

Spring 2024

friends



I'm digging deep
for St Ann's Hospice



St Ann's Hospice



Build it together
St Ann's New Hospice Appeal



p6

Breaking ground
for the new
hospice

p5

A new look for
Friends



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BRANCH!

Happy 2024 everyone!

Am I too late to still say that?



We are well into the year now, but as this is the first Friends of the year, I will take the chance to wish you all the very best for a happy and healthy 2024.

At St Ann's we have much to look forward to this year and it marks the start of great change for us all, with the progression of the new hospice project in Heald Green. You can see pictures from our Spade in the Ground event in this edition of Friends. What a day that was – to be able to invite our incredible supporters, staff, volunteers and patients to take those first steps (and dig those first spades of soil) on the new land was wonderful. Seeing the work starting now makes the finished hospice within touching distance and we hope to be in the new building by the Summer of 2025. What a transformation this will be for our patients and their loved ones.

The fundraising for the new hospice continues alongside our everyday fundraising to keep our services running.

We still have another £1 million to raise for our Build it Together campaign to complete the hospice.

2024 will also be the first year for our new flagship fundraising event, so make sure you get the date in your diary. Friday 14th June will see the arrival of Moya's Manchester Walk – our new sunset walk through Manchester city centre. Many of you will have already heard of our incredible founder Moya Cole, who campaigned vigorously to see a hospice set up in Manchester. We owe the creation of St Ann's Hospice to her dedication and determination, so it seemed only fitting to name our new walk after her.

I look forward to hearing about all your fundraising endeavours for St Ann's over this coming year, and I know already it is going to be a good one.

Anne-Marie Wynne

Head of Fundraising and Capital Campaign

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

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

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Plunging into 2024

St Ann's supporters made a splash on New Year's Day at the Uswim event at Salford Quays, which raised over £6,500 for the hospice!

St Ann's Fundraising and Communications Assistant Sam Izard and his family were among the 250 swimmers who braved the cold in the docks, raising an incredible £2,275 towards that total in memory of

their loved one Adam. Adam was cared for at our Little Hulton site in 2020, where he died aged just 22. Adam's sister Lily, 9, even took a dip – making her the youngest participant.

Huge thanks to all our supporters who took part, and to the Uswim team for supporting St Ann's and hosting such a brrrr-illiant event!



Light up a Life services

Thank you to everyone who attended our Light up a Life services in December at Manchester Cathedral, St Peter's Church, and our Little Hulton and Heald Green hospices.

It's wonderful to have so many of you come along to these beautiful events or support our Light up a Life appeal to remember and honour your loved ones. It was a truly special week and we are so grateful to everyone who joined us.

School fundraising stars

The amazing pupils, parents and staff at Bridgewater School in Worsley have raised another £2,081.71 for our Build it Together new hospice appeal, thanks to holding a music showcase, sponsored 5K and murder mystery evening. Students Frankie, Ruby, Spencer, Alfie W, Alfie D and Josh, accompanied by Mr Worthington, visited our Little Hulton hospice to present St Ann's Community Fundraiser Greg Kelly and Outpatient Assistant Practitioner Sara Cox with a cheque.



A new addition for Friends

You may have already spotted that in this edition of Friends, we have started to include advertising from local businesses.

This is a welcome addition to our magazine and is part of a new partnership with Roma. They sell advertising space on the pages of

Friends and in return the printing of the magazine is free – meaning St Ann's gets to promote local businesses in our community and save money at the same time.

We thank all the local businesses who have advertised with us for their support.

Take a look at some of the brilliantly retro adverts that have appeared in previous St Ann's newsletters over the years! They are a real blast from the past.

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A Spade in the Ground for our new hospice

St Ann's Hospice was pleased to come together with people from the local community to celebrate the first spade in the ground for the building of our new hospice in Heald Green.

Rachel McMillan, Chief Executive of St Ann's, and members of the project team spoke about the exciting plans and just how important the new hospice is for the future of the hospice.

It was a day of great celebration, and everyone at the event was excited to see building work starting on the land for the purpose-built hospice.

