

Winter 2022

# friends



St Ann's Hospice

p3

Inside our plans  
for a new Heald  
Green hospice

p14

Time to  
remember loved  
ones with Light  
up a Life



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REGULATOR**



# Hello,

and welcome to our winter edition of Friends, where we tell you more about our future plans - including more on our Build It Together appeal for a much-needed new hospice in Heald Green, Stockport.



Depending on where you live in Greater Manchester (or beyond) you may not know that St Ann's actually operates from two separate hospice sites – one in Heald Green, Stockport and one in Little Hulton, Salford.

Both sites are vitally important for providing our care because having two hospice buildings – each with their own inpatient unit – means that for most people in Stockport, Salford, Trafford and Manchester, no matter where they live, St Ann's is their local hospice.

We are very proud that St Ann's is the largest and one of the oldest hospices in the UK, but our proud history is not enough. We need to be able to provide the best possible end of life and palliative care now and in future years too. And that means knowing when things have to change.

Our Little Hulton hospice was purpose-built by St Ann's. It is a modern facility that has been recently renovated with the help of generous supporters.

Our Heald Green building however is 150 years old, and presents us with far more challenges – explained in more detail on the opposite page.

With your help our aim is to build a new hospice in Heald Green to serve generations of people across Greater Manchester for years to come. We have already raised over £350,000 of the final £2million we need to make our vision a reality. However much you can give, or whatever you can do to help us reach our total, your support will be gratefully received. With your generous help and support we can Build It Together.

**Emma Dixon**

Director of Clinical Services



## Q&A

### Our new hospice plans – your questions answered

#### *What is wrong with the current hospice building in Heald Green?*

The current building is Victorian and over 150 years old. It presents us with lots of problems and challenges. There is no piped oxygen, the heating system is antiquated, there are only a few private bedrooms and the grounds – while beautifully looked after – are small. It needs continual costly repairs and upkeep. We are very proud of the care we provide, but the building will soon no longer be appropriate for a modern care provider.

#### *What about your hospice in Little Hulton?*

The plans don't affect our hospice at Little Hulton, which was purpose-built, is much

more modern, and has recently been refurbished in some areas thanks to generous donors. We are delighted that staff, volunteers and supporters from Little Hulton and the surrounding area are fundraising and supporting our Build It Together campaign for a new Heald Green building, which will be a facility everyone in Greater Manchester can be proud of.

#### *What will the new hospice be like for patients?*

The new hospice at Heald Green will transform our care. Most bedrooms will be private with outdoor terrace access. It will be built next door to our current hospice and designed around mature trees. The grounds will be larger, allowing patients and their visitors to spend time outside in nature.

#### *How much will the new hospice at Heald Green cost in total?*

Our purpose-built new hospice will cost over £21 million. Much of this money has already been secured and we are now making the exciting last push to raise the final £2million that we need.

#### *When does building work start and when will it open?*

With your help we hope to start building work in late 2022/early 2023, with the new hospice due to open in 2024.

#### *How can I help?*

You can help by spreading the word about our Build It Together appeal, by fundraising for us, or both! Every donation we receive is hugely appreciated.

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

 [www.sah.org.uk](http://www.sah.org.uk)  [enquiries@sah.org.uk](mailto:enquiries@sah.org.uk)  [@StAnnsHospice](https://twitter.com/StAnnsHospice)  [@StAnnsHospice](https://www.instagram.com/StAnnsHospice)

 [www.facebook.com/StAnnsHospice](https://www.facebook.com/StAnnsHospice)  [www.linkedin.com/company/st-ann-s-hospice](https://www.linkedin.com/company/st-ann-s-hospice)

For more information or to donate, visit [newhospice.sah.org.uk](http://newhospice.sah.org.uk),  
email [newhospice@sah.org.uk](mailto:newhospice@sah.org.uk) or call 0161 498 3631.



## Facilities for inpatients at our new Heald Green hospice

Our new Heald Green hospice will have a bright, modern, spacious inpatient unit with 21 individual en-suite bedrooms and two three-bed bays, all with access to private outdoor terraces. The improved and flexible accommodation will mean we can care for more people. There will be space for families to relax, and for visitors to stay overnight. We will also have much improved facilities for children who are visiting loved ones.

