



friends

A newsletter from St Ann's Hospice

**INTERVIEW WITH CHIEF
EXECUTIVE TERRY
MCDONNELL**

**HEALD GREEN GETS
A NEW LOOK**

**CHELSEA NORRIS
ASKS US TO DIG DEEP**

**EXCLUSIVE
MUSIC MAESTRO
JOHN POMPHREY**

Fundraiser
Pete Gregory
takes a rest at
Base Camp

Everest





Happy New Year! There's so much to tell everyone about. Firstly, welcome to the new look St Ann's Hospice: reception refurbishments are now complete making a huge difference to all sites. Our new strapline, Every Day Makes A Difference, has been unveiled and we're really excited about the launch of our new website where you will find even more news, interviews and information for everyone. In this issue Chief Executive Terry McDonnell shares extracts from his fringe debate at the Labour Party Conference. Meanwhile we hear some truly inspirational tales from the world's tallest peaks, and we glimpse the good work you do for St Ann's. Plus, we get up close with St Ann's dedicated choir-master, John Pomphrey. Enjoy!

Guest Editor
Belinda Hanks
Special thanks to Jane Howitt for her assistance

Setting the gold standard



At the Labour Party Conference in Manchester in September there was a fringe debate sponsored by Help the Hospices and Marie Curie entitled "Whose Death Is it Anyway". Our Chief Executive shared his vision for St Ann's and the future of palliative care in response to The Government's recently published End of Life Care Strategy. One of many elements was the emphasis on people having the right to die at home.

Terry McDonnell

"At St Ann's Hospice we try to deal imaginatively with patients who still have dreams they wish to fulfil before they die. To give an example - two years ago a young Chinese student, 26, was admitted as an inpatient directly from a hall of residence. She had only days to live and our role was to try to control her pain and symptoms in whatever time she had left. She wanted to say goodbye to her parents who were unable to travel to England. Our staff arranged a video link to the patient's home with the help of communications experts in China and BT here in Manchester. We were able to ensure this girl was able to say her goodbyes to her family. That's good end of life care. That's not getting embroiled in where somebody should die or not die. That's about looking at the needs of the individual and the family and doing everything we can to meet those needs. The government's End of Life Care Strategy is about a great deal more than just having the choice to die at home - though that's important it is only one element of what good quality end of life care should be about. There are many people for whom dying at home is not an option - and for some people 'home' constitutes a variety of settings - I'm thinking of those people in nursing homes, residential homes and supported accommodation. I am always anxious when people try and come up with a solution that provides a 'one size fits all' approach to anything - life is never that simple.

"looking at the needs of the individual and the family"

Training is another important element of the strategy, ensuring health and social care staff, who are not specialist palliative care providers, are equipped to ensure that people, wherever they are, can face the last days of their life with dignity, with their pain and their symptoms managed as effectively as possible. St Ann's Hospice, like many hospices, has in-built expertise such as specialist education for nursing home and NHS hospital professionals and the provision of specialist skilled staff who can act as rapid response teams in the community. Founder of the modern day hospice movement, Dame Cicely Saunders, identified patients who had very little good end of life care 40 years ago. We have provided a gold standard in end of life care for decades and to see the government making a strategic commitment is heartening." To see the full interview go to our website - www.sah.org.uk

LOG ON



GET READY TO GO ONLINE. ST ANN'S HAS REVAMPED ITS WEBSITE TO OFFER MORE UP-TO-DATE NEWS, INFORMATION AND RESEARCH TO OUR PATIENTS, FAMILIES, SUPPORTERS, HEALTHCARE PROFESSIONALS AND STAFF



« Have a look at our new photo galleries, find out about our services or how to volunteer, browse the document library, or shop online from our eBay shop or from some of the UK's leading brands whilst benefiting St Ann's. To contact us about the website email jwatts@sah.org.uk or ring 0161 498 3629 or log onto www.sah.org.uk



Peter Labrow

The first thing to remember, says Labrow Marketing's Web consultant Peter Labrow who has been leading the redesign project with Jenny Watts from St Ann's over the past six months, is just how vital the web has become.

"The Web is the first port of call for most people looking for information" he stresses. "It's also being used by a wider demographic range of people. So, it's vital the Hospice gets it right."

The new site had clear goals. As well as a cleaner and more modern design, it had to be user friendly. "It needed to strike a balance between being informative and friendly. The old site didn't communicate clearly enough what the Hospice offers. We also had to be mindful that many visitors would be approaching it at a difficult time."

The content also needed to be clear. "We wanted to make the language less clinical," says Peter.

Getting the balance right was a challenge. "It was about understanding the business and restructuring how it is

communicated. For example, we made the training courses more visible and within the first week had six responses, which has never happened before."

Why use the website when you have Friends?

Simply because the Web provides a greater volume of information faster. "It's more up to date and in-depth," says Peter. "And gives a much richer experience."