Jackie Oldham, Chair of the Board at St Ann's, said: "There have been many challenges and hurdles to overcome with this project, but the commitment from everyone who has helped us has been incredible. Thanks to everyone here today and those that have helped us to get this far, we are now able to bring to life our founder Moya Cole's dream and develop the hospice of the future."

Rachel McMillan said: "I work with amazing people every single day, and I know what this new build means for patients and staff to have the best environment for St Ann's Hospice. We want to carry on the pioneering vision of our founders and make them proud."



The new hospice will provide:

-  27-bed inpatient unit including individual en-suite rooms
-  Beautiful grounds with private outdoor terraces
-  Modern outpatient and day therapy services
-  Dedicated bereavement and family support spaces



To find out more about the project and how you can donate, visit www.sah.org.uk/newhospice

Our fundraising heroes

We are so delighted that £3,660 was raised from our **John Lewis Cheadle Fashion Show**, which featured doctors, nurses, volunteers and other members of our team on the catwalk. Our models were glammed up on the night by premium makeup concessions in the John Lewis store, before having a drinks reception and getting dressed in their fabulous outfits. Thank you to everyone who came along.



We are so grateful to be supported by **Sesame Bankhall Group**, who raised £33,000 to sponsor a counselling room in the new hospice.

To raise this their staff have taken part in all kinds of fundraising activities including the Yorkshire Three Peaks, bake sales, 100km in a month challenges, Ironman challenges and more!

There is no designated counselling room at our current Heald Green hospice site, so we're so grateful to Sesame Bankhall Group for funding a designated safe place specifically for counselling at the new hospice.



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Moya's Manchester Walk

*St Ann's Hospice's new Sunset Walk
through Manchester's city centre*

Friday 14th June 2024

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Entertainment from 7pm • Walk starts 8pm**

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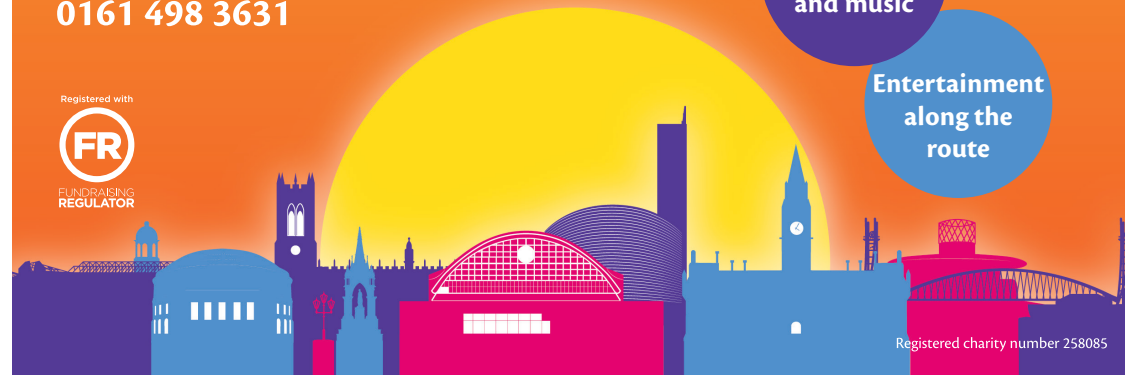


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along the
route**

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Registered charity number 258085

Here for people experiencing homelessness

Friends spent some time with our Homeless Palliative Care Coordinators to find out what St Ann's is doing to reach people who are homeless and need our support.

St Ann's is committed to being a caring place for *everyone* and for some, a more flexible approach is required in order to reach them, to ensure they're aware of our services and that they're welcome here.

Our Homeless Palliative Care Coordinators, Niamh Brophy and Heidi McIntyre, advocate for homeless people with life-limiting illnesses.

Heidi said: "Each person's experiences within homelessness are different, but a common theme is for them to have had multiple negative interactions with professionals and services.

"Listening without judgement and being respectful of their preferences cultivates relationships that are built on trust. This enables us to support people to make informed choices, whilst receiving compassionate, person-centred healthcare.

"Homelessness shouldn't be – but often is – a barrier to experiencing dignity and respect at the end of life, and St Ann's is proactively challenging that."

