



Registered Charity No. 511592.

St. Rocco's News

Autumn/Winter 2017



A Mountain at Midnight for Mum
How our care inspired Steph & Tom to take on Snowdon

Hello and welcome to our Autumn/ Winter edition of St. Rocco's News.



Time certainly flies and much has happened at St. Rocco's in the last few months.

In May we had a wonderful morning at our Vitality Centre celebration attended by Simon Gregson and his family. Since then we have been busy raising awareness amongst both health professionals and the general public about all that we can do at the Vitality Centre to support those diagnosed with a life-limiting illness and their carers. See the page opposite for more details.

In June, for the first time on a Saturday evening, over 1000 ladies and girls in our new look purple t-shirts pounded the streets of Warrington by night in a colourful parade to raise vital funds to help us to look after our patients and families. It was a fantastic sight and we thank everyone who was involved in the event. Having volunteered as a marshal last year, I was keen to do so again. We have a marvellous team of volunteers who turn out to keep the ladies safe and cheer them on. It was a privilege to be in their number.

Volunteers also provide the backbone which allows our shops to continue to be successful and contribute over £550,000 a year towards patient care. We were pleased to open our new Lymm shop at the end of June and improvements have been made to our Latchford shop in the last two months; more of this later in this newsletter.

The knowledge, expertise and experience of our staff in the area of palliative care are a source of pride and I was delighted when the work of our Hospice at Home staff in a pilot scheme with Warrington CCG was applauded by NHS England (Page 14).

As always we would like to thank all of you, our valued supporters, for everything you continue to do to help us. With central funding covering only 22% of the £3.6 million a year that it costs to run St. Rocco's, it is certainly true to say that without you we simply couldn't carry on, so thank you!

Pam Massey

Chief Executive of St. Rocco's Hospice

Did You Know.....?

Most people think of a hospice as somewhere that provides care at the very end of life, but that is by no means the only kind of care and support that we provide here at St. Rocco's.

For example, did you know that anyone facing a life-limiting diagnosis could find help through any of the following at St. Rocco's Vitality Centre?

- Telephone Support Hub
- Medical Outpatients Clinics
- Non-medical Outpatients Clinics
- Physiotherapy
- Occupational Therapy
- Breathlessness Management
- Fatigue Management

And we don't just care for patients; carers also need looking after, which is why we offer them help too.

Our care also extends into the community through our Hospice at Home service and Rocco's on Your Doorstep, our volunteer neighbourhood befriending scheme.

Many people can be worried about what it might be like at a hospice; this can prevent them from getting the help that we can offer which could help them to stay as well as possible for as long as possible.



the
vitality
centre

- Complementary Therapies
- Relaxation
- Acupuncture
- Mindfulness
- Counselling
- Cancer Rehabilitation Sessions
- Creative Therapies

That's why every Friday morning we're open for anyone who thinks that they, or a loved one, might benefit from our services to pop in, have a look round and a coffee and chat with our staff to find out more.

So, if you know anyone who you think we might be able to help, please tell them all about us and encourage them to get in touch!

01925 579212

vitalitycentre@stroccos.org.uk





Lilian's Happy Birthday

Lilian hadn't really thought much about her birthday this year. Her husband John was staying in St. Rocco's while doctors brought his pain under control and Lilian was rushing between visiting him and her mother who lives in a care home.

Husband John had other ideas though!

"Our good friend Di had got me a card to give to Lilian and we got talking about how nice it would be to have a little celebration for her. We asked the St. Rocco's staff if that would be OK and that was it! The nurses just said, 'We'll do it,'" explained John.

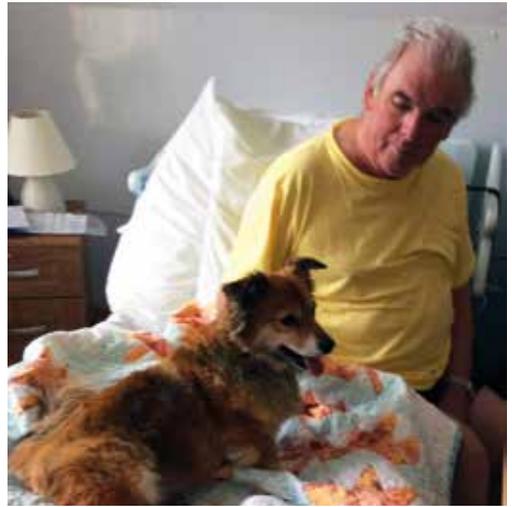
Everyone at St. Rocco's loves a good party and everyone pulled together to make it happen. One member of staff even came in on her afternoon off with her daughters to decorate the room and Di made sure that Lilian's very close family and friends were there.

