

# POWWOW

March 2024

## Otis, the therapy dog meets patients



Nine-year old Otis is our new therapy dog. He has the perfect calm, loving nature to connect with our patients. In February Otis had his very first session with some of our patients who are staying on Incare. Patiently waiting by the door in our garden room, Otis greeted all the visitors with a waggle of his tail. Patients loved him! He is back on demand every Tuesday since. 😊

# New babies! Congratulations!

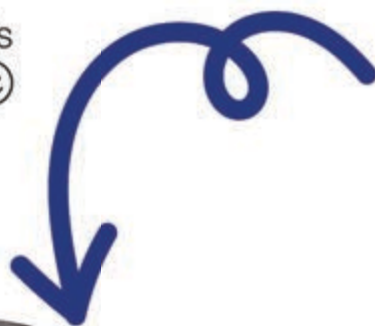


Ciara, who is a Shop Volunteer in the Fitzwilliam shop, gave birth to her baby on 2 February at 19.11 after a 20 hour labour. He weighed 6lb 8oz. His name is Noah.

Sophie Drake, our Marketing and Communications Officer went on maternity leave.



Then this happened 😊



Sophie gave birth to a baby girl on 1 March, and her name is Florence Rose Gillian Drake. She weighed 8lbs 2oz.



# Hospice Heroes



# SUPER!

## LOVING CARE

Lynsey Forshaw nominated Ann Gill:

I would like to nominate Ann Gill for being so kind, reassuring and loving towards patients. She goes the extra mile and is a great role model. Thank you Ann.

Lynsey Forshaw nominated Amy Matthews:

I would like to thank Amy Matthews for being so supportive, patient and always finding time to explain things to me since I joined the team in October.

Melanie Calvert-Hall and Amanda Sykes nominated Helen Jukes:

From our first meeting with Helen for the typing test in our interview, she has never failed to help both of us out whatever it may be and always with a smile. If in doubt, we ask Helen to help us out 😊. Helen is a fantastic asset to the Hospice and is definitely a hero to both of us.

Jane Bates nominated Sandi Moody, Registered Nurse:

Sandi helped me massively on a very busy shift last week where I had a late admission – she did my 18:00 meds round for me as well as her own so that I could catch up on my writing and admission paperwork which ensured I left on time which was greatly appreciated.

Dawn Baldwin nominated Tracy Carr:

She is always there for a chat and moral support.

## QUALITY AND EXCELLENCE

Emma Dunhill nominated Andy Carr and Wendy Snowden:

Sitting in the back office of Reception, I am forever seeing Andy and Wendy rushing about. They appear to take on any tasks handed to them with the utmost professionalism and positive attitude. They happily (or so it seemed anyway!) put up the Christmas decorations in Reception for staff and visitors to enjoy, despite being blasted with cold air as they decorated the tree in the main entrance doorway. As I sit here typing this now, Andy is out in the freezing temperatures, spreading grit to make sure the car park is safe for staff and visitors alike. Whilst Wendy is working hard to make sure the Reception area is clean and inviting for staff and visitors who step through the doors, despite Tracy managing to walk in half the grit from outside onto the clean floors...!! The Hospice is so lucky to have them on the team, along with all the other fantastic colleagues in Maintenance and Facilities. Also very grateful for Wendy putting on the heating ready for us and Reception volunteers, when it's freezing outside.



Amanda Sykes and Melanie Calvert-Hall nominated Jane Howard:

Since we both joined the Hospice, Jane Howard has always been there and helped us in every way possible and we feel she deserves this award as she is our Oracle. Her knowledge and support has been endless.

Helen Kirby nominated the Finance Team:

They work so hard to ensure we all get paid correctly and on time each month. It is not a simple process and takes a lot of time and accuracy. It can be a thankless task at times for something that is so vital in keeping employees with us and ensuring the running of the hospice with our fabulous teams.

Lauren Lunn nominated Health Care Assistant Julie Thompson:

She turns up at work every day with a positive attitude, always gives her all and spends so much time with each patient really getting to know them and their needs. She is very hardworking and a pleasure to work with.

