

NEWS

SEPTEMBER 2023

Surprise hen do for Margaret's family

Margaret Grimshaw, one of our Incare patients likes to make memories, and we were happy to help make one very special memory for her and her loved ones. Read the full story on page 7.



We are going solar

One of our ambitions is to become a sustainable organisation. Therefore, we have invested in the installation of solar panels on the Hospice building rooves.

We have installed 136 solar panels, and we are planning to start running it in September 2023. This will provide sustainable electricity and minimise the environmental impact of the Hospice. It will also help reduce our energy costs. The estimated payback period is less than three years and it is predicted to

save the Hospice £20,000 per year. We are so excited about going solar and becoming greener.



Creating a diverse and inclusive online experience

To support our diverse range of patients and families, we have introduced an accessibility tool on our website to create a barrier-free user experience.

1 in 5 people in the UK has a disability that can prevent website users from reading and understanding online content. People might have decreased vision, learning difficulties, literacy, language problems, attention disorders or physical disabilities.

This accessibility tool on our website provides users the opportunity to customise their experience in a way

that suits their individual access needs. The toolbar includes screen reading functionality, multiple reading aids, translation feature and styling options including changes to the font size, type, and colour. Visit www.pwh.org.uk



Meet our Lymphoedema Nurse, T

Hello. My name is Theresa, my friends call me T. I am the Lymphoedema team leader and I have worked at the Hospice for nearly eight years. When I'm not at work, I spend most of my time with my three kids and my crazy Doberman. We love the outdoors and are often off for the day to explore, which usually involves food.



Some people don't know what Lymphoedema is, so here is how I explain it to them. Lymphoedema can be genetic or a result of injury, trauma, infection and treatment of cancer. It causes swelling in the body tissues, usually in the arms and legs, but can affect any part of the body. People might see swelling in the limbs or other body parts, feel difficulty to fit into

clothes, shoes and jewellery can feel tight. The condition can get worse and must be treated. I recommend to see your GP with any of the symptoms and they will refer you to a Lymphoedema clinic, such as ours.

We have a small Lymphoedema team, including Lyndsey and myself. We look after approximately 700 patients. Our main clinic is at The Prince of Wales Hospice but we also do an outreach clinic on a Tuesday at the Rosewood Centre in Dewsbury. We each usually see 4-8 patients daily.

Lymphoedema is not curable but the build-up of fluid that causes the swelling can be treated and managed at the clinic and through suggested activities at home. We advise patients how to self-manage their condition, we help with compression, skincare, infection control, exercise, fluid drainage techniques and weight management.

I love my job and it is so lovely to see the good results and improvements that our patients get from attending our clinic.

You can find out more about our Lymphoedema Clinic on www.pwh.org.uk/lymphoedema



A right royal look back how King Charles has supported our Hospice since the beginning

King Charles III, as the former Prince of Wales, has been always committed to supporting The Prince of Wales Hospice. He became the Hospice's patron in 1987 and he then became its president in 2000. He gave his name and recognition to the essential work the Hospice does for the Five Towns community.

He visited the Hospice in Pontefract several times, held royal polo matches in aid of the Hospice and attended our fundraising events to encourage people to support them.

Hospice staff and volunteers received numerous invitations to the Queens annual garden party, as a royal gesture of appreciation for their work.



Royal visits

1986 - Royal visit at Gretta Sharkey with the Castelford Support Group



1991 - The postponed Royal opening took place, Dr George Ward Trustee meets HRH

2000 - As part of his visit, HRH addresses local business people to support hospice care



1996 - HRH is greeted outside our Hospice



2009 - HRH meets hospice staff



2004 - Prince Charles signing the Hospice guest book



2017 - School children meet HRH

How we celebrated the King's Coronation

We organised a Coronation BBQ for patients and their families, colleagues and volunteers, to celebrate the Coronation with us. The beautiful gardens were the ideal setting so our Incare patients could join us. We were able to sit back and relax in the afternoon sun and patients and their families were able to create special memories together.