### *Patient bedrooms now*

The care and support we provide is always compassionate and high quality, but our building is tired and not as welcoming as we would like.

The multi-bedded bays in the inpatient unit are not the private surroundings most of us would choose for ourselves or our loved ones at the end of our lives. There can be a worry that sensitive conversations may be overheard. There is a lack of social spaces for patients and families and for many there is no direct access to the gardens.

The multi-bedded bays also restrict the number of patients we can admit with

complex illnesses, as they often need specialist equipment. The layout is not dementia-friendly. Levels and understanding of dementia have increased substantially since it was designed.

Storage is limited, resulting in medical equipment often being stored in patient areas or along corridors, hindering the clinical teams in their work and potentially causing obstructions.

Shared accommodation does not always meet the cultural needs of all our patients and can compromise cultural and religious rituals at end of life and following death.



### *Patient bedrooms in our purpose-built new hospice*

Thanks to the access to private outdoor terraces, all our patients will be able to go outside with their families and enjoy the fresh air, listen to the birds in the trees and relax.

The layout will be dementia-friendly, allowing us to support these patients and their carers with an improved environment that caters for their changing and increasingly complex needs.

The flexible accommodation will be fully equipped to care for those with complex illnesses and will also enable us to increase our admissions, ensuring that those who need specialist palliative care can access it sooner.

The individual rooms will provide privacy for patients and allow them to spend vital moments with their loved ones without the worry of being overheard – a place for families to share their thoughts and feelings and relax in a private space.

En-suite facilities will increase patient dignity for personal care.

Patients will be able to choose to stay in a bay rather than a private room if they prefer more social interaction.

The bays will have ample space for equipment and visitors, with easy access to the outside spaces.

Infection prevention and control will be managed better due to less shared space and improved air quality technology.

A separate entrance to the inpatient unit will allow out-of-hours access for overnight visitors and staff, as well as ambulance drop off for patients during the day.

The improved facilities in the inpatient unit will enable more patients to access care and support sooner and more efficiently. Earlier support will mean patients can get home sooner when appropriate.

For more information or to donate, visit [newhospice.sah.org.uk](https://newhospice.sah.org.uk), email [newhospice@sah.org.uk](mailto:newhospice@sah.org.uk) or call 0161 498 3631.

In June we launched our public appeal to raise £2million for a new hospice building in Heald Green, which will transform end of life care for residents of Greater Manchester.

Our Build It Together appeal is urging local people to come together to help us raise the final £2million needed for our new hospice. We're hoping that everyone will get behind the campaign, meaning building work can start later this year.

*Let's build it together.*



*"My message is a simple one - please back this fantastic institution that serves us all."*

*"A new purpose-built hospice in Heald Green will transform care for residents across Greater Manchester. St Ann's care is fantastic, but the building is not. Our city region should have a hospice that we can all be proud of. It's not just about helping the hospice rebuild, but also about changing the way we think about hospices and end of life care and their importance to families and communities."*

*"I'm hoping you will join with me and do all you can to make St Ann's ambitious vision a reality."*

Andy Burnham, Mayor of Greater Manchester



## Remembering Asha Mehta

**A lasting memorial to grandmother Asha Mehta will be created in the gardens of the new Heald Green hospice.**



Her family have funded a relaxation labyrinth, a circular space where visitors can sit and relax and remember loved ones.

The display is their way of thanking St Ann's for the care provided during Asha's long illness. It is also a legacy of her long-standing support for St Ann's.

Asha died in July 2021, aged 61, ten years after she was diagnosed with breast cancer. In 2018, she was told she had angiosarcoma, a rare form of blood cancer.

Asha received therapy treatment from St Ann's initially and was admitted as an inpatient when her condition deteriorated.

She fulfilled her two final wishes: meeting her first granddaughter Ishika, and watching younger son Vishal get married. She died five days later, surrounded by her family.

Husband Dushyant said: "The doctors and nurses at St Ann's are just unbelievable. I've not seen staff like this anywhere."

*Our family cannot forget the care we still receive, even now.*

"St Ann's treat you as a human being and individual. Staff help patients and families in so many ways and are always smiling."

Dushyant is a former secretary of the Jain Samaj Community Centre in Manchester, and Asha was also part of its executive team. The charity regularly supports St Ann's.

