

THE
PRINCE
OF
WALES
HOSPICE

Spring 2017



Newsletter

Royal visit



On 22nd March, we were delighted to receive a visit from our President, HRH The Prince of Wales. Crowds gathered on Halfpenny Lane to catch a glimpse of the Royal visitor, on this very exciting day.

On arrival, Prince Charles was greeted by HM Lord Lieutenant for West Yorkshire, Dr Ingrid Roscoe, before being introduced to Hospice staff, volunteers, patients and supporters.

His Royal Highness spent time chatting to staff and patients in Day Therapy, before moving on to see the newly refurbished Incare ward.



There, he spoke to Incare patient Whyne Staniforth, who said: *"It was fantastic, I really enjoyed it... he asked me questions about my cancer and things like that...and he was really very thoughtful."*

Some of the Hospice's most generous supporters met His Royal Highness in the Garden Room, where he thanked them for their continued support to the running costs of the Hospice, and urged others to consider giving support in the future. *"So for me coming back now it's remarkable to see the difference, the expansion, the unbelievable quality of care that can be offered to so many people in this area and of course those who are generous enough to help keep the place going."*

One hour can...

Did you know the cost of running just one of our Incare beds is £12.50 an hour? This not only covers medical and nursing care, but also support for our patient's family, providing nutritious and delicious meals, and regular cleaning to keep infections at bay.

Incare patient Pauline tells us what a difference a stay at the Hospice has made.



Being able to have a shower the other day made me feel like I'd won the lottery.



"When I came into the Hospice I was struggling to breathe and swallow. I hadn't been able to have a bath or a shower for three weeks."

Support from people like you gave Pauline a stay on Incare where she was able to start eating again with a soft diet, and she had oxygen to help improve her breathing.

When asked about an hour of care that meant the most to her, she said,

Your support gave Pauline a stay on Incare



"Being able to have a shower the other day made me feel like I'd won the lottery. At home, no matter how ill I feel I always do my hair, so being able to have it washed was fantastic."



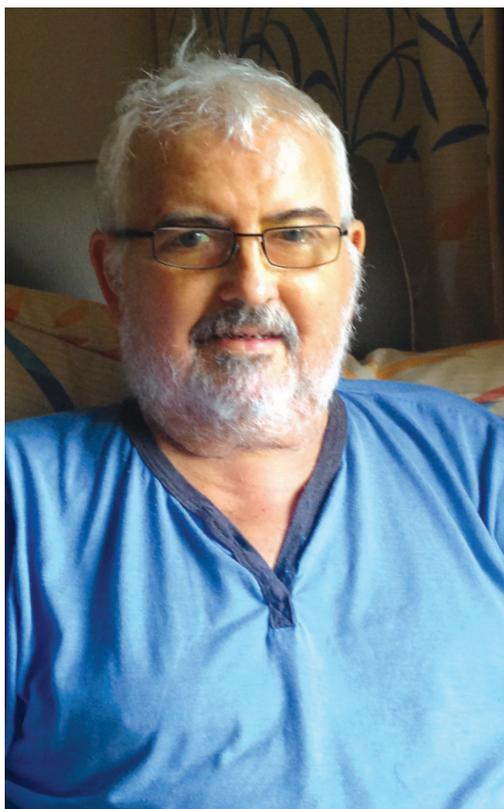
Can you give a gift to care for someone like Pauline?

It can help provide hands on support with eating, bathing and moving - things most of us take for granted. To donate now, visit www.pwh.org.uk/onehour or call 01977 708868.



Family time

In February 2016, Len Jones was diagnosed with cancer and given six months to live. He wasn't in a good place at all. He had difficulty breathing and was in a lot of pain. In January 2017 he was referred to the Hospice from Pinderfields Hospital.



Len had never been to the Hospice before and he was expecting it to be a "dingy, grotty old place where people went to die." After a ten day stay on Incare, Len soon changed his mind. "Everything is so different here. I feel like more of a person in the Hospice. I think it's kept me alive. The staff here are absolutely wonderful. They have a laugh with me, and they always have time to talk to me, no matter what time of the day or night it is. The Hospice is the best. You can't just accept that you're going to die. You need help, and this place helps you 100%."