It was a collaborative job. The site would not look the way it does without the hard work of the Hospice's Publications Officer, Jenny Watts and professional photography donated by Lesley Chalmers.

"Jenny has put a lot of work in," exclaims Peter. "And Lesley's images are excellent. Professional, but informal. It's gone a long way to balancing the site."

Fundraising & Communications Director Catherine Williams

"The web should be the driving force of all information about St Ann's. Reaching out there and encouraging others to find out more no matter where you live. It definitely offers a valuable resource."

Web wizard Jenny Watts



comments, "The growing importance of e-communications means it is essential for us to have a cutting edge website. We want the content to be driven by our users - information you would like to know, a place to advertise your event, display your pictures or Youtube videos of your fundraising."

Go to www.sah.org.uk now

Useful websites for you

Google: The powerhouse of the Internet. A search engine and a place to store documents online, email and more. www.google.co.uk

YouTube: A video-sharing website where users can upload, view and share video clips. www.youtube.com

Flickr: A place to store, sort, search and share photos online with family and friends. www.flickr.com

Wikipedia: A stimulating encyclopaedia of the modern world. www.wikipedia.org

Chelsea tells us to dig deep

"Forget the credit crunch," pleaded Key 103's Chelsea Norris as she cut the ribbon for Heald Green's Christmas fair. "Spend as many pennies as you can for St Ann's." The 27-year-old presenter (below left), who co-hosts the radio breakfast show for Manchester has been a long supporter of the Hospice. "St Ann's is very close to my heart," Chelsea said. "My grandad, Bob, didn't manage to get into a Hospice and didn't have great care when he died five years ago from cancer. It left our family very angry. I'm trying to channel that into something positive and spread the word about the great work St Ann's does. I think the people who work at the Hospice are angels and giving up some of my time is nothing - I just hope I can help in some way," she added.

An incredible £13,500 was raised at St Ann's Christmas Fairs. Corrie actress Sally Whittaker, aka Sally Webster (below right), opened Little Hulton's fair and said: "I had no idea this was such an amazing place."



Corrie star wins a Family Fortune for St Ann's

Ryan Thomas, aka Corrie's Jason Grimshaw, donated half his All Star Family Fortune winnings to St Ann's. The 24-year-old actor is one of a stream of celebs who have tried their luck on the legendary show, hosted by Vernon Kay. The Thomas family faced former EastEnders star Lucy Benjamin (aka Lisa Fowler) and her family.

Celebrating 30 years

In May 1979 Her Royal Highness, The Princess Royal, attended the official opening of the Little Hulton site accompanied by Matron Jean Gibbs. There have been royals and celebrities, loved ones, carers, patients and dedicated staff over the years. We look forward to celebrating Little Hulton's 30 year anniversary this Spring and sharing some of the stories from over the years.



A new strapline

Every day the Hospice provides essential care and support for patients, families and carers. And every day we have to raise £16,000 to run St Ann's, so every donation makes a vital difference. It's this message St Ann's aims to project as far as possible. New strapline 'Every Day Makes A Difference' has been created free by marketing agency And Partners. Creative Director Andrew Aulty said: "We wanted to highlight the positive difference that the Hospice makes every single day."



Sue Nicholls records radio ad to launch strapline

Buggie bonanza

A mountain of dumped prams at Manchester Airport has raised more than £1,000 for St Ann's. Buggies can be purchased from many of our shops. Trading Manager Anthony Lord revealed it was such a success that it will now be a permanent scheme.



These boots were made for walking

ADDLESHAW GODDARD

The Manchester Midnight Walk is back, starting at new venue, Manchester Central

What's new?

The event will march forward from Manchester Central (formerly GMex) on June 12 2009. We are delighted Addleshaw Goddard is once again supporting the event.

Target? "We want to match the £175,000 raised in 2008. Fingers crossed it will be nearer £200,000 - that will make an amazing difference," says Fundraiser Wendy Bray.

So exciting! With more space the thousands of supporters will be able to warm up indoors with lots of entertainment to keep them motivated and focused on the challenge ahead. We are hoping some Manchester movers and shakers will be there to open the event.

Fancy dress? It's not essential but the more the merrier! (see pictured)

Why we love it? Wendy explains: "It's a fun challenge, and for some people it's a way to remember loved ones. It's



about everybody coming together - young, old, individuals and groups of people too. Believe me, we've seen it all - even hen parties!"

Fundraising & Communications Director Catherine Williams added: "We're aiming for a fantastic experience before and after. Now that the starting venue is enclosed there are very few noise restrictions and the event will be just as much about entertainment as it is about the walk."

How to get involved? Early Bird Registration before Friday, March 20 is £12. £15 after that. Under 17s, £8. Just fill out our registration form. Go to www.manchestermidnightwalk.org.uk or ring 0161 498 3631.

