

The Prince of Wales Hospice NEWS

FEBRUARY 2021



Registered Charity No: 514999

In the run up to Valentine's Day, we caught up with one of the most perfect couples we know. Jean and Brian, who attend our Outreach sessions in Badsworth. Their love story began 27 years ago in 1993, where they met by chance through Brian's work – transporting pigeons to France for racing.



True Love

The pair are inseparable and enjoy spending time together, particularly at Outreach, which they look forward to returning to.

'I think it's marvellous, they can't do enough for you. They are understanding, caring, compassionate and kind. It's the best thing I've done; it's really kept me going.' Jean explains.

During the pandemic Jean and Brian have had to isolate, but have been keeping busy at home;

'We watch TV, we read and do puzzles. The Hospice have been very good with sending

puzzles through the post, they even brought some dinner for us one week. They do nice little gestures like they knitted a heart and sent it through the post to say that they're thinking about us. They are marvellous, they really are.'

We love the photo Brian sent to accompany their story, they're in the pub on an Emmerdale studio tour! Jean loves watching the soaps, and the pair particularly like the nineties reruns of Coronation Street that are on a weekday afternoon. We can't blame them, Jack and Vera are soap royalty!



**We're
thrilled to
introduce
you to our
new Hospice
Patrons, you
might just
recognise
them...**



A throwback picture of Christine (2002 - ITV Calendar's Christine Talbot hosted a Ladies' Lunch to raise funds, and visited patients while she was in the area.)

A warm welcome



Following nearly two decades of support, ITV Calendar news presenters, Gaynor Barnes, Christine Talbot and Duncan Wood have accepted an invitation from the Hospice Board of Trustees to become Patrons.

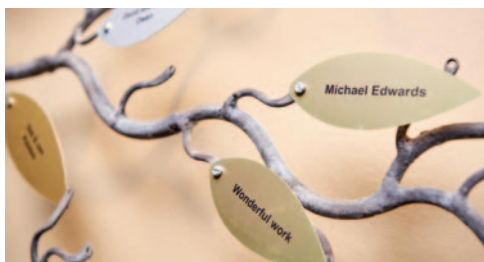
Talking about her new role, Gaynor Barnes said; 'We are all very delighted

and very honoured to be asked to be Patrons of this wonderful, wonderful charity...We have supported it over many, many years.

'Thank you so much for asking me to be a Patron and I hope over the months and years to come I can support you and give you my whole hearted love.'

Celebration tree

Make 2021 a year to celebrate and dedicate a leaf on our celebration tree. This beautiful iron tree takes pride of place inside the Hospice. Leaves are available in copper, silver and gold and there is also a special golden acorn too.



The tree celebrates not only the wonderful and amazing care that we provide, but also the incredible support of our local community.

Your leaf will be engraved with your dedication before being installed on the tree, where it will remain for one year. After one year, your leaf will be removed from the tree and returned to you, or you can extend your support and make a further donation for your leaf to remain on the tree for another year.

With prices starting at £75, you can make a one-off donation for your leaf, or spread the cost over the year.

Without you and your generosity, we would not be able to provide our invaluable services to those in our care. Show you care, and dedicate your leaf today. pwh.org.uk/tree

Gifts in wills

Did you know that one in four of our patients are cared for thanks to donations from gifts in wills?

Leaving a gift to the Hospice in your will couldn't be easier, and it won't cost you a penny during your lifetime.

We have various offers throughout the year for having your will written for FREE, including online wills, and appointments with local solicitors.

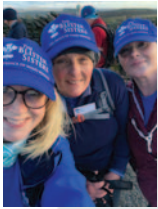
Your gift could be a specific amount, or a percentage of your estate.

We understand that your loved ones must come first and as little as 1% of your estate could make a big difference for the Hospice.

Help us make sure the Hospice is here for future generations by leaving a gift in your will today.

Keep an eye on our website (pwh.org.uk/wills) for more information on having your will written for free, or contact our dedicated fundraiser on 01977 781488 / wills@pwh.org.uk

Three Peaks adventure



Following the cancellation of our calendar of fundraising activities, we were over the moon that our challenge event, The Yorkshire Three Peaks was able to go ahead.

“I had been looking for a way to challenge myself physically and mentally and as I am scared of heights, I thought it would definitely push me to my limits.”

Determined to raise funds and awareness of the Hospice, the ‘Blister Sisters’ - Healthcare Assistant Angie, Registered Nurse Rebecca and Doctor Sarah from our Incare team - swapped their PPE for walking boots to take on the ultimate challenge.