## ABOVE AND BEYOND

The Marketing Team nominated Sandi Moody, Jen Bates, Becky Ellam, Jenny Leigh-Young, John Mitchell and Florence Buckley:

We recently spent the afternoon on the ward refreshing our stock photography and videography and though out of their comfort zones these guys went above and beyond with everything we asked. They were all naturals in front of the camera even if they didn't feel like it, thank you!

Joanne Schofield nominated Registered Nurse Sandy Moody, Nursing Associate Jen Bates & Trainee Nursing Associate Rebecca Ellam for taking part in the filming of the nurse recruitment videos:

We are always looking for new and innovative ways to attract nurses to come and work with us. By having our own staff tell their stories and explain what a wonderful place the Hospice is to work for is a great way for prospective candidates to get a better understanding of the work we do here. Sandy, Jen and Becky are naturals in front of the camera, let's hope we don't lose them to the bright lights of Hollywood.

Sandra Moody nominated Sarah Bruce:

Sarah always goes above and beyond for all our patients and her colleagues she's a little super star.

Lauren Flooks nominated Molly Saunders, one of our new receptionists:

Molly has been a great addition to our reception team and has been keen to learn all aspects. She has even shown another new volunteer the ropes! Molly has become a volunteer I can always count on if we need last minute cover or an extra pair of hands. Thank you!



Amanda Darley nominated Andy Carr:

Andy is our newest member of the maintenance team but is already displaying many of the hospice values. He compliments an already great team and is adding real value in terms of his healthcare maintenance knowledge which in turn is helping us to measure ourselves against appropriate healthcare standards. I would like to nominate Andy for a Hospice Hero award for going 'above and beyond' recently. On Friday last week we had an engineer on site undertaking some work relating to replacing some pipework and modifications to the hot water boiler, which required the water in the hospice to be off for a period of time and the boiler drained. The work was expected to be completed within a few hours however despite best laid plans it was not as straight forward as anticipated (it never is!) and the engineer ended up being here until late into the evening refilling the system and then going around and the site and realising air from the system. Despite Andy's working day officially finishing at 4pm, he remained on site and stayed with the engineer throughout to ensure the job was completed safely and to a satisfactory standard. An 8am-4pm day turned into 8am – 8pm, 12 hour shift!!! And on a Friday night too!! Thanks for going 'Above and Beyond' Andy

Angela Hutchinson nominated Julie Tuke:

We were left two members of staff down in the Finance Team for much of January, and Julie stepped up and picked up a lot of the workload, including some unfamiliar tasks. The new CRM system is posing its challenges, but the work all gets done, and Julie still manages to keep a happy demeanour, a steady flow of drinks coming and even rounds up collection boxes in her own time. Since our new Finance Officer started, Julie has spent time training Gemma, putting extra pressure on her own workload. Happily, this is time well spent, as Gemma is settling in really well. I have said a personal thank you to Julie, but would like to publicly thank Julie too.

Sophie Drake nominated Dora Hardy, Marketing and Communications Manager:

Dora always goes above and beyond with every task that comes her way, always making sure everything is of the highest quality and representing the Hospice well. She is unflappable and a motivating leader, I've been told regularly that I'm lucky to have her as my line manager and I 100% agree.

IF YOU KNOW SOMEONE AMONG YOUR COLLEAGUES WHO HAS GONE ABOVE AND BEYOND IN THEIR WORK AND HAS PARTICULARLY DEMONSTRATED OUR VALUES, PLEASE NOMINATE THEM FOR HOSPICE HERO. YOU CAN SEND YOUR NOMINATION ANY TIME TO [YOURCCEO@PWH.ORG.UK](mailto:YOURCCEO@PWH.ORG.UK). OUR HOSPICE HEROES' EFFORT IS HIGHLY VALUED.

## OUR VALUES



Loving Care



Working Together



Above and Beyond



Quality and Excellence

# Tea and Teach

## For staff and volunteers



SAVE THE DATE!

TAKE SOME TIME TO  
LEARN SOMETHING NEW

<b>7 March 2024</b>	<b>“5S” (Mel Baggot, MYHT)</b>
<b>2 May 2024</b>	<b>Stress in the Workplace (Turning Point)</b>
<b>4 July 2024</b>	<b>Spiritual care (Rod, Spiritual Care Lead)</b>
<b>5 September 2024</b>	<b>Inside scoop- our charity shops (Kevin, Retail Operations Manager)</b>
<b>7 November 2024</b>	<b>Everything about Lymphoedema (T, Lymphoedema Lead)</b>



Come along to our Tea and Teach sessions. They usually take place in the Haven at 2pm on the above dates.