St Ann's provides a WARM WELCOME



St Ann's is a place where everyone should feel welcome, secure and calm. All words that aptly describe the feeling you get walking in to our new reception.

Reflections on a wonderful transformation...

"It's wonderful to have such a bright and open space. I know from my own experiences that first impressions are very important at the Hospice. Patients and their loved ones are often scared of 'The Hospice' and have fears of it being a depressing and dark place. It is therefore fantastic that the new reception and coffee shop areas are so bright, clean and modern. People will no doubt feel

reassured that they have come to a good place. It is important for patients to be able to get out of their rooms and get a change of scene if at all possible. With the new coffee shop area being so light and airy it makes a great destination for patients to go and have a drink with visitors."

Judith Lacy, whose husband, Kev, spent his final days at St Ann's

"A welcoming space which introduces patients and their families to an environment in which, hopefully, fears can be assuaged is vitally important to patients, their families and visitors."

Sue Taylor, Inpatient Services Manager

"A lot of hard work has gone into finding funding to make this transformation happen." **Catherine Williams**, Director of Fundraising & Communications

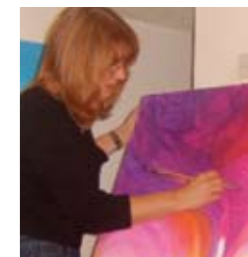
"The improvements to the access and the fact that patients come in under cover is great. First impressions are everything." **Volunteer, Pat Pembridge**



CUT GLASS: Artists Glennis Andrews (left) and Jack Lloyd (right) hang their stunning fused glass recycled images in our brand new reception. See more of their outstanding work at www.40beechroad.co.uk.

OPEN PLAN

After four year's planning we now have easier access into the building, better reception facilities, improved lighting and better use of open space for every visitor, patient, volunteer and staff who walk through our doors. A coffee lounge for visitors as well as a children's play area and two new relatives' sitting rooms make the transformation complete. Hospice Director of Finance Liam McCarthy told us it is a far cry from the old site. "Hedley Finn from the Kings Fund (healing environment consultants) said the old entrance 'belies the excellent work and high quality of services that St Ann's supplies to our patients and families.'" They can't say that now.



Lesley Bardsley brightened up the walls of Little Hulton.

"The artwork needed to be cheerful. Many patients and visitors look out over the grounds so I tried to bring a little of the outdoors, inside. A change of season theme highlights snowdrops, magnolia, wildflowers, autumn leaves etc., to reflect the fact our lives can be likened to the passing of seasons"



SOOTHING STILL LIFE: Students from specialist visual arts college Stockport School love creativity and a group of Year 10's have produced some inspirational work for this special environment. The tonal effects and vibrant colours in the textured collograph prints above and below feel just right and accentuate the ambience of the building and well-being of patients and staff.



INVESTMENT IN OUR FUTURE

A big thank you to everyone who helped make the refurbishment possible

- Department of Health - £153,720
- Percy Bilton Charity - £3,000
- Late Miss A E Hilton - £60,180
- Dowager Countess Eleanor Peel Trust - £7,500
- Hedley Foundation - £2,000
- Harrison Foundation - £25,000
- Ken & Sylvia Hymas Charitable Trust - £7,000
- Mr & Mrs B Ainscough - £2,000
- Christian Community Charitable Trust - £1,000
- Healthsure - £33,656.50
- Manchester Airport - £20,000



"We have had three major capital refurbishments recently. All the maintenance and support services staff have worked incredibly hard to make them successful!"

Julie Foley, Support Services Manager

Top of the World

WHEN KPMG'S KIT DICKSON AND LOCAL BUSINESSMAN PETE GREGORY SET OFF TO FULFIL THEIR LIFELONG AMBITIONS OF CLIMBING TWO OF THE WORLD'S HIGHEST MOUNTAINS THEY HAD NO IDEA WHAT A DEEP IMPRESSION IT WOULD HAVE ON THEIR LIVES.

Cho Oyu, 8201m
September 2 - October 14 2008



Kit



Below is an extract from Kit Dickson's account of his climb up Cho Oyu on the Nepal/Tibet border.

“Three o'clock in the morning. Each of us sitting with our backs against the canvas trying to stop the tent from being ripped off the mountain. The wind like a freight train,

“Step, breathe, breathe, step, you get into a rhythm.”

rumbling then dying away before starting again with renewed ferocity. We could hear people bellowing to each other in panic. 10 tents were ripped off the mountain that night... Clipping in and out of ropes all the way was 12 hours of pure agony, lungs on fire, every muscle straining, your throat rasping for more water. It was proving impossible to melt enough ice to cover the 5-7 litres of water needed every day.

We were inexorably getting weaker. But, the weather was perfect, crystal clear skies, no wind and the bluest heavens imaginable... Step, breathe, breathe, breathe, step, you get into a rhythm. Then, approaching camp 3 at 7600m I turned around and looked out, down on the world below. I drank it in.



