

Spring 2021

# friends



St Ann's Hospice

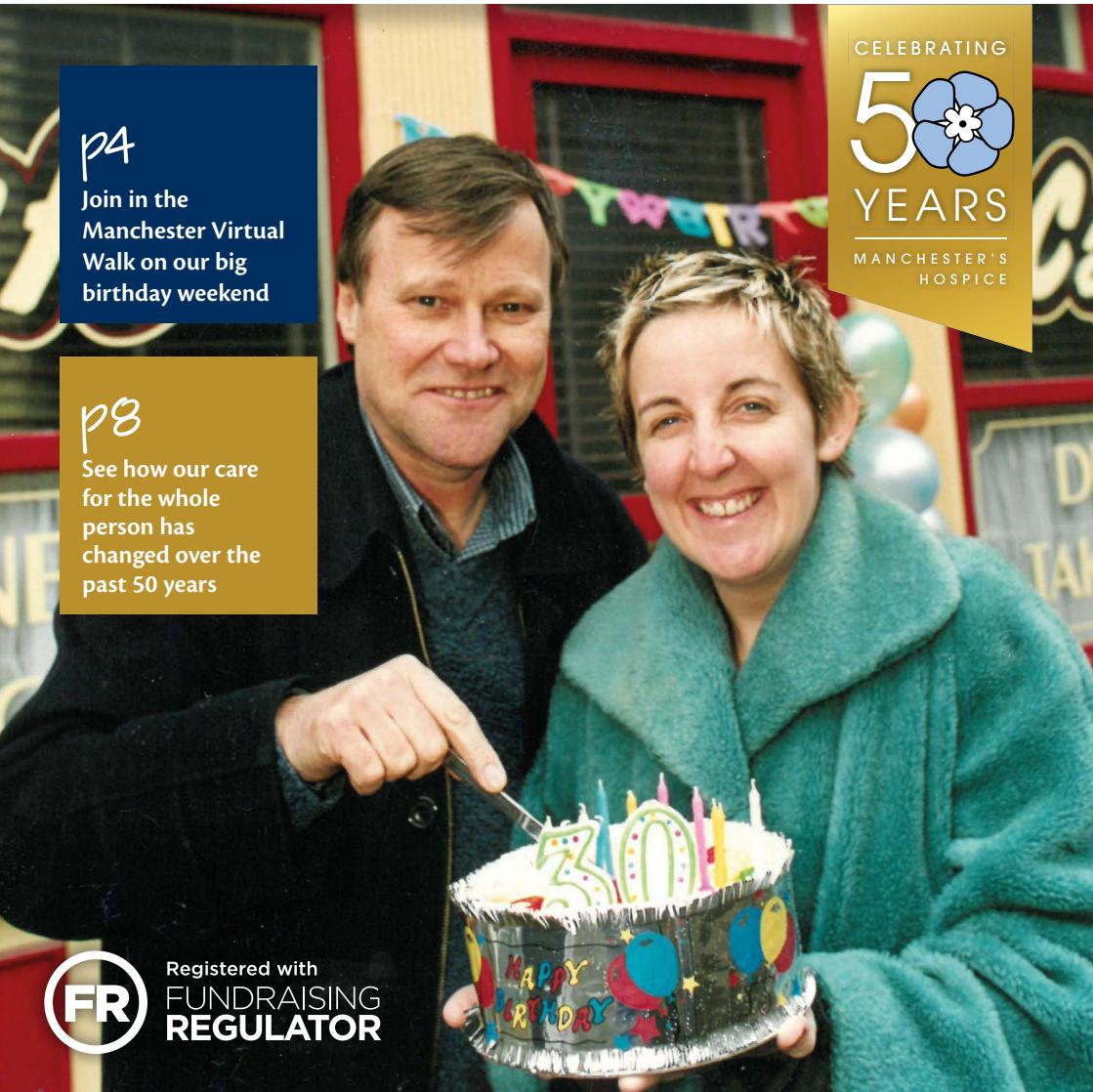
p4

Join in the  
Manchester Virtual  
Walk on our big  
birthday weekend

p8

See how our care  
for the whole  
person has  
changed over the  
past 50 years

CELEBRATING  
**50**  
YEARS  
MANCHESTER'S  
HOSPICE



Registered with  
**FUNDRAISING  
REGULATOR**

Flashback to when David Neilson and Julie Hesmondhalgh (Roy and Hayley Cropper from Coronation Street) helped us celebrate our 30th birthday.