Rebecca, said; ‘What became clear as this year progressed, was the huge financial shortfall we were facing as an organisation due to fundraising events being cancelled and we felt that we could, in some way, give something back.’

The girls excitedly left for their adventure at 6.30am after just four

hours sleep. First they faced an icy and dark Pen Y Ghent and as they climbed higher, it was freezing cold and really windy on the top. Rebecca found it to be the hardest peak and was glad to descend the other side.

“What became clear as this year progressed, was the huge financial shortfall.”

Angie said; ‘I had been looking for a way to challenge myself physically and mentally and as I am scared of heights, I thought it would definitely push me to my limits. Everyone really helped each other out, and some moments where



you could have given up, everyone's morale and positive spirits spurred you to carry on to the end.'

The girls laughed and joked along their journey, Rebecca craved a brew, which she had to miss for the early start and they had to remind Angie 'don't look down' to help combat her fear of heights.

‘It was touch and go for a time really as we left Whernside for Ingleborough.’

‘It was touch and go for a time really as we left Whernside for Ingleborough. We needed to be climbing the last peak by 3.30pm to make sure we had enough day light left to get back to Horton in Ribblesdale.’ said Rebecca.



Of course the girls made it back and we are so proud of them! Reminiscing on the day, Angie said;

‘The thing I enjoyed most about the day was when we crossed the finish line. The sense of achievement was incredible.’

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Hidden treasures

News of a second lockdown back in November was difficult to swallow after our retail staff had worked so hard to reopen the shops.

The Hospice's eBay account took centre stage and helped raise vital funds during this difficult period and it has been a rewarding venture for those involved.

‘The weird, wonderful and quirky items sold over lockdown have included a full size snooker table.’

During the four weeks of lockdown, we raised over £4,000 through eBay sales. Kevin Hogarth, Retail Operations Manager said;

‘The weird, wonderful and quirky items sold over lockdown have included a full

size snooker table, which sold for £810, a rare snooker cue, which sold for £140 and a vintage train set, which sold for £92’.

‘We have over 100 different items listed on our eBay site, do check them out and have a bid on something you fancy.’ Kevin continues.

With the exception of the snooker table, all our eBay items have come in from shop donations, which just goes to show what little treasures lie in our shops!

Visit our eBay page at www.ebay.co.uk/usr/powh2011



Outreach

- the new normal



Over the past six years, Jo Lister, Activities Co-ordinator, has arranged an array of different activities, from knitting nearly

1km of scarf that wrapped the Hospice in love, to creating vibrant flower arrangements. Sadly activities like these have had to be put on hold but that isn't a problem for Jo who has been working tirelessly to come up with fun and fruitful ideas on how to keep Outreach members beaming.

'We have been creating craft packs and sending them out to patients so they can do something artistic in their home. Our physiotherapist, Susanne, made exercise cards to make sure everyone is getting up and staying active, even if it is inside the house.' Jo explains.

'We put together lovely hampers of food, which were funded by a grant we received from Tesco Bags of Help and we've been doing doorstep visits to deliver them and see everyone. It was great to see patients from a distance after so long, one gentleman even made a TikTok video of our delivery which had us in stitches!'

Talking about how the pandemic has affected her work, Jo said;

'The change was very weird to start with and having to adapt was different as we are used to operating out of buildings and having everyone together, it's just not the same.



'We are making the best of what we have got and we are all really grateful and thankful. We have received thank you cards and had emails from people asking when they can come out to see us again. Hopefully in the near future we will be reunited.'

To keep up to date with Outreach news visit pwh.org.uk/Outreach

A magical Christmas

It cost £68,000 to run the Hospice for the 12 days of Christmas. We're thrilled to tell you, your Christmas fundraising raised £91,934. You made Christmas special for so many, here's how:

Christmas tree collections: In January, with the help of our dedicated volunteers we collected 655 trees through our collection scheme, which raised £8,700.



TOTAL Festive Quiz: TOTAL celebrated their 50th anniversary year in 2020 and kindly sponsored a virtual, festive quiz for our supporters to enjoy with their family and friends. The quiz featured a star-studded line up of quizmasters, including Corrie's Craig Tinker, played by Colson Smith, I'm a Celeb's Shane Richie, and Castleford Tiger stars. The quiz raised a fantastic £2,051 to support care at the Hospice.

