

St Luke's **Intouch**

Our latest magazine –
jam packed with stories
about how your support
makes a difference.

Taking care of
those you love

Pg 3

A novel way
to fundraise

Pg 11

A new breed
of volunteer

Pg 13



Latest news on
our people, work
and supporters.



Sheffield businesses rise to the challenge

They dressed up, they dressed down, they walked, they ran, they cycled, they rowed... and they raised a remarkable £200,000 for the Master Cutler's Challenge 2019.

The Master Cutler's Challenge is the annual event which sees businesses, groups and individuals sign up to use their entrepreneurial skills and teamwork to make as much money as possible, all in the name of charity.

The 2019 challenge – hosted by 2019 Master Cutler Nick Cragg – was supported by more than 90 businesses across Sheffield and Rotherham, with activities ranging from dress up days and black tie dinners, concerts and auctions to cycling and rowing challenges and even Tough Mudder events.

The money raised will support the vital work of St Luke's and Rotherham Hospice, with a proportion of the funds also going to the Cutler's Company Charitable Trust, to be donated to a wide range of smaller charities.



Shining a light for loved ones

It was fantastic to see a record number of people at our 22nd Festival of Light in December, hosted by BBC Radio Sheffield presenter and keen St Luke's supporter, Paulette Edwards. Paulette was joined for the light switch on by Mary, whose husband Chris was a patient at St Luke's last year.

Festival of Light is one of our best-loved events, and last year's campaign raised over £50,000 towards our care. This incredible amount could pay for over 225 home visits to patients by our integrated community team. Thank you to everyone who supported us and joined us on the night, including our event sponsor Henry Boot Plc. We hope to see you again next year.

You can see photos of the event at www.stlukeshospice.org.uk/gallery.

Taking care of those you love

Like so many young couples, Andy and Felicity Gilligan were too busy enjoying their life together with their two young children to think too much about making a Will.

All that changed after Felicity discovered she had inoperable secondary breast cancer and she became a St Luke's patient with just a very short time to live. *"It wasn't meant to be happening, it wasn't what I had planned for my life, for our life,"* Andy says as he recalls how Felicity was guided by solicitors to make a Will in order to plan her family's future. *"They guided some conversations for her so I could find out what she wanted for her children and for me."*

After Felicity died, Andy realised that he too needed to make his own Will, which is when he took part in our St Luke's Will Month.

"I did the Will for myself and for my boys," he explains. *"It just gave me the reassurance that everything was in order."*

Our annual Will Month campaign encourages people to make or update their Will to protect their loved ones future. Throughout April, participating solicitors across Sheffield will draw up a basic Will in return for a suggested donation to St Luke's of £100 for a single Will, £150 for a joint Will or £75 for a basic amendment. As well as helping to raise vital funds for St Luke's to care for more people like Felicity, our Will Month also helps people to save up to £100 on the average cost of standard Wills.

To find out more about Will Month call 0114 235 7551, email giftsinwills@hospicesheffield.co.uk or visit www.stlukeshospice.org.uk/willmonth2020

Left to right:
Felicity, Andy and
their children





Deputy E-trading Manager Tom Bailey, accepting donations from a supporter

An exciting new way to volunteer and donate

Work on our new retail Distribution Centre is now well under way, marking a major step forward in the way that we deal with the donated goods we're so lucky to receive from our supporters across Sheffield.

Our e-trading team has already re-located from our Crookes shop to the centre, based in Burngreave and very soon the whole centre will be up and running, providing a smoother way of processing all the donations our supporters drop off in our shops.

For anybody wanting to donate multiple or larger items, the Distribution Centre will offer easy access and better parking than most of our shops. If you have a St Luke's shop nearby, fear not, we will still welcome donations with open arms in all of our shops during normal opening hours.

Our shops raise almost £3million each year...

Don't forget that for larger items of furniture, you can call our Donation Line on 0114 235 7562 to arrange a collection at a time convenient to you.