Dushyant said: "Asha had a love and passion for cooking and held demonstrations at various St Ann's events, even writing a cookery book to raise funds. Our family's been involved with hospice activities for a long time and that'll continue. We have that bond with St Ann's."

The labyrinth has been incorporated into designs for the new hospice, which is close to the Mehta family home.

**For more information or to donate, visit [newhospice.sah.org.uk](https://newhospice.sah.org.uk), email [newhospice@sah.org.uk](mailto:newhospice@sah.org.uk) or call 0161 498 3631.**





## Making a difference - to both our hospices

We're delighted that those of you who live closer to our Little Hulton hospice than our Heald Green hospice are supporting our Build It Together appeal as well.

Our new building will be a big, purpose-built facility that will benefit everyone across Greater Manchester, including people in Bolton and Salford. Here are just some of the ways it will make a difference:

### Improved care across Greater Manchester

St Ann's will have one of the most modern purpose-built hospices in the UK. This will mean we can look after more patients and hopefully increase our supporters too – meaning we can provide more care right across Greater Manchester. Although we are not increasing our bed count, we will be increasing flexibility and efficient use of space by having more side rooms and rooms that will meet the individual and varied needs of patients.

### Flagship education centre & training facilities

The new Heald Green hospice will have a flagship end of life care and palliative care education centre, where clinical and nursing teams from across Greater Manchester will be able to receive the latest training from St Ann's on issues such as symptom management, inequalities in palliative care, and advanced communication training. The improved training facilities will be available for hire to groups across Greater Manchester.

**If we do not build our new hospice, we will have no choice but to close some services and offer less support across Greater Manchester than we do now.**

For more information or to donate, visit [newhospice.sah.org.uk](http://newhospice.sah.org.uk), email [newhospice@sah.org.uk](mailto:newhospice@sah.org.uk) or call 0161 498 3631.

## Nicola Done-Orrell makes a splash!

Nicola Done-Orrell is a volunteer at our Little Hulton hospice, and provided one of the first donations to our Build It Together appeal for a new Heald Green hospice.

She swam the length of Coniston Water, a distance of more than five miles, raising over £15,000. Here's Nicola's story in her own words.

By Nicola Done-Orrell, St Ann's Hospice supporter

St Ann's desperately needs a new purpose-built hospice to serve the needs of our community now and in the future.

The hospice is such a good cause and, to be honest, you never know when you're going to need it. We'd be thankful for a new hospice if we did need to use its services.

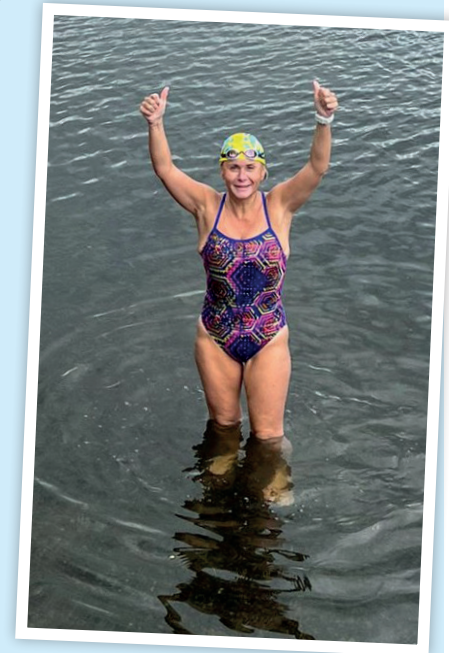
The new building's so important because the old one is showing its age. That's why I decided to swim Coniston.

*"You never know when you're going to need it - we'd be thankful for a new hospice if we did need to use it."*

A lot of people say I'm crazy, but I like to push myself out of my comfort zone. I've done quite a few challenges, but it's the first swimming challenge I've ever done.

I swim nine miles a week as a member of Trafford Metro and Uswim. I'd trained at Salford Quays, going there three times a week in hail, rain and snow and that was brutal.

It was hard mentally, but I had to finish because people had sponsored me! My dad is a big supporter of St Ann's, and he was very proud of me.



