

Spring 2022

friends



St Ann's Hospice

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It's back! Have a night to remember at the Manchester Midnight Walk

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See photos from HRH The Princess Royal's visit to St Ann's



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Hello,

and welcome to the Spring
2022 edition of Friends!



I'm Anne-Marie, and I'm Head of Fundraising and the Capital Campaign here at St Ann's.

Last year, we reached an incredible milestone in the hospice's history as we celebrated our 50th birthday. Since we opened our doors 50 years ago, we've continued to develop our services as the needs of patients and their families have changed. Modern hospice care is unique, focusing on and tailored to the whole person, not just their illness.

I'm really excited about what 2022 holds for St Ann's and the exciting milestones ahead, which I hope you'll be part of too. Throughout the year we'll be sharing more about how you can help us develop a new purpose-built hospice which will serve the needs of our community, now and in the future. You can find out more about our plans on our website at www.sah.org.uk/newhospiceplans

I'm also excited about what this year may have in store for you. Maybe you want to challenge yourself to a run, a cycle or a mountain climb, get fundraising at work or with your social club, or get your friends and family together and join the Manchester Midnight Walk which is back in person this year. Whatever you choose to do, you'll be helping us continue to provide specialist care to thousands of patients and their loved ones, not only now but in the future too.

We're still feeling the impact of the pandemic at the hospice, as ongoing restrictions and changing guidance continue to affect our fundraising activity and income. But with your support, we can continue to help people living with life-limiting illnesses.

I hope you enjoy reading Friends and wish you all the best for this new year.

Anne-Marie Wynne

Why I love my job...

Jenny Roberts, Buyer and Merchandise Co-ordinator for St Ann's Trading Company, tells us about her role and some of the things she loves most about working for the hospice...

"My role includes buying new goods to sell in our charity shops and putting together seasonal catalogues to promote stock. I'm based in our Distribution Centre in Reddish, where I manage the warehouse day-to-day and organise and promote our drive-thru donation days and Distribution Centre sales. I also take donations and sort them for the shops and sale days."

"I've worked in charity retail for 20 years, including buying for national charities, and I've been at St Ann's for four years."

"One of the things I love most about my job is knowing that every penny I help raise goes to support the hospice. And my favourite part of the job is putting together the Christmas card catalogue and choosing the range of cards."



"I love meeting people at the drive-thru donation days and Distribution Centre sales. People are very generous and want to support St Ann's."

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www.facebook.com/StAnnsHospice www.linkedin.com/company/st-ann-s-hospice

It's back!

Manchester Midnight Walk

We're so excited to be back for our 10km moonlit walk through Manchester's iconic city centre. Get your friends and family together and join us for a night to remember.

Since our first ever midnight walk, you've raised over £2 million for St Ann's Hospice. We adapted our walk to go virtual for the past two years, but we cannot wait to be able to get together in person again at Manchester Cathedral, as well as virtually, this May.

If you've joined in with walks over the years, or maybe you've only ever taken part virtually, this is the year to put on your yellow t-shirt, light up Manchester's city centre and be proud to raise money for Manchester's hospice.

The sponsorship you raise will help us keep providing specialist care, free of charge, to people across Greater Manchester.

Friday 20th
May 2022
or take part
virtually any
time in May.



Join us at
Manchester
Cathedral on
20th May and
see your city in
a new light...

Live
entertainment
during the night
Warm up with
our special guest
Medal and goodie
bag on finishing

Can't make
the date?
Join in
virtually

VIRTUAL
Choose a location
and date this May
Go at your own pace
Own your streets

St Ann's wasn't the only organisation celebrating a 50th birthday last year – so did Girlguiding in the Northwest! Several Girlguiding leaders from Stockport marked the joint anniversaries by walking and raising money for St Ann's last year.