## Meet Chris Cook, our Occupational Therapist

I started as the Occupational Therapist for The Prince of Wales Hospice in February. I previously worked for Leeds Teaching Hospital Trust, rotating around St James's, Chapel Allerton, and LGI hospitals. I have worked with a varied patient base, covering cardiology, oncology, neuro rehabilitation, and acute stroke. Before qualifying as an Occupational Therapist, I worked as a counsellor with adults mainly. I also did some volunteering in a primary school counselling children via play therapy. I am a keen hiker and have completed the Yorkshire 3 Peaks every year with my dad for the last decade or so. I enjoy having a go at flying most aircrafts or generally jumping off of things, including microlight, 2 seater plane, helicopter, glider and skydive.



I enjoy bouldering and rope climbing. Aside from the extreme sports, I can usually be found with a glass of red wine in hand, playing board games or watching crime dramas. I am really enjoying the holistic nature and value system here in the Hospice, and I look forward to sharing my knowledge around the role of an Occupational Therapist.

## New starters

Chris Cook, Occupational Therapist – Monday 5 February

Nigel Wyatt- Bank HCA 14th Feb

Helen McInnes, Bank RN 22nd Feb

Phil Bint, Sous Chef – 4th March

Katrice Kitchin, Lymphoedema NA – 4th March

Leah Sharp, Digital Marketing Assistant – 4th March

Madison Barneclutt, Furniture Shop Manager – 8th March





# VOLUNTEER SPOTLIGHT:

## MEET ALICE OUR FUNDRAISING VOLUNTEER

Alice started volunteering back in 2016 and has continued to support the Hospice at various fundraising events within the community.

Alice said: " I chose to volunteer at the Hospice, because it plays a major role in the community, and I wanted to do something to give back. The role of a fundraising volunteer is very flexible. This meant that I could help out, whilst still doing my academic studies and hobbies. It also meant that I could gain knowledge and experience of working in a professional environment.



At the beginning, I simply collected the cash tins from the local businesses, this was a simple task, but enabled me to develop my professional attitude. The businesses are all really friendly and loved that they were seeing young adults helping out in the community. More recently I volunteered at Accelerate Car Show where I dressed up as one of the Hospice's mascots. I really enjoy helping at events like this, as you get to meet and talk to families and friends, who want to support the hospice whilst raising awareness of the services available. It is a great way to meet the hospice staff too, they all work so hard behind the scenes, and are so positive and enthusiastic that it makes the experience of volunteering even more enjoyable.

I have gained so many skills through volunteering. I've gained professional skills, such as money handling, communication skills, and giving me a sense of responsibility. But also, volunteering has taught me to be driven and hardworking, because there are so many people working behind the scenes in order to provide the best possible care for patients and their families, and their passion and drive to make a difference has really inspired me to work hard and succeed in whatever I am doing.

I've met other friendly volunteers and staff, and it's been one of the most rewarding parts of the experience. At events I'd chat with others while helping set up, getting to know each other better. Meeting those who are equally passionate about making a difference has not only made the experience more fun but also kept me motivated. I'm so glad I pushed myself to open up and connect with the community of volunteers and staff here.

If you're thinking about volunteering, I'd say just do it! You will make so many memories and will gain so many skills, that will help you grow as a person. Volunteering is so flexible and fits around whatever you are doing. It's an amazing feeling to know that by just taking a few hours out of your day, you have impacted the community and helped the hospice so much."

Thank you Alice for your incredible support to our Fundraising team!



