

# in touch

May 2008



## Looking to the future...

At St Luke's we're fully committed to providing the best possible care for our patients and their loved ones. We want to be able to continue this ethos for years and years to come and so as you may be aware, we are looking to relocate.

Little Common Lane has been a fantastic home for us for more than 30 years but unfortunately the facilities are starting to look a little tired and the limitations of the building mean that we are unable to accommodate some of the most cutting edge technologies in palliative care.

Supporting our patients in every possible way is paramount to us and we want to be able to continue to be a leading centre of excellence in the field of palliative care. Therefore we must evolve to be able to secure the best possible facilities for all.

We have a vision for the future, one that has been created with the best interests of patients and their families in mind.

Unfortunately we do not have the scope to extend and change the design of the Hospice at Little Common Lane but this gives us the



opportunity to think about the kind of environment we want to create for the future and the surroundings the facility should have.

Sheffield is a very green city and many of our patients and their families enjoy the outdoors. We want the new Hospice to have extensive gardens that can be used by all. Being able to spend time outside with family and friends in a relaxing environment has great healing qualities.

We want all of the rooms in a new Hospice building to have views over green space and direct access into the garden. We don't want

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### Looking to the future cont...

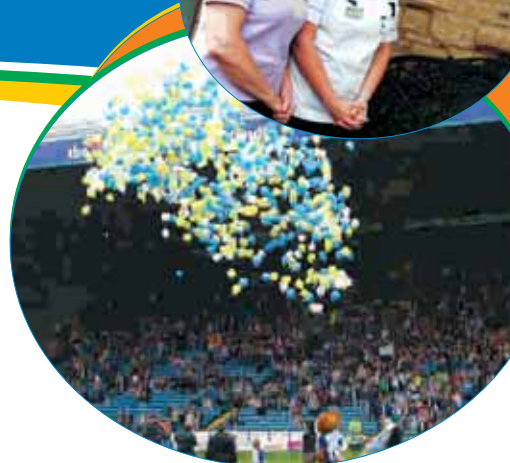
to be surrounded by residential housing and want at least two sides where the views are uninterrupted but we don't want the Hospice to be isolated. Access to public amenities is important for patients and their families and we want to be part of the community.

We want all our patients to be able to enjoy a single room where they can spend time uninterrupted with their family and have the space for people to stay over.

We want a new Hospice to have stronger public transport links than Little Common Lane and more parking facilities to ensure that family members and loved ones can visit easily and without any additional transportation worries.

But any new Hospice building will continue to have the same warm friendly, caring atmosphere that we're so proud exists at Little Common Lane.

Norton Nurseries is the best possible site where we believe we can provide a first class location for our new centre of excellence for end of life care. St Luke's continues to seek backing for the new hospice which would be envied worldwide and provide what our patients and our city richly deserves. Please see page ten for information on how you can help.



## Up, up and away

Join in with the St Luke's balloon race and you could win a totally amazing helicopter flight over the breathtaking Pennines. The balloon release will happen at Sheffield United Football Club in August at the first home match of the season, prior to kick off, when a special VIP guest will release all the balloons. The person who adopted the balloon that travels the furthest and has its ticket returned to St Luke's will win a Dam Busters Flight over the stunning Yorkshire countryside.

Simply adopt a balloon (we suggest a donation of £5) from any of St Luke's shops, S.U.F.C shop, the Blades Superstore or contact the Fundraising Department at St Luke's on (0114) 236 9911. Balloons will also be available on the day.

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"The staff at St Luke's were brilliant throughout, but particularly in mum's last week or so, a couple of the doctors went way, way beyond the call of duty, and my father and I will never forget what they did for her."

Quote from daughter of a patient

## Benefits of being 'single'

While St Luke's is proud of its reputation for having a caring, friendly, community atmosphere, staff and volunteers also recognise that people appreciate privacy too.