"Part of our 50th anniversary badge is to collaborate with another charity as old as ours, so St Ann's was our obvious choice. Quite a lot of our members have had family treated there. It's a charity that perhaps you don't fully appreciate what it provides until you need to use it. The hospice has touched the lives of many Girlguiding members over the years and we've also had leaders who've spent their final days there."

Tracey Johnson, Stockport County Commissioner



Members of Cheadle and Gatley Women's Institute donned their fashionable flares and florals for the Manchester Virtual Walk.

15 members of the group sported a Calendar Girls theme in 2020. Last year, they dressed in stylish 70s fashion in honour of the decade we first opened our doors and raised over £1,500 for St Ann's.

"We decorated our t-shirts and wore pearl necklaces, but didn't think it appropriate to be walking round Cheadle with no tops on like in the film!"

Sandra Rycroft, WI Member



Mum-of-two Susie Kwok celebrated her 50th birthday and St Ann's by walking to raise money for the hospice. Susie, joined by sons Jacob and Isaac and friends Carmen and Cathy, strolled through woods near her home in Worsley.

"It feels like fate that I should do the walk because my 50th birthday falls the same weekend as the hospice's 50th anniversary. I took part in the Midnight Walk in 2017 with my older sister Rosie and really enjoyed it and I've done a couple of Colour Runs."

Susie Kwok



Sign up online at www.mmmwalk.org.uk or call 0161 498 3631.

Remembering Hazel



The memory of Hazel Wilcock, our colleague and friend who tragically died a year ago, will live on at our new hospice in Heald Green.

Above: Tony and Jemma presenting a cheque to St Ann's Hospice.



Hazel's death last February stunned the whole community. Close friend Jemma Major said: *"Hazel was like a second mother to me and I miss her terribly. She was a big part of all our lives."*

"She was best friends with my mum Karin for 40 years, having worked together as social workers in the 80s."

"We live just up the road from her house so we have to see it every day and it brings back the tragedy. Not that she's ever far from our thoughts."

Hazel was a Senior Counsellor at St Ann's and helped to further develop our psychological support services to reach even more people during the pandemic.

Fittingly, family, friends and colleagues are raising funds for counselling rooms at the charity's new hospice in Heald Green.

A charity bike ride Hazel planned to undertake from Manchester to Blackpool last summer

turned into a mass tribute to the much-loved health professional.

Jemma, along with Hazel's partner Tony Dewes and stepdaughter Annmarie, were in a group with 10 other riders who cycled to raise money in memory of Hazel.

Jemma explained: *"The bike ride was torture and very hard for me and I think the other girls will say the same, apart from Annmarie who's quite fit."*

"The fact that Hazel had entered the bike ride spurred us on to do it. She talked about it all the time it was really nice to do it in her memory."

"The new counselling rooms will mean her kind and caring legacy may live on. Hazel was truly one of a kind and she touched so many people."

Over £13,000 has been raised in memory of Hazel. Those funds will be put towards the cost of counselling rooms at the new site, which will be built next to the current site at Heald Green.

Where there's a will there's a way

We sat down with Ruth to hear why she took part in Will Month to support St Ann's...

St Ann's has always had a special place in Ruth Dawson's heart. Her mother and mother-in-law were both cared for at our Little Hulton site, where she now works as a Complementary Therapist.

Ruth explained she enjoys being able to see patients and offer relaxation sessions, either by a gentle massage with essential oils or a stress-relieving reiki session.

When asked about her role, she said: *"Patients are always pleased to have a treatment, which makes my role so special."*

Ruth's father-in-law died during the Covid-19 pandemic, and she explained it was extremely difficult with all the restrictions to sort out all his affairs. This made Ruth and her husband think about their children and they wanted to make a Will in case anything happened to them.

Ruth said: *"Once we decided to go ahead making our Will it was a perfect opportunity for us to help St Ann's by taking part in their Will Month."*

"We were given a list of solicitors to choose from and the whole process was easy. We would highly recommend taking part."