Kit has raised £10,000



Pete



Everest Base Camp, 17500ft

Pete Gregory's excellent adventure

Why climb such a big mountain?
“I was bored with the beach.”

It sounds incredible. “I wanted to put myself through something: mentally and physically. But nothing could have prepared me.”

How long was the climb?
“10 to 11 days up, three days down. I think now 'how the hell did I do that! I hate heights so 17,602 metres isn't great, especially the vertical drops.”

What preparations did you need to make?
“I hired a personal trainer. We did strength training with Russian kettle bells. Lots of endurance and stamina work.”

“If somebody would give St Ann's £10,000 then I will do K2”

What was it like when you arrived?
“Absolute exhaustion. And a bit disappointing. There is nothing there! No big sign telling you you've arrived. Or a shop with souvenirs [laughs].”

You must have been on top of the world? “Not many people get to climb Everest. It's still sinking in. I'd have to conquer my vertigo, but if somebody said they would give St Ann's £10,000 then I will do K2.”

Pete raised over £7,000



How did you feel when you began?

“Really happy and exhilarated. We'd just flown from Katmandu to Lukla on a little twin-propellor plane. The mountains were spectacular. We were really up for it. The first day was a four-hours trek and I thought it would be a doddle. The second day it was a 45-degree climb. We walked like zombies. One foot in front of another. So hard! There are boulders and tree routes. It's uneven and dusty. On and on. Higher and higher. The oxygen comes back on the way down and you feel like you could run a marathon.”



MUSICAL INTERLUDE

Exclusive Interview

The choir's popular annual Christmas concert

St Ann's Hospice Festival Choir is a force to be reckoned with, raising more than £500,000 for St Ann's Hospice. It's a journey that began informally in 1991 but was officially established in 1994 with a Christmas concert at Stockport Town Hall. It's a success story that has included BBC Songs of Praise broadcasts, a performance of Messiah with the Hallé, annual Christmas Concerts at the Bridgewater Hall and numerous other concerts and recordings. Conductor John Pomphrey (pictured) talks to guest editor, Belinda Hanks, about music and St Ann's Hospice.

Music can bring joy...

Yes, absolutely – it has an incredible way of bringing people together as participants and listeners. But the Hospice Choir is so special because it succeeds not just in raising money but in bringing the work of the Hospice to people's attention.

When did you first fall in love with choral music?

I have been involved in singing and choral music all my life – as a singer and conductor. I love working with choirs of

all ages and to stand in front of a choir at the beginning of a concert knowing they are going to give their utmost for you is the most challenging but rewarding experience you could ever want as a musician. You know they are relying on you to bring out the best in them and this partnership is what makes every performance unique.

How did the choir begin?

A request from St Ann's to conduct a performance of Haydn's The Creation in 1991 as part of Voices for Hospices. The success of this prompted us to form our own choir and we started with 185 – as people come and go, we still have 185 members.

Most memorable moment?

Our recent concert and the first ever live broadcast from the Bridgewater Hall. It's an incredible venue.

How do you choose all the songs?

I spend hours selecting music that will interest, challenge and attract an audience. Preparation for the Christmas programme starts very early each summer.

Can anyone join?

There is a short audition and we have a rolling programme of voice appraisal for existing members. Enquiries to Sarah Clifford 0161 498 3630

Charitable giving

Donating your Life Assurance Policy can be good for the charity and give the donor a feeling of doing something worthwhile says Independent adviser, Jim Lawson from Charities Assurance Brokerage.

Having already arranged one such donation of £2,000 for St Ann's from Mrs Christine Mellor using Shepherds Friendly Society, Jim has also discussed the matter with Nick Hurd MP, the Shadow Minister for charity, who agreed when the donor pays premiums for a policy written in Trust for the sole benefit of their selected charity, they should be eligible for Income Tax Relief on their gift. It is not currently available under tax legislation.

"If relief could be granted for their donation, then more people would be willing to give in this way," enthuses Jim. "It is a very worthwhile concept because quite modest donations made when the donor is alive can generate a considerable benefit for charity after you die. For example, a donor aged 42 giving £25 a month to charity through a life assurance policy would produce £20,000 on their death for their selected charity." "In addition, an arrangement with somewhere such as the Friendly Society would enable donors between the ages of 50 and 75, who do not wish to answer medical questions, to participate." He adds: "It is such a good idea because for a modest amount, you can really do something worthwhile now, as Christine has done."

For more information please contact Jim Lawson on 0161 928 7696.



Every year St Ann's Hospice holds its annual Tree of Lights service at Manchester Cathedral. This year the three services were full to capacity as over 2,500 supporters met together to watch as the lights on the beautiful Christmas tree were lit in memory of loved ones. This annual service has become one of the highlights of the Hospice year, bringing comfort and peace to supporters and staff alike.

