

THE  
PRINCE  
OF  
WALES  
HOSPICE

Autumn 2016

# Newsletter

## Light up a life

Celebrate the life of your loved one this Christmas.



**C**hristmas is a time when we remember our loved ones, and Light up a Life provides an opportunity for families and friends to remember those no longer with us. Light up a Life is open to everyone, not just those touched by Hospice care.

Dedicate a light in memory of your loved one and you will receive a Light up a Life card bearing their name. Your dedication will also appear in our Book of Lights, which will be on display at each of our Light up a Life services in December.

Our services bring people together to remember and celebrate the lives of loved ones through readings, hymns and the lighting of candles. Dates and venues for all services can be found on the back page. Please join us to remember your loved ones this Christmas.

This year, Joan Hill will once again be remembering her daughter, Karen\*, who sadly passed away in the Hospice in 2015, aged just 38. She explains "Light up a Life was a great way for us to remember Karen, especially as it was our first Christmas without her. It was also a way for us to support the Hospice that had given her, and us, such exceptional care."

**To dedicate your light, or for more information, visit our website [www.pwh.org.uk/light](http://www.pwh.org.uk/light), or call 01977 708868 to request a leaflet.**

Your generous gift will not only Light up the Life of your loved one, it will help us continue to provide our support and care to our patients and their loved ones this Christmas. Thank you.

\*For Karen's full story, see page six.

“

Light up a Life provides an opportunity for families and friends to remember those no longer with us. Light up a Life is open to everyone, not just those touched by Hospice care.

”

Get a FREE hot drink with this voucher!

## The Caring Kitchen

**Tucked away in Pontefract indoor market is the Hospice cafe - The Caring Kitchen.**

We have breakfast, lunch and afternoon snacks covered. There's something for everyone, whether you fancy an all day breakfast, a freshly made sandwich or a cake and a cuppa.

Not only is our food delicious, but all profits support care at The Prince of Wales Hospice.

View our tasty menu by visiting: [www.pwh.org.uk/cafe](http://www.pwh.org.uk/cafe), help us to spread the word by printing out a copy and pinning it to your notice board at work.

If you haven't tasted our yummy selection of cakes yet, why not treat yourself?

**Enjoy a brew on us, when you buy any cake with the voucher below.**



# Welcome from the Chief Executive



David Stewart

**Autumn is an exciting time for us here at The Prince of Wales Hospice as the refurbishment of our Incare ward and conservatory is now complete. We now have 13 single patient rooms, furnished and equipped to the highest possible standards, dedicated overnight accommodation for families, more space and superior facilities for visitors, and better and safer working conditions for our dedicated staff and volunteers.**

People in the Five Towns now have some of the best Hospice facilities in the country!

Now we need your help to keep them open - to employ our specialist nurses and therapists, to provide nutritious food and to stock the medical supplies our patients need.

The Hospice depends on people like you for around 70% of the costs of caring for local people. We are indebted to you for your past support and look forward to your continuing assistance in the future.

As you will see elsewhere in this newsletter, there are lots of fun things you could do to raise funds for your hospice. Please pledge your support today.

Sadly, I must inform you that Hospice patron, Richard Budge, died in July, as did Mary Laing the Hospice's first general manager. Both made significant contributions to the Hospice, especially in its earlier years, and our thoughts and prayers are with their families and friends.



People in the Five Towns now have some of the best Hospice facilities in the country!



## Be a winner!



Would you like to be part of a lottery that helps to provide hospice care to local people, whilst also giving you the chance of winning a £2,000 prize every week? By becoming a regular player of the Local Hospice Lottery, you can do exactly that for as little as just £1 per week.

As well as being in with a chance of winning £2,000 every week, there's also a £1,000 prize which can roll over up to a maximum of £25,000. And as if all of that wasn't enough reason to join - you'll also be entered into our Super Draws twice a year, which have an additional guaranteed top prize of £10,000!

**To join the lottery now, visit [www.localhospicelottery.org](http://www.localhospicelottery.org) or call FREEPHONE 0800 3160645.**

## How does your garden grow?



Throughout the summer months our allotment has been blooming! Our allotment volunteers, Colin and Catherine have worked tirelessly to successfully grow potatoes, carrots, green beans, cucumbers, onions, parsnips, tomatoes, gooseberries and much more! Here is one of our patients, Dawn, tucking into some freshly grown new potatoes on her roast dinner.





**A gift in your will can help us provide support and care for years to come for patients living with a life limiting illness, and their families.**

Any gift, large or small, will make a positive difference to the care we are able to offer. You might pledge an amount of money, an item of value, or simply a share of what remains after your commitments and gifts to family and friends.