A gift that counts: With thanks to kind and generous supporters like you, we were able to help patients and their families create special memories. For some families it was their last Christmas together. Your donations to our a gift that counts appeal raised £11,751.

Christmas raffle: Our lucky winner scooped an amazing £1,000 top prize. We felt like we were winning with every raffle ticket stub returned to us. Thank you to everyone who took part, you raised £14,432 for Hospice care at Christmas.

Light up a Life: We are delighted that our Light up a Life appeal raised an incredible £30,000, and over 1,000 dedications were made. Our service of remembrance went online and almost 600 viewers came together to remember their loved ones. The service included the usual mix of readings and music and the all-important lighting of candles, as well as the switch on of the Hospice Christmas tree lights.



Reindeer Run: At Christmas, Santa enlisted thousands of mini reindeers to help raise funds for the Hospice. An incredible 4,360 children across 18 schools took part in our Reindeer Run - dashing, dancing and prancing along the way, raising over £25,000.

We were lucky enough to meet three reindeers from Ackworth Quakers School, who answered some Christmassy questions for us. Meet Sahib, Anna, Malana and Anjola.

Which is your favourite reindeer?

Answered by Anna.

'My favourite reindeer is Rudolph because I like his red nose.'

What did you enjoy the most about taking part in the Reindeer Run?

Answered by Sahib.

'We did our Reindeer Run around the gardens and it was funny to see people in the distance wearing the reindeer antlers.'

The money that you've raised will help everyone at the Hospice this Christmas – how does that make you feel?

Answered by Malana.

'It made me happy because it will help people to have a good Christmas.'



Cuteness overload!

Meet siblings Jacob, 10 and Freya, 6 along with cousin, Emily, 4. At the beginning of lockdown the trio, with the help of Grandma Denise, purchased lots of lovely treats like hand creams and lip balms for our amazing nurses. Emily bought the nurses chocolate buttons because 'everyone needs chocolate buttons!'

During the summer months, Jacob and Freya wanted to do more to help the Hospice so decided to set up their very own fundraiser. The pair ran, walked and cycled 5km for five consecutive days and raised an incredible £410!



Calling all Superheroes!

Does your child have what it takes to become a Hospice Hero? Set them the ultimate mission of completing our Hospice Hero activity pack and find out.

Jam packed with quizzes, activities, and a very special mission, it's the perfect way to keep your little ones entertained and away from the TV!

Alex, aged 8 was the first budding superhero to take on our mission, he said;

'I really liked the mission because it was lots of fun. Drawing myself as a superhero was the best, I made myself into Spiderman. I got a certificate and a badge, my mum put my certificate on the fridge and it made me feel proud.'

To request your pack visit pwh.org.uk/hospicehero



Snowdon Adventures



“One of our friends, who is a fantastic bloke, has been diagnosed with cancer and is having it rough, he would have loved to have been able to join us for the walk up Snowdon.”

We'd like to say a huge thank you to Craig and his friends who trekked up Mount Snowdon, raising £1,474 for the Hospice!

We recently caught up with Craig, who told us all about his fundraising. He said;

‘One of our friends, who is a fantastic bloke, has been diagnosed with cancer and is having it rough, he would have loved to have been able to join us for the walk up Snowdon. Last year we all did the Yorkshire Three Peaks and our mate smashed it. Talking about their Snowdon adventure, Craig continues;

‘The weather added to the challenge. On a very wet and windy day we set off with little visibility, the mountain wasn't busy. We're a resilient bunch, and we were climbing whilst thinking about the charity, our own personal challenge and our mate who is facing a bigger challenge than climbing a mountain in a bit of cold and wet. We made it to the top. It was pretty cold so we didn't stay long. When we got back down we were all drenched, freezing cold, aching and ready for a beer.’

And relax...

We asked Martina for her top wellbeing tips to help with relaxation at home, here's what she recommends:

1. Two minute meditation:

- Follow the breath as it flows into your body and again as it leaves.
- Take a deep breath if you can and fill up your stomach and lungs.
- Hold it for two seconds then slowly let it go.
- Do this three times and see how good it feels.

2. Activity: Stretching or any level of exercise promotes feel good hormones in our bodies. Try a gentle walk in the park, connecting with nature has proven to enhance our wellbeing.

