

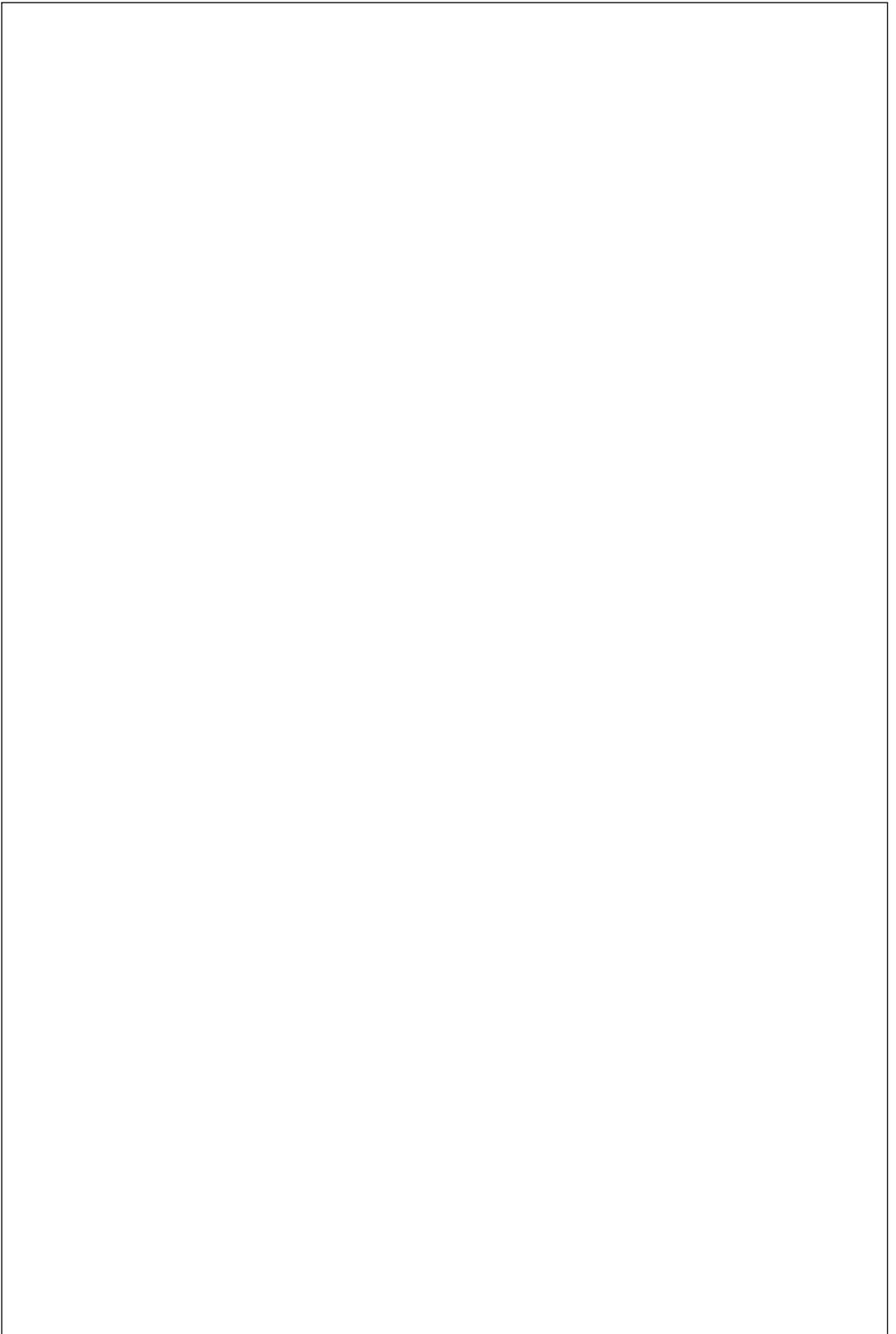
Festive Fundraising tremendously helps patient care

Our patients and their families had a very caring Christmas thanks to our supporters. Our Festive fundraising campaigns raised £77,910 to date,

which covers the cost of our 13-bed inpatient ward for 13 days.

Read more about how our supporters got involved on page 9.





We welcomed new Trustees at the Hospice

In October three new Trustees joined us to volunteer their time and expertise and support our Hospice to continue to provide the highest quality care for patients with life limiting illnesses and their families.

What is a Trustee and what do they do for our Hospice?

A trustee's role in a charity is to be the 'guardians of purpose'. They make sure that all decisions put the needs of the beneficiaries

first. They are responsible for overseeing the affairs of the Hospice to ensure they are legal, constitutional and within accepted practice.