Legacies left in wills currently fund the care for 1 in 6 of our patients. By remembering The Prince of Wales Hospice in your will, you are doing something inspirational to help others for years to come.

As the new year approaches, many of us think about doing something wonderful in 2017. You could do something wonderful too!

**If you would like to consider leaving a gift in your will, please contact Anne on 01977 781488 or e-mail [agiblin@pwh.org.uk](mailto:agiblin@pwh.org.uk)**



This October we celebrated Hospice Care Week - a perfect opportunity to spread the word about hospice care and what we do.

# Hospice care is...



**M**ost people are familiar with the word hospice, and yet many still don't understand what a hospice is - often thinking it is a place where people with cancer go to die. The truth couldn't be more different.

Hospice care is for people with any life-limiting illness, not just cancer, including motor neurone disease, heart failure, and chronic respiratory diseases. Hospices also have an important role in supporting patients' families, especially in providing bereavement support.

Last year over 200 people were supported by our Day Therapy service. This is for patients who are living relatively well at home and just need to visit one day a week for care, therapies and activities tailored to their physical and emotional needs.

The Hospice has thirteen Incare bedrooms for patients who need 24 hour specialist care. Patients who stay with us often need help managing their physical symptoms,

such as pain or nausea. Others may be having distressing emotional or spiritual difficulties. Many patients stay for just a short while for help overcoming a specific problem and then return home. The Hospice also cares for patients at the very end of their life.

Our Lymphoedema Clinic treats patients with this painful swelling condition, which can be hereditary or occur after cancer treatment. Our lymphoedema team help with skincare, infection control, exercise, fluid drainage techniques and weight management.

In addition, we also provide complementary therapies, physiotherapy, occupational therapy, chaplaincy and bereavement support.

All of our services are provided free of charge to patients, which costs £2.6 million a year. Just a third of our funding comes from the NHS, and for the rest we rely on the very generous support of people like you.

**Thank you.**





# Festive fundraising

## Christmas cards

Have you bought your Christmas cards yet? Call in to any of our Hospice shops to see our range of cards - we have something for everyone. All cards are priced at £2.49 per pack of ten.



## Santa Dash

Sunday 11th December

Our annual Santa Dash returns soon to spread Christmas cheer!

Dress in your festive themed get-up and take part in our 2.5km fun run, starting from the Hospice, around Pontefract town centre.

Whether you sprint, jog or walk, there's no better way to get in the festive spirit with friends and family.

All participants will receive a medal for taking part. We'll also have entertainment, children's rides and lots of yummy food. This year we are very lucky to be sponsored by Haribo who are helping us create this wonderful Christmas event for the Hospice. To take part, register before midnight on 4th December. Entry on the day will cost more!

Visit [www.pwh.org.uk/events](http://www.pwh.org.uk/events) or call 01977 708868 to register today.

Christmas Draw  
Friday 16th December

WIN  
£500

Tickets are now on sale for our Christmas draw, with a 1<sup>st</sup> prize of £500, 2<sup>nd</sup> prize of £100 of Argos vouchers and 3<sup>rd</sup> prize Marks & Spencer's hamper. At just £1 per ticket - get yours now from the Hospice reception, or call 01977 708868 to request a book.

Our first prize was kindly donated by Swinton Insurance. Read more about our partnership with them on page 7.



# A gift that counts

**Help us make sure all of our patients experience love, care, fun, laughter and togetherness this Christmas.**



**Christmas is a time for giving, so what better way to celebrate than to give a gift that counts.**

For those facing what could be their last Christmas, we want to make this an extra special time for them, but we can't do it without your help.

Clinical Services Manager, Jo Schofield says "Christmas time is particularly poignant for many of our patients and their families, and we want to help them celebrate in the best way they can. By giving a gift that counts, you can help us make sure all of our patients experience love, care, fun, laughter and togetherness this Christmas. Thank you"

To give a gift that counts this Christmas, simply visit our website [www.pwh.org.uk/donate](http://www.pwh.org.uk/donate) quoting "A Gift that Counts" in the reason for donation box, or send a cheque payable to The Prince of Wales Hospice, The Prince of Wales Hospice, Halfpenny Lane, Pontefract, West Yorkshire, WF8 4BG.

*Thank you for making a difference this Christmas.*



**A gift of  
£10**



could help us provide a traditional Christmas dinner with all the trimmings for a patient.