One of the most important aspects of their work is building positive relationships with staff within homeless services and hostels.

Niamh said: "Hostel staff are invaluable and often key to identifying homeless people with advanced ill health much sooner.

"By delivering training we've enabled hostel staff to identify when someone may be in the last year of life, and to alert us; we then link in with the person at the hostel or in hospital and advocate to ensure they receive appropriate care and support."

Our homeless service is funded by the National Lottery Fund until January 2025.



Working with Nicola*

Nicola has lived on the streets for more than a decade, more recently living in a hostel. She is very unwell and needs regular dialysis. When she first met the team from St Ann's she was determined that she wanted to stay in the hostel and would likely die there. Having worked with the St Ann's team, Nicola has come to understand more about a hospice and the support available, such as pain management. A plan is now in place to admit Nicola to the hospice and she feels supported by Niamh and Heidi.

*name has been changed



Supporting hostel staff

Hannah is a support worker at a Riverside hostel in central Manchester and began working within homeless services during lockdown. The hostel has 15 rooms and several dispersed properties, housing people who are working towards independent living.

"I've known Heidi and Niamh since I started working at Riverside.

Through them, I know what to do if I have health concerns about one of my clients. I have a good relationship with all of my clients, so I can see when something is wrong – for example, dramatic weight loss or breathing difficulties.

"There's a reason why everyone is here; some of the stories are absolutely heartbreaking. We have highly complex clients and I learn something new every day, like the signs of certain illnesses. We come across COPD, Hepatitis, HIV and cancer pretty frequently.

"It's great having Heidi and Niamh for their advice. It's a really good thing, as there are times when it feels you've got nowhere to go. Heidi and Niamh have filled a gap in the service which really needed filling."



Roma Fundraising have provided this publication free of charge through the kind contributions of the advertisers.



If you would like to advertise in future editions of this publication, please call **01706 719 972** or visit our website **romafundraising.co.uk**

Will Month

Make your Will for free this March

A record number of reliable local solicitors are participating in St Ann's Will Month, meaning they will waive their fees in return for a donation – and the recommended amounts are a lot lower than what you would usually pay.

Julie has seen St Ann's Hospice in different ways – as a patient, nurse and family member. She took part in Will Month to make a Will for her and her husband Andrew.

"It's nearly 30 years since I was a student nurse at St Ann's. A few years later my auntie Mary passed away at the hospice and they looked after our family as much as her.

"My illness prompted me to make a Will. I was diagnosed with Non-Hodgkin lymphoma three years ago and received psychological and emotional support from St Ann's. I know the hospice are there for me if I ever need them.

"A Will is something we should have done years ago. We have four grown up children and seven lovely grandchildren and wanted to make it easier for them. Everything written down formally gives us peace of mind."

1
Register
your interest

2
Make an
appointment
and turn your
wishes into
a Will

3
Make a
donation
to St Ann's



"My husband and I saw Will Month advertised and decided it was time to finally make a Will. We thought it might be complicated, but it was all quite simple and we chose a local solicitor who kindly gave his time for free in exchange for a suggested donation to the hospice. It was a smooth process and the money we'd have spent on a solicitor went to St Ann's which meant we could support them."

To register your interest visit **www.sah.org.uk/willmonth** or call **0161 498 3631** and we'll send you all the information you need.

Meet our patients

The Being You Centre at St Ann's Hospice is here to support people living with life-limiting illnesses for wellbeing, symptom management and more. We offer support with all aspects of the physical, psychological, emotional and social issues people might be facing.

We chatted to two of our patients about their experiences.

Bernard's story



Bernard Whipday

"I can't put into words the impact of the physical and mental health support I've received. I've formed connections at St Ann's, and friendships I'll cherish."

I have chronic obstructive pulmonary disease (COPD) at Stage 4 end-of-life. I worked at a rubber factory for 18 years, and my doctor suspected that the fumes from the factory had caused this damage to my lungs.

It fell to my wife Eileen to care for me at home, and without her, I wouldn't have survived this far. I couldn't do anything for myself and felt totally useless. Before starting my treatment at St Ann's, I felt I could no longer go on. I used to wake up and wonder why I was still here.