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# St Ann's Sustainable Shopping

By Jenn Hughes, St Ann's Hospice

*On a back street in Reddish, tucked behind the Asda superstore, is a warehouse that once a month transforms into a bargain-lovers paradise.*

This is the Distribution Centre for our network of ten charity shops, which raise some of the £20,000 needed every day to keep our hospices running. It wasn't until I started working for St Ann's Hospice in Heald Green this year that I found out about their legendary monthly sales, where everything costs £1 or less.

The sales are usually held on the last Saturday of the month, when the Distribution Centre – a place usually used as a storage and sorting facility and offices – opens its doors to the public to sell a huge selection of new and pre-loved items including homewares, toys and games and books.

In August though they tried a new event – a sale dedicated solely to fashion and accessories. The timing couldn't have been better: with the cost of living soaring and shoppers waking up to the environmental impact of fast fashion, sustainable bargain-hunting is on the rise.



*Some of the items on sale for £1, including unworn Zara shoes, a Monsoon dress, and new Topshop boots.*

I arrived at the sale just before 9am to find a queue had already formed. Not knowing what to expect, I thought that most of the quality items would be snapped up early and I wouldn't necessarily find much for me. Within two minutes, I found a nearly-new Monsoon party dress in my size.

By the time I left, after spending an hour scouring the racks and shelves full of clothes, handbags, shoes, jewellery and jackets, I'd put together three full outfits for less than £10, including a pair of unworn Topshop boots and a brand new top.

And it wasn't just women's clothes: a huge selection of men's shirts, jackets and jeans were on offer, with plenty for children too. My friend picked up a pair of Startrite shoes for her nine-month old – usually over £40 – and a brand-new-with-tags tiger backpack.

The sales are planned far in advance and supported by two members of the trading company team as well as five hard-working volunteers, who are constantly organising the clothes and on hand to help customers.

Ryan Perkins, Co-Head of Trading, said: "Our £1 warehouse sales have become an amazingly popular part of our calendar. We have a great team of volunteers who help us in the weeks leading up to each sale and on the day.

"Opening our warehouse doors creates a real buzz and provides some amazing bargains for keen thrifters."



## Upcoming Distribution Centre event dates

22nd October 2022

9am-1pm

£1 clearance sale

26th November 2022

9am-1pm

Christmas sale

28th January 2023

9am-1pm

£1 clearance sale

25th February 2023

9am-1pm

£1 clearance sale

25th March 2023

9am-1pm

£1 fashion & accessories sale

29th April 2023

9am-1pm

£1 clearance sale

The Distribution Centre is located at:  
Bankfield Industrial Estate, Unit A1,  
Coronation Street, Reddish, SK5 7SE





## Join #TeamStAnns

30th October Chester Zoo 10k	29th January 2023 Stockport Daffodil 10k
12th November Run Alton Towers 10k	16th April 2023 Manchester Marathon
10th December Run Tatton 10k	23rd April 2023 London Marathon



4th December  
**St Ann's  
Festival Choir**  
'Christmas is Coming' Concert  
Stockport Town Hall, 7.30pm

12th-15th January 2023  
*Christmas Tree Recycling  
Collections*



Recycle your Christmas tree with St Ann's and JustHelping. Registrations will open in November – keep an eye on our website for further details including postcodes covered.

**Host your own event**



Have fun, get festive and raise money for a local cause by hosting a carol concert or Christmas jumper day for St Ann's. We'd love to hear your ideas!

Get your free pack by emailing [fundraising@sah.org.uk](mailto:fundraising@sah.org.uk) or call 0161 498 3631.

30th April 2023  
*Tour de Manc Charity  
Bike Ride*



We're delighted to be partnering with Tour de Manc for the 2023 edition. Keep an eye on our website for details to be announced soon.

*Light up a Life  
Services* See p15



**Clearance Sales**  
Distribution Centre, Reddish See p11

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)

## In Memory of Her Majesty Queen Elizabeth II

Everyone at St Ann's Hospice was deeply saddened by the death of Her Majesty The Queen. Throughout her extraordinary reign we have seen her tremendous sense of duty and devotion to a life of service, including her commitment to charities and the voluntary sector.

We have been fortunate to have received many visits from members of the Royal Family over the years – including most recently a visit by Princess Anne to our Heald Green hospice last year.

We know that many, many charities and other deserving organisations have benefited from the Queen's patronage and support. She leaves an incredible, historic legacy, and will be sadly missed not just in the UK, but around the world. We thank her for her service and send our thoughts to those closest to her.