Lilian, who thought she was just going to be having a quiet day, couldn't believe her eyes when she was called into the room.

"It was a total surprise," she said, "I couldn't believe that John would have done this for me when I was the one who was supposed to be looking after him at that time. I was overwhelmed. It was a lovely party and not at all what I was expecting of my birthday this year, given where we were."

John had been staying in St. Rocco's for a fortnight and the couple said that they were completely blown away by the care that they received.

"It's been a real eye-opener," said John, "I wasn't too keen on the idea at first but I'm so glad now that I agreed to come in. The staff are wonderful and you just feel that you are the most important person that they are caring for!"



"John had been in pain at home and our Macmillan nurse suggested he came here to help get things sorted out. He came at lunchtime and within a couple of hours he had seen the doctor and things were getting done. I was so relieved – it was like a big lump had been lifted from my chest," explained Lilian.

"And every day someone asked me how I was too, which was so nice!"

There was someone else that John was missing too – his beloved dog, Drum. So the staff suggested that Lilian bring him in for a visit. The two were overjoyed to see each other and Drum soon made himself at home.

Unfortunately John's condition deteriorated a few weeks after he and Lilian talked to us about the party and, having returned to St. Rocco's, sadly he passed away. He and Lilian had already resolved after his first visit however, that they wanted to find a way to show their appreciation,

"We decided to celebrate John's 70th birthday next May by having a charity day at John's beloved golf club to support St. Rocco's. It's such an amazing place and it will be our way of saying thank you for everything they did to help us."

A Mountain at Midnight for Mum

It's the small hours of the morning, it's dark and you're halfway up a mountain thinking it's still a long way to the top.

But you have very special reasons for taking on this challenge and you're not going to give up.

In July Steph Dugdale and her husband Tom were part of a group of 15 intrepid individuals on our first Snowdon by Night expedition. Steph's inspiration was her mum, Julie Karellen, and the care she received at St. Rocco's.

"St. Rocco's Hospice means a lot to our family and it was a place that my Mum described as 'heaven'. Since Mum's diagnosis, the hospice was there for her; giving her a bed to allow overnight monitoring and management of her pain, offering counselling and complementary therapies, and providing somewhere comfortable for her to receive her blood transfusions. At the end, it meant everything to us to know that she was being cared for with the utmost dignity by the staff at St. Rocco's, and that we did not have to leave her side.

We wanted to give back to this invaluable service in any way that we could, and so started to look at different fundraising options. Snowdon by Night appealed to both of us, as we knew that it really would be a personal challenge, not only to climb up Mount Snowdon, but to do it in the middle of the night!

It's fair to say that Tom has a lot more mountain climbing experience than me. It's also fair to say that, Tom being significantly taller than me, finds mountain climbing a lot easier than I do. Therefore, I ensured that I did plenty of practise beforehand. I think my particular tales of long hours at the gym and frustration with having short legs documented nicely on our JustGiving page, and really helped to spur on donations.

Tom also organised a bake sale in his workplace to fundraise.

The training paid off, and we both enjoyed the walk up the mountain, taking in the scenery as we ascended. The lack of sleep meant that talking was ultimately minimal, as I found I had to concentrate a lot on where I was walking, especially after we entered a cloud. Despite this, we worked together to keep pushing each other onwards - sometimes literally!

We would highly recommend doing the Snowdon by Night challenge. It's an excellent way to fundraise for St. Rocco's and a great personal achievement. However if you are thinking of going for it, we would advise that you have a long soak afterwards!"



Well done and thank you to our other climbers Nina, Lucy, Emma, Kevin, Helen, Izzy, Nathan, Steven, Emma, Lauren, Anna, Sarah, David and Emma.

If you're inspired by this story and have decided to take on your own challenge to support patient care at St. Rocco's, then let us know by emailing fundraising@strocchos.org.uk. If you need some ideas, check out our Hospice Heroes on pages 10 & 11 to read about just a few of the challenges taken on by our supporters in the past few months.



HOSPICE HEROES!

We feel very fortunate that so many members of our community want to show their support for our patients and families. We want to say a huge thank you to anyone who has taken up a challenge, organised an event or donated in any way to St. Rocco's. We really couldn't do what we do without all of you. Here is a snapshot of just a few of the things you have been doing in the last few months.