I now attend sessions at the Being You Centre at least twice a week, and I enjoy them so much. I'd come every day if I could.

St Ann's has been a godsend for me and my family. Now, I get up in the morning and can't wait to go to the hospice in my wheelchair.

As well as counselling, I have complementary therapy to help me relax, and physiotherapy to ease my breathlessness. I also have occupational therapy to help manage my fatigue.

I can't put into words the impact of the physical and mental health support I've received. I've formed connections at St Ann's, and friendships I'll cherish.

To find out more or refer yourself to The Being You Centre, visit www.sah.org.uk/BYC

Karen's story



Karen Spencer-Craig

"I was in a very difficult place when I came to St Ann's, and they managed to safely and securely guide me out of that place."

I was told at the end of 2020 that I had had less than two years to live. I have Uveal melanoma in my left eye, which has metastasized to other parts of my body. I have been an outpatient at The Being You Centre for over 18 months.

I was at work when I received the call being told I had a rare and life-limiting cancer diagnosis. Whilst grappling with the overwhelming news and unsure where to turn, I stumbled upon a post on Facebook from St Ann's Hospice about their Being You Centre. It felt as if an angel had landed in front of me, it couldn't have come at a better time.

In a time of so much uncertainty St Ann's have given me back a sense of control. There have been times where I've had a rage inside of me so strong it could turn me green.

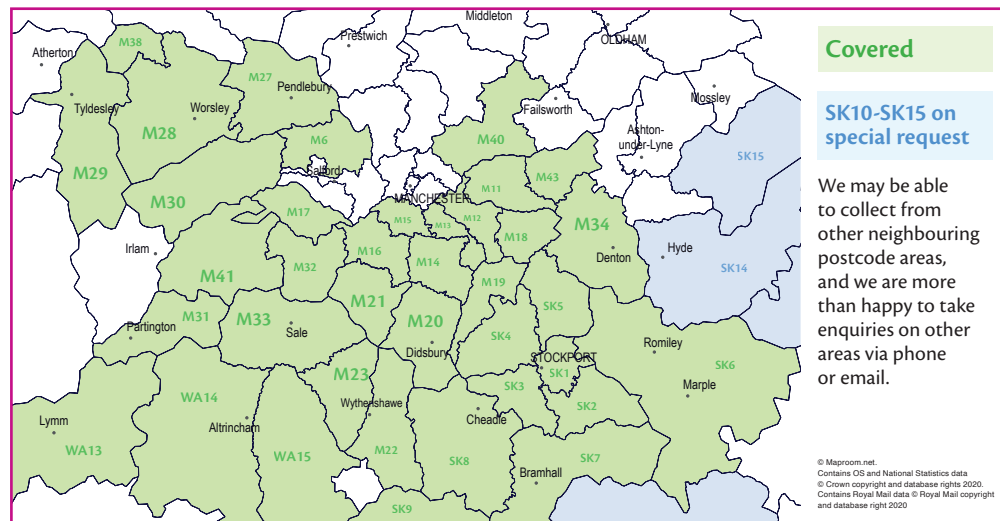
St Ann's has helped me recognise where this anger is coming from and given me productive ways to deal with things I cannot control.

My journey has taken a beautiful turn. Three fellow patients and I have come together to form what we affectionately call the TLC (Tuesday Lunch Club). We can talk amongst each other honestly about what's happening and how we're feeling. These friendships would not have been made possible without St Ann's.

I was in a very difficult place when I came to St Ann's, and they managed to safely and securely guide me out of that place. The nursing staff here are angels in disguise, I believe they get in a cloud and go to heaven at the end of the day, not their homes.

Free furniture collection

We raise around £200,000 per year from furniture donations through our two furniture shops alone. That's enough to pay for our Rehabilitation Team to provide expert care to patients for six months.



When can you collect?

Monday-Thursday
9:00am-3:30pm.

How much does it cost?

St Ann's furniture collections are **FREE**. Full house clearances are usually chargeable.

Where is it sold?

