

friends

Spring 2023



St Ann's Hospice



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It's back! Glitter and glow at the Manchester Midnight Walk

p16

Salford Red Devils spread some Christmas cheer



Registered with
**FUNDRAISING
REGULATOR**

Hello,

and a warm welcome to our
Spring edition of Friends.

An important part of our work is planning for the future and thinking about how to make care in Greater Manchester better than it is now.

That's why we recently took part in an important event with other hospices about the future of end-of-life and palliative care in Greater Manchester.

Our Consultant in Palliative Medicine and Medical Director Dr David Waterman opened the event. Dr Waterman is also the Palliative and End-of-Life Care Clinical Lead for Greater Manchester as a whole. If this sounds like an important job that's because it is! Dr Waterman helps to set the strategic direction for palliative and end-of-life care across the whole of our region and beyond. So, if you or a member of your family come across him as one of our patients, you are in very good hands!

Most hospices rely on the generous support of the public who donate and



provide what support they can. It's a hard reality that the contribution we receive from the NHS is just not enough. Our hospice is not alone in having to make some difficult choices to manage these challenges, and the NHS is also facing significant challenges of its own.

Still, it was a really good day with a lot of positivity. What was noticeable was that together we are stronger.

We got across our message loud and clear that hospice funding needs looking at. We are an essential part of the health and care system and not just a nice-to-have. Funding us properly is essential for our survival so that we can continue to deliver the much-needed care that people deserve.

Thank you for your kind support. We couldn't provide our care without your generosity.

Rachel McMillan
Chief Executive

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

News in Brief

A record-breaking year for Christmas tree collections

A huge thank you to everyone who supported our Christmas tree recycling scheme this year. In partnership with JustHelping we collected an incredible 5,205 trees – more than ever before – raising around £60,000! The trees were chipped at two sites near our hospices, Wardley Hall in Salford and Wythenshawe Park in South Manchester, and will be used for pathways and flowerbeds.



Children's play area

The children's play area at our Little Hulton hospice was recently refurbished as part of the redevelopment of the café and reception area, and now it has been fully stocked with brand new toys thanks to the kind folks at Argyle NW Construction. We're so grateful for their donation and are sure the little ones visiting our hospice will enjoy them.



One Stop Lung Cancer Clinic

Did you know we support the North West One Stop Lung Cancer Clinic at Wythenshawe Hospital? The clinic brings together a variety of services to meet the needs of the patient during one session. Services have been able to work more collaboratively to reach the best outcome for the patient, and this reduces the waiting time and apprehension of patients who would normally have to attend multiple appointments.

The clinic was nominated at the Greater Manchester Cancer Awards, and came highly commended in the Outstanding Care category and won the Patients' Choice Award.

Amanda Connors, Team Leader of our Being You Centre, which supports the clinic, said: "Being part of the patient's journey has proven to be a valuable way to break down barriers and discuss hospice outpatient services. Winning the Patients' Choice Award meant a lot to the team and I felt proud to be there to represent the hospice."

Build It
Together
milestone
reached

See p6

Build it
together
St Ann's New
Hospice Appeal



Manchester Midnight Walk **It's back!**

GLITTER and GLOW

Friday
9th June
2023



We're so excited to be back for a fully in person event for this year's Manchester Midnight Walk! Get your friends, family or colleagues together and join our iconic 10km walk through Manchester city centre.

This year we're asking you to glitter and glow for St Ann's Hospice and bring some sparkle to a night to remember. We can't wait for you to join us again at Manchester Cathedral, raise some money for St Ann's, enjoy the entertainment and light up Manchester city centre once more.

The sponsorship you raise will help us keep providing specialist care to people affected by life-limiting illnesses across Greater Manchester.

Sign up online at www.sah.org.uk/mmw or call 0161 498 3631.

Scan me



Last year, nurses at our hospice in Little Hulton swapped their uniforms for sparkly tutu outfits as they joined in the fun at the Manchester Midnight Walk. The nurses were off shift from their roles caring for patients, so did not miss the chance to support the event, which has raised more than £2m since it started 17 years ago.

