of smiling and laughing, Anne is great at making patients feel at ease and visibly relaxed. She commented, "It is important that we are realistic and don't give false hope, a lot of the work is psychological. Quite often I walk away and feel emotionally drained. It's nice to be in a position to take some of the worries away just by speaking to someone". Anne said her goodbyes leaving two cards, one for the patient and one for the family too.

If Anne feels that her patient needs to see a doctor or a change of medication or help around the home then she makes it happen. She involves other Hospice specialists for example

physiotherapists, psychologists and Social Work Department, always making sure that the patient is at the centre of the care and fully understands and agrees with the actions that are being taken on their behalf. The role of the Community Specialist Care Team is that of a linchpin, taking control of a situation, increasing understanding and communication and removing the worry for the patient and family. Quite often family members and carers need to be strong for the person who is ill but who is looking after the carer? A serious illness can put enormous pressures on families, bringing them closer together or driving them apart. That's why we can involve the psychological team who can offer couple counselling .

Anne, summed up her working ethos, "To care always is my motto; I do for my patient what I would want done for my own family. My own experiences have shaped how I provide care. I want excellence for the patient and their family."

As I reflected on the day I thought that, unlike some hospitals, St Luke's is not about 'patients'. It is about individuals, their care and what they want - and that's what makes St Luke's so different. St Luke's line, under the logo, is "Adding quality to life' and I came away feeling that it sums up Hospice care beautifully".



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"I would like to extend my warmest appreciation to all the amazing staff at St Luke's. Our mum enjoyed both the twilight of her career and the twilight of her life around some fantastic and supportive people at St Luke's, words for which I cannot begin to explain."

Rudolf's Ride and Dashers Dash 9th December

Join in our special festive sponsored bike ride or run, whichever you prefer. However, there is a twist, all participants will be wearing Christmas deer antlers or even a whole festive fancy dress outfit, it's up to you! Starting and finishing at St Luke's there will be warm mince pies and refreshments to recharge your batteries. Please contact Aimee Ward on **(0114) 235 7554** to register or for more information.



Check out our latest shop

In September St Luke's opened its 7th Shop on Manchester Road in Stockbridge. The shop sells a wide variety of pre-loved goods, exciting new gifts, homeware, books, records, DVDs, ladies, mens and children's clothing. The shop will soon be officially opened by a VIP guest.

St Luke's shops bring in over £700,000 a year and provide a vital income stream that really does keep St Luke's caring. The

shops are mainly run by volunteers and we are now looking for more volunteers to help out at this exciting new shop.

Have you got a few hours to spare? Would you like to support St Luke's Hospice by volunteering? If so, then please call our volunteer recruitment line **(0114) 2357617** and ask for a volunteer recruitment pack or call in and speak with the Stockbridge Shop Manager.



Fundraising round up

Once again, there been lots going on to raise vital funds for St Luke's and we really appreciate it. St Luke's simply could not survive without your dedication and support. Thank you for helping to keep us caring and here are some of the ways you have been helping...

Step to the challenge

Pete Scott recently completed a massive 1,300 mile walk raising money and celebrating the memory of his wife, Sarah, who spent some time at St Luke's. Pete walked from Land's End to John O'Groats and then the famous coast to coast route from St Bee's Head to Robin Hood's Bay.



It's a knockout

Teams from across Sheffield raised over £4500 to date, by taking part in the fantastic It's a Knockout Competition. This superb event had everyone, those watching and participating, in absolute stitches laughing, it was brilliant. All the teams ended up soaked and covered in foam and the St Luke's Nurses team won the title of "St Luke's Champion 2007."



Four tops

Colin Lago ran the challenging Four County Tops of Derbyshire in aid of St Luke's. A gruelling continuous run of over 40 miles which he ran in an impressive 14 hours, 35 minutes and raised £400.

St Luke's Summer Garden Party

The many stalls sold plants, jewellery, tasty treats, great gifts, homeware music and plants to name a few. The sun even came out and the event raised over £11,000



Care for a Walk?

Over 60 supporters did care and walked all around Chatsworth Estate, and we raised over £2,000.



Marsden's music

Brian Marsden has been playing the organ at Hillsborough Shopping Centre in aid of St Luke's since 1990. His wife and band of kind friends and hospice volunteers have helped him collect over £10,112.00 over the years.



Concert for Marie

The Gee family organised a packed evening of entertainment in memory of Maria Gee. There was a variety of comedy, singing and music, a raffle and a sports memorabilia auction, altogether it raised over £3,000.

Balloon Race

In August St Luke's first ever balloon race raised over £14,000 at Sheffield Wednesday Football Club at Hillsborough.



Park Idol

Dedicated supporter Del Barnard raised over £400 at his 'Park Idol' musical and dance spectacular. Even though the event was rained off twice!

'Fare' way of raising money

Edna, aged 87 years, saved all her bus fare money and encouraged her friends to do the same and raised over £100 for St Luke's. "I told people even if you only put £1 in I would be grateful, you can even put 1p in it all adds up!" commented Edna.

Special birthday mini makeovers

A group of local youngsters enjoyed a special birthday party at our Abbeydale Road shop. The 13 innovative youngsters spent the day dressing up, just like the top TV makeover show Trinny and Suzanna.



