

Summer 2023

friends



St Ann's Hospice

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Barbara's
star turn

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A peek
inside our
new hospice



Registered with
**FUNDRAISING
REGULATOR**

Hello,

and welcome to the Summer 2023 edition of Friends.

As you read through this edition of Friends, I hope you are as inspired as I am by all the amazing fundraising being undertaken for our hospice. The people in these stories show us just what can be achieved with creativity, determination and dedication. I am in awe of our supporters and fundraisers and so grateful for your continued support.

It is because of people like you, that we can care for our patients and their loved ones each and every day. You will read in this edition about the rehabilitative approach that we take to care, and our commitment to helping our patients achieve their goals. There can be nothing more important than giving people the tools to live their lives to the fullest.

Your support also means we are able to look to the future and plan for our exciting new hospice at Heald Green. We are getting closer to making this new hospice a reality



and in the coming months I hope we have lots of news and progress to share with you as work starts on the land.

Along with our outstanding facilities in Little Hulton, this new hospice is going to revolutionise our work across Greater Manchester. There can be no doubt that our staff already provide an exemplary service, but our current Victorian building at Heald Green is no longer up to the task. We need a new hospice that offers purpose-built facilities, opportunity for more private bedrooms, as well as the space to host education and training for our own clinical teams and those working nationwide in our field.

2023 is the start of a new chapter for St Ann's Hospice as the new building starts to take shape – and we are looking forward to sharing this journey with you.

Jackie Oldham
Chair

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

News in Brief

St Ann's online shop opens for business

Our very own St Ann's Hospice online shop is now open! We have a large range of brand new items available for you to purchase including homeware, gifts and branded St Ann's Hospice merchandise, as well as seasonal garden items, stationery and greetings cards. Check back regularly as new items are being added all the time.

Visit www.shop.sah.org.uk

Forget me not bracelet available in our shop



A winning St Ann's Golf Day

A huge thank you to everybody who braved the rain and came along to our annual St Ann's Golf Day in May. It was a fantastic day of fundraising at the beautiful Dunham Forest Golf & Country Club that was made possible thanks to the generosity of our prize donors and sponsors, including our headline sponsor, the Bhim Ruia Foundation.



The winning team

This year you helped us to raise an incredible £30,045!

Congratulations to Domis Construction, this year's winners.

St Ann's takes over Salford Red Devils

On Sunday 16th July we're having a 'takeover day' at Salford Red Devils RLFC, when they play local rivals Leigh Leopards! We're delighted to be working in partnership with the club again. The day will include lots of fun for families and spectators to get involved in and show their support.



To find out more visit www.sah.org.uk/events

Forget me not suncatchers still available

The limited edition stained glass suncatchers we commissioned as part of our 2023 Forget Me Not Spring Appeal are going fast.

Visit www.sah.org.uk/suncatcher or call 0161 498 3631 to purchase one for £20.



Be more Barbara

Runner raising money for St Ann's hits a PB and stars in adidas' latest campaign

Barbara Thackray is an 85-year-old grandmother who has been supporting St Ann's Hospice for over 10 years. She has been fundraising for us since her late sister Audrey was a patient at our Heald Green hospice.

Since gaining national attention for being an inspiring runner, Barbara featured in adidas' latest campaign 'running needs nothing' alongside Liverpool football player Mo Salah earlier this year. Barbara shows that at any age you can take up running, and she encourages everyone to start running as a way of getting outside and being amongst nature.

On her 85th birthday in March Barbara ran the Trafford 10k alongside many members of her family, and as well as raising over £2,500 for our Build It Together appeal for a new Heald Green hospice, she achieved her personal best time of under 85 minutes!

Barbara has raised nearly £20,000 for St Ann's and is a huge supporter of our Build It Together appeal, encouraging others to donate or fundraise. She says, "helping St Ann's Hospice has been an extra motivation to keep running."

As an inspiration to many, we are so grateful for Barbara's ongoing support, and we always look forward to cheering her on at her races as she crosses the finish line!



Above: Barbara celebrates her birthday with family at the Trafford 10k
Left: Barbara on set filming the adidas campaign

Our fundraising heroes

Together Money make an incredible difference

Together Money have donated an amazing £22,000 to St Ann's Hospice for the family facilities at the new hospice.