Vodafone helped to paint the Lymm Shop.



Rob & Ben were on a bicycle made for two at Ride London.



Fit to Tackle went for it with a Birthday Fancy Dress Night.



Lymm High School students Frankie and Keiran had their heads shaved.



All of our Rocco's Runners who took part in the Great Manchester Run.



Poppy who completed the Gulliver's World Family Fun Run with her parents Gemma Inman and Mark Percy.



Michael Taylor at The Wine Kitchen Lymm held a raffle.



Michelle Payton took a big leap and completed her first skydive.



Kerry Savage who completed her amazing trek across Cambodia.



Enterprise hosted a very successful Golf Day.



M&S Stockton Heath did some gardening at the hospice.



John Buchanan and his team got to the top of Snowdon.



Phill McKenzie got very muddy in the Bog Commander challenge.



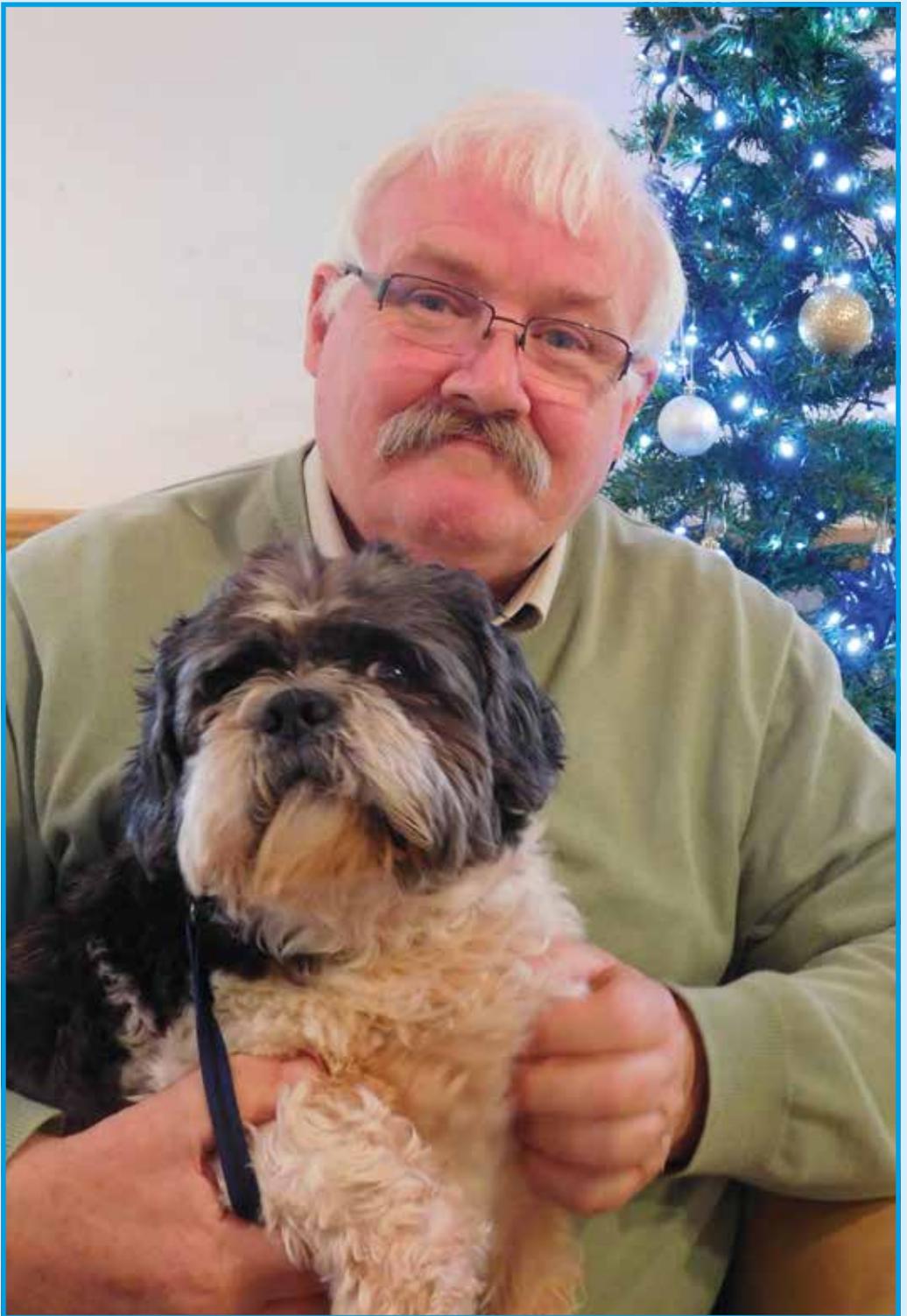
Huw & Gethin Thomas took on the Great SwimRun at Windermere.