The majority of the rooms at Little Common Lane were designed in the 'Nightingale' style with five or six patients sharing. This enabled the nurses to spend as much time as possible with the patients. This layout was thought to be the best approach when St Luke's was created in the early 1970s.

We also have five single rooms that enable patients and their families to spend quality time together in a private environment. And this approach has benefited hundreds of patients who have appreciated the 'home from home' setting.

Julie Kenny's brother, Stephen, experienced both a mixed and a single room at St Luke's and it was the single room that was most appreciated by both Stephen and his family who wanted to spend as much time with him as possible.

Said Julie: "Stephen and his wife lived for each other and had rarely spent a night apart in the 32 years of their relationship. When Stephen was first admitted he was in a six bed ward which offered this quiet and private man none of the privacy he needed.

"Whilst he was happy to be at St Luke's to regulate his medication he desperately wanted to be in a single room. When he was

re-admitted he asked if he could have a single room and fortunately his request could be accommodated.

"Despite his illness Stephen felt lucky to be in this room and, as a result, his wife was able to stay with him in a rollaway bed by his side for the last five weeks of his life. In this room Stephen and our whole family were able to spend quality time together, talking, crying and coming to terms with his illness.

"All the staff and volunteers at St Luke's made Stephen's last weeks comfortable and bearable, treating my brother with respect and loving care but the fact that he was able to be in a single room really made a difference to his quality of life in his dying weeks."

In the future, St Luke's hopes to create a facility with more single rooms to enable as many families as possible to enjoy precious time together.

Julie added: "I hope one day there's a St Luke's that gives all patients the ability to have a room and bathroom facilities of their own and allow family members to stay with them. It should not just be for one or two lucky patients, but all patients because in my experience it is not just a 'nice to have' facility but a 'must have' facility for all patients at this most difficult period of their life."



# Fundraising roundup

Together we really do all make a difference

There has been lots of fundraising taking place across the Sheffield community and here are a few examples of how it was done!

## Bachelor Auction

In February a host of eligible bachelors auctioned themselves off at St Luke's first ever Bachelor Auction. The entertaining night raised over £5,000 and, who knows, there may even be wedding bells in the future!



## Dinner Raises Thousands

St Luke's annual dinner at Chatsworth raised a glittering £4,120 and a fabulous night was had by all.

## Fashionable Lunch

12th annual fashion lunch raised over £2,700 and showcased a range of fashions from Atkinsons.



## No Horsing Around

Customers and staff from the Horse and Jockey Pub in Wadsley recently cycled the famous Lands End to John O'Groats and raised £1,600.

## 'Jewel of a Challenge'

Seven girls from Myers Grove School, have been fundraising after one of them lost her Grandma at St Luke's. The group have been making jewellery and selling it at various places throughout Sheffield and made a sparkling £1,279.60

## Fair cop

South Yorkshire Police raised over £1,000 through cake baking and a Christmas raffle.



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"I just wanted to say thank you to all your staff and that included absolutely everyone I came into contact with. They were all absolutely wonderful. My mum instantly felt she was treated like a special person, not an ill old lady."

Quote from family of a patient



### Charity Gig

Local band 'The Ruze' held a charity gig at the Bannnerdale Centre to raise money for St Luke's and the Teenage Cancer Trust. The night made a rocking £400.

### Abbeydale Grange School

A small group of Year 10 students have been producing cloth bags with unique prints and selling them as part of their citizenship project. They presented a cheque of £108.

### OR8 Our Kids II

The night at West Street Live raised just over £2,000 which will be split between St Luke's and the Children's Hospital. Special thanks to Craig Allen who organised the event along with friends from The Richard Hawley Forum.



### Floral Demonstration

Local floral artist Liz Helliker organised a floral demonstration at Tapton Masonic Hall in March and it was a blooming success raising £1,571!

### School Coffee Morning

A group of Y10 pupils from Wisewood Secondary School organised a Coffee Morning in the School's new Business & Enterprise Centre and raised a fantastic £120.72.