"This is my first time doing the walk and we're all here raising money for our patients. I only joined St Ann's in November and it's a great team and everyone has been really welcoming." –Stephen Todd



Natalie Cheetham had two good reasons to take part in the Midnight Walk last year.

Her late grandfather Harry Withington was treated by St Ann's in the 1970s. Natalie, from Northenden, also needed the care of St Ann's herself 13 years ago when she was diagnosed with cancer. Thankfully, her treatment worked and she received counselling and other support from St Ann's. Natalie was joined by her partner Jerry Howe at the walk.

"It's the first time I've taken part but I wanted to get involved because St Ann's has been fabulous for me and my family. Walking is good for my own wellbeing at the moment." – Natalie Cheetham



Schoolboy Harley Stevens was too young to take part in last year's Manchester Midnight Walk so he walked the route with his dad, James, a few hours before the official start time.

They were remembering James' mum Susan, who spent time at St Ann's in August 2021 before she sadly died aged 60. James has raised thousands for various charities while completing challenges like the Midnight Walk and multiple marathons.

"The hospice staff were brilliant and so lovely. It never felt like it was an effort for them to offer that support. When mum died we decided we wanted to do something and make a positive out of a negative.

"Harley needed to be 11 for the Midnight Walk which is why we set off early, wearing No 1 and No 2 bibs. It was absolutely brilliant walking through the streets of Manchester." – James Stevens



Sign up online at www.sah.org.uk/mmw or call 0161 498 3631.

With your help we've raised £500,000!

The Build It Together appeal to build our new hospice in Heald Green, Stockport has reached an important milestone and has now raised an incredible £500,000!

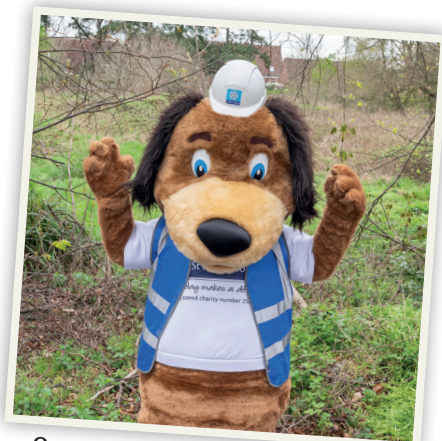
There's still a lot of fundraising left to do, but thanks to the generosity of our supporters, we are that bit closer to making our much-needed new hospice a reality. Within that big number are lots of individual acts of kindness and generosity. Especially in the current economic climate, we cannot thank you enough for your time, donations and support.

Why two Greater Manchester hospices?

Not everyone knows we operate two hospices in Greater Manchester. Understandably people know more about the hospice closest to them, or where their loved one was cared for.

Our Little Hulton building was purpose-built with many individual bedrooms, whereas we have just four private bedrooms in Heald Green. There are other differences too – such as no piped oxygen and old, Victorian plumbing in our Heald Green hospice. Repairs to keep the old building going cost us many thousands of pounds each year that would be better spent on patient care.

Both of our hospices are hugely important to us as we plan for the future care needs of Greater Manchester and look to safeguard hospice care for future generations.



Our mascot Stann celebrates us reaching the £500,000 milestone!



We still need your help!
If we are to reach our fundraising target and raise at least another £1.5 million, your help will be crucial.
The next step in our plans is to complete the purchase of the land next door to our existing Heald Green hospice. Expect more news on that soon!

You can support our appeal by donating at newhospice.sah.org.uk/donate, or by phoning the Fundraising Team on 0161 498 3631.

How runner Liz will be helping us get our new hospice appeal to the finish line

Capital Partnerships Fundraiser Liz Greenwood first became involved with St Ann's as a fundraising volunteer while at university.

She knew she wanted to work for a charity, and volunteering was a great way to gain valuable experience – eventually leading to her first job after university in the St Ann's fundraising team.

Liz then went on to work with other charities, and most recently worked at the Co-op's HQ on its national charity partnership. This experience has given her great insight into the support businesses expect from their charity partner.

She is delighted to have returned to St Ann's and says: "Re-joining St Ann's honestly feels like coming home. My main remit will be working to increase the level of support the new hospice campaign receives from the business community, and helping those businesses who have already pledged to sponsor rooms achieve their fundraising goals.