Kat Marks was the third fastest female in the Great East Swim.



Clare Lowery who raced in the London Marathon.



Light Up Life

Shining a Light for Jennifer

“The tree is always beautiful but the best bit for me is seeing everyone, regardless of the weather, coming out and gathering together to think about someone they love.”

This is how Peter Butt describes Light Up a Life, St. Rocco’s annual event which takes place at the beginning of December. In return for a donation towards patient care at the hospice, members of the community can dedicate a light on our Christmas tree to a loved one whose name is then included in our Book of Honour. For the last six years Peter has sponsored a light in memory of his wife, Jennifer.

Each year there are two services, one at St. Rocco’s Hospice and one at St. Elphin’s Church in the centre of Warrington. Last year over 700 people joined the service around the large Christmas tree in front of St. Rocco’s. Peter comes along with members of his family, including his 24 year old grandson.

“He once asked me how I knew which light was for Jennifer,” explains Peter, who popped into the hospice with his dog, Benny, to talk to us about what Light Up a Life means to him.

“I told him that what I do is choose one of the lights and focus on it. After a little while it shines brighter than ever and so that becomes Jennifer’s light.”

“We were only 17 years old when we got married, we even had to have permission and we were married for forty three years! After Jennifer passed away Benny the dog slept on her dressing gown for two years. I’ve been coming to Light up a Life with the family every year since Jennifer died. It’s become a real tradition. We all go for a meal afterwards, usually to Jennifer’s favourite restaurant. This will be my seventh Light Up a Life Service and without a doubt I will carry on taking part in years to come.”

Although Jennifer was cared for at St. Rocco’s, Light Up a Life is open to anyone who would like to celebrate the life of a loved one and help to support the hospice. They don’t have to have been a patient. You can dedicate a light online at www.stroccos.org.uk or contact our Fundraising team on 01925 575780.

Light Up a Life

4pm, Sunday 3rd December at St. Rocco’s Hospice

7pm, Thursday 7th December, St. Elphin’s Church

The Volunteers who ensure you're being served in our shops!

Last year our nine shops generated nearly £550,000 towards patient care. We'd like to say how much we appreciate all those who donate to us and those who shop with us.

One significant factor to the continued success of our shops is the large number of people who offer their time freely, week in and week out. There are currently over 300 members of the community volunteering in our shops throughout Warrington.

This summer has seen some changes and improvements to two of our shops.

In June, following 30 years in the same location, our Lymm shop moved to new premises by the Lower Dam. Not only is the shop much bigger, it is more welcoming and accessible for our shoppers and those wishing to donate goods.

Following much hard work by our retail team and the volunteers, the shop has made a good start in its new location, with an increase in good quality clothing and accessories available. The new stock reflects the upmarket layout of the shop, with designer clothing and high end items on display

In the last month our Latchford shop has undergone building work and renovation. Despite the disruption, the commitment of our volunteers has not wavered and, in the end, the shop was closed only a few days for work to be carried out. This has involved expanding into the first floor and we're looking forward to introducing some bridal and high end clothing into the upstairs in the Autumn.

We'd like to take this opportunity to thank all our shop volunteers. In several of our shops not only are the volunteers supporting patient care, they are also helping others in the community by accommodating work placements and students wishing to gain volunteering experience for the Duke of Edinburgh's Award.

If you would like to donate any pre-loved, good quality items to our shops, opening times and locations can be found on our website, www.stroccos.org.uk.

We always welcome new volunteers in our shops, so if you have two hours a week that you can spare and you would like to support us, then please get in touch with our Voluntary Services team on 01925 575780 or email volunteering@stroccos.org.uk.



Top: Work in progress at Latchford

Above: Latchford volunteers with Helen Murray, Retail Operations Manager (R), during renovations

Right: Volunteers, staff and Chair of Trustees, Norman Banner at the opening of the new Lymm shop



ST. ROCCO'S HOSPICE
Making every day count

St. Rocco's tests new approaches to personalising end of life care

At St. Rocco's Hospice we understand the importance of supporting individual patients to make positive choices about their end of life care.