Our bereavement support



The death of a loved one can be one of the hardest things you ever experience. Grief is very personal and it can take some time to come to terms with how you feel. The emotions you experience might feel overwhelming at times. Talking to a bereavement professional is often a good way to start feeling better.

You don't have to deal with it alone

The Prince of Wales Hospice Bereavement Service offers support to carers, family members and friends whose loved one was known to any of our services. Our safe, non-judgmental, confidential and supportive services are available for anyone aged over 18 and who have been bereaved longer than four months.

What support we offer

Our bereavement support can be tailored to your needs. It can include:

Listening Service

- One to one telephone sessions;
- With a trained bereavement listener;
- Including up to six sessions; and
- You can contact us from four months after your bereavement

Counselling Service

- Individual, face to face counselling;
- With a trained or a trainee bereavement counsellor;
- Sessions can be weekly or fortnightly, for up to 12 sessions;
- If you prefer we can offer it through the phone or online using Zoom/Microsoft Teams;
- You can contact us from four months after your bereavement.

How to register

You can either self-refer or be referred by your GP or a health professional.

- Call 01977 781484
- Email pwh.bereavement@nhs.net
- Visit www.pwh.org.uk/bereavement

Surprise hen do for Margaret's family

Continued.



Margaret was referred to us from Pinderfields Hospital so she could benefit from the specialist care our Hospice can provide.

Whilst staying in our care, Margaret was supported by our Wellbeing team. Our Physiotherapist helped her build her strength up as she had her daughter's wedding coming up and she was really keen on attending.

Margaret said: "I'm from Worsbrough in Barnsley and hadn't heard of The Prince of Wales Hospice before but I was reassured it was a lovely place to be, and it really is."

"Making memories is very important to me. Big or small, it doesn't matter just as long as you make some."

When our team heard about the wedding, and how close it was, we knew we had to do something for

Margaret and her daughter, Andrea. We thought we would organise a surprise hen do for the family, here at the Hospice, so mother and daughter could share these very special moments. It was held in our Garden Room, decorated beautifully and the food was provided by our catering team, The Caring Kitchen.

Jo Dunford, our Wellbeing Lead said: "When the nurse pushed Margaret's wheelchair to the room, you should have seen Margaret's happy face. She was absolutely thrilled as it was a complete surprise to her."

"It was an absolute privilege to be able to do this for Margaret and her lovely family. Our aim is to maximise the quality of people's life and being able to help organise such a special event really feeds in to our holistic care approach."

Margaret's daughter, Andrea said: "I can't thank the staff enough, it's been a really special evening and I appreciate it so much."

Margaret said when she was discharged to live with her daughter: "I've been so well looked after, and I couldn't ask for better treatment. The food has been wonderful and they have gone out of their way to make sure I'm taken care of. I'm going to live with my daughter which will be lovely, but it will be quite sad to move on."

Millennium Support give generous donation

Millennium Support presented an incredible donation of £11,769 to us, which they have successfully raised since our partnership began in 2019.

Their teams and the people they support have made a fantastic effort to raise funds to support local hospice care by organising a range of sponsored challenges, community events, raffles and competitions.



Chelsie Cookson took on the London Marathon in aid of the Hospice

She said: “The Prince of Wales Hospice was where we said goodbye to my Grandma. In her last few days the care that she received there was amazing. The staff didn't only look after her but my family as well to allow us to say goodbye.”

On Sunday, 23 April 2023, Chelsie joined over 50,000 people in the streets of London to take on this iconic event and has raised an amazing £1,016 for our Hospice.



Family tackle Yorkshire Three Peaks in memory of Gavin Ward

Last summer, Gavin Ward sadly died at our Hospice at just 45 years old. The family wanted to show their support and gratitude for the wonderful care they received.

So family and friends decided to take on the Yorkshire Three Peaks to raise money in Gavin's memory. They raised an incredible amount of £5,352 for Hospice care.