### Young, Fabulous Fundraiser

Joshua Connor Riley, aged 10, walked 1.3 miles and between him and his Mum they raised £150 in memory of Lesley Burrows, a family friend, who spent some time at St Luke's.



## Summer Fair

On Saturday 14th June, from 1.00pm until 4.00pm, St Luke's volunteers and staff will join forces to look after over 20 stalls at St Luke's ever popular annual Summer Fair.

The many stalls will be selling plants, jewellery, tasty treats, great gifts, home ware, books, music and records to name a few. There will be a fantastic raffle with top prizes including a £500 gift voucher for Selfridges and a VIP evening at The Walnut Club Champagne Bar. Tickets are only 50p each, and are available from St Luke's reception area and the Hospice shops beforehand or on the day.

We've even got transport covered; a Park and Ride service has been kindly provided by First South Yorkshire Ltd. and Tesco, Abbeydale Road. The first bus leaves Tesco for the Hospice at 12.30pm and leaves from the lower car park at Tesco throughout the afternoon.

We are still looking for goodies to sell, so if you can help us by donating remnants (cotton, and upholstery), plants, books, used cards, bottles, soaps & toiletries, jewellery, records, CDs and DVDs would be appreciated.



## Hospice founder hopes for future at new site

*When Professor Eric Wilkes proposed creating the first hospice outside London in Sheffield he received widespread hostility from the media and many members of the public. As debate about the proposed relocation to Norton Nurseries continues, Eric, one of the country's most eminent experts on palliative care, reflects on the fight he won and his hopes for the future of St Luke's.*

*"As a society we're very resistant to change and nowadays people aren't used to handling death. 150 years ago it was very much a part of life and it happened regularly to people of all ages. The very idea of coming face-to-face with death is something that most people can't handle and subsequently the concept of a hospice scares them.*

*"I was prepared for some criticism because in medicine you mistrust the new but the plans were met with severe hostility. There were demonstrations against the concept and outright hostility from many people. They thought it was a ghastly idea and people were very rude about me.*

*"Fortunately we managed to convince the local health authority that it was a good idea and we undertook a massive campaign to generate funds. It cost £125,000 to build the St Luke's that stands on Little Common Lane today. It was a huge achievement to raise so much.*

*"The quality of our care became legendary and still is. Those who were so opposed to*

*the hospice were able to see the benefits and were won round.*

*"We went on to create the first day unit for the terminally ill in the country, with many others following suit. St Luke's continues to educate hundreds of students. We also have a drop in centre for the bereaved which can help tremendously.*

*"My wife and I were having a meal in the pub recently and a woman came up to me to thank me for the bereavement service and the support groups that occur as a result. Her husband died ten years ago and yet her group still meet regularly and go on holiday together.*

*"If we're pioneers, which we as an organisation*

*have proven to be, we need to continue to lead and to embrace the necessary change. We need to be able to continue this legacy.*

*"Unfortunately the current site isn't good enough anymore. St Luke's is a cramped site without the necessary room to expand.*

*"If Sheffield doesn't want St Luke's then the city will manage but it shouldn't have to make do with inferior facilities. The city and its people deserve the best."*

*We want to create a world class centre for end of life care and Norton Nurseries is the best possible location for this. For details of how you can help please see page 10.*

### **Will Power – Sheffield Hospices' Will Month, throughout May**



Where there's a will there's a way - and there certainly is when local hospices join forces. In May St Luke's will be joining with BBC Radio Sheffield, and Rotherham, Barnsley, Chesterfield and Doncaster Hospices to create a Free Will Month.

Nearly 20% of St Luke's total voluntary income comes to the Hospice because people very generously leave us a gift in their Will. This source of income forms a vital and significant contribution to our funds and helps to ensure that we can continue to help those who need our specialist care, whilst helping us to safeguard and plan for our future.