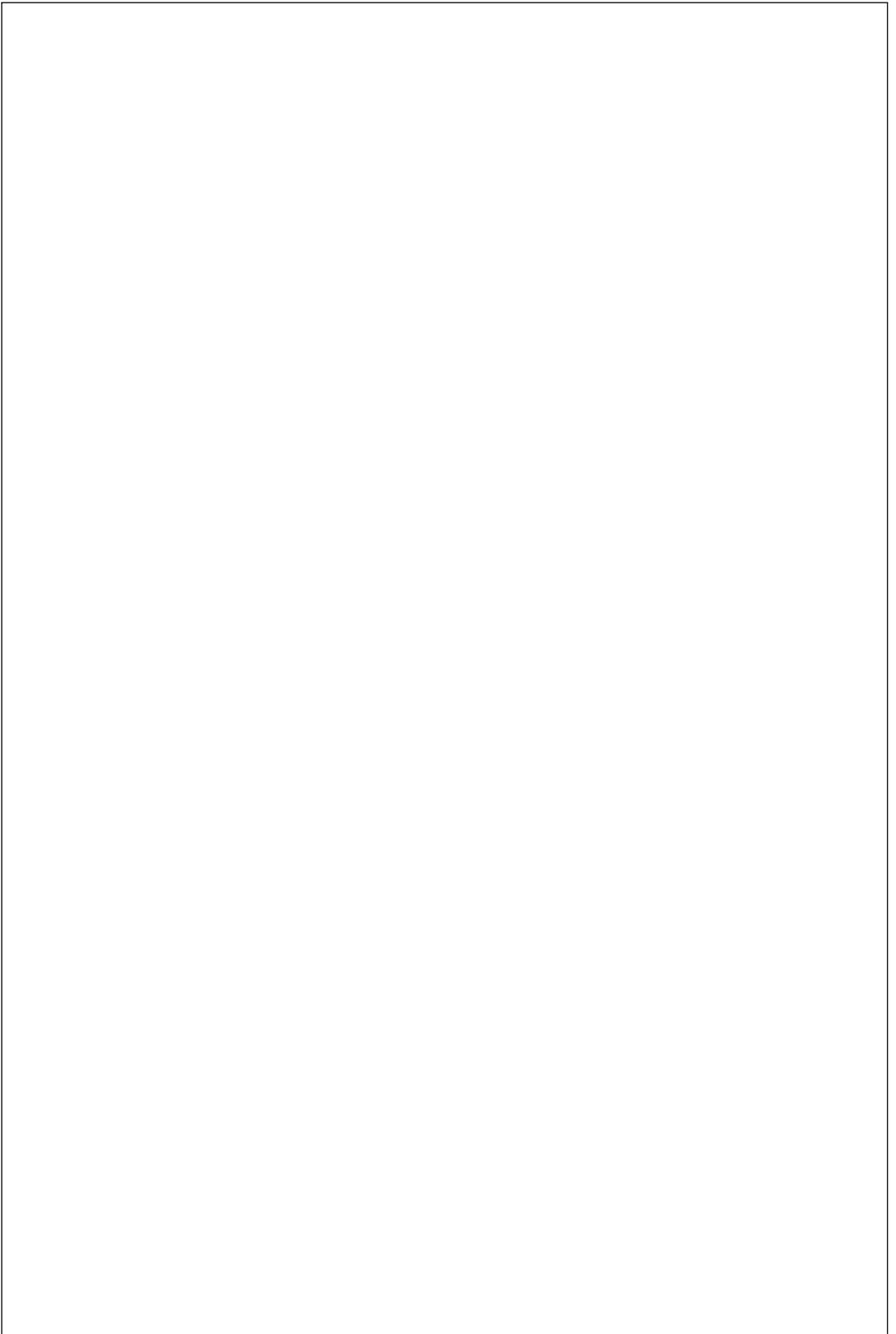
Steve Dibb, one of our new Trustees said:

"I was familiar with the Hospice and the amazing service it provides to the community and I have been involved in fundraising events over time. When I learned there was going to be a recruitment exercise for

new Trustees I felt this was an ideal opportunity where I possibly could offer my experience and expertise. It is a privilege to be part of the organisation and be part of its ambitious journey."

Our Board of Trustees, from the top left: Gordon Tollefson, Ruth Roche, Adam Wearing, Brynton Parkes, Ann Gleed MBE, Sandra Cheseldine, Phil Earnshaw, Simon Topham, Steve Dibb and Heather O'Donnell.





Andrew's story

Andrew Morrisroe, who was suffering with bronchiectasis and heart failure, was transferred to our Hospice from Pinderfields Hospital for symptom management. He had never been to the Hospice before and like many others was very apprehensive about why he was being moved here.

However, he quickly settled in and was enjoying chats with the nurses. Andrew told us he loved his garden and being outside, but hadn't been outdoor for nine months apart from being taken to hospital. Our physiotherapist, Susanne got Andrew outside, so he could enjoy the nice weather and the beautiful garden.

Susanne said: "When Andrew was admitted to our Hospice he lacked purpose. When I found out Andrew loved gardening, I took him out into the garden, and he helped water the plants. As he got stronger he found new ways of helping outside. It was nice to see how he was improving physically. When his family visited him in the Hospice they enjoyed a mini picnic outdoor."