All donated furniture is sold through our specialist furniture shops in Ladybarn and Ardwick, with some items being sold at our Stockport vintage shop or through our online sales platforms like eBay.

We collect

- ✓ Good condition, clean furniture
- ✓ Soft/upholstered furnishings with a fire label attached
- ✓ Working electrical items/white goods

We don't collect

- ✗ Ripped, stained, broken or poor condition items
- ✗ Soft/upholstered furnishings without a fire label
- ✗ Broken electrical items/white goods

If you are unsure whether we will accept an item, please get in touch on 0161 272 6299 or ardwick@sah.org.uk.

Register your items via the online form at www.sah.org.uk/furniturecollection or by calling 0161 272 6299 (Monday-Saturday 9:30am-4:30pm)

Winter Raffle

You could win
£5,000 in our new

WINTER Raffle

What would you do with £5,000? Our last winner, Geraldine (above), had a weekend away and spoiled her family.

Maybe you'd get a new car, or do some home improvements? For just £1 per ticket you're in with a chance of winning that top prize, or one of the other five cash prizes – and you'll be supporting our patients and their loved ones in their time of need.

£1
per ticket

Closing date
**Sunday
3rd March**

Enter
now!

How to play

- Visit raffleplayer.com/stannshospice
- Buy tickets at our hospice receptions or charity shops
- Call 0161 498 3642

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



Geraldine Manning was the lucky winner of the £5,000 top prize in our Christmas raffle in December 2022. We're so grateful to her for making a significant donation back to the hospice when she came to collect her prize.

She said: "I've used the money to go away for a weekend to Beaumaris which was special, and treated my husband, niece and daughter.

"It was the first time I had played the St Ann's Hospice raffle so winning was such a beautiful surprise! If the prize had been a box of chocolates it would have been just as lovely."



Scan me!

Draw date
**Wednesday
13th March**



Ways to donate

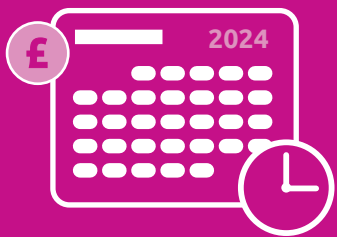
There are so many ways you can support St Ann's Hospice, these are just a few:

Give more for less

Payroll giving is a simple, tax-efficient scheme that allows PAYE employees to regularly donate to St Ann's directly through their pay. Because the donation is taken out before tax, a £10 donation will actually only cost you £8.

Find out more at www.sah.org.uk/payrollgiving

Give regularly



Regular giving provides a reliable income that is vital to St Ann's, so that we can care for everyone who needs us – now and in the future. You can give any amount monthly, quarterly or annually and set this up via Direct Debit.

Find out more at www.sah.org.uk/regulargiving

A gift for the future

Legacy giving (when a person leaves a gift in their Will) is a generous way a person can support St Ann's after they have died by pledging a donation from their estate. It's so simple to do, all you need is our charity number (258085) and name.

Find out more at www.sah.org.uk/legacy

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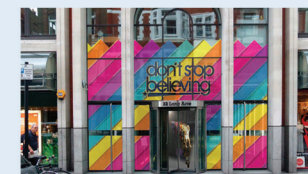
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Dates for your diary

www.sah.org.uk/events

WINTER Raffle

Closing date
Sunday 3rd
March

Draw date
Wednesday
13th March

See p21
www.sah.org.uk/raffle

Will Month

March is Will Month See p17
www.sah.org.uk/willmonth

St Ann's Golf Day

Dunham Forest
Golf & Country Club

Thursday 16th May

www.sah.org.uk/golf



Great Manchester Run
10km & half marathon
Sunday 26th May
www.sah.org.uk/GMR

Free places!



TOUR de MANC
Sunday 5th May
www.sah.org.uk/TDM

Variety of distances to suit all abilities

Moya's Manchester Walk

Friday 14th June

See p9

www.sah.org.uk/MMW

Monthly £1 Clearance Sales

23rd March

(Fashion & Accessories Sale)

27th April

29th June

27th July

All 9am-12pm

St Ann's Distribution Centre,
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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