There are many good reasons why you should make a will; peace of mind for you, adequate provision for your family and

friends, and the knowledge that your wishes will be carried out. You can control what will happen to everything you own, even specify your funeral arrangements and appoint legal guardians for your children.

From the 1st-31st May a number of solicitors across Sheffield will be offering to make or update simple Wills free of charge in return for a donation to St Luke's. For more information please contact Sue Hessey on (0114) 235 7560, [s.hessey@hospicesheffield.co.uk](mailto:s.hessey@hospicesheffield.co.uk) or listen in to Radio Sheffield nearer the time.



## One for the ladies

Ladies Day: Owlerton Greyhound Stadium is holding its annual Ladies Day on 1<sup>st</sup> July 2008 and has adopted St Luke's as the chosen charity. This year the theme is WAGs (footballers Wives and Girlfriends) and will surely surpass previous Ladies Day events. There will be an opportunity to win prizes for best hat of the night and a chance to meet some real life WAGs. Information can be found at [www.owlertonstadium.co.uk](http://www.owlertonstadium.co.uk) or by calling Owlerton on (0114) 234 3074. Tickets range in price from £12 to £30.



## Carer's week 9th-15th June

During this week St Luke's will help highlight the impact caring can have on carers' health and well being. The Rehabilitation team will offer advice on support that is available. Come along and join us or contact Sallie Rainbow on (0114) 2357 531 for more information.



## Barlow 'Last Night of the Proms'

The Fono Philharmonic Orchestra present 'The Last Night of the Proms' on Saturday June 7<sup>th</sup> 2008 in the grounds of Barlow Village Hall. Tickets are £20 and all proceeds from the night will be split between St Luke's, Ashgate and the Mayor's 2008/09 Appeal.



## In the bag - Limited edition bags

St Luke's is now selling environmentally safe bags which are specially branded and available in various sizes from all St Luke's shops and the main reception area. All profits will go towards keeping St Luke's caring.



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"Again, I would like to say, what an immense difference it made to mum and all the rest of the family that our mother was able to die in such a peace and dignity. Thanks to your skill and commitment of your staff."

Quote from family of a patient

## 60 seconds with...

### Lorraine West, Occupational Therapist

- **How long have you been at St Luke's?**

About eight years.

- **How would you describe your job?**

As an occupational therapist (OT), I work with our patients in both the Hospice and their homes to assess and problem solve the difficulties they may have in any of their everyday activities in order to try to help make these activities easier. This could range from a difficulty in getting out of bed independently, to being able to carry out a leisure interest such as gardening, or advice on managing fatigue to allow a person to do the things in their day that matter to them most. My aim is to maintain people at their best level of independence and quality of life.

- **What do you do on a daily basis?**

My day starts with a multi disciplinary team handover with other professionals from across the Hospice. I then move on to the Therapies and Rehabilitation Centre for the day patient handover, after this I join the OT Volunteers, and Anne Wilkinson, Occupational Therapy Assistant, to update them on all the patients. It seems like lots of meetings, but they are all essential for good communication and to enable the team to prioritise work for the day. Most days include at least one home assessment visit. This gives the patient, their family and the team an opportunity to see how the person will manage at home to ensure that their discharge is a success and that a difference has been made to their life.

- **What is the most rewarding part of your job?**

It is often the little things that make a difference. Finding a piece of equipment to help someone be independent, to improve their quality of life, is always brilliant. I recently suggested a long handled sponge to allow a lady to wash her feet on her own. She thought it was fantastic. She was able to wash herself independently without the need for carer support.

- **How you work with other departments in the hospice?**

At St Luke's we are one big team, all working together, with the patients and their families always coming first. If one part of the team was missing it wouldn't work. The OT, Physiotherapy and Well Being team all share an office so that gives us regular opportunities to discuss our patients. The Social Work team work closely with us when we are involved in discharge planning. In fact, I would have to say that we work with all departments!