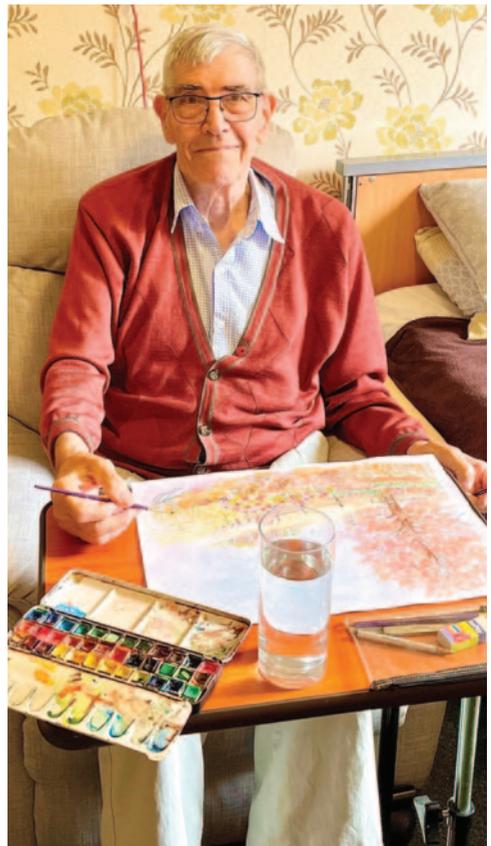
Andrew is a keen artist and has been the chairman of the Pontefract and Pinderfields Art Club.

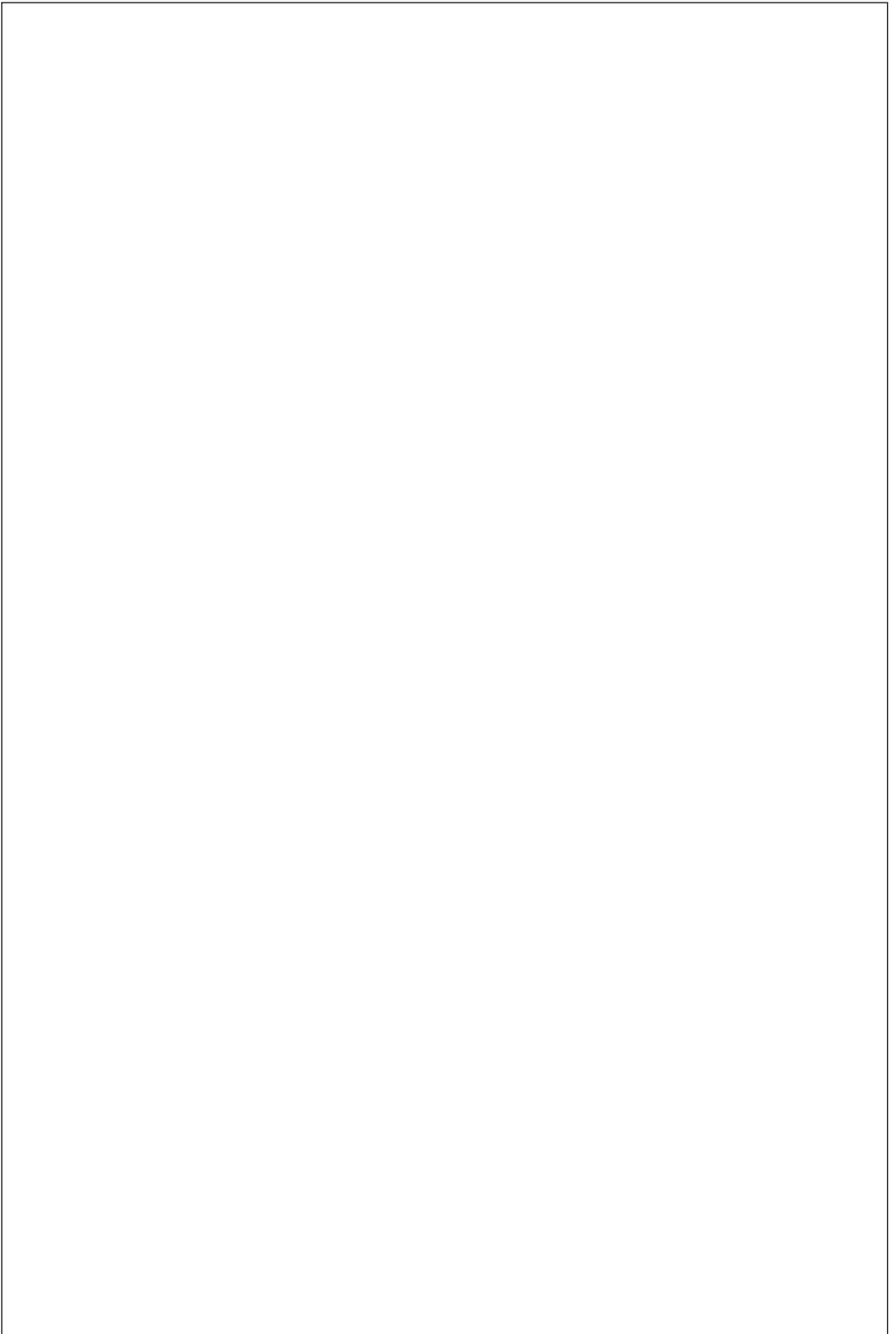
Susanne added: "Despite his love of painting, Andrew was not able to relax

and he could not concentrate on painting. After a week of being in our care he started painting again."

Andrew has very kindly donated three of his pictures to help raise funds for the Hospice.

Andrew has gone to a care home but has told us he would be in touch and hoped to come and visit.