The Breeze Club donate huge cheque

We have received an incredible donation of £25,000 from the charitable club, The Breeze Club.

Martin Jepson, Founder of Ergo Real Estate is one of The Breeze Club members. He explained: "We were introduced to The Prince of Wales Hospice and the amazing work they do in the local area through our longstanding partner, Castleford Tigers. Breeze Club has chosen to support this local Hospice as one of its charities, in recognition of the essential

care they provide to people with life-limiting illness."



Would you like to hear about the latest news and upcoming events? Sign up for our newsletter on www.pwh.org.uk/keep-in-touch

Volunteer celebration

Without our volunteers we couldn't be here providing specialist care to those in our community with life-limiting illnesses and their families.



This year, on volunteer's week, we joined up with several other organisations across Wakefield district to celebrate the incredible work our volunteers do.

The Volunteer Celebration Event took place at Junction 32 on Wednesday, 7 June. It was lovely speaking to everybody and meeting new people. All our volunteers who visited were registered into a prize draw where they could win a £50 voucher, and treated to a coffee and cake.

If you're interested in volunteering, we have a wide variety of roles available to suit everybody. Current volunteer roles:

- Catering Volunteer
- Catering Van Driver
- Fundraising Volunteer
- Charity Shop Assistant
- Housekeeping
- Receptionist
- Complementary Therapist Volunteer
- Day Therapy Outreach
- Trustee



If you would like to volunteer, please visit www.pwh.org.uk/volunteering

4 reasons why you should shop in our charity shops

1. You Save Money

You can find an incredible quality, vintage coat for £3 second hand, whilst a similar style new coat would cost you around £30.

2. It's A Treasure Hunt

If you have a genuine passion for styling and clothing then charity shops are the place for you.

3. Environmental Benefits

Buying second hand means you'll be keeping plastic out of landfills and positively contributing to the decrease in worldwide textile demand and subsequent waste.

4. You're Giving Money To Charity Even On A Budget

One of our shops in

Castleford raised £96,850 in 2021, which covered the cost of one patient room for seven months. So visit one of our 10 charity shops. Save money, donate to charity and look fabulous while doing it.

Find out more about our charity shops at www.pwh.org.uk/shop



The Caring Kitchen caters for large event of 600 people

Our catering team was recently invited to cater for a big organisation's employee event held for 600 people.

They prepared a BBQ, including a choice of burgers, pulled pork sandwiches, chicken gyros and Mediterranean veg medley.



The Caring Kitchen can cater for any event, there are a range of options available and our experienced catering team can tailor any menu for your specific needs. For more information on our catering service please visit www.pwh.org.uk/catering.



Christine's story

"I would recommend the Hospice to anyone who is worried about coming here. The best care people can have."

Christine Tomlinson was diagnosed with recurrent breast cancer and referred to the Hospice from Pinderfields Hospital.

She explained: "After 11 doses of sepsis I had been admitted to Pinderfields in a very weak state. I was in bed for four weeks, and the examinations showed that my breast cancer returned. I was not in a condition to go home so I was referred to the Hospice. I was feeling awful when I got here, but they have been taking care of me so well and I'm feeling much better."

Christine lives in Wakefield and is surrounded by her lovely family, her daughter, brother and sister-in law. She used to work in a big music shop in Leeds for 25 years and received the longest serving employee award. She was the first female member of the Rothwell Temperance Band playing the tenor horn.

We asked her what other services she used whilst staying with us. She said: "I was given complementary therapy, Reiki treatment. It made me calm and relaxed. They come and ask what I want and offer me extra therapy treatments."

She added: "They offered me to organise an afternoon tea party for my loved ones. I thought it was a wonderful idea. I invited my brother and four special friends. We had sandwiches, scones with clotted cream and jam, brownies, all excellent food. My friends were over the moon about it. We took photos of the special moments. It was free of charge but we knew they have to raise money to run their services, so my brother donated some money which can cover more afternoon teas for other patients. Their care is really wonderful."