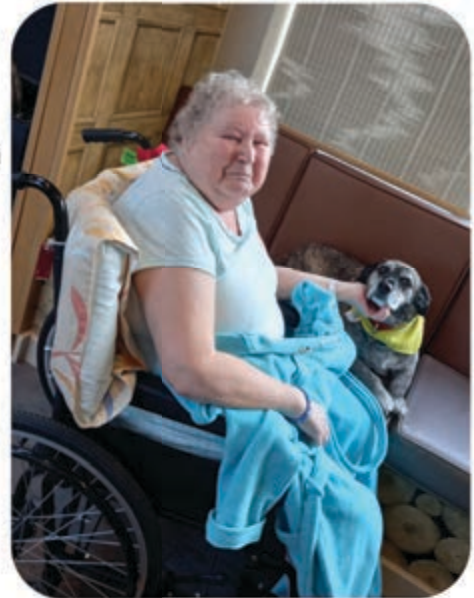
# PATIENT STORY

## CHANGING PERSPECTIVES: CHRISTINE ATTWOOD'S STORY

Christine Attwood's perception of hospice care underwent a profound transformation when she found herself within its walls. Initially scared and anxious, through her journey at our Hospice, she realised how much more the Hospice offers than just end of life care, and she turned into being hopeful and positive.

When we caught up with her and her visiting brother and sister-in-law, they told me all about their experience.

Christine said: "I live in Ackworth, worked hard in all my life running my own business of manufacturing curtains. I worked up until April last year when I got ill and I was diagnosed with cancer. After chemotherapy treatment, I felt lots of back pain and the doctor suggested to go to hospice for pain management.



When I heard the word HOSPICE I did not want to come, and felt absolutely frightened because I thought I was going to die here."

But Christine's perception swiftly shifted on her arrival.

Christine explained: "Two days before I was admitted to the Hospice, I had a consultation with one of the doctors, Paul, explaining what treatment I would receive and what services they offer, which lifted up all my worries about staying in the Hospice."

"First surprise was when I saw the room, it was like a hotel room, single bed with ensuite shower room. Jenny, the Wellbeing Support Worker came to my room bringing me a pot of beautiful daffodils, which were planted by one of the volunteer gardeners. Daffodils are one of my favourite flowers, and this simple gesture of welcoming me on my first day made a big difference."

"The other day Jenny asked me if I wanted to meet a lovely dog, called Otis. I love dogs, we always had dogs, so I was happy to meet him. Otis was so cute. He was lying on the bench calmly and let me stroke him. It was an amazing experience and made me so happy."

Christine's brother John commented: "It was the best thing that happened to her in weeks. It was better than medicine."

Christine continued: "Not just Jenny, every single one of the staff are so wonderful. Chris, the Occupational Therapist, spent long time just chatting with me. It is such a good thing that they have time to spend with me, not rushing with things. I had had no appetite before coming here, but the chef was keen to make the best food for me and I'm eating well now. I have also tried the bathing service; that bath I had was just out of this world."

"The whole experience here at the Hospice is just amazing. We have to get this across to people. And that it is not just about end of life and they want to help you improve. Now I know, that I'm here to get better."



# Latest News

CHECK THE WEBSITE FOR  
MORE NEWS STORIES!



## NHS FUNDING BOOST FOR THE PRINCE OF WALES HOSPICE

During a recent reset of the Wakefield District Health and Care Partnership's financial plan, the Hospice has been awarded an additional £200,000 from April 2024. This will be followed in April 2025 with a further £200,000.



## COUPLE RAISE OVER £5,000 ON THEIR WEDDING DAY

Karen and John Blackburn decided to hold a fundraiser for our Hospice in lieu of wedding gifts from their guests to celebrate their special day and raised an incredible £5,125.

## THE CARING KITCHEN IS DOING THE MATCH DAY HOSPITALITY FOR CASTLEFORD TIGERS

Here is some feedback from hospitality guests on 23 February: "Best food we have had in 30 years of coming to Cas" and "Your hospitality is outstanding, and the food is the best we have tasted at any super league ground."





# Staff Engagement and Wellbeing Group



Just before Christmas we confirmed that our Employee Voice Group and our Staff Wellbeing Group were joining forces to become our new Engagement and Wellbeing Group. We want to let you know a bit more about this.

Our group has representatives which cover all areas of the Hospice. The purpose of the group is to positively impact on staff engagement and wellbeing across the Hospice. Our representatives will actively engage with employees and volunteers to share information, discuss common workplace issues, consider ideas and suggestions, gain feedback and implement employee wellbeing initiatives.

We're really interested to hear any suggestions from you and you can let us have these by either speaking to any of our representatives or putting your suggestion in the suggestion box next to the signing in book.