The money raised by our shops make a huge contribution towards the cost of our patient care. This new Distribution Centre will help us continue raising this amount and hopefully more, but to achieve that we are looking for volunteers to join our existing team. Come along to our Distribution Centre Open Day on Thursday 19 March to meet the team and find out more information on our volunteer roles and the support we can offer. Visit www.stlukeshospice.org.uk or call our 0114 235 7548 to find out more.



Our Crookes shop is about to undergo a refurbishment. We will be open during the works but with limited parking and drop off space. Don't forget you can now drop off donations at our new Distribution Centre on Fieldhouse Way, Sheffield S4 7SF.



Above: Tim Wilson, E-trading Manager



Left: Julie, E-trading Volunteer

Continuing to make impact in Sheffield and beyond

It's been a busy but incredible year for St Luke's.

Last year saw our clinical teams care for a record number of patients across Sheffield, helping 1,834 individuals through 2,866 spells of care as well as providing support to their families and friends. These, together with our clients at Clifford House, mean that we've supported around 6,000 people in total.

As a St Luke's supporter, you have been integral to helping us increase our impact across Sheffield so that we're able to continue providing Outstanding care to those in need. To see the overview of everything your support has helped to make possible, please visit www.stlukeshospice.org.uk/impact-report to see facts, figures and insights of what we do and how it affects those we help.

Thank you for helping us to care for so many people.

'It's the whole wrap around care that extends to all of us as a family that makes St Luke's so special.'

IN NUMBERS



1,700

patients were cared for in their own homes



323

patients were cared for at our In Patient Centre



538

people were supported by our bereavement counsellors

Continuing our outstanding level of care

Regular on the job training is a major part of St Luke's life, helping to maintain our standard and levels of service in all areas.

One of the most important ways of achieving this is through National Vocational Qualifications, better known as NVQs. The NVQ is a work-based qualification, which recognises the skills and knowledge a person needs to do a job.

The candidate needs to demonstrate and prove their competency in their chosen role or career path.

Our Housekeeping team have recently been completing NVQs to keep abreast with the latest developments in areas such as hygiene and infection control.

Mary Green, Housekeeping Teamleader, for instance, has completed her End of Life course, aimed specifically at learners who are working, or want to work, in health and social care.

The programme is ideal for those who wish to increase their understanding of end of life and develop their knowledge of the factors and issues that relate to providing end of life care.

At the same time, Mary's colleagues in the Housekeeping Team, Leah Parker and Denise Neely have completed their Infection Control courses and colleagues Jess White and Heidi Needham are currently following the same route.

Congratulations to them all for their dedication to ensuring the highest standards of care for our patients and visitors.

Left to right:
Leah Parker and
Mary Green



If you would like to receive a printed copy of our Impact Report 2020 please email info@hospicesheffield.co.uk or call 0114 235 7551.



Thank you to everyone who has supported us recently...

1. Kath and Ray Blackwell raised more than £1,000 when they took part in the Draper's Dance Centre Strictly Come Dancing event.
2. Seven-year-old Dorothy Mellon raised almost £700 with her own sponsored walk as she qualified for her Brownies' charity badge.
3. The annual Sheffield Charity Construction Ball raised £33,000 for St Luke's – the highest amount the event has raised since it began in 2001.
4. There were sporting gifts and a chance to chat with the stars as Sheffield Wednesday made a special Christmas visit to St Luke's
5. Sheffield United stars brought gifts and best wishes to Little Common Lane with their annual Christmas visit.
6. Car parking company Bank Park has raised £20,000 for St Luke's as its long-running support for our services continues.

...we couldn't do what we do without you!

7. STUDENTS from Sheffield's Razzamataz Theatre School raised more than £700 when they took part in Night Strider.
8. Patient Tracy Birtles' Big Beautiful Butterfly project raised more than £3,000.
9. Digital agency Hydra Creative will be supporting St Luke's as their Charity of the Year over the next 12 months.
10. The Annual Sheffield Festival of Athletics raised £1,000 in memory of St Luke's patient Theresa Marshall, whose dad Steve is an athletics coach.
11. Crystal Peaks were the sponsors of our 2019 Grand Draws.
12. Dave Smith retired from his post as Area Director South Yorkshire with TSB by organising a sponsored walk from Worksop to Retford, raising £1,905 for our care.