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

There's been an awful lot! When I first started I worked one day a week on the In Patient unit, the rest of the time at Beighton Day Hospice. Looking back and seeing how far we have come in recent years is fantastic. Liz Symonds, Occupational Therapist and myself now both provide a daily service to the In Patient unit and to the Therapies and Rehabilitation Centre with an OT assistant and a great team of volunteers who have recently become part of our service.



# In the news

## In the news

In February, Lynne Potter, one of our Community Specialist Palliative Care Nurses made her second trip to Egypt to offer advice and help staff to develop the first ever hospice in Egypt, St Marks. Palliative care is in its very early stages in Egypt so it is great to be able to share the experiences and expertise of St Luke's.



## Relocation round up

You may have been following the debate surrounding St Luke's and our proposed relocation to the Norton Nurseries site. We were hoping that we would have had more information for you by now, but unfortunately the decision on the land has been delayed. Since the last issue of in touch a meeting has been held with the Charity Commission and they have confirmed that there is no legal reason why the site cannot be acquired by St Luke's.



Norton Nurseries is still our preferred site for many reasons, it will enable our patients to have direct access to gardens, benefit from single rooms and we plan to develop the area so the public can also benefit from gardens that are not currently publicly accessible. If you would like to find out further information or to help our plight please log on to [www.stlukeshospice.org.uk](http://www.stlukeshospice.org.uk) or contact Kit Harris on (0114) 235 7559, email: [k.harris@hospicesheffield.co.uk](mailto:k.harris@hospicesheffield.co.uk)

## Welcome to...

Towergate Lifestyle, GB Building Solutions, Royal Bank of Scotland, VSI Limited, Abbey National, Yorkshire Bank, Freeman's Catalogue, HTSE Business Solutions HSBC, Marks & Spencer in Fargate, Marks & Spencer in Meadowhall and Virgin Media, Sheffield who have all adopted St Luke's as their nominated charity. Thanks for your support!

## Fond farewell to Christine Sammans, Volunteer Co-ordinator

Christine, who retired in April, has been with St Luke's since April 1987; she knows all of the Volunteers at St Luke's Hospice and will be missed by all.

# Its a lotta lottery rollover



On 6<sup>th</sup> June 2008 St Luke's lottery prizes will be restructured. This will allow a ROLLOVER of up to £10,000 on the new second prize of £350. The jackpot will remain at £2,000, second prize £350 with Rollover if not won and third prize £150. There will be a further one hundred £5 prize winners.

Playing St Luke's Lottery is a great way to support Sheffield's only Hospice, and help keep St Luke's caring. So why not join today? Everyone is a winner!

**Pay only £1 a week and you could win...**

**1<sup>st</sup> Prize £2,000**

**2<sup>nd</sup> Prize £350**

**3<sup>rd</sup> Prize £150**

**Another 100 winners each receive £5.**

## How the lottery works

When you join St Luke's lottery you will be allocated a unique 5-digit number for every £1 you have agreed to pay weekly. This number will remain yours for as long as you wish and you can have as many numbers as you want.

## How you can join in

To help us make a difference is easy, and so is joining St Luke's Lottery.

Simply fill out the form on the reverse and return it to St Luke's lottery office along with your choice of payment.

Playing costs just £1 per week. Players must be aged 16 and over.

## There are three ways you can play

### 1) Standing order

The easiest way of all! Simply fill in the form attached, this is the easiest way for you and us. It is also the most cost effective way for St Luke's as it saves on administration costs.

### 2) Cheque

By sending us a regular cheque or postal order. You can choose to pay monthly, every 13 weeks, six months or a year. We'll send you a reminder when your next payment is due.

### 3) Cash

We have registered collectors in most areas of Sheffield. All carry identification. Please call the Lottery Hotline on (0114) 255 3552 and we will see what rounds are available in your area.