Registered Charity Number 258085

[www.sah.org.uk](http://www.sah.org.uk)  
[email \*\*enquiries@sah.org.uk\*\*](mailto:enquiries@sah.org.uk)

## Introduction

# Hello,

and welcome to our  
Spring Birthday  
edition of Friends.

As President of St Ann's Hospice, I'm proud to welcome you to this 50th Birthday Friends.

Fifty years ago, when St Ann's first opened its doors, hospices were still in their infancy. Work focused on inpatient care, easing the burden of pain for those nearing the end of life, whilst providing relief for families who were caring for a dying loved one at home. Yet even then, the vision was much wider. Chaplaincy helped patients and families integrate their experiences with their beliefs about life, death, and beyond.

Today, St Ann's provides an even broader range of services, on site and across the community. Hospice services enhance and enrich life, not just ease the path to its end. They approach care in a holistic way, and help balance the need for familiarity and home alongside the provision of



expert support. They provide support for people from all faiths and none, whatever community they belong to or whatever beliefs they may have.

The core values which inspired Dr Moya Cole and Bishop Bill Greer half a century ago remain firmly embedded in St Ann's today. Body, mind and spirit all matter as much as ever. Families remain central to services. Raising funds to sustain exceptional care and enable new ventures is no less demanding than when the first bricks were bought and laid.

Whether you are new to St Ann's, or have been part of our journey over these five decades, thank you for being part of a service as needed, and a vision as vital, as ever.

**David Walker**

Bishop of Manchester and St Ann's President

St Ann's Hospice, St Ann's Road North, Heald Green, Cheadle, Cheshire, SK8 3SZ Tel. 0161 437 8136

St Ann's Hospice, Meadowsweet Lane (off Peel Lane), Little Hulton, Worsley, Manchester M28 0FE Tel. 0161 702 8181

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# Why I love my job...

**Emma Dixon, our Director of Clinical Services, supports our Clinical Teams across all our sites. Here, she tells us more about her role and what's important to her...**

"I've always had an ambition to work at St Ann's, as the hospice has such a great reputation for providing excellent care and driving forward innovation and change.

"In my role as Director of Clinical Services, I'm part of the clinical team in the hospice, and also part of the Executive Team. I have responsibility for delivery of our clinical strategy, and work with teams from all departments of the hospice to ensure that our patients and their families have the very best quality care and support.

"No two days are the same, which I love – one day I will be on the ward supporting teams there, and the next I will be meeting with our commissioners or potential funders.

"I love the team at St Ann's most. I'm really be proud to be part of Team St Ann's, and am always inspired by how everyone really does go the extra mile to support both each other and our patients and their loved ones."



"It's like a family at the hospice, and everyone really gets stuck in to support each other, whatever challenge is thrown at them."

# Manchester ~~Midnight~~ Walk Virtual

The Manchester Midnight Walk is one of the most popular events in our fundraising calendar. We've been hitting the streets of Manchester together for an incredible 15 years, and in that time our walkers have raised more than £2 million for the hospice.

This year, we're celebrating our 50th anniversary and inviting you to join our Manchester Virtual Walk. Taking place on our birthday weekend, we're keeping this year's walk virtual and challenging you to walk 10km whenever and wherever you choose, between Friday 14th May and Sunday 16th May.

Challenge yourself to 10km in a day, across the weekend or even 10km every day if you're looking for the ultimate challenge. However you take part, you'll be helping raise vital funds to support our patients.

This year, the walk is 70s themed and fancy dress is encouraged, so dig out those flares! You'll also receive a special 50th birthday t-shirt to wear when you're walking, a 70s headband to decorate and a medal as a thank you for taking part and to celebrate your achievement.

Join us now and sign up online at [www.mmwalk.org.uk](http://www.mmwalk.org.uk) or by calling 0161 498 3631.