Left: Mary and Colin

Mary hits the jackpot with our Lottery!

It's not every day that somebody calls to say you've won a £15,000 lottery rollover prize, so it's understandable that when the phone rang with good news, Mary Gledhill thought it was her son making a joke.

It took a few minutes to persuade her that it really was the lottery team from St Luke's calling to confirm that she was the £15,000 lottery rollover winner.

"We support the St Luke's lottery because I had cancer myself a few years ago and I know how important hospice care is," said 81-year-old Mary, who lives with husband Gerard in Swallownest.

"I answered the phone and I really did think it was my son playing a joke on me, and when I told my husband he

thought exactly the same! We've been asked what we're going to do with it but for the time being we'll just put the money in the bank."

Since it was launched 25 years ago, our lottery has raised £16million towards our patient care. To find out how to support our work and be in with the chance of winning a weekly top prize of £1,000 or rollover jackpot of up to £15,000, visit www.stlukeslotterysheffield.org.uk

A novel way to fundraise!

Meet Dust Puppy the Prairie Dog, the latest children's story hero from Sheffield author Tracey Barker.

Tracey, our Medicines Management Site Coordinator, received great acclaim with her first book for children, Sansa (the Not-So-Smelly Skunk). In the same way that her debut rhyming story was based on her own pets, Tracey's second adventure is based on observing the trio of domesticated prairie dogs who live with her and husband Steve in Lodge Moor.

The illustrations for Dust Puppy's story are by Sheffield artist Pamela Redfern, whose daughter Catrina is part of our Reception team.

"When I mentioned that I was actually looking for a local artist to work with on the second story, Catrina mentioned straight away that her mum is an artist," said Tracey.

"Pamela did some initial drawings of prairie dogs which were absolutely wonderful and from there we liaised together. Even though she has been an artist for many years, this is her first book and I think the results are absolutely incredible."

Pamela said: **"I was thrilled and honoured when Tracey gave me this commission, which gave me a real boost. I have been receiving treatment for cancer, so having something like this to work on really lifted me out of the doldrums and it's been a wonderful experience."**

Dust Puppy the Prairie Dog is published by Austin Macauley and proceeds from the sale of all copies bought through St Luke's go directly to our patient care.

Pick your copy up from our reception shop at Little Common Lane. The book is also available to buy online in paperback from Amazon.





Zero waste fashion focus

Throughout November, students from the University of Sheffield were encouraged to think about how they can support our services through recycling and second-hand shopping as part of their zero waste campaign. To get things started a thrift shop and clothes exchange were set up in the Students' Union building on Western Bank. Students and staff could bring their good quality pre-loved clothes and buy other items, with profits and extra clothes going to St Luke's.

Students also visited our flagship shop in Crookes for a day of volunteering support.

"Charity shops are an ethical and sustainable alternative to fast fashion and throwaway culture, subjects which our younger supporters are increasingly aware of and keen to promote," said our Head of Retail Marie Egerton.

"Our shops provide good quality products to people at a price they can afford. This is something that the students are very aware of and they are already promoting recycling and the reuse of textile, garments and many other things. Students are also increasingly focussed on social action against fast fashion, and shopping at St Luke's is a fantastic way to do this."

Find your nearest St Luke's shop at www.stlukeshospice.org.uk 

A new breed of volunteer!

Meet Bruce, our Pets as Therapy dog and companion of Volunteer Hairdresser Erica.

Erica first brought Bruce to St Luke's to visit a friend's mum during her time as a patient, but after seeing the difference that one visit made it was clear that the much-loved family pet could be a perfect candidate for the PAT Dogs scheme.

"The impact of bringing Bruce to St Luke's is massive and everyone wants a piece of him," said Erica.

"Having him at St Luke's also helps to bring a sense of normality; a really normal vibe for patients."

Erica usually brings Bruce to St Luke's on the days that she herself is volunteering and visiting relatives who have become used to his friendly welcome often pop in to our salon specifically to see him.