SPRINGING INTO ACTION

We find out why such a simple investment makes all the difference to patient care.



St Ann's Hospice has paid out several thousands of pounds for the repair and service of mattresses that we have had in situ for over 20 years," explains Julie Foley, Support Services Manager. "We have 58 beds and wanted to change our mattresses to a new system which provides maximum comfort for patients as well as being more cost-effective due to their low maintenance."

The money raised by Hydes means that we can complete the upgrade of our mattresses as well as paying for their on-going maintenance. And the 'bed fund' remains open so that we can continue to replace and maintain our beds and mattresses in the future.

Chris Hopkins, Managing Director of Hydes Brewery, says he is delighted to have been supporting St Ann's for more than five years: "We became involved

after the Hospice provided tremendous support to close relatives of two people who work for the company. This personal link and the location of St Ann's in the heart of our trading area triggered a real commitment to our fundraising. The brewery site and many of our pubs have been involved in these efforts, which have also received great support from the committed staff at St Ann's. We have enjoyed the association and hope to be able to support this deserving cause for many years to come."

Hydes have committed to raising funds once again throughout 2009 and are fundraising to refurbish the Heald Green site's Day Therapy facilities, which includes the Day Therapy Lounge, Dining Room, Quiet Room, Hairdressing and Multi-sensory Room.

The project is expected to cost £75,000 and St Ann's already has commitment of fundraising from the Hospice Choir. £35,000 is needed to complete funding. Refurbishment will hopefully start in September 2009.

If anybody would like further information about any items on our Wish List, please contact Mandy Pope on 061 498 3664 or email mpope@sah.org.uk. At all times, information can be found on our Trusts and Foundations page at www.sah.org.uk.



Everyday hero

In the space of three years Sally Smylie has lost her mum, her dad and was diagnosed with colorectal cancer. Against all odds and with sheer determination she carried on to raise an incredible £3,196 for St Ann's running the Liverpool Half Marathon.

"I did it! I always promised I would fundraise for the Hospice, ever since my Mum died at Heald Green in January 2005. The nursing care was exceptional, so thoughtful and understanding. We knew she was in safe hands, and they even had time to help us too. I ran it in 2 hours 6 mins – not bad for an old bird! Thanks to my family, friends and work colleagues."

Hands on care

Syringe drivers play a vital role in palliative care, giving relief to symptoms that are difficult to control with oral medication. Over the coming year the syringe drivers will be upgraded on each of our three sites at a cost of £68,000. Janet Braybrook Practice Development Facilitator at Heald Green explains how this vital equipment impacts on the day-to-day quality of life of Hospice patients.

"It is such a small piece of equipment yet it makes such a difference to our patients.

The main thing about palliative care is being able to respond rapidly to changing circumstances. The syringe driver is able to optimise the control of symptoms, such as nausea, pain, agitation, restlessness and breathlessness. They are extremely easy to use and suitable for short and long term use in the Hospice and at home. The focus of palliative care is the patient and our aim is to be able to optimise the care given. The syringe driver enables us to do this.

St Ann's will purchase all the new drivers at the same time. More than £28,000 has been raised and applications to charitable trusts are being made to fund the remaining £40,000. Each costs £1,050. For information or to make a donation contact Mandy Pope on 0161 498 3664 (or email mpope@sah.org.uk).



Diamonds ball

This year's Dazzling Diamonds Ball raised a total of £35,000, over £15,000 of which is for much needed syringe drivers. The annual fundraiser was held in memory of Gerry Smith, who campaigned and raised money for St Ann's. The event was sponsored by DeMilles Jewellery. Thanks to Elaine Yeates and Sarah Fay.

Strutting their stuff

Models from the Neil Cliffe Cancer Care Centre took the limelight at this year's St Ann's Hospice Ladies Fashion Lunch

as part of Breast Cancer Awareness Month. Thanks to sponsors John Lewis, Yorkshire Bank, Halliwells and Tangerine Events. More than 500 ladies (and the odd gent) were treated to a glittering lunch and fashion show.



Patient Lillian Clayton said: "It has given me peace of mind. And made me happier. I am not nauseous any more and I'm enjoying the time I have left."

THANKS

So many events, so little time. We take a glimpse at the fun, laughter and joy had in the name of our charity. Every penny does count

A big thanks goes to...

... KPMG for their tremendous support over two years and in raising a magnificent £74,000. From challenge events to the high profile Sporting Dinners, Golf Day, Cricket Tournament and Ladies Fashion Lunch. As if this wasn't enough they did their own Christmas Fair and joined in our Go Yellow campaign with tons of energy. Not forgetting they had several teams in the Manchester 10k run, matched Kit Dickson's £10,000 fundraising expedition to Cho Oyu and helped refurbish one of our shops.