"We're two families who have been friends for over 50 years. We're grateful for the care our loved ones received from St Ann's and we remember Brian and Diana who were both looked after in Heald Green."

"We all set off at about the same time in our little groups and shared photos and encouragement along the way on WhatsApp in locations all over the country. We arranged a virtual afternoon tea party at 3pm and were all back just in time. We all thoroughly enjoyed our day and the sun shone on us."

The Shaw and Frank families



"We walked the Manchester Virtual Walk in memory of my sister, Barbara, who died at St Ann's in 2019. After retiring from 29 years of nursing at the Little Hulton hospice, I got to experience their amazing care first hand. Our fundraising was an enjoyable way to express our gratitude, and we encourage anyone thinking of taking part in 2021 to do so because every form of help and donation helps this great cause."

Leigh and Kath



"I joined the Manchester Virtual Walk to support St Ann's Hospice who cared for my late wife Shirley so well in her final days. I enjoyed the camaraderie, and atmosphere the walk created which lifted my spirits. I very much look forward to taking part in the walk again after being first place (individual) on the leader board of the walk last time..."

Peter 'Running for Shirley Aust'

## Remembering St Ann's...

### Carrie Burke shares her memories of the hospice from five years ago.

"In 2016, when my daughter was three days old, my dad found out he had terminal cancer. He came to St Ann's in Heald Green for day care initially, and I came with him on a couple of occasions with my baby. We were welcomed with open arms.

"When he became more poorly, he became an inpatient. He spent just over a month in the hospice and I came every day, for most of the day, with my three-month-old daughter. I was made to feel so comfortable having her with me.

"As a family, we could not fault the care my dad was given at St Ann's. When it came to dad's final hours, we had a lot of family and friends round his bedside. We were there with him when he took his last breath. This is just what dad would have wanted and it was just what we all wanted. We were allowed to stay at the hospice afterwards and we were well cared for. Nobody rushed us away.

"We returned a couple of times in the following week and on one occasion one of the nursing team was leaving the car park as we were walking in. She stopped her car, jumped out and gave us a big hug. It meant so much.

"Me and my sister have a big place in our hearts for St Ann's. We've done lots of fundraising for St Ann's since Dad died, and five years ago we took part in the Manchester Midnight Walk for the first time. We did it with lots of our family and friends and it was good fun. It was our way of saying thank you for looking after our Dad, and my daughters and I are excited to be taking part again this year."



**"We will be forever grateful to everyone for the care and support that not only our dad received but that we also received."**

## What will your legacy be?

### A gift in your Will can help us protect hospice care for the future.

Beryl loved to sing. Nothing made her feel better than adding her voice to the cast of her local theatre group and filling the air with music.

She was creative too, stitching props and dressing her fellow actors, transforming them into characters who brought a smile to the faces of people who watched them perform. Her life was full of joy and laughter.

Beryl was a loyal wife and devoted mother and grandmother. She will never be forgotten. The gift she left in her Will means that patients at St Ann's can make music on our wards with our Creative Therapy Team and relax and unwind with peaceful music that has been specially created with our patients in mind.

Did you know that a third of our hospice services are funded by gifts people have left in their Will?

No matter how big or small, your legacy really will have a lasting impact on hospice care for years to come.

Visit [www.sah.org.uk/legacy](http://www.sah.org.uk/legacy) to find out how you can help us preserve the future of St Ann's.



One of our 50 ways to support St Ann's this year is to leave a gift to St Ann's in your Will  
[www.sah.org.uk/legacy](http://www.sah.org.uk/legacy)

36

# Looking after the whole person

Hospice care has changed beyond recognition since we opened our doors 50 years ago, but our values are the same and always will be. Patients are at the heart of everything we do.

Our support isn't just about physical care, we care for the whole person. We pride ourselves on tailoring care to people's emotional, social and spiritual needs.

We've delved into our archives to share some of the ways we've cared for the whole person over the past 50 years, and how this care has evolved too...



## Emotional support

Jean Gibbs was appointed our first Matron at our site in Little Hulton in 1979. She was passionate about creating the same warm and loving environment at our new site as she had felt in Heald Green. Hospice care was also growing and evolving at the time to meet the emotional needs of patients, relatives, friends and carers too.