## Bereavement Support

The death of a public figure can evoke personal memories of grief, and feelings of grief can resurface during times of national mourning. You can find bereavement support and information on our website at [sah.org.uk](http://sah.org.uk) under the 'How we help' menu. Our **Let's Talk Team** are here for family, friends and carers of anyone who has used St Ann's. Go online for more information or call 0161 702 5435.





# Light up a Life

Our Light up a Life appeal is a way for us to remember our loved ones at this special time of year. You're invited to join with others in our community in dedicating a light to remember and reflect this winter.



There are various ways you can dedicate a light. You can return the enclosed form, and receive a personalised card with your dedication to keep. Or you can go online and add a light to the Winter Forest, along with a photo, message or memory at [www.sah.org.uk/light](http://www.sah.org.uk/light). You can also call our fundraising office on 0161 498 3631.

Whichever way you choose to take part, all dedications received by 25th November will be recorded in the 2022 Book of Honour, which will be on display at all of the Light up a Life services and in our hospices at Little Hulton and Heald Green next year.



The donations you make with your dedications mean that patients and their families can continue to receive the very best care and support. Thank you for your generosity.

## Neil's story

Things happened so quickly with Mum, from the moment she felt unwell. Mum's cancer was terminal and spread to her brain before she passed away only five months later.

I had very little knowledge of what help a hospice provides or the services they offer, but early on, and from a respectful distance, St Ann's made the family aware that they were there to support us.

Mum wanted to stay at home for the rest of her time with us, and this was made possible thanks to the Little Hulton Hospice at Home service. The service provided a comfort blanket, and we were able to enjoy our time together as a family. We knew help was available as and when required as Mum's condition deteriorated.

I cannot overstate the relief this knowledge provided and how helpful the assistance was when the nurses were needed at home.

After Mum passed away, I was a grateful recipient of bereavement counselling through St Ann's. The support and



Neil, mum Jo and sister Jennifer

guidance I received was truly life-changing, and something I will never forget.

So I am asking if you can please join us this year, by dedicating a light to your loved one and donating to help those being supported by St Ann's right now.

St Ann's would not be here if it was not for the generosity of supporters like you. Your donation will make sure that people who need the help of the hospice will receive the best support, just like we did.

## Light up a Life services 2022

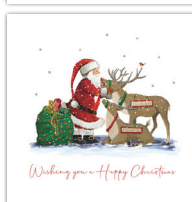
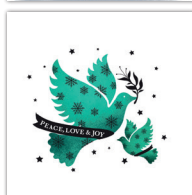
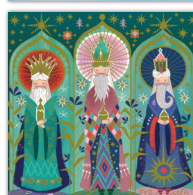
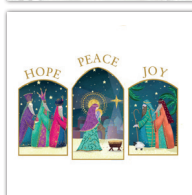
Date	Time	Venue
Sunday 4th December	1pm/2.30pm/4pm	Manchester Cathedral
Monday 5th December	7pm	St Ann's Hospice, Little Hulton (Outdoors)
Wednesday 7th December	7pm	St Peter's Church, Hale
Thursday 8th December	7pm	St Ann's Hospice, Heald Green (Outdoors)



# Christmas shopping

**You can now order your St Ann's Christmas cards, gift wrap and bags, tags, diaries and more:**

-  Visit our website  
[www.christmas-cards.org.uk/st-anns](http://www.christmas-cards.org.uk/st-anns)
-  Order and pay over the phone  
(Mon-Fri 8am-4pm) **0161 477 0190**
-  Visit our eBay page [tinyurl.com/StAnnsXmas](http://tinyurl.com/StAnnsXmas)
-  Visit one of our shops – all locations are listed on our website  
[www.sah.org.uk/get-involved/shop/](http://www.sah.org.uk/get-involved/shop/)
-  Visit our Distribution Centre  
(Mon-Fri 8am-4pm)  
**A1 Bankfield Industrial Estate, Coronation Street, Reddish, Stockport, SK5 7SE**
-  Visit our Heald Green or Little Hulton hospice receptions



**Christmas card packs are all priced £3.25/£3.99**

We are not having a printed catalogue this year due to rising printing costs.