Roller disco

LET THE GOOD TIMES ROLL: Jenny Bulut from Urban Vision got her skates on for St Ann's 80's Roller Disco at Pure nightclub. "We had a great team-building evening. It definitely took me back to my childhood and gave us the chance to get kitted out in legwarmers and big ribbons. Most of all it was great to be involved in fundraising for St Ann's, which is a fantastic charity."



Lock up your boss

Hard-working employees at last got the chance to take their employers down a peg or two. All in the name of charity. Raising more than £8,000. "A brilliant event," exclaimed one boss being sent down. "I was embarrassed, humiliated, frogmarched through the streets (just like a normal day at the office!). I enjoyed it immensely!" For more photos and stories log on to www.sah.org.uk. To nominate your boss please contact Dipti on 0161 498 3644 or dlakhani@sah.org.uk.



Addleshaw Goddard and BDO join forces to tidy up the gardens at Little Hulton



Fright night

Ghost hunters from training company General Physics raised more than £500 for St Ann's Hospice on a 'fright night'. It was a hair-raising experience for ten staff who spent the night ghost hunting at Ordsall Hall, a haunted Tudor mansion in Salford. General Physics' Eileen Moran said: "It was a scary business. Great for St Ann's, our charity of the year." Hospice Fundraising Officer Dipti Lakhani said: "They were brave to go through this out of the ordinary experience." Sleep tight!

Trust Funds

Many thanks for donations from the following Trust Funds:

- The Swinton Charitable Trust – £2,000
- The Martin Family Charitable Trust – £250
- The Camelia Trust – £1,000
- The Yorkshire Building Society Charitable Trust – £50.00
- The Percy Bilton Charity – £3,000
- The Pelion Trust – £63.00
- The Society for the Investigation of Human Values – £34,493.94
- The Booth Charities – £35,000
- Manchester Airport – £20,000
- The Ken & Sylvia Hymas Charitable Trust – £5,000
- The JPS and AK Sahni Trust – £2,858.50

CORPORATE THANKS

For adopting St Ann's as their Charity of the Year

- | | |
|--------------------------|--------------------------------------|
| Addleshaw Goddard
CDL | Midshire Business Systems (Northern) |
| General Physics | Morson International |
| Hurst | Pure Innovation |
| Marsh (MMC) | Urban Vision |
| Mercer (MMC) | Towergate |
| | Yorkshire Bank |

A special thanks to our Corporate Care Members

Brown Shipley
General Physics
Halliwells
N M Rothschild

We would also like to thank

- Addleshaw Goddard for supporting the Manchester Midnight Walk 2009
- City Inn, Manchester and Greater Manchester Police Museum for their in-kind support of Lock up Your Boss
- BDO LLP
- British Gas
- Rowlands Solicitors
- KPMG LLP
- Sellick Partnership
- Manchester Airport Group
- Manchester Chamber of Commerce

- Healthsure
- Pannone
- Pure, Printworks
- Roc Consulting
- Spie Matthew Hall
- The Royal Bank of Scotland
- John Lewis, Yorkshire Bank, Halliwells and Tangerine Events for sponsoring our Ladies Fashion Lunch.
- Laundry Works for supplying chair covers for events
- DeMilles for donation of Diamonds at our Dazzling Diamond Ball.
- Midshire Business Systems (Northern) for sponsoring our Chairman's Reception at our Christmas Carol Concert

For information on corporate fundraising and Charity of the Year partners contact Dipti Lakhani on 0161 498 3644 or dlakhani@sah.org.uk

Lottery draw for £2,000 Every Week

You can enter for only £1 a week for a chance to win one of 12 weekly prizes, including the £2,000 jackpot.



Lottery Winners June to November 2008

- Draw 649 Mr S E Wright Altrincham
- Draw 650 F Crompton Manchester
- Draw 651 Mrs M Harrison Manchester
- Draw 652 Mr B Halpern Cheadle
- Draw 653 Mrs J France Cheadle
- Draw 654 Mrs V Lea Salford
- Draw 655 Mr J Broadhurst Manchester
- Draw 656 Mrs M Axon Cheadle
- Draw 657 Mrs P Mahoney Manchester
- Draw 658 Mr G Oldham Stockport
- Draw 659 Mr K Miller Stockport
- Draw 660 Mr S Ingram Manchester
- Draw 661 Mrs M Wadsworth Stockport
- Draw 662 Mrs J Souch Manchester
- Draw 663 Mrs J Young Cheadle
- Draw 664 Mr G Foreman Cheadle
- Draw 665 Mrs R Whitehead Manchester
- Draw 666 Mrs J Sandover Stockport
- Draw 667 Mrs F Salter Stockport
- Draw 668 Mr P Jones Stockport
- Draw 669 Mrs M Messenger Pinner
- Draw 670 Mrs M Taylor Cheadle
- Draw 671 Mrs J Crockett Manchester
- Draw 672 Mrs J Hessian Manchester
- Draw 673 Mr G Sweet Stockport

Phone our lottery office on 0161 498 3642 for details.

