

St Luke's

Intouch

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

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Staff celebrating
our 50th year
in the gardens

Celebrating 50 years of care

This year is a very special year for St Luke's as we celebrate our golden anniversary and 50 years of care to the people of Sheffield.

It was in October 1971 that St Luke's Hospice, the first facility of its kind outside of London, opened its doors to the terminally ill people of Sheffield.

Through the vision and passion of St Luke's founder, local GP Professor Eric Wilkes, the public of Sheffield – volunteers, supporters, professionals and businesses – the St Luke's we know and love today was formed and since then has touched the lives of thousands of Sheffield families.



Over the 50 years, we have supported more than 40,000 patients and their families and now offer specialist care to almost 2,000 patients every year, with the majority of our patients being supported at home.

As we enter our 50th year, we want to thank all those who continue to strive to keep St Luke's here for Sheffield, for the next 50 years and beyond.

Get involved!

We're looking to share stories from people across Sheffield as part of our 50th year. If you have a St Luke's story to share, get in touch at www.stlukeshospice.org.uk/support/share-your-story

50 years in pictures

1. Building work on St Luke's Hospice, which opened in October 1971
2. The Prince and Princess of Wales visiting St Luke's in 1984
3. A cheque for £252 presented to St Luke's in 1985
4. Part of the team that keeps St Luke's running
5. The Duchess of Kent arriving at St Luke's for her visit in May 1986
6. Supporters of St Luke's parade through Sheffield city centre



EVENTS PLANNER 2022



Clockwise from top left:
Sheffield Half Marathon,
Celebration of Life, Festival
of Light, Skydive, Night Strider
and Yorkshire 3 Peaks



MAR 23

50th Raffle

50th

MAR 27

Sheffield Half Marathon

APR 23

Skydive

APR 1-30

Will Month

JUN 10

Golf Day

JUN 12

Yorkshire 3 Peaks

JUL 10

Celebration of Life

50th

JUL 17

Service of Celebration

50th

SEP 11

Skydive

SEP 25

Sheffield 10k

OCT 8

Night Strider

50th

DEC 4

Festival of Light

DEC 11

Service of Remembrance

50th Events celebrating our 50th year
Plus coming soon... **Secret Supper Club**

For full events details visit:
www.stlukeshospice.org.uk/events





Left: Sous-chef Claire with food parcels for our home based patients



Adapting our care

We have all faced challenges during the pandemic and our Clinical, Catering and Hospitality teams are no different. During a time when we haven't had the same contact in person, our teams have worked extremely hard to adapt their approach, but still deliver the same level of care and support for those who need us.

One area where we have extended our support in the community is through our food and linen parcels, a service offered to those we care for at home who may need extra support.

Containing items such as homemade smoothies, soups, fresh fruit, loaves of bread, fruit juices and cake traybakes, our food parcels are an excellent resource for people with swallowing problems, nutritional issues or for those who perhaps aren't able to get out to the shops.

Equally, our linen parcels, which include spare bedding, sheets and towels, are there as an extra helping hand for those we care for.

Our Lead for Inpatient Services, Emma Baldwin, tells us "Last year, we delivered around 23 parcels of food to our home-based patients each week, around 1,200 in total.

"Food and linen parcels have long been a service provided by us at St Luke's, but the pandemic has highlighted just how essential this service is at a time when people were unable to leave their homes and needed our support more than ever.

"We are taking a piece of the hospice home to people and for them, it is a lifeline."

Make a Will, make a saving and take care of those you love.

There are several things you might not know about wills, and how to get one. Did you know that according to research, three in five adults in the UK (59%) don't have a will? And did you also know that there are 5.4 million UK residents who don't know how to go about writing a will?

We know that making a will isn't an easy thing to think about, but we're here to help. Any big life event – such as getting married, welcoming a new baby to the family or buying a house – is the perfect reason to write or update your will.

By making a Will in St Luke's Will Month, you'll be getting peace of mind and great value for money, at the same time as supporting our patients and their families.

We've teamed up with local solicitors who will guide you through the process of drawing up a basic single or joint will, or amending an existing one. Best of all, your professionally written will is free of charge and you will instead be invited to make a donation to us in place of the solicitor's fee.

For more information and to book your appointment, please visit www.stlukeshospice.org.uk/willmonth

T: 0114 235 7553

E: giftsinwills@hospicesheffield.co.uk

Ps, if you have a friend who could benefit from this, please share this with them too!

Will Month

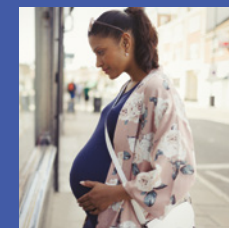
1 – 30 April 2022



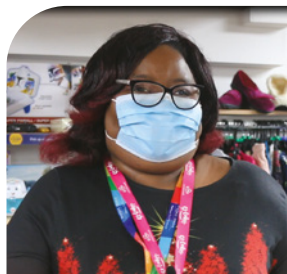
DID YOU KNOW?

Legacies are one of the most valuable and lasting ways you can support us?

You may choose to leave a gift to St Luke's in your Will (also known as a legacy), although this is not a condition of the scheme.