**Christmas dinner is often the focal point of Christmas Day. This gift will help our patients and their families to enjoy a Christmas dinner suited to their individual needs.**

**A gift of  
£25**



could help us provide a Christmas party for our Day Therapy patients.

**We all enjoy a good party at Christmas time, whether it's with colleagues, friends or family. This gift will help our Day Therapy patients to experience their very own Christmas party, full of fun, laughter and festive activities.**

**A gift of  
£50**



could help us provide care and support to a patient and family facing their last Christmas day together.

**Many of us take for granted the fact that we will spend time celebrating with our loved ones at Christmas. This gift will help our patients to spend quality time with their loved ones in a safe, caring environment.**

# Karen's story



**Karen will be remembered at this year's Light up a Life by her Mum, Joan.**

In October 2012, Joan Hill was returning from a cruise holiday when she received a call from her daughter, Karen. Joan immediately knew something was wrong, and when Karen visited later that day, she revealed that she had been diagnosed with breast cancer.

**K**aren had a mastectomy and underwent chemotherapy. She was delighted to hear that further radiotherapy wasn't needed. But then, following reconstruction treatment, Karen discovered that the cancer had returned, with a large tumour under her arm and in her breast region. Chemotherapy was unsuccessful and so Karen had an operation to remove as much of the tumour as possible, as a last resort.

In March 2015, Karen deteriorated and was in a great deal of pain. She was admitted to the Hospice to get her pain under control. She was able to return home on several occasions, with Joan looking after her. Eventually, Karen told her Mum that she felt safer at the Hospice, and she wanted to return there for her care. Karen's eldest daughter, Freya, celebrated her 12th birthday at her Mum's side at the Hospice. Staff decorated the room, and the family all enjoyed what was to be their last celebration together. Just one week later, Karen sadly died, aged just 38.

Joan says "The Hospice were amazing from start to finish. Nothing was too much trouble for anyone. I know that we wouldn't have got through without the support we received.

There were no rigid menus - Karen was asked what she fancied to eat and the kitchen team were happy to make whatever she wanted. The doctors sat with us and always had time to chat. We were even helped to plan Karen's funeral, meaning all Karen's wishes were met. She also wrote cards for the children for me to give them on future birthdays. We had everything we needed under one roof. We were even able to have complementary therapies in the Therapy Suite.

We brought Karen to the Hospice to allow her to live, and that is exactly what she did.

If anyone is scared about being admitted to the Hospice, I would tell them not to be frightened. Karen died with dignity, and I will always be grateful to them for that."



## A special delivery

**Interior Goods Direct Ltd kindly sent us some beautiful hand crafted syringe driver bags, to help our patients conceal their medical equipment.**



**Our nursing team modelling the fun and funky designs!**

The bags were hand stitched by staff, in their own spare time, using material donated by the company. Each bag contained a message for our patients from the person who stitched the bag.



**Thank you to everyone involved.**



# Thank you

**CARMEN MAXWELL,  
ANGELA NOON AND FRIENDS**

for raising £1,298.02 from a darts marathon

**FEATHERSTONE MALE VOICE CHOIR**

for raising £876 at the Ian Dransfield memorial concert

**ANSTON FIELD TARGET CLUB**

for raising £3,316.76 at the Paul James British Recoiling Championship 2016

**ANDY AND ANDREA AKRILL AT THE AMBIENCE**

for raising £2,654.72 at a Raymond van Barneveld darts night

**GEORGIA PERCIVAL**

for raising £3,376.56 at a curry night and auction in memory of May Shockett

**KAY WARING, PAULA CROSSLAND  
AND ALAN DAVIES**

for raising over £2,000 taking part in the Great North Swim

**BODY DESIGN F.I.T**

for raising over £10,000 with their team at Total Warrior

**ACKWORTH SCHOOL**

for raising £365 by organising a Fashion Show

**HOOTON PAGNELL VILLAGE FETE**

for selecting us as Charity of the Year

**PAUL BRANNON AND FRIENDS**

for raising over £3,500 doing a 200 mile bike ride

**STAPLETON DANCE STUDIO**

for raising £750 from hosting a Zumbathon

**RUSS BAILEY**

for raising over £4,700 organising a charity boxing gala

**BIRKIN FISHERIES TEA ROOMS**

for raising £1,000 hosting a Vintage Tea Party

**STEVE BRONDEL**

for raising over £5,000 from swimming four of the largest lakes in the Lake District

**We wish there was enough space to thank everyone!  
Whether you baked, skydived, walked, ran, swam, took on  
a personal challenge or sponsored someone who did –  
this THANK YOU is for you.**



“  
Brakes  
are one  
of the first  
companies to  
support our  
used stamps  
scheme and  
foreign coin  
collections.”