Silver Birch planted at our Hospice as part of the Queen's Green Canopy

We have been kindly gifted a Silver Birch tree as part of the Queen's Green Canopy by The Lord Lieutenant of West Yorkshire. The High Sheriff of West Yorkshire led the official tree planting ceremony on Saturday 10 December.



The Queen's Green Canopy is an initiative that began in May 2021 in honour of the Platinum Jubilee of Queen Elizabeth II in 2022.

Gordon Tollefson, Chairman of the

Board at the Hospice said: "It is a real honour to have had this Silver Birch allocated to us by The Lord Lieutenant of West Yorkshire...As it grows it will continue to remind our community of Her Late Majesty."

Restoration of the engraved pavers is ready thanks to Rachel List!



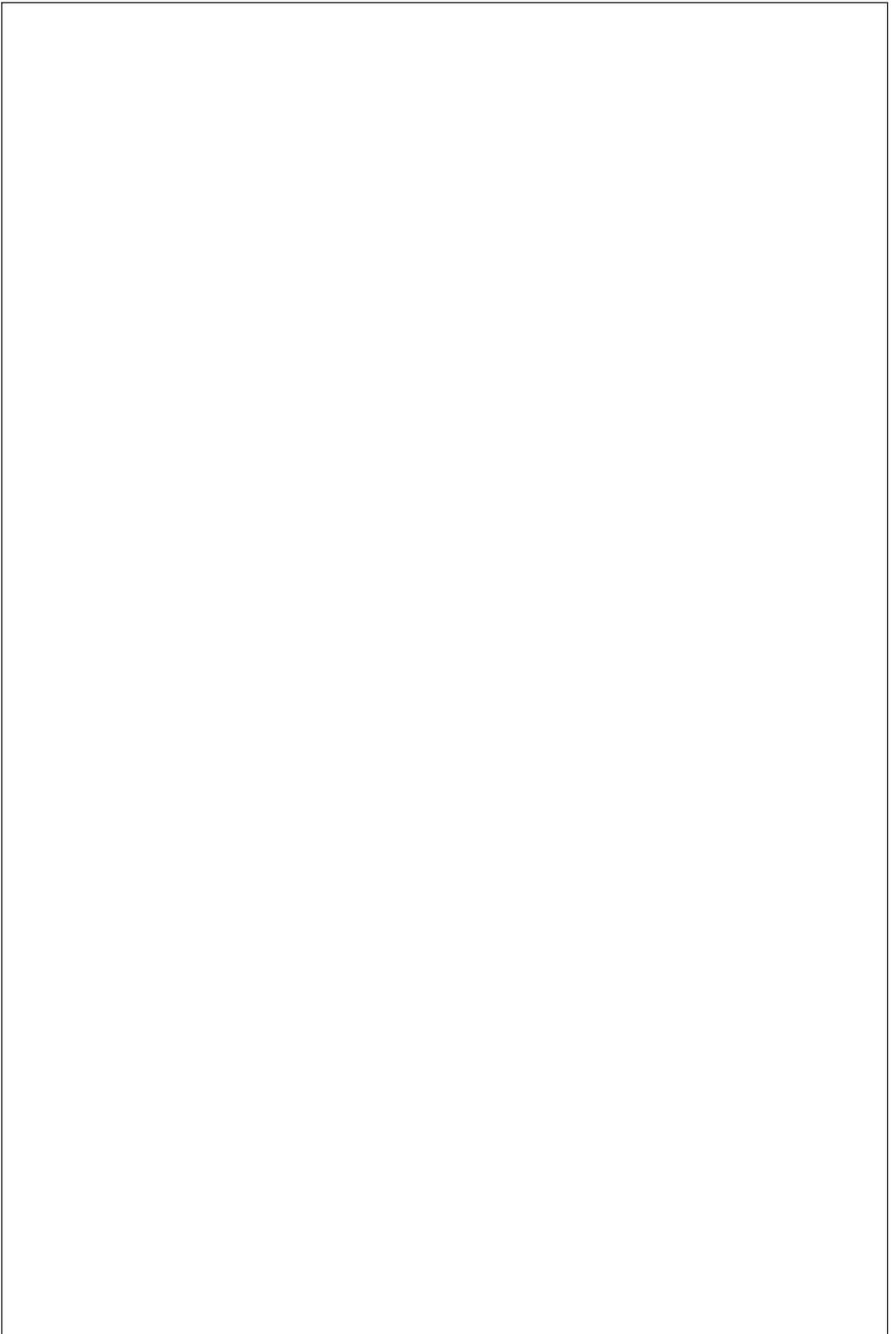
The Celebration Pavers have been purchased for a long time by many people in the community to celebrate the life of someone special or simply show their support to our Hospice. These beautiful pavers are engraved with names and messages and have a special place in our gardens. As a result of wear and tear and weathering, the pavers desperately needed to be restored.

Rachel List, the fantastic local mural artist, kindly agreed to assist with the project and restore the pavers.



Rachel said: "The great British weather meant that the project became more time consuming to complete the hundreds of names, but it is something I know will be appreciated by many and one of the small thanks that people like myself can give back."

If you would like to purchase a Celebration Paver, visit www.pwh.org.uk/pavers or call 01977 708 868.