These are some of her memories of the early days at the hospice she shared originally for Little Hulton's 20th Birthday in 1999...

I was concerned that the peaceful, loving and cheerful ambience, which I had found at Heald Green, should be created at Little Hulton. As I entered the empty, new, Scandinavian looking building on the morning of 8th January 1979 I wondered how this could be achieved. I soon came to realise that it is brought about by the interpersonal relationships of everyone concerned with Hospice care.



Jean Gibbs, Matron  
St. Ann's Hospice, Little Hulton

During the first year we discovered that two things required development. Firstly that the patients' relatives and friends required a great deal of support, particularly at the time of bereavement and after. Therefore a few members of the nursing staff, a doctor and a Chaplain formed a group to provide a listening service for those people who wished to attend. Secondly we found that frequently the patients' condition and quality of life was improved and they were able to return home. Realising that they and their families still required some specialist support, we were able to appoint our first team of Macmillan nurses early in 1980.

**Find out more about how we care for the whole person today. Visit [www.sah.org.uk/our-services](http://www.sah.org.uk/our-services)**

## Creative art

A programme designed to help you

Who is it for?  
For people whose lives have been affected by a life-threatening illness

## Creating community

Our Social Work Team supports patients, friends and families in lots of different ways – anything they may need to make things easier to cope with. The team is also the link between St Ann's and other organisations when arranging for a patient to leave the hospice.



We also support our patients' social needs in creative ways. Just like our leaflet from our archive explains, creative therapies like art and music bring our patients together to try new things and have fun.

In our 50th year, we now have creative therapists as part of our teams, and we even have an online social group for our Being You Centre patients. Our virtual group is led by some amazing volunteers, who help to bring people together who might be shielding or living alone and create a community where everyone can be themselves.



## Spiritual care

Although our roots were as a Christian organisation, we've always been proud to support people from different communities. Our first chaplaincy team included Rabbi E.S. Rabinowitz and over the years, we've built relationships with local faith leaders to make sure that people from all faiths and none can feel at home at the hospice.



In the last decade, St Ann's partnered with The Myriad Foundation, an Islamic charity in Manchester. Patients at the hospice could request a buddy to spend time with them, chatting, playing board games or watching TV together at times when they might not have as many visitors.



# Why I'm part of #TeamStAnns

Natalie Birmingham tells us what inspired her to come and work at St Ann's, and then take on an epic fundraising challenge to support us...

"I work as a Trainee Assistant Practitioner (Mental Health) at St Ann's. My role involves providing psychological support to patients, families and carers. This includes carrying out initial assessments, providing bereavement support and also cognitive behavioural therapy.

"It's something I've been through myself, so I have an idea of what people are going through. Five years ago, my nan Brenda and my uncle Andrew were cared for by St Ann's at Little Hulton and died within a few months of each other.

"We're only a small family, so to suffer two big losses in such a short space of time was hard. I was blown away by the care and support from St Ann's and to lose my uncle so soon after my nan was heart-breaking. Eventually, it made me stronger and made me feel passionate about helping others through the journey I've been on.

"My dream was always to give back to the very special place that cared for my family with such incredible care and compassion. In January 2020 my dream came true and I am now a very proud member of the St Ann's team. I love my job and supporting people, often at the most difficult time of their lives.

Run, cycle, walk  
or swim 50



"I wanted to take on a challenge to raise money for St Ann's last year, but lots of the big runs and events couldn't happen because of coronavirus. So I decided to run 13.1 miles myself, the equivalent of the Great North Run, to raise as much as I could for the hospice.

"I'm not much of a runner so it was quite a challenge, but I did it for a great cause!"

50 metres, 50km, or 50 miles – choose your distance and off you go! Find out more about how you can be part of #TeamStAnns now:  
[www.sah.org.uk/join-team-st-anns](http://www.sah.org.uk/join-team-st-anns)

# Businesses supporting St Ann's

It was a personal connection with St Ann's Hospice that led local business JP & Brimelow, to start supporting St Ann's. Eddie Ellis tells us more...