"If you own a business or work for a company that might get involved in supporting the hospice, I would love to hear from you. There

are so many ways to support our new hospice appeal from choosing us as charity of the year or payroll giving to taking on a challenge such as entering a team in the Tour de Manc cycle this April or our St Ann's Golf Day on 11th May. "

"Whatever you choose to do, it all makes an incredible difference."

Liz will also be making sure she plays her part in raising money for the Build It Together appeal too – she is preparing to take part in the Stanza Stones Ultra, a 24-hour, 50-mile route in the South Pennines.

Does she have any running tips for our readers? "Lots of snacks!"



Liz took part in the Exmoor Half Marathon last year

Contact Liz on
07872 373 560 or lgreenwood@sah.org.uk

You can sponsor Liz at
www.justgiving.com/fundraising/lizs50mileultra



For more information or to donate, visit newhospice.sah.org.uk, email newhospice@sah.org.uk or call 0161 498 3631.

Caring for our patients at home

Caring for someone at home can place both physical and emotional strain on families, friends and carers. Our invaluable Hospice @ Home service across Salford and Trafford is there to alleviate some of this strain and ensure our patients and their families receive nursing care and support at home.

The Hospice @ Home team of Registered Nurses and Health Care Assistants work in partnership with District Nurses, Specialist Palliative Care Teams and other community services.

Joanne Laidlaw, Hospice @ Home Team Leader, has worked at St Ann's Hospice for nine years, and is currently undertaking a master's degree in Leadership and Management. She leads the team in enabling patients to stay at home for their end-of-life care. "We cover the whole of Salford and Trafford, as long as patients are registered with a GP in either of these areas then they are eligible for our services."

The Hospice @ Home team provide essential care and support to people in their preferred place of care, enabling patients to stay at home if they want to. "We always want to meet our patients' wishes, providing as much support to them as possible so that they are comfortable in their own homes."

"We offer psychological, emotional and carers support, often this being in the form of visits once a week to our patients. We are also able to care for rapid discharge from hospital and hospice patients, providing care for them and extra support if they wish to stay at home during this time."



Joanne Laidlaw, Hospice @ Home Team Leader

Hospice @ Home Fast Facts



Hospice @ Home
is available in...
**Salford &
Trafford**



Hospice @ Home
cared for...
366
people in their homes
in the last year.



How to refer...
Patients/carers can ask their
GP, specialist palliative care
nurse or consultant.
Visit www.sah.org.uk/refer
or call 0161 702 5405.

Jo reflects on the impact that her team have and why they value the work they do so much. "It really is a privilege to be allowed into our patients' homes; we know how much it can take for patients and their families to allow us into their life. I value getting to know the patients I visit and seeing them in their own environment where they are most comfortable."

"I value getting to know the patients I visit and seeing them in their own environment where they are most comfortable."

"I feel grateful to know I've spent time with a patient who wanted to be at home and looked forward to seeing the team come to visit them. Often the patients also come into the

hospice for various treatments and services. But knowing we can enable them to stay at home if they want to is something I'm glad we can offer.

"We are a free service which many people aren't aware of, and we continue to provide this service because of the donations from the people around us. Without the fundraising and support from the public we may not be able to deliver the vital care that is needed to our patients, so we are so thankful to everyone who supports us.

"Everyone from the Hospice @ Home team urges that you keep our hospice in your mind and continue to support us. Being aware of what St Ann's does for the people in your community is so important in understanding why our services matter."

Food, glorious food! How our catering teams play an important role in our care

Good, tasty and nutritious food that is made in a safe, hygienic environment is a hugely important part of providing good care.

Having two large hospice sites in Greater Manchester – one in Little Hulton, Salford and one in Heald Green, Stockport – means we have patients, visitors, staff and volunteers from many different cultures and backgrounds.

At St Ann's we want everyone in our community to feel welcome and our care to be accessible to anyone who needs it, no matter what their background or religion.

Making everyone feel welcome

At its most simple, kosher food requires keeping food items including meat and dairy separate and also using separate kitchen equipment. For our Muslim patients, we can order halal meals from good quality, local suppliers.