Len's wife, Mary, is also full of praise for the Hospice: "The Hospice has been a Godsend for us and our family. When Len first came to the Hospice he was afraid to be left alone at night, and the family were able to stay with him the whole time. This was brilliant for us, and reassuring for Len and the family."

Len and Mary have two children, five grandchildren and four great grandchildren, and all of them were able to visit and be together as a family. Len says, "In my position you want as much time as you can get with your family, and we have been able to do that here. There are no rules about how many visitors I can have. That means a lot."

Len was able to return home where he died on 1st March. Our thoughts are with his family at this time.

Take the plunge



Take to the skies for the Hospice with a skydive from 15,000 ft.

We are looking for thrill seeking adrenaline junkies to take part in our skydives this summer.

Imagine the thrill of jumping out of an aeroplane at 15,000 ft! A tandem skydive allows you to enjoy one minute of adrenaline-fuelled freefall harnessed to the front of a BPA qualified instructor, before the parachute opens and you begin your descent to the ground.

Declan and Darcy (pictured) took part in a skydive last year in memory of Ian Stones. Declan says, "At first it was such a scary thought but the experience was absolutely incredible and we managed to raise £10,500 for the most amazing of causes. It could be the best thing I'll ever do."

We have two dates available, including a special Father's Day dive - simply visit www.pwh.org.uk/events to find out more.



Dignity Action Day

In February, the Hospice marked National Dignity Action Day with a 'Dignitree'. Patients and visitors were asked to write what dignity means to them on a leaf, which was then displayed on the tree. Here are a couple of the messages we received...



"Dignity means respect as a human being on all levels - physical, mental, spiritual and emotional. It is love expressed in care."

"Letting people keep their self respect."

The Dignitree was a beautiful addition to our reception area throughout February, and really made us all think even more about giving our patients the dignity they deserve.

Dementia friends

Last year, the Hospice joined forces with the Alzheimer's Society and were certified as 'working towards becoming dementia friendly.'

Cath Brummit, Deputy Sister and Dementia Friends Champion for the Hospice, has been teaching staff what it is like to live with dementia. She tells us:

"There are some really simple ways to help someone living with dementia. I would encourage everyone to become a Dementia Friend, not just those working in healthcare."

Leaving a gift in your will

A gift in your will ensures a good quality of life for our patients in years to come.

For one week this June, thanks to the support of local solicitors, you can have a will expertly written or updated in exchange for a donation to the Hospice. Any sum is welcome, but we suggest a donation of £75 for a single will and £120 for a mirror (couple's) will.

Making a will is a straightforward way of making sure the things that matter to you, especially the people and the causes you care about, will be looked after in the future. For many of our supporters, a gift to the Hospice in their will is a natural extension of their support, which costs them nothing during their lifetime.

"My wife and I decided about ten years ago to include a donation to the Hospice in our will. The children are both grown up and they'll have enough with what will come to them anyway, so it was a chance to do something for a cause that matters to us. We're local people and it was a natural choice to support the Hospice. Who knows, one day it might be us who needs their help".

Martin Hughes, Hospice supporter



Martin Hughes

To take advantage of June's fantastic offer, simply visit www.pwh.org.uk/wills or contact Anne on 01977 781488 for a list of participating solicitors.



**Focus
on**

Day Therapy

Have you heard about our Day Therapy service? Have you ever wondered what actually happens there? We take a look behind the doors of The Haven to find out more.

Day Therapy is for people with a life-limiting illness who can still live at home, but could benefit from our care. We offer a 12 week programme of support and care to help with breathing and relaxation techniques, as well as help managing pain.

After a GP or doctor refers a patient, one of our nurses will invite them to visit and spend time getting to know them and finding out how their illness affects them. We then look at ways we can best support the patient. Our doctors and nurses make sure patients are taking the right medication as well as offering emotional support for anyone who is feeling frightened or anxious. Complementary Therapy can also help to relieve pain as well as being very relaxing, and a friendly chat with the Chaplain often helps those who are struggling with their faith. For those having difficulty moving around properly, we also have a physiotherapist to offer practical help and advice.

Our patients attend Day Therapy on the same day each week, giving them the opportunity to get to know other patients who attend on that day. Patients have one to one sessions to discuss any problems they may be having, and this allows us to monitor their progress. They can also take part in social and creative activities including quizzes and arts and crafts, such as pottery, painting and wood burning.