"A family member on my wife's side of the family experienced care and support from the hospice. I also met the Chief Executive many years ago when selling a property, and I felt like the charity and my business were the perfect partners. From then on, I've always supported St Ann's.

"Back in 2013, I sponsored the Manchester Midnight Walk, the hospice's 10km Midnight Walk through the city. The whole of our company took part, it was a really engaging time for all our staff at JP & Brimelow. Since then we've taken part in the Colour Run, ran half marathons in Wilmslow and taken part in the Salford 10km. We also put a team in the annual golf day, with members of our team or contractors and solicitors that we've had a longstanding relationship with.

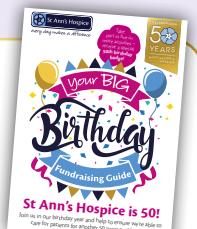
"Once you've had the tour of the hospice and you've met the team, the nurses and all the individuals that are doing all the caring and providing these services for free, it does make you stand back and think wow, as a business owner, we can all try and raise some money."

"Charities are obviously going to have a hard time coming out of this pandemic, and I think it's a great opportunity for teams, businesses and individuals to put their hands in their pockets and support a local charity. It might fit like it did for myself and my wife. It just feels like the right thing to do."



Could your  
business support  
St Ann's in our  
50th year?

We've put together  
50 ways you could fundraise this year,  
from getting the team to Dress 70s for  
a day, volunteering 50 hours or entering  
a team in our prestigious Golf Day.



Visit [www.sah.org.uk/birthday](http://www.sah.org.uk/birthday)  
for more information or email  
[corporate@sah.org.uk](mailto:corporate@sah.org.uk)

# The new lives of your donated items

Our shops rely entirely on the generous donations of our local community. It's local people buying in our hospice shops, or donating their preloved items to St Ann's, that helps us raise the £20,000 a day we need to keep our doors open.

Every preloved item donated to St Ann's and sold in our shops and online has its own story to tell...



*"I was Marcus' favourite armchair. After he died, Melissa, his daughter, chose to donate me to St Ann's to support a local charity."*

"St Ann's Trading Team came to collect me for free, and brought me to their Ardwick furniture store. I wasn't there for long before I was bought by a third-year medical student, Umar, to make his student house cosy.

"The money raised from my sale helped pay for our Being You Centre's virtual creative therapy class, which Eric joined in with from his favourite chair at home."



Start 2021 as you mean to go on and give your preloved clothes, furniture or unwanted gifts a new life.

Please hang on to your donations until our shops reopen. But in the meantime, you can shop for preloved and brand new bargains in our online shops. Visit [www.sah.org.uk/shop](http://www.sah.org.uk/shop) to find out more.



*"Brody got married a few years ago and has kept me in her wardrobe since then. In the New Year, she decided she was ready to part with me for someone else to wear and enjoy."*



"She donated me to St Ann's bridal shop in Cheadle, an old tea room with stunning original 1930s art deco features. I joined other preloved and brand new wedding dresses upstairs and loved seeing brides-to-be come and say yes to their perfect dress.

"I was bought by Laura who's getting married this summer, and the money we raised will help patients celebrate special events like their own weddings or anniversaries at the hospice."



*"I'm a rare copy of 'The Spectator Volume 1', a collection of periodicals that date back to 1718. I'm stamped with the seal of The Rt Honourable Roger North Esq (1653-1734), a noted biographer, and was inscribed with a special dedication from Roger to Jenny North."*



"I've been around for over 300 years, and have been passed between many hands and families over the years. But more recently, I was donated to St Ann's after my previous owner read in the newspaper about a mystery notebook that was donated to the hospice.

"I'm proud to have joined their Stockport shop's collection of rare historical books. Some of us are on display in the shop for local vintage lovers to discover, and others are up for auction on eBay for collectors to find. We're not just a rich source of information from the past, but every penny raised from our sale helps to preserve St Ann's care for the future too."



**St Ann's**  
Shopping and Giving

# Why your support matters

The feedback we receive from our patients and their family members and carers is really important to us, as it enables us to identify what we're doing well and also what we can do even better. We collect feedback in a variety of ways, from comment cards and surveys to people sharing their thoughts on social media using our hashtag #StAnnsCare.