This is the second donation that the hospice has received from the business, which has previously sponsored a counselling room for the new hospice building through their staff's fundraising efforts.



A blooming lovely garden

A dedicated supporter, Elaine Land, opened her garden in the spring for people to visit in support of the Build It Together campaign.

Elaine raised an incredible £1,272, topping the amount raised when she opened her garden for the hospice last year.

Elaine said: "Gardening is a huge passion of mine. It's a pleasure to share it with other people and it's an excellent way to fundraise."



Who let the dogs in?

Pure Offices in Cheadle hosted a 'bring your dog to work' day to raise money for St Ann's Hospice.

As their chosen charity of the year, we were delighted to visit Pure Offices to introduce our mascot Stann to all of their furry friends!

Those who brought their dog to work for the day donated to our Build It Together appeal. At midday there was a lunchtime dog walk which included some treats for the paw-some pets.

What could you do?

Could you get together with your friends, family or work colleagues and help us to make our new hospice a reality? Visit newhospice.sah.org.uk

Our new bedrooms will give patients the privacy they deserve

Privacy is one of the many important things our new hospice will bring to our patients. Our plans include 21 private rooms – all with individual outdoor terraces – for patients living at the end of life and their families to spend vital moments together.

The rooms will allow both patients and families to say what they want to say without the worry of being overheard – a place for families to share their thoughts and feelings and relax in a private space. Conversations with medical, clinical and complementary staff will also benefit from the private spaces.

The larger rooms with inbuilt medical equipment will allow easier and more comfortable movement for our patients.



Could you sponsor a bedroom?

Sponsoring a bedroom at our new hospice is £50,000. This will allow us to build and kit out an individual bedroom with comfortable and specialist furniture.

Could you, or your business, help us by sponsoring one of our bedrooms?

For UK tax payers, a gift of £40,000 plus Gift Aid will sponsor a bedroom. In addition, higher rate tax payers can claim back

additional tax paid from the UK government as shown in the table.

There are also opportunities to include an en suite bathroom and outdoor terrace in your sponsorship.

Charity Gift Aid Calculator

Your contribution is	£40,000
Total contribution after charity has reclaimed tax	£50,000
If a higher rate taxpayer, you can reclaim additional tax of	£10,000
If a top rate taxpayer, you can reclaim additional tax of	£12,500



Build It Together Sponsor Keepsake

Unless requested otherwise, funding will be recognised on our Donor Recognition board at the new hospice and you will also be presented with a funder keepsake for you to keep or display in your workplace.

It's time to get digging

Actor Lee Boardman has been with us every step of the way as we raise money for our new hospice. Here he tells us why he is so determined to get the building work started.



"The work done at St Ann's is vital for so many families like mine."

By Lee Boardman, St Ann's Hospice supporter

My first encounter with St Ann's Hospice was at one of the hardest times of my life. My sister was coming to the end of her life and as a family we were desperate to get her the best care.

As soon as I walked through the doors of St Ann's, a huge weight lifted off my shoulders and I knew she was in the best possible hands. I will never forget the care and kindness we were all greeted with at the hospice and I can't express how grateful we are.

The work done at St Ann's is vital for so many families like mine. It is in memory of my wonderful sister that I am so passionate and determined to see the new hospice at Heald Green built.

When I first got involved with the Build it Together campaign last year, I was blown away by the design of the new hospice and the vision for such a modern, high quality building. The finish is incredible and the plans for so many private bedrooms – at a real five-star standard – are just what people being cared for need and deserve.

It makes me so happy to hear that the St Ann's team are now at the last stages of purchasing the land where the new hospice will be built and that starting work on the site is just around the corner. After all the amazing fundraising so far it will be a brilliant feeling to see the diggers arrive and construction underway.

The fundraising hasn't stopped though and the hospice still needs your help to make their vision a reality. If you want to see St Ann's continue in the future, we must all support the new build and donate whatever we can.



"If you want to see St Ann's continue in the future we must all support the new build."

Tom's daredevil jump

Tom Lowery jumped 11,000 feet from a plane in memory of his partner to raise money for St Ann's Hospice earlier this year.