At our first full meeting in January we:

- Agreed our terms of reference
- Decided to set up a new Engagement and Wellbeing notice board – keep a look out for this!
- Discussed lots of ideas of potential new things we could do as well as things which are already in place which we plan to promote so that everyone knows about what is on offer
- Considered our future meetings and the things we would like to discuss
- Discussed plans for Easter.

Please get involved by feeding back positive things across the Hospice as well as areas we might be able to work on together to improve.

Our next meeting is on 28 March 2024 so please let us have your thoughts and suggestions by then.



# Staff Engagement and Wellbeing Group



Care. Compassion. Community.



SARAH  
RETAIL TEAM



JO  
WELLBEING TEAM



TRACY  
SUPPORT SERVICES



KIRREE  
CLINICAL TEAM



ROB  
ESTATE & FACILITIES



ANGE  
FINANCE TEAM



EMMA  
FUNDRAISING TEAM



LAUREN  
PEOPLE AND CULTURE  
TEAM



ROD  
WELLBEING TEAM



SARAH  
BEREAVEMENT TEAM



# Shops

As always, our shops create amazing shop window displays. Check out these here:

Knottingley shop: Mother's Day window and Lymphoedema odd socks.



Normanton shop: world book window



Castleford shop: Mother's Day window



## SAY HELLO TO TALIA, NEW VOLUNTEER IN THE FITZWILLIAM SHOP



I'm Talia. I am volunteering at The Prince of Wales Hospice to get to know and further interact with my community. In the future I would like to be a police officer because I love to help people and I hope to make a positive impact in society.

I attend Barnsley College and study Uniform Protective Services in order to learn more about the every day roles of police officers. In my spare time I like to read, listen to music and hang around with my friends.



# Update on our Wellbeing Service

Since this time last year the Wellbeing Service has continued to expand and develop. Our aim was to think of ways we could support the Community while continuing to promote Wellbeing for patients, families and staff in the Hospice. While working and collaborating with other services we have developed and implemented additional services based on the needs of the community. We want to reach people earlier in their diagnosis, support those important to them, including people who are frail and isolated and those who are bereaved. Our Wellbeing support aims to be inclusive and accessible. We are now able to provide greater variation and opportunity for volunteering roles, enabling us to expand the service further.

## Incare:

The Wellbeing Team work with the team on the ward to positively support patients, families and staff, whether this is helping to organise and plan safe discharges or to promote independence by working with John or Chris (OT). Our aim is to enable patients and their loved to find ways to adapt to their changing situation while promoting independence and quality of life. Jenny, our Wellbeing Support Worker, promotes a variety of opportunities for patients to capture meaningful memories to be gifted to loved ones.



These include memory boxes, writing letters and hand casting. Otis the PAT dog has now started visiting the Hospice every Tuesday afternoon with his owner.

## Information Sessions:

We currently offer four different information sessions:

Putting Your Ducks in a Row is an informal session and explores future planning in a supportive environment. These sessions are delivered by our Social Worker and a local Solicitor who is available to answer questions. We have delivered sessions to community groups. This provides the perfect opportunity for the Team to be visible in the community and facilitate myth busting conversations.

John (physio) facilitates the Managing Breathlessness Information session, offering support and advice regarding the management of symptoms. We have taken our information sessions out of the Hospice and have delivered other support groups, such as Wellbeing and Nutrition session and Exercise taster session at the Bottoms Up support group.

## Walking Group:

The Walking group started last summer and although paused over the winter months will restart in March. The group meets at Pontefract Race Course and following the walk the team go to the Hug a Mug café for a chat. Jo who facilitates this group has had Walk leader training along with other volunteers.

## Wellbeing Drop Ins:

We now have two weekly Drop In's. Monday afternoon in the Foundry at Featherstone Rovers and Notcutts Garden Centre is held in the café area every Tuesday afternoon. Members of the public attend for advice, support, sign posting and a friendly chat and refreshments.



#### Exercise group:

John runs this popular, fun group. The group is for people of all abilities and can cater for people in wheelchairs. There is always a lot of laughter and a very supportive environment. These sessions are designed to promote independence and increase physical ability.