Festive Fundraising tremendously helps patient care

Our supporters got involved and raised money in:

Light up a Life: Our event gave an opportunity for families and friends to remember those no longer with us. Our services of remembrance took place once again and people who could not attend were able to watch the live stream on our website. Light up a Life appeal raised an incredible £25,360.

Caring Christmas: Many lovely people supported us with donations to help us to provide a lovely caring Christmas for patients and their families. For some families it was their last Christmas together. Our Caring Christmas appeal raised £9,350.

Christmas raffle: Our lucky winners scooped an amazing £5,000 between them. We felt like we were winning with

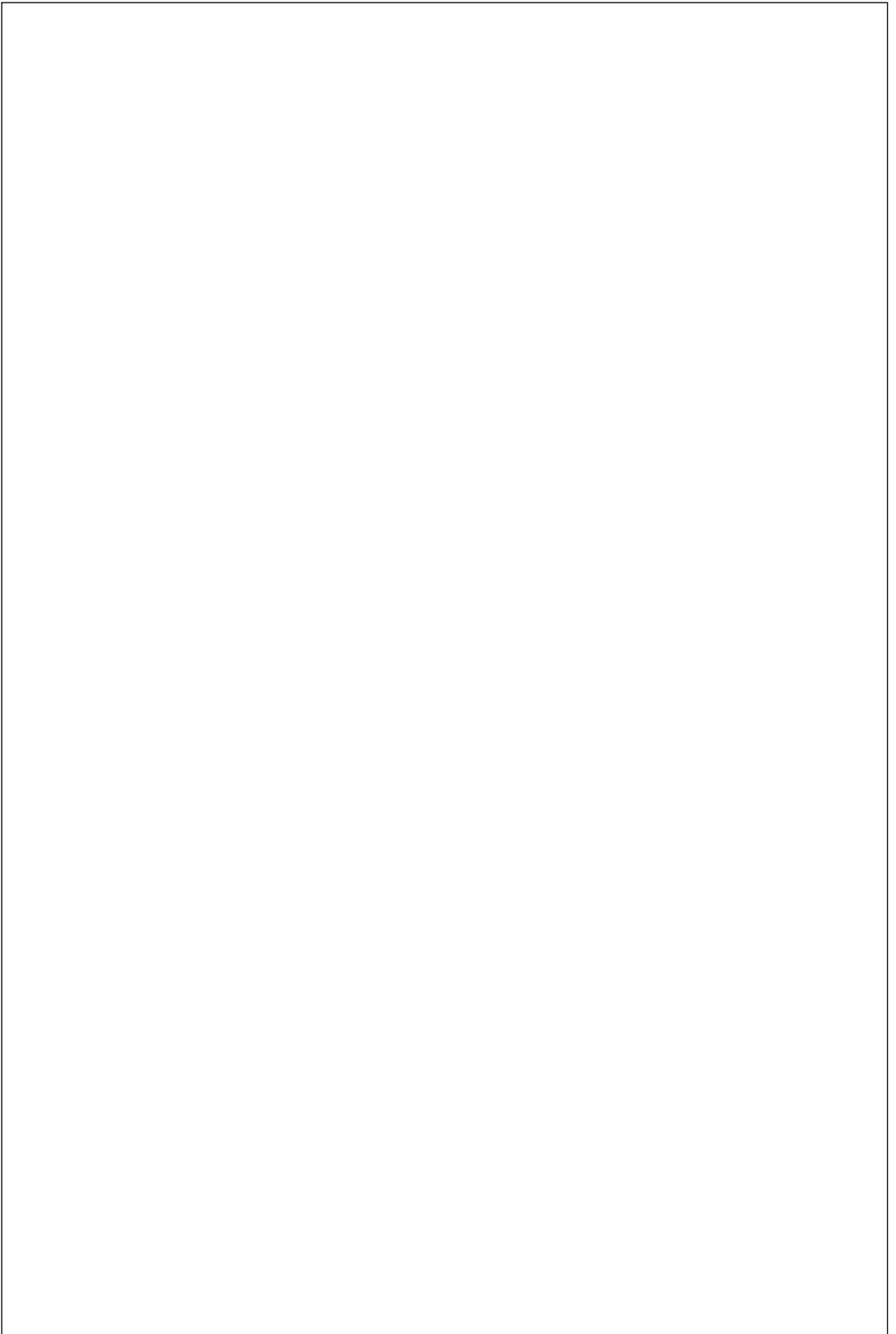
every raffle ticket stub returned to us. Thank you to everyone who took part, you raised £11,200 for Hospice care at Christmas.

Reindeer Run: At Christmas, thousands of little reindeers helped Santa raise funds for the Hospice. 31 schools took part in our Reindeer Run - dashing, dancing and prancing along the way, raising an amazing £24,500 so far.

Christmas tree collection: In January, with the help of our dedicated volunteers we collected 563 trees through our collection scheme, which raised £7,500.

Thank you to all of our supporters for helping us to give our patients and their families the best care possible.





Our Hospice open day hailed a success

We opened our doors to partners and the public on 12 October 2022 to raise awareness about our services and to dispel any myths about hospice care and to encourage support from the local community.