All the services and activities are provided free of charge.

If you think you, or someone you know, could benefit from Day Therapy, find out more at www.pwh.org.uk/daytherapy or call 01977 708868.

Reaching out

At the end of their 12 weeks in Day Therapy, patients can be upset to leave, as for some, it can be the only time they get out of the house. After a successful trial in Badsworth, patients now have the chance to move on to our Outreach service, thanks to a generous gift from the Barbara Taylor Trust.

Outreach is very similar to Day Therapy at the Hospice, but with more focus on patients supporting each other. We provide arts and crafts activities which patients find very therapeutic, along with training and guidance on relaxation, use of oxygen, pain control and breathing techniques.

"I always feel better when I attend. I get lots of support. I can socialise with people who are the same as me, and we have a laugh."

Outreach is currently available to patients reaching the end of their 12 week programme at the Hospice, and we hope to widen this to include those at an earlier stage of their condition. This could provide an earlier introduction to the Hospice, helping to dispel any myths or fears a person may have about Hospice care.



Peter's story

Peter Hagyard was first referred to Day Therapy by his GP. He has since had several stays on Incare, and now attends Day Therapy again.

Peter says, "When I first came to the Hospice I had no idea what to expect, but now I cannot wait for Thursdays to come around. It is very reassuring to have all the doctors and nurses to hand if I have any problems."

Whilst in Day Therapy, Peter enjoys taking part in the craft activities, and even donated funds to cover the cost of buying a kiln and a pottery wheel. His first attempt at pottery didn't go too well though, and his vase quickly turned into an ashtray! He also likes being able to spend time chatting to other patients who understand just what he is experiencing, and he has his favourite place to sit at the dining table!

Peter also has a weekly Reiki session which relieves his pain and relaxes him. He explains, "I was very sceptical about it at first and didn't think it would work, but it gets rid of all my pain."

Peter also wants to dispel some myths about the Hospice. He says, "Coming to the Hospice doesn't mean that you are going to leave in a wooden box. The Hospice is a place for living."



Volunteering



Volunteers are vital to our Hospice in many different areas, from catering to fundraising, administration to gardening. Our volunteers are of all ages and come from a variety of backgrounds.

Volunteering is an excellent way to meet new people, gain new experience and to support the Hospice. We currently have a number of volunteer vacancies.

To find out more, visit www.pwh.org.uk/volunteer or call 01977 708868.



Volunteering is an excellent way to meet new people



Pram racers seek help

The Ackworth Pram Race has been a popular community event since the 1970s. For the last two years, the fun event has supported the Hospice, raising a whopping £11,000.

The event organisers are looking for help from local people for this year's event, which is to be held on Sunday 27th August. Chairman Alan Martin explains, "We are looking for enthusiastic and dedicated volunteers to join the organising committee, and help us to take the pram race forward into the future."

Anyone interested in helping can contact Alan on 07831 373053 or e-mail martin-hall@btconnect.com

Call or email Amy to get a collection tin.

Give a tin a home

Our collecting tins, situated in shops, pubs, offices, and other outlets raised over £16,000 last year, which really does show that every penny counts! We are looking for more places to take a tin so that we can raise even more towards patient care.

All we ask is that you display the tin in a prominent position, where your customers can see it. If you are unable to return the tin to the Hospice or one of our shops yourself, give us a call and we will arrange to collect it. We will even give you a certificate to display, showing how much you and your customers have raised.

To request a collecting tin, call Amy on 01977 781478, or e-mail fundraising@pwh.org.uk



Donate your old £1

The new £1 coin was introduced in March, and the old style coins will become obsolete by October. Could you donate your old £1 coins to the Hospice? Just £1 could provide five minutes of care for one of our inpatients. This may not seem much, but in just five minutes, our care team could:

- spend time chatting to a new patient, allaying any fears they may have about being admitted to Incare, and making them feel safe in a new environment
- administer medication, offering vital pain relief for a patient
- settle a patient in the complementary therapy suite ready for a calming and relaxing treatment
- arrange a bereavement support session for a family member.

If every person living in the area we serve donated just £1, a total of £170,000 would go to providing this amazing care, and cover the cost of not just five minutes or a patient, but an amazing year and a half!