#### Craft Group:

Craft group is our most popular sessions with those with and without crafting experience. As well as craft activities there are games, chat and refreshments available. It is a very inclusive, lively and entertaining. Last year we had Virtual Reality sessions available, this year we will have an art therapist



#### Complementary Therapy Group:

As well as Complementary Therapy 1:1 sessions we have the Complementary Therapy Group. In this group attendees can experience and learn more about various relaxation techniques such as light touch massage and mindfulness, this can help with stress, anxiety, relaxation, and poor sleep, etc.

#### Dementia Carers Voice group:

This group is hosted by the Hospice every month in the Haven. It is a group that is facilitated by the Wellbeing Team, MAG and the Admiral Nurses. Relatives/ friends who care for someone living with dementia attend this group, to look at ways the group can influence positive change within our community as part of the Carer Strategy group.

#### Spirituality:

Rod has spent time having meaningful conversations with both patients and their families. He also offers pastoral support to staff. Rod has started to develop important Intra Faith links and is starting to develop these relationships.

#### 1:1 Support:

We know that some people who refer into the service are not able to attend groups for many reasons. We can offer these people, either individually, or in small groups a safe space. The team also support the community by keeping in contact with individuals who are unable to leave the house with weekly phone calls.

#### Bathing Service:

This service is for anyone unable to get in and out of a bath. Assistance and equipment are available to facilitate this. The hope is to spread the word that this is available to all those who may benefit.





Here we have the lovely Doreen who has volunteered in the Kippax shop for our Hospice for 18 years. Doreen has now retired from her volunteering roll with us, she was a great member of our team. It's time to put your feet up now Doreen, thank you for all your hard work over the years you are going to be missed.



## Learning and development

Jake Ahmad, our Community and Partnerships Fundraiser has passed his Level 3 Diploma in Fundraising with distinction. Congratulations!



Lauren Flocks, People and Culture Coordinator has completed her Level 3 CIPD course Congratulations!



# Meet our Bereavement Team

Faye, Dawn, Catherine and Sarah work together to support people to find ways of coping and living with grief following the death of a significant other. We support people affected by sudden death, as well as people affected by the death of someone following an illness.

People can access our service by calling the Wakefield Bereavement Line and referring themselves, we also receive referrals from GP's and other organisations. We can provide confidential support for families, by matching family members with different listeners.

We listen carefully to people to find out what they need, and try to match them with the support that is most suitable. This includes the services that we provide such as counselling, one to one listening support, and groups, as well as signposting other services that might be helpful, such as Wellbeing. We also share information about local and national organisations and helplines.

We understand that grief is as unique as people are, we believe that there are no right or wrong ways to grieve, and no time limit can be put on grief. We believe that people often begin to feel better, and to find a way to live with their grief, if they are given a safe space to talk about it, with a trained professional. People find bereavement support helpful, as it provides somewhere to talk about their feelings without worrying about upsetting family or friends.

The support we offer includes face to face, as well as telephone and online support. We are very excited to be beginning some drop in support groups, including a pre-bereavement group very soon! We also have a number of volunteer trainee counsellors, who work with people over 6 or 12 sessions, and provide a safe space, free of judgement, for someone to talk about their grief. Catherine and Sarah joined us as volunteer trainee counsellors a year ago and are continuing with this alongside their new roles as bereavement support workers. Jules and Steph have been with us for a year and we are excited to be welcoming a new intake of volunteers starting very soon.

## **Faye Olliffe, Bereavement Lead**

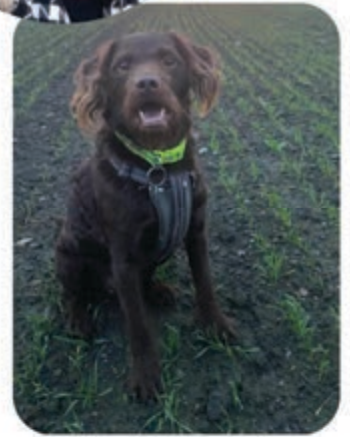
I started at the Hospice in March 2022. I've been a counsellor for 12 years, I project develop and deliver training. My background is from charities, NHS to education. I am very passionate about mental health and getting as much support as I can to communities and I also am passionate about dogs! I have two ex-street dogs from Cyprus, Benito, who now is a friendship/therapy dog. Benito and I volunteer with a charity, who try to beat loneliness with the elderly, so we go to see the elderly in their homes and Benito loves it! Milo my other dog is 11 and is enjoying the life of retirement, chasing squirrels and mischief! I am currently training to be a dog behaviourist as well, so I can volunteer in a rescue centre for ex street dogs from abroad. If not with my dogs I like sewing, painting or upcycling.