Can your organisation consider supporting us?



Becoming a corporate supporter of our Hospice really can benefit your organisation. Besides supporting a worthy cause, you will show your corporate social responsibility, support staff development through volunteering and fundraising activities, and get positive PR and brand awareness in the local community.

JS Recruitment is one of our Club 5 Business Club members. Sarah Knight from JS Recruitment said:

“JS Recruitment joined Club 5 first and foremost to support The Prince of Wales Hospice. We want to help ensure that all families in our local community have access to end of life care. Club 5 membership also delivers a range of benefits which has helped our business to grow. There are many benefits to being a

Club 5 member. We have the opportunity to attend exclusive networking events, build relationships with other business, expand our network of contacts, generate new business, demonstrate corporate responsibility and create positive public relations. Customers tell us that our association with the Hospice enhances our reputation. Our employees tell us that they value the chance to give back to their community and contribute to a worthy cause. Personally, I feel a real sense of fulfilment that we’re making a difference. The work the Hospice does is invaluable but it wouldn’t be possible without the help of individuals, organisations and the community to raise vital funds. If you’re looking to support a local charity whilst working on your business, I can highly recommend Club 5.”

To discuss how your company can support the Hospice, please contact Adrian Greenwood, Fundraising Manager on agreenwood@pwh.org.uk or 01977 708868.

Your wellbeing is important to us!

Wellbeing plays an important role in your overall health. We can help you, and those people important to you, take care for your own wellbeing. Our aim is to support you in making the most of your life, we do this by encouraging you to stay physically active, try new things and meet new people.

We organise wellbeing activities and group sessions to anyone who needs support. Here is the current timetable, please book yourself on one, or two:

Wellbeing Community Support Activities and group sessions

Monday	Family and Friends Support (The Prince of Wales Hospice)	
Tuesday	Complementary Therapy Group (The Prince of Wales Hospice) 10.00 - 11.30am	Coffee & Chat Drop In (Notcutts Victoria Garden Centre, WF7 6BS) 1.00 - 3.00pm
Wednesday	Wellbeing Information Session (The Prince of Wales Hospice) 10.00 - 11.30am	Bathing service (The Prince of Wales Hospice) Afternoon
Thursday	Chair Exercises (Your Space Pontefract, WF8 4PR) 1.30 - 2.30pm	
Friday	Craft Group (The Prince of Wales Hospice) 1.30 - 3.30pm	

To book: Visit our website at www.pwh.org.uk/support or you can call Jo Dunford, Wellbeing Lead at 01977 781451 or 07825425530.

Fundraising Events

Cyclothon and Family Fun Day

Our Cyclothon was back after three years away and it was bigger and better than ever!



2023 marked the 26th anniversary of our longest running fundraising event and this year we partnered with one of the UK's leading cycling event specialists, Velo29 Events to create a better experience for all those taking part. There were four distances cyclists could choose from to suit all abilities! All courses set off from Pontefract RUFC where we also hosted a family fun day with a range of stalls.

Summer Fair

Families and friends had great fun at our annual Summer Fair and almost £3,000 was raised for patient care. The popular event took place in the Hospice gardens on Sunday 2 July 2023 and was kindly sponsored by Yopa. There were lots of entertainment including a petting zoo, a range of stalls, our tombola and more.

Adrian Greenwood, Fundraising Manager said: "We always look forward to the summer fair. It is a staple in our events calendar as it always brings our

community together and is something for the whole family to enjoy.



Come and join us at our upcoming events:

- Winter Fair & Bonfire – Sunday, 5 November 2023 6-8pm, Featherstone Rovers Millennium Stadium
- Light Up a Life – Saturday, 9 December 3-5pm, Hospice garden

Yes, I do want to give to local Hospice care!

Please return this form to:

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



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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

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: / /