To donate your £1 coins, simply drop them into the Hospice, any of our shops, or visit www.pwh.org.uk/pound to find a list of participating collection points.



Funders help fix boiler problem

We're in desperate need of a new boiler and heating system. A number of trusts have helped us get half the total we need, including Screwfix Foundation, Persimmon, the George Martin Trust and the Inman Charity Trustees. We just have £15,000 left to raise...

Wakefield Council, and Featherstone and Hemsworth Town Councils have also made recent grants towards essential equipment for our patients.



Chep celebrate five years of support

Chep Pallets have been supporting the Hospice for five years, raising an incredible £37,000 during that time. Their support includes taking part in Hospice events, clothes collections, sponsorship of events and organising bespoke events.

Thanks to everyone for your amazing support; it's been a great five years working with you!



Other trusts and foundations we'd like to thank for their support are:

One Stop - Carriers for Causes

Molly Croysdale Charitable Trust

The Masonic Charitable Foundation

The Albert Hunt Trust

The Jane Tomlinson Appeal

The Garfield Weston Foundation.

If the company you work for has a charitable trust, or you know of another trust who might support the Hospice, be sure to let us know!



G3 Remarketing hit £30,000 of fundraising support

September 2016 saw the £30,000 milestone of support reached through company donations and personal fundraising from G3 Remarketing.

Since setting out to support the Hospice in 2010, G3's director Matt Dale has completed five marathons including London and New York to raise funds. Matt said: "My father passed away at the Hospice six years ago, and it was then that I realised how much it helps the community. It's not until you need these services, that you understand how valuable they are."

Thanks to Matt and the team at G3 for your fantastic support!



Featherstone Male Voice Choir hit the right note

Thank you to Featherstone Male Voice Choir, who raised £876.00 last year. The choir also performed at our annual Light up a Life service in the Hospice gardens.

Charity Boxing Gala

Our thanks to Russ Bailey and Phil Sweeney who coordinated a group at Catterick Garrison, to organise a Charity Boxing Gala. The event was attended by Hospice CEO, David Stewart, and raised money for three different fantastic charities including the Hospice, which were each presented with a cheque for £4700.



THE PRINCE OF WALES HOSPICE

The Prince of Wales Hospice
Halfpenny Lane,
Pontefract,
West Yorkshire
WF8 4BG

Call 01977 708868
Click www.pwh.org.uk
Email contact@pwh.org.uk



Visit our events page for up to date information and online bookings or email fundraising@pwh.org.uk



Interested in sponsoring one of our Hospice events?
Contact Tracey Mearns
Call 01977 781474



[theprinceofwaleshospice](https://www.facebook.com/theprinceofwaleshospice)



[pwhospice](https://twitter.com/pwhospice)

Events Diary



Friday 30th June - Sunday 2nd July

SNOWDONIA CHALLENGE 2017

Over 3 days you will walk 100km (60 miles) through beautiful mountain ranges and forests of Snowdonia national park.

Full details on our website www.pwh.org.uk

Sunday 24th September
IT'S A KNOCKOUT

The Hospice 'It's a Knockout' is back for another year with a day full of giant inflatables, fancy dress, foam and fun. Join forces with your colleagues, friends or family to take on this crazy challenge.

Entry costs £75 per team (6-10 people) with a suggested sponsorship target of £600.



Sunday 14th May
CYCLOTHON

Sponsored by



Harratts
— Established Since 1966 —



YEARS

This spring will once again see the return of our annual Cyclothon. With four routes to choose from (30, 50, 80 and 100 miles), there's a challenge for everyone!

Each route will begin and end at Pontefract Park with the cycle itself beginning at 9am. Register online now for only £20 per person.

Sunday 4th June
GARDEN PARTY

Join us for this year's teddy bears' picnic themed Garden Party featuring stalls, musical performances, cake sale, garden games, a raffle and much, much more!

So put the date in your diary and join us in the Hospice gardens from 1pm - 4:30pm for this fun filled afternoon.

Join our team!

If jumping out of a plane, running 13.1 miles, or getting covered in foam is not for you, you can support the Hospice by volunteering at one of our events. From manning stalls to marshalling routes, there's a role for everyone! If you are interested, please email events@pwh.org.uk.