A sample patient meal prepared by our catering team

Along with this, we need to be aware of people's personal dietary preferences and allergies – they may be vegetarian, vegan, or be gluten- or lactose-intolerant. Basically, anything that may come up when ordering at a restaurant, our catering team need to think about too!

Building individual dietary profiles for our patients helps us to understand their specific requirements so we can make their time with us as comfortable it can be. If patients would like to eat something which isn't a regular item on our menu, we will order it in for them.

We use local suppliers to source lots of our ingredients. Having good relationships with our suppliers is very important, especially because we try to tailor each meal for the patient. We are always happy to work with patients and their families and loved ones about sourcing additional ingredients that will make our patients happier with their meals and about making sure the food and drink we offer is culturally appropriate.

We also often cater for special occasions. We have events such as wedding, anniversary and birthday celebrations – and many suppliers are generous enough to give us 'gift in kind' donations for special events such as these to make these occasions extra special for our patients and their loved ones.

Improving the dining experience

It is important for our patients to be able to spend time with their families and loved ones and eat meals together, being able to create memories for them that they would make at home.



Our catering teams are a key part of the holistic care provided at our hospices.

The refurbishment of the hospice café and outside area in Little Hulton is making a huge difference for our patients and their visitors.

We are also seeking to make huge improvements to the kitchen as well as the dining environment when we build our new hospice in Heald Green. Our new hospice will have much bigger kitchens, as well as much more space in more modern and comfortable surroundings for inside and outside dining.

If you have ideas on how the food and drink experience at our hospices could be improved, including how we can make sure all communities feel welcome at our two hospice sites, we would love to hear from you.

Please email communications@sah.org.uk and we will collate all feedback and pass it to our Catering Team and Executive Team.



The refurbishment of the hospice café in Little Hulton is making a huge difference for our patients and their visitors.

Bee ready for spring!

The St Ann's Hospice eBay shop is a great place to find some of the new goods we offer, alongside our pick of pre-loved items. This spring we have a new range of bee-themed household items and jewellery in stock – perfect for the Manc who's hard to buy for!

Sales from our eBay store, including our new goods ranges, help us to continue to provide outstanding care and support to local people affected by life-limiting illnesses.

Price List

- Large wall bee £5.99
- Bee brooch £12.99
- Bee charm bracelet £14.99
- Bee bangle £14.99
- Beehive oil burner £7.99
- Beehive planter pot £6.99
- Beehive salt and pepper shakers £6.99
- Bee spoon rest £2.99
- Bee tray £2.99



How to order

Browse all the new goods in our eBay shop at [tinyurl.com/SAHNewGoods](https://www.ebay.co.uk/str/stannsahospice)
Alternatively, you can phone 0161 477 0190 to place an order.

Join our team and volunteer at one of our shops today!

Michelle Sheridan – Volunteer

St Ann's has ten charity shops, with most of them dotted around parts of Stockport. I volunteer at the Edgeley shop, and I absolutely love it!

I've been volunteering since last autumn and I always look forward to going to the shop and seeing the amazing team of people there.

"I always look forward to going to the shop and seeing the amazing team of people there"

Every day is different, you never know what's going to be in the bags that are dropped off. We stock a wide range of new items as well as pre-loved items, and at Edgeley we specialise in baby and children's clothes.



We have so many amazing people that consistently donate to us.

Michelle volunteers at our shop on Castle Street in Edgeley.

Our regular customers often recognise me when I'm out and about which is lovely, there's a real community feel to the shop.

My main roles at the shop are to go through the donation bags, steam and label the clothes, and help on the shop floor. It's such a lovely environment to volunteer in, everyone has different experiences that they bring into the shop.

I would really recommend volunteering at one of the St Ann's Hospice shops. It's a great way to meet people and I look forward to the days I'm going to volunteer with the lovely team. For anyone who isn't in paid employment, volunteering is a great way to help and be a productive part of society.

I can't recommend helping at one of the shops enough, they are so welcoming and a brilliant team to work alongside!



Current Vacancies

We are currently in need of volunteers at the following shops. There are morning, afternoon or full day shifts available at each shop.