Will month
Make your will for free this March.

This March, local solicitors will be waiving their fees in return for a donation to St Ann's. Visit www.sah.org.uk/willmonth and register to take part.

Love your local lottery



St Ann's
Local Lottery
Play Care Win!

This February when love is in the air, we're asking you to love your local hospice lottery. By signing up to our lottery you could win thousands of pounds in prize money, whilst helping local patients and their families.

Our lottery gives players the chance to get their hands on some fantastic weekly prizes:

- A jackpot prize of £2,000
- £50 for four lucky winners
- £10 for 30 additional winners
- Plus, a rollover prize of £1,000 a week up to a maximum of £10,000

The lottery has recently hit a major milestone, raising over £25 million for the hospice. We have had over 44,000 prize winners since the first draw in 1994.

Anyone can play the St Ann's Local Lottery, whether you want to support St Ann's or you just want to play for a chance to win!

61% of our lottery proceeds go to the hospice, compared to the only 25% of their lottery proceeds go to good causes.

Did you know by playing our lottery for one month, you could pay for food for a day for one of our patients?

Reasons to love your local lottery

All profits from the lottery are used to fund the specialist palliative care delivered by St Ann's Hospice.

Did you know by playing the lottery for six months, you could pay for a specialist rehabilitation session for one of our patients?

Sign up to the St Ann's Lottery

Play our local lottery for a chance to win our weekly £2,000 jackpot, many more prizes, and a weekly rollover too! Tickets for the weekly lottery draw cost £2 and can be bought online at www.sah.org.uk/lottery, in our shops or by calling 0161 498 3642.

Weekly players who love our lottery

An early Christmas surprise!

Marie from Didsbury won the bumper £10,000 rollover prize just before Christmas!

Marie did not hesitate to join the lottery 18 months ago, especially after the way her late grandmother was cared for by St Ann's.

"The hospice took very good care of my grandma and that personal connection means it's more about giving something back as a charitable donation for me rather than winning."

"I've never won anything substantial before and was overwhelmed when I learned I'd won. The phone call to tell me came out of the blue when I was on holiday in Cyprus. I couldn't believe it at first and wanted to cry when I realised it was true. It certainly made Christmas a bit easier financially."



Sisters win big!

Lucky lottery player, Emma, scooped the £2,000 weekly jackpot last year.

Emma will always have a soft spot for St Ann's – we cared for her late father Jim who died of cancer in 2016. Her sister Anna also won our lottery two years ago, and then it was Emma's turn to receive a nice surprise through the post.

"I've been a member of the lottery at St Ann's for at least five years. It's easy to pay on direct debit. They need it and deserve all the money they can get. It's a brilliant place."

"Thankfully, St Ann's gave him part of his old self back. He enjoyed arts and crafts as a day care patient at Heald Green and on his last day there staff wrote a poem called Gentleman Jim. Then as an inpatient, the hospice managed his pain relief."



Read more winning stories on the website
lottery.sah.org.uk/winners/

Looking for a special gift?

Then why not spread the feel good factor with our range of Lottery gift vouchers and celebration favours that keep giving. Please call the lottery office on 0161 498 3642.



St Ann's new values

At St Ann's, our values guide us and describe who we are and how we do things. In our 50th birthday year, we asked staff, volunteers, corporate partners, patients and families to tell us what makes St Ann's so unique:



"Level of care unique – it's like an arm around your shoulder."

"Patients are at the centre of everything."

"Excellence in care and leading the way for palliative care."

"Compassion and understanding, not just for patients but for the families as well."

"Impact in the local community."

"Open to people from all backgrounds, faiths, cultures and beliefs about how they want to live their lives."

"Treated as an individual, always feel like the time is yours and never feel rushed."

"Change-makers. Innovation. Smiles."

"Agility – the global pandemic brought many challenges for everyone. The hospice found solutions in order to continue to deliver the very best of care for its patients."