Visitors to the Hospice received a warm and friendly welcome, and a chance to learn about the important and invaluable work we do, as well as to see that the Hospice is a bright, warm and welcoming place. People also got a chance to meet our team allowing them to speak to the people that put all the hard work in.

Amanda Darley, our Director of Estates and Facilities said: “We had an amazing day. Many people got to see how pleasant the Hospice is and understand what services we provide for people in the community. We want to continue to extend our reach further and we hope those people who attended will tell more people who we are and what we do.”

Events like these give us a chance to reach out to local people, as well as a chance to raise much needed funds to continue the work we do.



School choirs visit the Hospice to spread some Christmas cheer



Four primary schools from Pontefract Academies Trust attended the Hospice in the Festive period to sing a range of Christmas Carols for our patients, visitors, staff and volunteers. The children brought their infectious smiles, and beautiful singing voices which

delighted everyone in the building, the carols could be heard from all corners of the Hospice.

Jo Schofield, Director of Clinical Services says: “It is always lovely having the children come into the Hospice to sing, especially at this time of year. The Christmas carols boost our patients’ wellbeing and seeing the children’s smiling faces underneath their Christmas hats is a real joy for the hardworking staff here at the Hospice.”

Castleford Tigers lend a hand

Castleford Tigers are always happy to support the Hospice. In December we put them to work setting up our gazebos ready for our Light Up a Life service in the Hospice Gardens.

A few of the team also made sure they had time to visit some of our patients. When Christine heard the players would be visiting the Hospice, her and her family couldn’t wait for them to pop by and say hello.

Jack Broadbent, Castleford Tigers player explained: “I think it’s great that we can come out in the community and give back. It’s only my first week but it’s great to already be out and about and getting involved.”



Three furry friends and Rolo, the therapy dog joined our Incare

We were thrilled when three robotic cats and a robotic dog were donated for our patients. Having heard about the incredible benefits these pet friends can have on people's wellbeing, we were excited to see them in action.

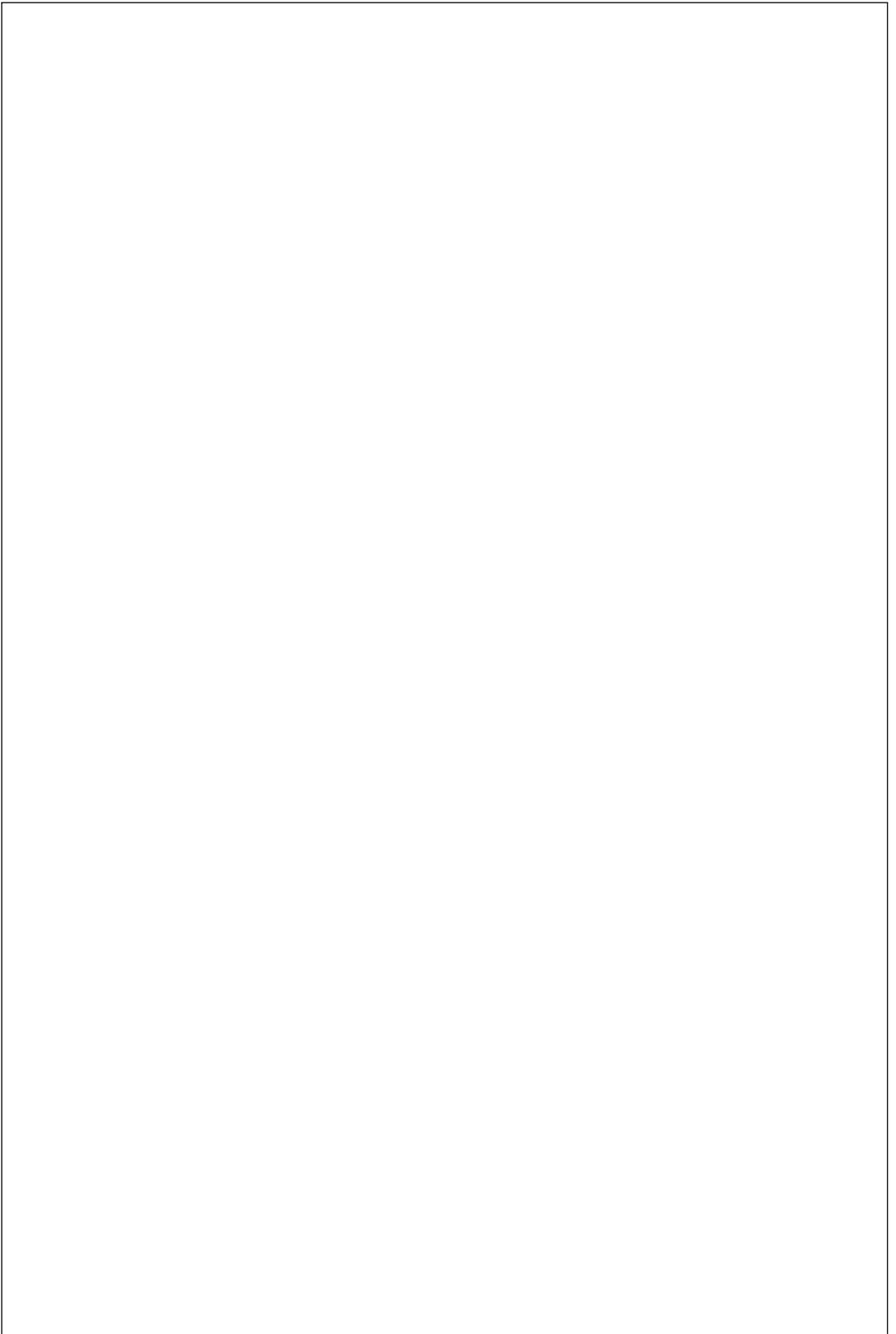
Robotic animals can offer a new and effective therapeutic treatment alternative and benefits can include: overcoming loneliness, reducing stress and anxiety, and increasing social interaction as the patient is reminded of past pet stories

they want to share with family, friends and the staff here at the Hospice.