All volunteers need to be fit and able as they may be required to lift donated items or climb stairs.

- Online Department (based at our Distribution Centre in Reddish)
- Altrincham
- Cheadle Hulme
- Sale
- Edgeley
- Stockport (Vintage & Bridal shop)

To find out more or apply to join one of our welcoming teams, visit our website at www.sah.org.uk/VolunteerRoles or phone our Volunteer Services Team on 0161 477 7839.

Make your Will for free this March

Imelda has been a volunteer for St Ann's Hospice for over five years and took part in Will Month last year. She had talked about re-writing her Will for a long time and it seemed like an ideal opportunity.

She said: "The pack provided was really helpful. We got all the information we needed and we could choose our solicitor, which is really important. We got so much of the solicitor's time for the suggested donation, and it was a completely pain-free process.

"The solicitor was local, which made it really easy to sign documents. We had an initial chat to make sure they were the right fit, then completed lots of the process online. It was so easy.

"I wanted to take part in Will Month instead of re-writing my Will another time to support St Ann's. It's tough at the moment to fundraise, so it's a way of being able to give a donation now instead of the money being spent elsewhere.

"We also decided to leave a gift to St Ann's in our Will, which is a great way to support the hospice into the future too.

"I would really recommend taking part. It was so simple and easy. It's not just an online Will-writing service; you can make your Will with the participating solicitor of your choice, and St Ann's benefit."

"We got so much of the solicitor's time for the suggested donation, and it was a completely pain-free process."

Imelda, Will Month supporter



For more information visit www.sah.org.uk/willmonth or contact legacies@sah.org.uk or 0161 498 3631.

Local solicitors will be waiving their fees this March when you donate to St Ann's Hospice.

1
Register your interest

2
Make an appointment and turn your wishes into a Will

3
Make a donation to St Ann's

Will Month

Salford Red Devils bring Christmas to our doorstep!

Players from the rugby team Salford Red Devils came to help out and serve our Little Hulton hospice staff their Christmas dinners in December!

Many of the staff are long-time supporters of the team, with season-ticket holders among them. They were all excited to meet the five players that gave up their day off to support the hospice. The players got stuck in, delivering staff their Christmas dinners and meals to patients too.

Joe Burgess, one of the players, said: "The hospice staff are gorgeous, gorgeous people, it was a pleasure!"

Marcelle Lock, Project and Events Manager at Salford Reds, says: "It was an absolute honour to play a small part in giving something back to the nurses and staff at St Ann's Hospice. They are the real-life heroes and if we all practiced one percent of the values and compassion shown by the staff there then the world would be a much nicer place."

The players also spoke to many of the patients and their families on the ward; they were keen to get involved as much as they could to spread some Christmas cheer!

Heather Bennett, In-Memory and Legacy Fundraiser at St Ann's, organised the day and says: "It was so lovely to get the players involved. They all really understood what St Ann's stands for and knew how special it was."



Salford Reds players serve staff their Christmas dinners!



Salford Red Devils players pictured with our hard-working catering team, and with Heather Bennett, In-Memory and Legacy Fundraiser, who arranged the visit.



The players took time to visit patients on the ward.



Dates for your diary

www.sah.org.uk/events

GLITTER and GLOW
Manchester Midnight Walk
Friday 9th June 2023
Manchester Cathedral See p4-5



St Ann's Golf Day

11th May 2023

Dunham Golf Club

Sign up: www.sah.org.uk/golf

30th April 2023
Tour de Manc
Charity Bike Ride
A proper Manc cycling sportive with a variety of distances to suit riders of all abilities.
Sign up: www.sah.org.uk/tdm



will month
March is Will Month See p14 **2023**

23rd & 24th
June 2023
Trafford Centre Abseil



Monthly Clearance Sales
25th March 2023, 9am-1pm
£1 fashion & accessories sale
29th April 2023, 9am-1pm
£1 clearance sale
St Ann's Distribution Centre, Bankfield Industrial Estate,
Unit A1, Coronation Street, Reddish, SK5 7SE

Join #TeamStAnns

16th April 2023
Manchester Marathon

21st May 2023
Great Manchester Run (10k or Half Marathon)



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