"Always going beyond."

"Positive and supportive as well as being a key part of the community."

The answers we were given helped shape our new hospice values:

People matter

Bold and brave

Lead and learn

Together we are stronger

We haven't lost our old values – they are still part of 'People matter'. But we're proud that our new values reflect who we are today, and will us help us reach our ambitious goals for the future.

You can read more about St Ann's new values on our website www.sah.org.uk/values

Move, Eat, Play, Give

In a world where more and more of us are embracing remote working, and some teams only connecting over the internet, projects or activities which unite a workforce are incredibly important.

This March, we're challenging local businesses to take part in our annual Corporate Challenge. Not only will you be making an impact at St Ann's, it's also an opportunity to bring your team together to make a positive difference.

SDKA took part in the challenge last year and some of the team told us how they found it and why they got involved:



"SDKA is a local business and supporting a local charity makes it close to our hearts. Personally, I have known someone who received care at St Ann's. For that person and their family, the hospice made such a massive difference and I think more people need to be aware of what a fantastic job the charity is doing." **Nisha**

"I decided to 'move' and I set a goal of being able to run a non-stop 5k! I have never found running enjoyable but to me it was a worthy challenge to take on, not just for the health benefits but also for such a good cause." **James**

It's a really simple way to fundraise for St Ann's with your colleagues, wherever you're working from. You can tailor the challenge to your business; simply pick something to do for each category, or choose one overall. Here's a few ideas to get you thinking...



Walk 3 miles every day – the distances one of our nurses walks in an average shift



Give up your favourite treat for a month and donate the cost

Host a murder mystery

Create a sweepstake

Make a company donation

Donate clothes to our shops

MOVE

EAT

PLAY

GIVE



To get involved, visit www.sah.org.uk/corporatechallenge or email our Corporate Team at corporate@sah.org.uk



St Ann's welcomes a Royal visitor

We were honoured to show HRH The Princess Royal around our Heald Green site at the end of our 50th birthday year.

The Princess Royal was given a tour of the hospice, and planted a special commemorative tree to mark the occasion. She met patients and families being supported by the hospice, and spoke to volunteers and members of staff about the work we do across Greater Manchester and the plans for St Ann's new hospice.

"It's so interesting looking back and reflecting on St Ann's unique history and how privileged we have been, over the years, to have touched the lives of so many families. While hospice care changes and its breadth and ambition is probably unrecognisable to the care provided when the early hospices opened around half a century ago, the ethos of what we do remains the same.

"We always want to provide individualised, holistic care to our patients, and our overarching aim is to ensure they have the very best quality of life as possible. That hasn't changed in almost half a century, and as we look ahead and evolve and develop our services for the future, we know that will always remain most important to us."

Rachel McMillan, Chief Executive of St Ann's



"The Princess Royal was very chatty and funny. She appeared relaxed and not in a hurry to rush through the visit taking time to meet everyone, it was a lovely experience to meet her and lovely for our patient too."

Suzanne Vale, Ward Sister



St Ann's has been honoured to celebrate many milestones with royal visitors since we first opened 50 years ago...

- 1967** Dr Moya Cole, from The Christie Hospital, informally approaches the Bishop of Manchester, the Right Reverend Dr William Greer, asking if local churches would join together to set up a hospice.
- 1971** HRH The Queen Mother opens St Ann's Hospice in Heald Green.
- 1979** HRH The Princess Royal opens St Ann's Hospice in Little Hulton.
- 1985** Princess Diana visits St Ann's Hospice.
- 1988** St Ann's adopts The Neil Cliffe Centre at Wythenshawe Hospital.
- 1999** HRH The Princess Royal returns to Little Hulton to celebrate its 20th birthday.
- 2015** An options study is undertaken to look at how the Heald Green site will continue to deliver care in the future.
- 2019** HRH The Duke of Gloucester visits Little Hulton to celebrate its 40th birthday.
- April 2021** Planning decisions granted subject to certain planning conditions.
- Dec 2021** HRH The Princess Royal visits St Ann's Hospice to mark its 50th anniversary.
- July 2019** The Trustees of St Ann's Hospice secure an agreement to acquire the site adjacent to our current building and for the project to build a new building to commence.
- Jan 2022** Detailed design and construction plans for the new hospice move forward with the specialist project team.