COMMUNITY THANK YOU

- Thanks to Martin Neary, Lee McCormick and friends for raising £1,002.65 on a sponsored bike ride
- McCormick Construction for their generous donation of £460
- J Chadwick, GCA for their generous donation of £500
- Rachel Jones for raising £423.23 from a St George's day fundraiser in memory of her grandad Maurice Jones
- Harmony Blinds Farnworth for their generous donation of £400
- Mr & Mrs R Lee for their generous donation of £700 raised at their Open Garden Day
- Monton over 60's Pavilion Association who raised £437.77 at their bowling event
- Mr R Lee who raised £600 in sponsorship in the Manchester 10K race
- Staff and drivers of Luxi - Star Cars of Northenden did a bike ride from Manchester to Blackpool and raised £500
- Thanks to The Royal British Legion, Pendleton for £2,500 raised from their Karaoke Night
- Inner Wheel, Salford Christmas Concert raised £1,500
- Mrs K Barlow raised £1000 at the rider's dress parade on a friend's horse
- Ordsall British Legion raised £520 from a Charity Night
- Armitage Labour Club raised £500 for purchase of new tvs through social afternoons held by residents
- The Lord Clive, Whitefield, raised £2,715 from a Charity Night
- Winton Library coffee club raised £255 from coffee mornings
- Bolton Road Veterans' & Ladies Bowling Club raised £204 from a Mixed Pairs bowling event
- Inner Wheel Club Horwich for their kind donation of £250
- Tesco Express, Liverpool Road Eccles £241 from a fund day in memory of Paula Wilson
- Ellesmere Bowling & Tennis Club for their generous donation of £515
- Angela Pennington of Irlam who raised £2,311.58 at her garden party
- St John The Evangelist, Pendlebury who raised £539.50 through their annual tithing scheme
- E & J Kane Ltd for their generous donation of £700.00
- Creamline Dairies for their generous donation of £1,000 from their Customer Lottery Scheme
- David Roddy for his generous donation of £475.00 in memory of Pat Roddy
- Mr J Jennings who raised £1,450.00 through a sponsored parachute jump in memory of Margaret Jennings
- Mrs L C Howcroft and friends who generously donated £606.31 in memory of Ruth Howard
- Lesly Ann Wild who threw a "Wild Party" and raised £672.95 in memory of Audrey Wild
- Ellenbrook raised £600
- HSBC, Manchester District Service Centre who raised £364.00 from a sponsored run
- Mrs McCaulie of the Barton Arms, Worsley, who raised £239.15 from an event at The Barton Arms
- Jackie Mason and The Worsley Physiotherapy & Sports Injuries Clinic who raised £500 from their Race and Fun Day
- Keith Stott who raised £795.00 from a disco held in memory of Karen Stott at Royal British Legion, Walkden
- Waitrose for raising £570 from their community Matters Scheme
- The High Grove Pub for raising £4,000 from various fundraising events
- Wythenshawe Funeral Services for raising over £500 from the family fun day
- Cheadle Hulme Townswomen's Guild for their donation of £1,500
- The Womens Fellowship Group at St John The Devine Brooklands for their donation of £750 from their coffee evening
- The Manchester Welsh Society for their donation of £450 from their Opening Concert
- Marple Methodist Church for their donation of £1,961 from various fundraising events
- Bramall Park Golf Club for their donation of £23,000
- With special thanks to Richard Nice who raised money by running the Manchester 10k as part of the Tribute Fund he and his wife set up in memory of his wife's Grandmother Dorothy Skelhorn

St Ann's Tribute Funds

Supporting your local Hospice



Many thanks to the following for setting up Tribute Funds in memory of their loved ones:

- Gareth Mallion in memory of his Mother, Christine, and his Sister, Jessica Crosby
- David Roddy in memory of his Wife, Patricia
- Lorraine Mann in memory of her Mother-In-Law, Marie
- Paul Bailey in memory of his Wife, Helen
- Gillian Adair in memory of her Father, Robert
- Elizabeth Salutini in memory of her Mother, Andrea
- Lesley Ann Wild in memory of her Mother-In-Law, Audrey
- Judith Lacy in memory of her Husband, Kevin
- Rhoda Oxley in memory of her Husband, Keith

For information about setting up a Tribute Fund contact Wendy Bray on 0161 498 3662.

Where there's a Will there's a way

Less than half of people in the UK have a Will when they die. Without one, however, those people you may have wished to benefit – such as family, friends and good causes – may end up with nothing. Writing or amending a Will is one of the most important legal activities each of us faces. It decides how our belongings will be distributed and can be quite daunting. St Ann's annual Will Week, from March

2-6, makes this as easy as possible thanks to our sponsors The Co-operative Group.