These pet animals look, feel, and sound like real pets. With built-in sensors they respond to gentle strokes and move just like a real pet would!

They're settling in well here at the Hospice, Jo Dunford our Wellbeing Lead says *"They are a welcome addition to our ward and we're looking forward to seeing the positive benefits they have on our patients."*





Get to know your Hospice more - Myths busting



We would like to help you better understand the services we provide and to clear up some misconceptions around hospice care below.

It is not just end of life care

The Hospice helps people live better with their illness, with many eventually returning home after overcoming a specific problem. Many choose the safety and dignity of the Hospice for care at the end of their life.

We don't merely treat patients with cancer

We care for patients with motor neurone disease, chronic heart, lung disease, lymphoedema and other life-limiting illnesses.

Hospice care is not only for the elderly

All age groups can be affected by a life-limiting illness and we offer our services for anyone over the age of 18.

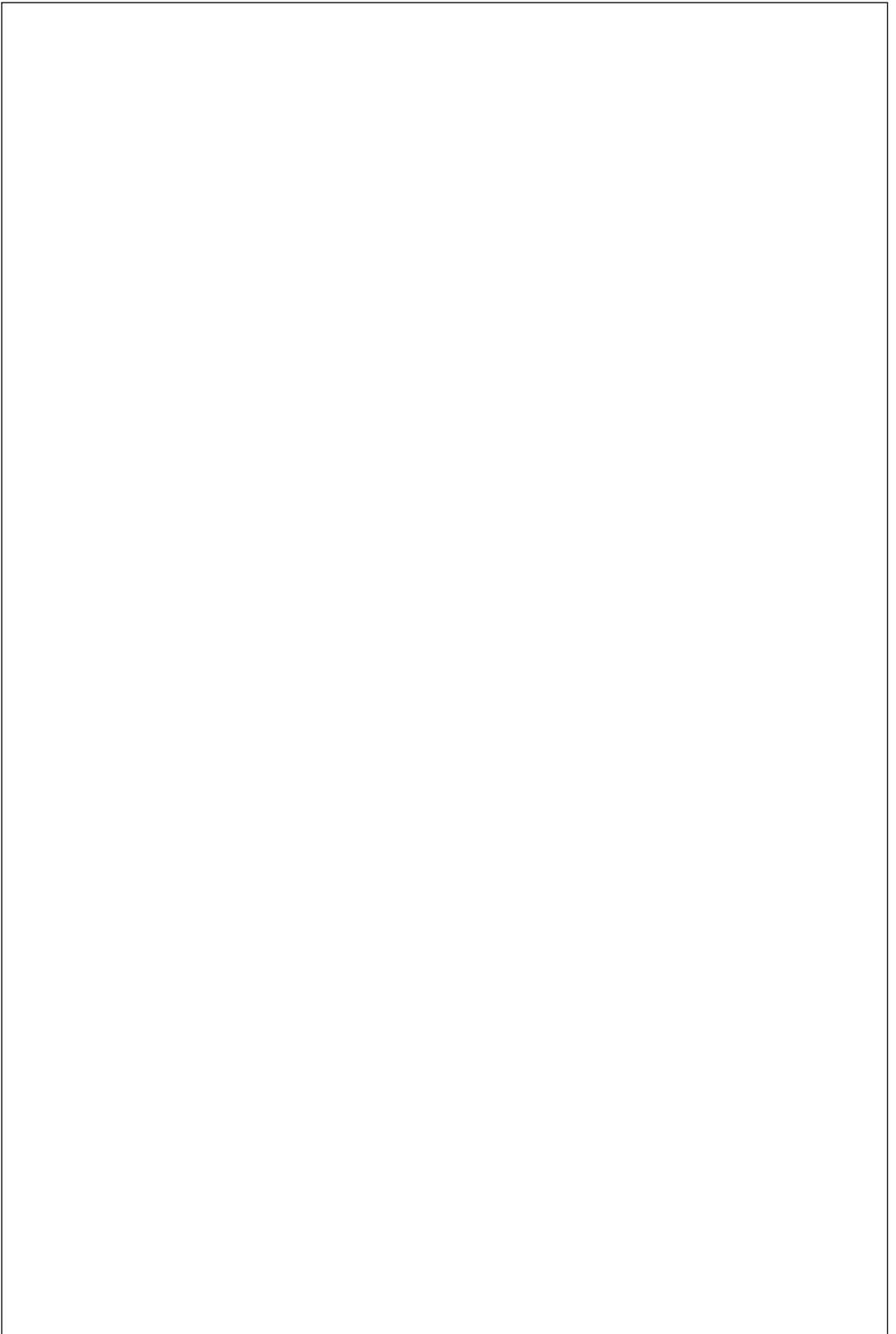
The Hospice is not a dark, depressing place

People who visit our Hospice realise that it is a bright and welcoming

place. All rooms are decorated to the highest standard, have ensuite bathrooms and access to the beautiful, extended gardens.