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 patients, family members and carers, 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.

"Wonderful chef it's something I haven't seen before, look forward to meals every day."



"Nothing is too much trouble. Lets you be the son/daughter/husband/wife rather than a carer, this allows you quality time with the one you love."



"So caring and understanding. Always happy to help. Only a phone call away and if needed they will come to your home."



"Feel staff go above and beyond with joy not because they have to. The experience I have had has been excellent."



"They listen and improve your quality of life, you have somewhere to turn to for practical help."



"I have made new friends and learnt some new skills. Ruth [Creative Therapist at St Ann's] has been kind, professional and willing to demonstrate lots of creative procedures. She has bonded the group, always keeping her eye on the crafts."



minutes with...

Damian Lacey

Advanced Clinical Practitioner



What does your role involve?

"Advance Clinical Practitioner (ACPs) is a new role for the hospice. I'm currently in the second year of the MSc Clinical Practice Degree Apprenticeship at Manchester Metropolitan University, a programme of practice-based learning supported by the university and the hospice team."

What does your role involve?

"We work alongside the medical, nursing, management and other multidisciplinary teams. The role incorporates the four pillars of advanced practice; clinical, education, research and leadership."

"Clinical: assessing and supporting patients on the ward. My role embraces autonomous decision making, non-medical prescribing and collaborative working to enhance a patient's journey from admission to discharge and beyond."

"Education: being a role model, a mentor, a coach and providing both informal and formal education to all members of the hospice team."

"Leadership: demonstrating positive behaviours which impact team dynamics. We provide support and guidance to the wider team, and work alongside senior management to uphold the organisational values and respond to strategic needs."

"Research: involvement with audit, quality improvement and our clinical practice is evidence-based."

What do you love most about your job?

"Having 17 years in palliative care, I still take great pleasure working with patients and making a difference. I have also enjoyed the learning and education part of the role."

What's your proudest achievement so far?

"I struggle with my educational needs due to having dyslexia. I am very proud that I have been able to manage my study at Masters level and to achieve good grades in the modules I have completed."

"My steepest learning curve has been in the leadership aspects of the role. I am a complete novice with quality improvement and I am learning valuable knowledge and skills in this area."

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

"Having always worked for the NHS throughout my career, this was my first time working for a charity. It surprised me how innovative and forward-thinking the hospice is. I have also been surprised at the level of support and kindness shown to me during my transition from the Community Specialist Palliative Care Team to this new role."

Dates for your diary 2022

www.sah.org.uk/events

It's back!

Manchester Midnight Walk

Friday 20th May 2022

Moonlit 10km walk through Manchester city centre. Or if you can't make the date, own your streets and join virtually this May.



**MOVE EAT
PLAY GIVE**

Get your colleagues involved
with our Corporate Challenge this March!

Will Month
Make your will for free this March 2022

Join #TeamStAnns for

3rd April
Manchester Marathon

22nd May
Great Manchester Run

2nd October
London Marathon

9th October
Manchester Half Marathon

Got your own place? Run for St Ann's

**Monthly Distribution Centre
Sales in Reddish (SK5 7SE).**



Golf Day

Tee off for your local hospice!

Dunham Forest Golf & Country Club, Altrincham

12th May



Sunday 1st May

A proper northern knees up

Abseil down The
Trafford Centre tower

**Friday 24th
and Saturday
25th June**



For more information about our events, please visit www.sah.org.uk/events,
or contact us on 0161 498 3631 or email events@sah.org.uk