It's no wonder Brakes, based in Kinsley, smashed their original £2,000 fundraising target in just three months. A “Wear your England shirt to work” day during this summer's Euros, a charity bike ride by one of the managers, Bring a Bag to Work, and their staff BBQ and fundraising has motivated the 200 plus staff to pledge to raise an amazing £5,000 by May 2017.

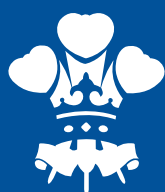
Brakes have also donated over £1,300 pounds worth of soft drinks and snacks which we have used at several of our summer fundraising events, including It's a Knockout. They are also one of the first companies to support our used stamps scheme and foreign coin collections. We look forward to helping them smash that £5,000 target!



“  
Swinton  
Insurance  
have  
generously  
sponsored  
our Autumn  
Raffle cash  
prize worth  
£500!”

The team from Swinton Insurance in Glasshoughton chose us as their local Charity of the Year in June and have pledged to raise £2,500 for the Hospice in the next 12 months! They have already donated lots of clothes and bric a brac for our shops through our Bring a Bag to Work scheme and more recently took part in our It's a Knockout event. They have also generously sponsored our Autumn Raffle cash prize worth £500! (see page four).

Is your car or home insurance due for renewal? Ring the lovely team at Swinton on 01977 511082 for a competitive quote.



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HOSPICE

**The Prince  
of Wales Hospice**  
Halfpenny Lane,  
Pontefract,  
West Yorkshire  
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Call 01977 708868  
Click [www.pwh.org.uk](http://www.pwh.org.uk)  
Email [contact@pwh.org.uk](mailto:contact@pwh.org.uk)



Visit our events  
page for up to date  
information and online  
bookings or email  
[fundraising@pwh.org.uk](mailto:fundraising@pwh.org.uk)



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



theprinceofwaleshospice



pwhospice

The Five Towns Plus Hospice Fund Limited  
Registered Charity number 514999,  
Registered Company number 1797810

## Dates for your Diary

### Sunday 13th November CRAFT FAIR

Join us at Kings Croft Hotel for  
our annual Craft Fair.

With hundreds of Christmas crafts  
and gifts, you won't need to go  
anywhere else to do your Christmas  
shopping! The fair has over 40 stalls  
of unique handcrafted goods, as well  
as a raffle and tombola. It runs from  
10am - 4pm and entry is only £1!



### 11th December SANTA DASH

The festive fun run returns  
again this year. See page four  
for more information.

### Tuesday 22nd November FESTIVE FLORALS

Our annual Festive Florals event  
will be taking place at Pontefract  
Town Hall.

Michelle Grainger from Michelle's  
Flowers, will once again be hosting  
this fantastic event in aid of the  
Hospice. The event will include  
Christmas themed demonstrations  
by Michelle, stalls and refreshments.

Tickets are just £5 per person and  
under 16s can attend for free.



### 11th-15th December LIGHT UP A LIFE

This year we will have five Light up  
a Life services taking place across  
the Five Towns area.

Sunday 11th - St Mary's Church,  
Badsworth (3pm)

Monday 12th - St Giles Church,  
Pontefract (7pm)

Tuesday 13th - St John's Church,  
Normanton (7pm)

Wednesday 14th - Holy Cross  
Church, Airedale (7pm)

Thursday 15th - The Prince of Wales  
Hospice Garden (7pm)

Join us for one of our beautiful  
services where we will remember  
your loved ones this Christmas.



### 9th-23rd December FESTIVE LIGHTS

This year sees the return of our  
Festive Lights at Farmer Copleys  
in Featherstone.

There is no doubt that our  
Christmas wonderland will get  
you in the festive spirit

Our opening night extravaganza will  
include singing, a visit from Santa  
and lots of tasty food. The event  
runs for two weeks so there's no  
reason for you to miss out!

Festive Lights is open from 4.30pm  
to 7pm each day and the Moo Cafe  
will be open late on these days to  
serve hot drinks and goodies.

We ask for a suggested donation  
of £3 to enter.

See page 4  
for more Santa  
Dash details



### Sunday 19th March 2017 MEMORY WALK

The Hospice's annual Memory  
Walk returns and promises to be  
a day to remember.

Join us for a Sunday morning walk  
celebrating the memory of loved  
ones whilst raising funds for hospice  
care. We'll also have a treasure hunt  
for children and your four-legged  
friends are welcome to join!

Registrations will open for this event  
in the new year.