How Will Week works

We find solicitors across Greater Manchester to give you advice on making a basic Will. More than 40 solicitors donate their time free in return for a donation from you to St Ann's Hospice. It's as simple as that!

Now is the time

Get in early to make an appointment – spaces are limited. Last year, more than 400 Wills were written raising an incredible £32,000. Since 2003 that total is £120,000. Thanks to all our participating solicitors. See insert for a list of participating solicitors, log onto www.sah.org.uk or contact Fundraiser Mandy Pope on 0161 498 3664.



WE GET UP CLOSE WITH SPECIALIST PHYSIOTHERAPIST AT NEIL CLIFFE CANCER CARE CENTRE, KAREN LIVINGSTONE

other health care professionals in the local area, and with our own close multi-disciplinary team.

Describe a typical day

There isn't one. Most of my time is devoted to seeing patients; meetings and consultations. But as the only physio, I never know what the day's challenge will be. One minute I can be treating a complex breast reconstruction; the next cancer-related fatigue; or a patient with balance and co-ordination problems; then a patient with Lymphoedema. I work hard to keep up with latest medical developments and drug trials, but I enjoy learning something new every day.

What previous experiences have helped you in your post?

After qualifying from the University Hospital of Wales in 1983, I worked in all aspects of physiotherapy and set up a service in a local Bupa hospital where the focus was on sports injuries

and orthopaedics. By the time I started working at Neil Cliffe I had a very broad experience in physiotherapy and rehabilitation. I also have a husband, three teenage children and a dog – so I'm quite good at multi-tasking!

How has being at the Neil Cliffe Centre added to your skills?

The considerable oncology and palliative care training has been excellent. And it's helped enormously over the past 10 years in the demanding role as a sole practitioner in this busy outpatient unit.

What are your greatest rewards?

I love working in oncology and palliative care. It's a privilege to be part of a close working team of professionals, and to work with patients who are so well motivated to help themselves. My real passion is clinically working with people and helping them achieve their maximum potential. I still get a real buzz with each achievement however small.

Describe your role at the Hospice

I provide physiotherapy services to patients at the Neil Cliffe Centre. I also run a symptom control clinic, with a complementary therapist, for complex rehabilitation and body image problems that occur following surgery and radiotherapy, as well as a service for managing cancer-related fatigue that's used across all three Hospice sites. I also provide the Lymphoedema care for all the patients who attend the centre. I give advice, educate and liaise with

WIN a case of delicious Barefoot wine!

Barefoot wine is about making wine more fun. Their iconic footprint and colour-coded bottles certainly help Barefoot stand out.

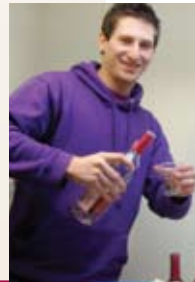
How about a refreshing Pinot Grigio, a luscious White Zinfandel, a zesty Sauvignon Blanc and a warm Shiraz?

Barefoot is a long-term supporter of St Ann's and we have five mixed cases of wine to give away to one lucky winner!

Just answer this question correctly!

What is the icon of the barefoot brand?

Email Louise Kelly at lkelly@sah.org.uk or post to St Ann's Road North, Heald Green, SK8 3SZ marking 'Barefoot Competition' clearly



If you are running for St Ann's or have a couple of hours to spare to help on collections please let us know by contacting the Fundraising Office for general fundraising enquiries on **0161 498 3631** or email fundraising@sah.org.uk

2 to 6 March: Will Week – Contact Fundraiser Mandy Pope on 0161 498 3664

20 March: Trinity Church, Cheadle – Flower Arranging Evening starting 7.30pm by Val Seed – Tickets £5 each (contact Louise Kelly on 0161 498 3663)

1 April : St Ann's Hospice Charity Theatre Evening – Charley's Aunt
A riotous comedy suitable for all the family. £15 including deluxe buffet. Bolton Little Theatre, Hanover Street, Bolton, BL1 4TG
Sir Ian McKellen is patron of the theatre and a signed copy of The Lord of the Rings soundtrack will be raffled during the event.
Tickets from Margaret Beck, Community Fundraiser on 0161 702 5426 or Jane Close at jclose@sah.org.uk

12 June: Manchester Midnight Walk from Manchester Central (contact the fundraising office on 0161 498 3631) www.manchestermidnightwalk.org.uk

RUNS

29 March – **Wilmslow Half Marathon**
29 March – **Liverpool Half Marathon**
26 April – **London Marathon**
17 May – **Manchester 10k**
20 September – **Great North Run**

Collections

24/25 January – **Morrisons Reddish**
30/31 January – **Asda Wythenshawe**
27 March – **Morrisons Chorlton**
28/29 March – **Morrisons Chorlton**
24/25 April – **Morrisons Edgeley**
27 June – **Sainsburys Fallowfield**
24 November – **Sainsbury Fallowfield**