3. Be kind to yourself, do what you love, sleep and eat well:

- Lavender, ylang ylang, chamomile and frankincense are oils to burn to aid relaxation and wellbeing.
- Enjoy a relaxing bath with candles.
- Listen to calming music or try a meditations app.
- Try not to have caffeine after 5pm if you struggle with sleep.
- Choose a book for bedtime reading; it can help you to relax.

4. Connect and stimulate your body, mind and soul: Learn a new skill, listen to music, create art, doodle, have fun!

5. Start a journal: Express your thoughts and feelings. I like to list five things a day I am grateful for and why I'm grateful for them.



Hospice-loving-care

Our Hospice is renowned for providing loving care to those in our community with a life limiting illness and their families. With strict procedures in place on our Incare Ward due to the pandemic, we caught up with our Nurse Manager, Jo, from afar to find out what she finds so special about Hospice care.

‘I’m so proud to be a nurse at The Prince of Wales Hospice because all the staff, not just nurses, but everyone, goes the extra mile to care for patients and families.’ Jo reveals.

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Jo has worked for the Hospice for over five years and has many wonderful stories of how Hospice care inspires her each and every day. She explains;

‘We have had weddings on the ward and we have arranged girls’ nights in for patients and their daughters. They have always really enjoyed what we have been able to do for them. These kind of celebrations are bitter sweet for those involved because they are probably one of the last things they will

do together. Being involved and being able to do this for people is what I would call job satisfaction.’

It’s been business as usual for our nursing team throughout the pandemic, we are so proud of them for their uplifting spirits and smiling eyes, even behind a mask.



‘Nursing staff stepped up and reassured both patients and families they wouldn’t be alone at the end of life. We have also been able to provide tablets for patients and loved ones to keep in touch via zoom and we help patients with their own phones for Facetime. We’ve been determined to keep families in touch, and be there for them when their loved ones can’t.’

Struggling with loss?



In July we launched the Wakefield and District Bereavement Support Service to help people in our community who are struggling to come to terms with the loss of a loved one. We caught up with Kate, in our bereavement team, to find out a little more about the service.



Welcome to the team! Can you tell us a little about yourself?

'I started out as a classically-trained musician,

mostly working in pit bands in the West End and in recording sessions. That was really fun, but the reason I loved making music was because of the connection with other people, and that gradually drew me to retraining as a clinical Music Therapist in 2013. I've spent most of my working life with people who aren't having a great time and it's a pleasure to

be able to offer some of that listening and "being with" experience to the Bereavement Service.'

How does bereavement support help people?

'In several ways: in the first instance, it gives people a space to express their grief, without any judgement or expectation from us. Later on we also examine the ways a person has been coping with their grief and think about whether these are healthy and helpful; if they're not, then we think about new strategies that might support them in the future.'



Can you tell us about a success that has come from the service?

‘Some really powerful changes have been when people have been able to make plans for dates they were expecting to find difficult, for example their loved one’s birthday or a wedding anniversary. Instead of dreading the day and waiting for a tidal wave of grief to hit, some clients have made plans to celebrate and memorialise their loved one that day.’

“When you first make contact with us, someone from the team will call you just to have a chat about your experience and to tell you about what we offer.”

If someone was unsure about accessing the service, what would you say to put them at ease?

‘First of all, it’s incredibly unlikely that you’ll shock us with anything you say. When you first make contact with us, someone from the team will call you just to have a chat about your experience and to tell you about what we offer. If you like the sound of it and think we might be helpful, then we can book an assessment together to get a better idea of how best to support you.’

If you would like to talk to our team about a bereavement, our contact details are:

Bereavement phone line:

01977 781452

Bereavement email:

bereavement@pwh.org.uk

Yes, I do want to support local Hospice loving care!

Please return this form to:

Freepost RTRT-RSHY-KBBX, The Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG



Title

Name

Address line 1

Address line 2

Address line 3

Postcode

giftaid it

MY DONATION = £

☐ £ Cheque enclosed

(made payable to The Prince of Wales Hospice)

☐ £ Card payment

Name on card

Card number

Expiry date

Start date

Issue number

Security code

Signature

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Your donation can go even further if you Gift Aid it. To Gift Aid your donation you must tick the box below:

☐ I want to Gift Aid this donation and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

I will notify The Prince of Wales Hospice if I want to cancel this declaration, change my name or home address or no longer pay sufficient tax on my income and/or capital gains.

☐ Please accept any donation I may make, but do not claim tax, as I am not a taxpayer.

OR visit www.pwh.org.uk/donate

Thank you for your support

Date: / /