### **Dawn - Bereavement Counsellor**

I have been a counsellor for 22 years and have worked at the Hospice since October 2022. I am a Bereavement Counsellor working with clients who have experienced traumatic deaths (accidental, murder, child/baby deaths to name a few). My background is NHS, HMP (male, female and juvenile) and Education with lots of multi-agency working with the client/patient at the heart of what I do. I am also on the board of trustee's as a volunteer at St George's community centre in Lupset, Wakefield. I am a parent to two teenage 'rugby mad' boys of both disciplines so spend a lot of my time at various locations around the county at training and matches. I also volunteer with first aid at their matches and advise on child and young people's safeguarding when required. I absolutely love going away, anywhere! With my partner, children and friends. A night at the coast under the stars AKA camping or getting on an aeroplane to distant shores. The world is a big place with lots to explore. I'm a bit of an adrenalin junkie, this year having done velocity over a Welsh unused quarry and visiting Alton Towers going on all the crazy rides! I too have a dog called Dougal the chocolate labradoodle. As a family we adore him and he is extremely spoilt.



### **Catherine Walkers - Bereavement Support Worker (Likes to be called: Catherine or Cat)**

I joined the hospice as a member of staff in November but I have been volunteering as a trainee counsellor since January 2023 as part of my counselling qualification. I'm a Mum of two angelic looking terrors and we have a very noisy and naughty dog Alfie who is incredibly anti-social to anyone outside of the family! He's a rescue dog so very wary of strangers but a big softie with us. We also have a pet giant African snail called Nibbles who is surprisingly cute and a very noisy eater! I love the sunshine and holidays, hate being cold! My major weakness is biscuits, any kind, I'm not fussy, and my favourite food would have to be a good curry.

### **Sarah Broomfield - Bereavement Support Worker**

Hello, I've been volunteering at the hospice for a year whilst training to be a counsellor. I'm really enjoying bereavement work and I'm looking forward to the year ahead.

My happy place is Norkfolk, I love to visit with my husband and children. My favourite thing is to relax with a cup of tea and a slice of cake after a walk in the countryside. I also like yoga and reading.

We don't have a dog, but we do have a pet tortoise called DJ who likes digging, climbing and dandelions.





# Vacancies

DO YOU KNOW ANYBODY THAT WOULD BE A GREAT ADDITION TO OUR TEAM?  
IF YOU KNOW ANYONE WHO MIGHT BE INTERESTED, PLEASE SHARE THE LINK  
TO OUR VACANCIES WEBPAGE: [PWH.ORG.UK/VACANCIES](http://PWH.ORG.UK/VACANCIES)

## Current Roles:

Registered Nurse (Full or Part Time)  
Bank Registered Nurse  
Mobile Shop Supervisor  
Shop Supervisor, Pontefract  
Casual Retail Assistant  
Health Care Assistant  
Bank Health Care Assistant

## Volunteer Roles:

Catering  
Catering Van Driver  
Fundraising  
Retail  
Finance Trustee



# Compliments



Here are a few of many compliments we received from patients, their families and other customers. These show our work is valued in the community, and we really help by providing loving care, working together, going above and beyond, with quality and excellence.

"I just wanted to say that the care and love that you have given to my amazing mum has been on another planet. I cannot thank you enough for always going above and beyond to take care of her. I know every single one of you has treated her brilliantly, with dignity and with the utmost professionalism. "

"To all the Doctors and staff. Me and my family would like to thank everyone for the kindness and dignity shown to him in his last few days. Thank you again."

"Thank you for looking after my Mam. As a family we couldn't have wished for better for her. You treat her with so much care and respect, and we will be forever grateful that her last few days were so comfortable. Thank you from the bottom of our hearts. You are a truly amazing team."



# Mindful March 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Notice how you speak to yourself and choose to use kind words



5 Bring to mind people you care about and send love to them



6 If you find yourself rushing, make an effort to slow down



7 Take three calm breaths at regular intervals during your day

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

9 Take a full breath in and out before you reply to others

8 Eat mindfully. Appreciate the taste, texture and smell of your food

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together