Here are a few comments from our archives, which show the impact our services have had over the years on patients and their loved ones – and why we need your support to continue providing our care.

"The whole atmosphere in the hospice was cheerful, and we were delighted to be able to visit Mum so frequently in such delightful surroundings as the garden room."



"On each occasion I visited I marvelled at the compassionate way in which your nurses and voluntary helpers attended to the patients' needs. Theirs is the true gift of time and devotion."



"We knew that Mum was very happy during this period, and she spoke highly of the staff and her treatment. Our visits were made even more enjoyable by the staff "popping in" so much so, that we came to know them very well."



"The total nursing care is excellent and the unending patience is astonishing."

"Almost a year ago our mother died at St Ann's Hospice and we, the family, could not have hoped to find a happier home or somewhere offering better care and attention than she received during those five months."



## minutes with...

### Stathis Tsimiklis

Ward Liaison



#### What does your role involve?

My role focuses on patients' nutritional needs. On a day to day basis, I make sure that all of our patients have their meals and drinks on a satisfactory level. I am the liaison between the patients, Catering Team and Clinical Teams. I also do admin and update patients' daily nutritious intakes.

#### What do you love most about your job?

This is the most rewarding role I have ever done. The fact that my role is so important, to make sure our patients are comfortable and are getting everything they need for their individual dietary requirements, keeps me motivated as helping others is so important to me.

#### What's your proudest achievement so far?

One of my biggest challenges in this role is when patients decline the food and drinks that they are offered. My biggest achievement is that because of the relationships I build with patients and the trust I gain, we are able to offer alternatives and get patients to start eating the things they desire again. There have been many occasions where patients may have stopped eating for some time before coming to the hospice, but when they arrive at St Ann's they start eating again due to the quality and variety of our food and drinks and the service provided.

#### What's surprised you most about St Ann's?

Joining St Ann's, I was surprised with the amount of support everyone gives to our patients and the amount of teamwork between colleagues. Many patients express their experience staying at St Ann's as they feel 'they have come to heaven' with the amount of support and care given. What else can someone want other than being part of this team?

#### What do you enjoy outside work?

I love to cook. I enjoy trying recipes from different cuisines, and one of my favourite types of food is the Mediterranean. There's lots of research about the health benefits of a Mediterranean diet and how beneficial it can be for our bodies. Plus it's delicious!

#### Share your story

One of the 50 ways you can support us this year is sharing your story. If you have a connection with St Ann's and would like to share your memories, email [communications@sah.org.uk](mailto:communications@sah.org.uk)

47

# Join our BIG Birthday year!

Join us in our birthday year and help to ensure we're able to care for patients for another 50 years and beyond. Here are a few ideas from our 50 ways to support St Ann's pack to get you started...

Visit [www.sah.org.uk/birthday](http://www.sah.org.uk/birthday) for more information and to download our free birthday fundraising resources to help get you started.

1

**Take part in the Manchester Virtual Walk**

Our flagship fundraising event takes on a virtual twist...and a cool 70s vibe in honour of our birthday! [www.mmwalk.org.uk](http://www.mmwalk.org.uk)

34

**Sign up to the St Ann's Lottery**

Play our weekly lottery for a chance to win our weekly £2,000 jackpot, many more prizes, and a weekly rollover too! [www.sah.org.uk/lottery](http://www.sah.org.uk/lottery)

**Donate 50 items to a St Ann's Shop**

Help us stock our shops in our 50th year  
[www.sah.org.uk/shop](http://www.sah.org.uk/shop)

7

36

**Leave a gift to St Ann's in your Will**

Help us protect the future of St Ann's with a gift in your Will  
[www.sah.org.uk/legacy](http://www.sah.org.uk/legacy)

**Join #TeamStAnns for**

12th September

**Great North Run**

26th September

**Great Manchester Run Half Marathon and 10km**

3rd October

**London Marathon**

10th October

**Manchester Marathon**

**Firewalk!** 24th April



**Climb Snowdon**  
18th September

For more information about our events, please visit [www.sah.org.uk/events](http://www.sah.org.uk/events), or contact us on 0161 498 3631 or email [events@sah.org.uk](mailto:events@sah.org.uk)