But the biggest difference Bruce has made has definitely been to the lives of animal loving patients.

"We had one patient who had been here for eight weeks and had not seen his own dog at all in that time and who actually said he didn't want his dog to come in," said Erica.

"But one day I brought Bruce in to see him and after that he asked for his dog to be brought in for a visit – that's the difference that Bruce can make."



Everybody has time for you here

9 out of 10 of our patients are cared for in their own homes by our Integrated Community Team.

The regular contact with a Community Nurse is something that has proved invaluable to patients like Kieron, who was referred to our care following a diagnosis of Clear Cell Sarcoma, a rare cancer that is affecting his throat.

After initially feeling wary of his first contact with St Luke's, it wasn't long until 42 year old Kieron began to appreciate the level of care our Community Nurses like Annette, provide for to up to 400 people at any one time.

"I was a bit apprehensive about them coming. I suppose it was that uncertainty about what St Luke's would be able to do for me. But it's been fantastic just knowing that you have someone there who you can turn to."

Annette does so much for us – she tweaks my medication when that's needed, answers any questions I might have. She goes above and beyond – she's just brilliant!"

Kieron has also started attending our Active Intervention Centre, to receive physiotherapy sessions, designed to enable patients to maintain or regain strength, movement and functional independence.

These visits have also given him and Helen the chance to discover the high standard of food on offer in the St Luke's cafeteria.

"It's worth coming just for the food! But what's even better is that feeling that everybody has time for you here."

"You come to St Luke's and there's just a lovely aura about it. We feel supported."

Kieron's wife, Helen

Mixing with the community

Clifford House first opened two years ago to provide a sociable, open space for people affected by an illness that has no cure, at any stage of that journey, to give them the chance to take part in creative and wellbeing activities whilst finding support from others living with illness.

Some people come alone and others come with their partner, like Jeff and Liz. After 53 years of happy marriage Jeff and Liz don't feel the need to be together every minute of the day, so although they arrive at Clifford House together, that doesn't mean they have to share the same activities.

It was a neighbour that suggested that the couple should attend Clifford House sessions, especially as Jeff is currently receiving treatment for cancer. Being part of the Clifford House family has

given them both the chance to meet new friends and discover new talents, from indoor bowls to yoga and art!

"I thought coming to Clifford House would be a good idea because if anything happened to me Liz could keep on coming by herself. We only came to Sheffield four years ago to be nearer to our children and Clifford House has given us a way of mixing with the community. We have thoroughly enjoyed it and even if we do arrive together we don't mind if we aren't in the same room!"



For more information about Clifford House, please visit www.stlukescliffordhouse.org.uk or call 0114 235 7650.

"We've done lots of sessions, sometimes together and sometimes separate."

Jeff and Liz

Take on a challenge for St Lukes!

Whether you're taking part solo or want to rally a team together, there's plenty of active challenges to choose from in 2020.



Sheffield Half Marathon

Sunday 29 March, Sheffield City Centre

Dust off your trainers and join us for the most eagerly anticipated Sheffield run of 2020.



Abseil

Saturday 9 May, Owen Building

Abseiling is a major adrenaline rush and a great way to test your nerves, whether you're scared of heights or just fancy a challenge.



Skydive

Saturday 16 May, Hibaldstow Airfield

Embrace your wild side and experience the unforgettable thrill of a tandem skydive.



Yorkshire Three Peaks

Saturday 13 June, Yorkshire Dales

Three Peaks and 26 miles in just 12 hours. Are you up for the challenge? Join us on this amazing Yorkshire adventure.

For more details please visit www.stlukeshospice.org.uk/events

St Luke's
Little Common Lane
Sheffield, S11 9NE

T: 0114 236 9911
E: info@hospicesheffield.co.uk
www.stlukeshospice.org.uk

St Luke's Clifford House
Ecclesall Road South
Sheffield, S11 9PX

T: 0114 235 7650
E: cliffordhouseenquiries@hospicesheffield.co.uk
www.stlukesciffordhouse.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No. 254402