Joan Lyons, Tom's partner of 24 years, was a patient at St Ann's Hospice in Little Hulton and was cared for there until she died in March last year.

Joan had been ill for three months with a brain tumour. Tom says "Joan received excellent care from St Ann's Hospice despite being in the throes of the latter months of the pandemic."

Tom, a retired HGV driver and Royal Signals veteran – who himself is going through health issues following his own cancer diagnosis – is 76 years old, but was more than ready for his parachute jump in aid of St Ann's.

Speaking before the jump, Tom said: "I think I'm looking forward to it, not long to go now! Thank you very much to everyone who has donated to St Ann's Hospice, I hope they get lots of money to support them."

Tom, who had to get the all clear from his doctor for the jump following his diagnosis, said: "I have prostate cancer so the drugs that I'm on have made me too weak to take on a 24-hour walk or a marathon. This is the next best thing I can do; I've never done a parachute jump before so I'm very excited."

Tom had lots of his family and friends supporting him at the Black Knights Parachute Centre in Cockerham, Lancashire.

After jumping 11,000 feet through the air, Tom said: "I loved it, but if I do anything else for charity it'll be marathons, not another jump!"

He surpassed his fundraising target of £500 and has raised well over £1,000.

"We all want to raise as much money as possible for such a great cause that supported Joan. Her last days were spent peacefully at the hospice and their incredible staff provided our family with kindness, support and a much-needed sense of peace at the end of her life."



"We all want to raise as much money as possible for such a great cause that supported Joan."



Fran Brown, Team Leader for the Rehabilitation Team at St Ann's, talks about the importance of caring for the individual and finding out what matters most to them.

Image: Fran Brown, Rehabilitation Team Leader

By Fran Brown, St Ann's Hospice

St Ann's Hospice carefully follows the Hospice UK national guidelines around rehabilitative palliative care, which is an important part of the support provided to the people who access our services.

As part of this approach, goal-setting is worked through between clinical staff and individuals to ensure there are steps taken to support what matters most at that point. This is different for everyone, as we are all unique in our preferences and experiences.

Because of this, no one goal is the same, so it is vital to find out individual information about each person and what is important to them. The clinical staff spend time to understand specific needs, as these will shape the goals

they choose to pursue. St Ann's Hospice strives to keep this person-centred so that the people we work with are supported to address what's important for them.

Often, individuals can have a goal that seems unrealistic compared to their current situation and functional skills. This could be wanting to walk when that person has been in bed for weeks. Staff members will speak to the person about 'why' they want to achieve this goal, to understand the reason behind this. A plan can then be put in place to see how a first step towards this goal can be achieved. In many instances, the goal is adapted to be appropriate to the person's function at that time and broken down into achievable steps, and/or achieving these steps in a slightly different way.

Jade's goal:

To make memories

Jade wanted to make memories with her friends and family, as she knew she had limited time left with them and was bed-bound. The whole medical team worked with her to plan a girly night in, with her room being adapted into a Saturday night space. A bartender from The Griffin in Heald Green came to the hospice and Jade and her friends enjoyed a cocktail-making class.

Jade's goal was a great way to engage the community and staff across all departments of St Ann's Hospice to create a night that she thoroughly enjoyed and achieve her goal of making memories.



Some patient names have been changed.

Bob's goal:

To visit the pub

Bob was finding transfers from our Inpatient Unit challenging and fatiguing. We trialled a different method of getting into a specialist wheelchair, helped him to manage his low energy level, and supported him to use our minibus to transport him and his wife to an accessible pub. He was subsequently able to repeat this himself with other family members.

Steve's goal:

To eat independently

Steve had very swollen arms and was unable to lift them to eat. Following treatment from our Lymphoedema Team he was able to use a spoon to eat his own meal.

Do you think your business could help?

We are always keen to hear from businesses who could offer experiences to the people we care for at St Ann's.

Email supporter@sah.org.uk to chat about ways you could help our patients.

Manchester Midnight Walk

Thank you Manchester Midnight Walkers!

Hundreds of walkers were out in force for St Ann's on Friday 9th June, taking on our Manchester Midnight Walk through the streets of Manchester city centre.