Volunteering is “like a warm hug”



New year, new you? Volunteering in our St Luke's shops is a really fun and rewarding experience, and the perfect opportunity for anyone looking to take on a new challenge.

But don't just take our word for it! Kemi Dina is a volunteer at our City Road shop, who came to us through a supported internship programme called NHS Project Choice, and quickly became a very valued member of the team. This is her story.

“My college introduced me to NHS Project Choice and starting the project was one of the best decisions I've ever made.

“I'd never worked in a shop before and everything is just fantastic. The customers are so lovely and the team here are really professional and give you the support you need.

“I love volunteering at St Luke's because it gives you a sense of maturity and the people are the nicest I've ever worked with. Volunteering here gives your heart that feeling of warmth - it's like a warm hug!”



Scan the QR code to watch Kemi's video!

Fancy making 2022 your year by volunteering with us?

Cheer on team St Luke's and volunteer at the **Sheffield Half Marathon** on **Sunday 27 March!**

Could your business do something amazing this year?

Why not enhance your local reputation and fulfil your corporate social responsibility by spending a day volunteering with our friendly Retail teams!

Find out more and get involved:

www.stlukeshospice.org.uk/volunteer/opportunities



Working towards sustainability

The team at our Crookes shop have joined forces with Sheffield charity, Aspire Community Enterprise, with a new recycling project in a bid to cut back on waste.

All electrical items donated to our shops are checked and tested for electrical safety before they can be resold, however some will not be fit for resale.

Our Crookes shop has joined up with Aspire to ensure that any potential waste is kept to a minimum. Parson Cross based Aspire is a social enterprise organisation specialising in electrical recycling, to provide a stable job and supported working environment for vulnerable or marginalised people.

The charity also operates a recycling centre which accepts most types of electrical items including computers, laptops, monitors and cables as well as larger items such as washing machines, cookers and dishwashers.

Our Crookes Shop Manager, Emma Hawnt, tells us:

“We are delighted that through this new partnership, every donation really does reach its maximum potential.

“It's a great example of two Sheffield charities working together to support the local area, local people and the local economy while demonstrating a positive response to the increasing awareness of environmental responsibility.”



i A recent survey of our shoppers told us that many of you would like to know more about our shops as well as how your support helps us!

We have 13 shops across Sheffield as well as our Donation Centre and eBay shop

In 2021, we refurbished our Clearance Outlet in Hillsborough where you can find amazing bargains

Our speciality shops can be found at our Nether Edge Boutique and Broomhill Vintage Shop

Chapelton, City Road and Crookes are our Furniture Stores

Each year, just 30% of our running costs are covered by NHS funding. By shopping in our shops, you are helping us keep providing our care across Sheffield every day



Home delivery of creative therapies

Alongside specialist clinical support, we are proud to deliver the non-clinical aspects of our care that help symptom management.

Through occupational therapy, wellbeing and creative therapies, we focus on offering fun and engaging activities, as we know that creativity and socialisation are two key pillars to feeling well.

Throughout the pandemic, our Creative Activities Room has been temporarily closed, but that hasn't stopped our teams from thinking up new ways to support those who need us.

Our Specialist Palliative Care Occupational Therapist, Lorraine West, and Activities Coordinator, Sophie Hales, tell us more.

"When people aren't well, the focus can be on practical support but it is equally important to maintain wellbeing, our hobbies and the things we enjoy."

"While people couldn't come to us, we wanted to develop something for those who are more isolated or who may have lost their interests due to illness and that's where our monthly creative packs came in."



"These packs are sent out to people's homes and each has a different theme, for example Christmas, gardening or scrapbooking, and are tailored to each individual depending on their needs."

"If a person has dexterity issues, we make brushes easier to grip or if they are hard of sight, we can personalise instructions to a larger font."

For the past eighteen months, the teams have also been running a weekly wellbeing quiz and support group over Zoom for patients, and service users.

"There is always fun, and always humour. It gives people a chance to connect with others, maintain social contact and good mental health. It became a constant during the tough months and to these people, it was invaluable."



Thank you to our wonderful supporters over the last few months. We couldn't do what we do without you!



1. All aboard! Abbeydale Miniature Railway's Christmas event raises a fantastic £1,053
2. Denise Wright honours the memory of four of her closest family members by raising a fantastic £1,053 through high impact fitness sessions
3. Eddie puts his best foot forward and pledges to run 100 miles for our Home Run
4. Swimmer Kate Watson takes the plunge and raises £3,000 with a chilly swimming challenge
5. Our December Festival of Light event raises a phenomenal £56,000 towards our patient care
6. Supporter Mary McGough makes a splash raising £3,000 with a swimming challenge in memory of her father, Patrick
7. PJ Taste deliver special festive hampers for our patients
8. A staggering £11,000 raised at supporter Karen Keady's glamorous Ball



Play to Win & Support St Luke's

Join us online at:

www.stlukeslotterysheffield.org.uk

1 IN 3
PLAYERS
WIN A PRIZE
EACH YEAR

MORE THAN
100
PRIZES EACH
WEEK

WIN UP TO
£15,000
ROLLOVER
JACKPOT

You must be 18 years or over to play

Licensed by the Gambling Commission.
www.gamblingcommission.gov.uk

BeGambleAware.org[®]