Book Fair & Silverware Stall

St Luke's volunteer, for 35 years Julia Hitchens, organised a wonderful book sale and raised over £1,000 to date.

Fancy that

A group of supporters, in fancy dress, walked all the way from Northern General Cancer Unit to St Luke's and raised over £700.



Clever lottery winner

One of our oldest lottery players, who is 94 years young recently won the second lottery prize of £125. The lucky lady is thought to be the oldest university student in Yorkshire; she is studying Creative Writing at Sheffield Hallam. **Good for you!**

If you would like a chance of winning in St Luke's Lottery then please contact Pete Seal, Lottery Manager, on **(0114) 255 3552**.

Lotta Lottery

This year the Christmas Draw is a completely separate event from the regular weekly lottery with a fantastic first prize of £2500, 2nd Prize £750, 3rd Prize £500 plus many other prizes kindly donated by St Luke's supporters. Wherever possible we always try to reduce costs to save valuable resources and this year we have had our tickets produced in books of ten rather than five. This is because purchasing in this format reduces costs and enables us to save on repeat mailing costs when people request more than five tickets. We would like to stress, that no-one should feel under any obligation to purchase the whole book and we will be very grateful for whatever contribution you are able to make.

Good Luck!

Volunteer Week

In June we celebrated National Volunteers' Week and over 100 of our volunteers joined in a series of special coffee mornings. It was great to all get together, catch up with old friends and celebrate everything our volunteers have achieved over the years.



Welcome to

New Trustee, Hazel Wills who recently joined the Board of Trustees. Hazel will be Patient Carer Trustee and brings with her a wealth of experience.

Beautiful Festival of Light adds a Christmas sparkle to St Luke's

On Sunday 2nd December St Luke's will be opening its grounds for the breathtaking annual Christmas Festival of Light. This year the lights will be officially switched on by David Baldwin, a great supporter of St Luke's and owner of Baldwin's Omega.

Throughout the Hospice grounds the trees will be twinkling, decorated 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. If you would like to dedicate a light, at a minimum of £5 each, they are available on the night or you can dedicate one before the switch on by calling St Luke's on **(0114) 236 99 11** or filling out the attached form.

Music will be provided by the Holymoorside Band and some of St Luke's own Community Nurses who will be leading the carol singing. There will also be delicious refreshments to keep you warm, including coffee, homemade soup, mince pies and mulled wine.

Don't worry about parking, Tesco and 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.



St Luke's Hospice Festival of Light 2007

Dedicated in honour of a very
special person or persons.

Please complete the form in BLOCK capitals

Name of Donor

Company or Organisation (if appropriate)
.....

Address

Postcode

Daytime Telephone No:

Dedication for entry in the Commemorative Book
(minimum donation of £5.00 per dedication)

In honour/memory of:

For official use only:					
	Date	Initial		Date	Initial
Master file			Dedication Card		
Data Input			Letter		

I enclose a cheque/cash/card payment for £
(Cheques payable to St Luke's Hospice)

Switch Visa Mastercard

Card Holder's Name

Card Number

Start date Expiry date

Issue Number Security code
(switch only) (last 3 digits on signature strip)

Your gift could be worth more!

Do you pay tax? If so your gift will be worth an extra 28% to us at no extra cost to you! All you have to do is tick the box below and we can claim an extra 28p for every £1 you give us from the Inland Revenue

Please treat any donations I have made over the past 6 years from the date of the form and all future donations I make as giftaid

Sign Date

Dedications can also be made through our website via paypal
www.stlukeshospice.org.uk

Please return the completed form with payment to St Luke's Hospice,
'Festival of Light', Little Common Lane, Sheffield S11 9NE

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Dates for your diary

Voices for Hospices Banner Cross Methodist Church
6th October (7.30pm start)

Make a Deal, Make a Difference
28th October - 3rd November

Christmas Cards & Alternative Gifts on Sale
November

Autumn Fair St William of York Parish Centre
Ecclesall Road, Sheffield
15th November 10.30am - 5.00pm

Festive Fashion Show Grosvenor House Hotel
25th October (8pm - tickets £5)

Kelham Island Victorian Xmas market
1st & 2nd December from 10.00am

Festival of Light St Luke's grounds
2nd December switch on at 6pm

**Service of Celebration & Thanksgiving
at Christmas** Sheffield Cathedral
9th December 2.30pm

Dashers Dash & Rudolf's Ride St Luke's Hospice
9th December 9am registration

Bachelor Auction Bramall Lane Platinum Suite
29th February

Chatsworth Dinner Chatsworth House
1st March 7.30pm for 8pm

Fashion Lunch
7th April

Care for a Cuppa
Throughout May

Golf Day
13th June 8.30am first tee

Balloon Race
August

Gourmet Dinner
10th October

In touch newsletter has been printed on paper made from sustainable forests. Designed by Sugarcanec Studio.

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 the Fundraising Department.

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Email: stlukeshospicesheffield.co.uk

Website: www.stlukeshospice.org.uk

Once you have finished reading this newsletter why not pass it on to a friend? Not only will you be saving valuable resources you will also be giving St Luke's the opportunity to find new supporters

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