This meant that our Hospice at Home team were well placed to work with Warrington Care Commissioning Group and NHS England on testing new approaches to personalising end of life care.

Their success has meant that Warrington CCG have been given the go ahead to progress to a second year of the pilot.

Warrington CCG was one of five areas across the country who took part in an initial programme looking at how personal health budgets can support people who are receiving end of life care. Access to personal health budgets assists them to make informed decisions about the care they receive, being an equal partner in designing their care package and having increased choice and

control over how they wish to spend the last days and weeks of their life.

The work that St. Rocco's carried out with the CCG meant that Warrington was the most successful of the five test-bed sites in the country. Earlier in the year Lynn Wright from our Hospice at Home team attended a national end of life conference in London with Sarah Leach from Warrington's Continuing Health Care team to report on their findings.

Pam Massey, our Chief Executive Officer said, "We have been very pleased to work together with the Warrington CCG on the project around Personal Health Budgets. Its success depends very much on the one to one interaction between the health care professional, led by the patient and their needs. We are delighted that the knowledge, expertise and hard work of our staff, particularly our Hospice at Home team, has resulted in an extension to the project for a second year."





Swapping the Car Park for the Inpatient Unit

At St. Rocco's we have over 700 volunteers supporting patient care in one way or another. The variety of different tasks they take on is incredibly varied from gardening, clerical work, shop volunteers, drivers, supporting with events and arranging flowers. The list is practically endless. So during national Volunteers' Week 2017 we asked several of our volunteers to spend time finding out what was involved in other volunteering roles. Mike Titchard was one who was up for the challenge.

Mike, along with his daughter Kate, is a staunch supporter of St. Rocco's. He is part of a very loyal group of volunteers who provide much needed help at many of our big events including the Starlight Ladies Walk, Colour Run, Children's Lantern Walk and Light Up a Life.

Rachel Ingham, one of our Community Fundraisers, was a volunteer on our Inpatient Unit for just over seven years before she joined St. Rocco's as a member of staff. She still volunteers every other Tuesday evening. Mike agreed to shadow Rachel on one of her shifts. Here is his description of his evening.

"Standing in a car park in the rain at Starlight, or directing traffic on a street in the freezing cold at the tree lighting service always seemed easy compared with how I thought working on the Inpatient Unit at the Hospice would be.

So as part of Volunteers' Week I agreed to shadow Rachel on an evening shift. So glad I did. The unit is not the "sterile" environment people might expect and is bright and welcoming. The staff on shift were cheerful. The role consists of checking whether patients or their visitors needed anything, whether that be a chat and an ear to listen, or a cup of tea (I am claiming my tea is better than Rachel's!). The shift was quiet as a number of patients had gone to sleep, so I got to chat to Rachel and find out about what she got from the role. One thing came across.... calmness. Certainly something I can now appreciate."

If you would like to support St. Rocco's by volunteering, please get in touch with our Voluntary Services Team on 01925 575780 or email volunteering@stroccos.org.uk.

Coming Up.....

If you are looking for opportunities to help us to look after our patients and families, then there are lots of ways you can get involved!

Children's Lantern Walk, Sunday 22nd October

A great way to entertain the children in half term and suitable for young and old alike. Start planning your fancy dress!



St. Rocco's Bag Packs

Volunteer for our bag packs at Morrisons in October or M&S, Stockton Heath in December. Contact our fundraising team if you can help.

Ladies Autumn Lunch, Thursday 9th November

Sally Kettle, adventurer and model, is all set to entertain the ladies at our annual gathering at Statham Lodge.



Strictly St. Rocco's, Sunday 10th December

Which of our amateur dancers and professional partners will lift the coveted St. Rocco's glitterball this time?

Christmas Jumper Day, Friday 15th December

It's time to dig out that fabulously festive woolly again and show your love for our patients!



Christmas Prize Draw

Thanks to the lovely people at Virgin Holidays, the fantastic first prize in our draw this year is £2000 of holiday vouchers!



Christmas Tree Collection, Saturday 6th January 2018

Sign up early for this year's collection - last year we were fully booked!

For more information or to get involved with any of our events, please contact our Fundraising Team:

01925 575780 fundraising@stroccos.org.uk

www.stroccos.org.uk