The event was sponsored by Betfred and saw people of all ages from across Greater Manchester walk the 10km route to raise money for our patients and their loved ones.

Supporters enjoyed the amazing atmosphere at the pre-walk party and entertainment at Manchester Cathedral before setting off at midnight for the walk.

Thank you to everyone who took part and helped make the 2023 walk a huge success!



You could win £5,000 in our Summer Raffle!

For just £1 per ticket you can enter the St Ann's Hospice Summer Raffle. You can be in with the chance of winning the top prize of £5,000 – and it that doesn't get you excited, you should know that every ticket bought will go towards helping us support our patients and their loved ones.

"I work in the Patient and Family Support Team as a Specialist Palliative Care Social Worker. I see each day how important the donations and support from our community are for the patients and loved ones we help.

"We provide holistic support to patients and families. We advocate for them and provide psychological and bereavement support as well as spiritual and emotional support.

"I hope you'll join in to support us by playing the Summer Raffle. On behalf of everyone at the hospice, our patients, and their families, thank you and good luck!"

Donna Quinn,
Social Worker



Closing date:
6th August
2023

Draw date:
16th August
2023



£1 per ticket
How to play

Visit raffleplayer.com/stannshospice

Buy tickets at our hospice
receptions or charity shops

Call 0161 498 3642

Find out more
www.sah.org.uk/raffle

Free furniture collection

We require good quality furniture donations to stock our specialist furniture shops in Ardwick and Ladybarn.

We offer a free furniture collection service.

For more information or to book a collection, visit
www.sah.org.uk/furniturecollection or call 0161 272 6299.



Complementary Therapy

**By Karen Wakefield, Volunteer
Complementary Therapist at St Ann's Hospice**

I had my own holistic therapy business for years and I loved my job so much, but ill health meant I had to give it up. Thank goodness I met Ruth, one of the Complementary Therapists at St Ann's who told me about the opportunity to volunteer at the hospice.

It has been perfect for me. To be able to use my skills to help people, but also work around my other commitments has been ideal. I really enjoy my volunteering and it is the best decision I ever made.

I volunteer at the Little Hulton hospice but there are volunteer Complementary Therapists at Heald Green as well who work with the team. We offer a variety of treatments for the patients both on the Inpatients Unit and Outpatient clinics.

It could be a foot massage, reflexology, a hand massage, reiki – whatever the patient feels they need at that time to make them feel better.

The Outpatients clinics are available for patients to book in for a treatment, while on the Inpatient Unit, I will spend my time visiting patients in their rooms and seeing whether I can offer them a treatment that day.



All of the patients really enjoy the treatments and it is so rewarding and nice to be able to help people at their time of need to make them feel better, even if it is just for a short while.

I feel very lucky to be able to use my skills and qualifications as a Complementary Therapist and share them at a time when people really need it. It is just so huge and you get so much from it yourself as well.

The team at St Ann's are looking to recruit more volunteers to the Complementary Therapy Team so that we can offer even more clinics and get around more patients on the Inpatient Unit as well.

You would need to have a recognised complementary therapy qualification to deliver two or more of the following: Aromatherapy, Indian Head Massage, Reflexology, Therapeutic Massage or Reiki. This isn't an exhaustive list though so if you think you have the right qualifications then I would encourage you to get in touch.

If you think you have the skills needed and would like to volunteer as a Complementary Therapist at St Ann's Hospice, you can find out more at www.sah.org.uk/volunteercomplementarytherapist



Dates for your diary

www.sah.org.uk/events



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Closing date
Sunday 6th August

Draw date
Wednesday 16th August
www.sah.org.uk/raffle

Monthly £1 Clearance Sales

29th July
30th September
28th October

£1 Fashion & Accessories Sale

19th August

All 9am-12pm

St Ann's Distribution Centre,
Bankfield Industrial Estate, Unit A1,
Coronation Street, Reddish, SK5 7SE

Firework!

Sunday 5th November

Sunday 16th July

**St Ann's
takeover day**

**Salford Red Devils
v Leigh Leopards**

AJ Bell Stadium



August

100 km
Virtual Challenge



9th-15th October

Hospice Care Week
Virtual Challenge

Light up a Life

**Sunday 3rd – Thursday
7th December**



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