Hospice care is not fully funded by the NHS

We provide our care free of charge and entirely based on need, but only about a 25% of the cost is covered by the NHS. This means we have to raise over £3m a year through our shops, fundraising events, donations and fundraising initiatives in the community.



Meet our Wellbeing team

Our Wellbeing Team has launched a fantastic range of services available for adults diagnosed with a life limiting illness and those who care for them. The team also offers wellbeing support to the community within the Five Town area.

Our experienced team includes a Wellbeing Lead, Wellbeing Coordinator, Wellbeing Support Worker, Social Worker, Complementary Therapy Lead and Physiotherapist.

How the Wellbeing Team support the Hospice Incare unit:

When a person is admitted to the Hospice, we know it can be daunting and the fear of the unknown can cause anxiety for the patient and their family.

Our team support the patient and their family in whatever way we can. This includes helping patients to leave behind lasting memories, such as cards and memory boxes, helping people to continue hobbies and interests, such as reading, watching films, knitting and painting. Or by spending time chatting and finding out what is important to the patient.

What support the Wellbeing Team offers to the community:

We organise the below activities/group sessions to anyone who needs support.



MONDAY: FAMILY AND FRIENDS SUPPORT GROUP

We offer a friendly listening ear with the experience to offer practical advice and support.

TUESDAY: COMPLEMENTARY THERAPY GROUP

Complementary therapy sessions can help with relaxation and symptom management such as stress, poor sleep, anxiety, and pain management.

WEDNESDAY: BATHING SERVICE

It is for people who are cannot access a bathing facility, or cannot bathe themselves.

THURSDAY: CHAIR EXERCISES

They are a fun way to improve physical function while having a laugh with a peer group.

FRIDAY AFTERNOON: CRAFT GROUP

Activities and craft therapies with an emphasis on enablement.

For more information visit www.pwh.org.uk/wellbeing or call 01977 708868.

Erin's skipping challenge

Nine year old Erin Hindle challenged herself to raise much needed fund for our Hospice in memory of her Grandad.

Her Grandad was admitted to the Hospice and had his last day here on our ward. When Erin realised that the Hospice needs to cover the cost of its services mainly by fundraising, she wanted to do something to help.



She decided to do a skipping challenge and skip 71 times every day in June as this number

represented her Grandad's age when he died.

Erin said: "After Grandad passed away, I decided to do something for the Hospice and to remember him. I love skipping so I thought it was a good way to raise money." Erin's challenge was very successful and she raised an amazing £803.

Great North Runners in aid of our Hospice

14 runners attended and finished the 41st Great North Run with success and raised over £7,000 for our Hospice.

Simon Speight, one of the runners told us about why he chose us as their charity and their experience: "I was so pleased to take part in the Great North Run to raise funds for such a wonderful cause. The Hospice looked after my sister who lost a short battle with brain cancer last year. I've now raised a total of £3,260 so far by attending a series of challenges including this event, and I will not stop raising more money for such a great cause."



Save the date!

Feeling sporty? Looking for a family event? Or want a challenge?

Fantastic experience guaranteed and you'll raise money to support our vital work. Here is our events diary for 2023.

19th March	Mother's Day Afternoon tea
26th March	Hooked on Hospice Care - Fishing match
29th April	Ilkley Cow and Calf Tyrolean Traverse and Abseil Challenge
14th May	Cyclothon and family fun day
2nd July	Summer Fair
21st July	Corporate Golf Day
15th October	Yorkshire Marathon
5th November	Winter fair and bonfire
9th December	Light Up a Life service of remembrance



For more information visit www.pwh.org.uk/events,
or contact the fundraising team on **01977 708868**.



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Spotlight on our Volunteers

– Meet Winn



Winn is one of our star volunteer receptionists and she has been with us for nearly 20 years.

After retiring from a successful career as an accounts clerk, Winn found herself missing work and decided to dedicate her Sundays to the Hospice.

“As a reception volunteer your days are never the same,” Winn says “What I like about my role is meeting so many different people, most of whom are really nice.”

Whilst volunteering Winn has met a range of interesting people including two or three High Sheriffs, quite a few Lord Mayors, multiple Calendar presenters and Prince Charles.

Winn added “Volunteering is easy to do, it doesn’t seem like going to work as you go because you want to, not because you have to. I have now got two friends who volunteer at different organisations and they enjoy the work they do.”

When Winn is not manning our reception she enjoys spending time with her family. Winn lives in a bungalow, and with her neighbours, they have a Summer get together where

they play bingo, have quizzes, host raffles and enjoy a cup of tea. Any money raised is given to the Hospice and last year they were able to raise an incredible £800. We love our Winn.



We always need volunteers. Here are our current volunteer vacancies:

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

You can find more information on our website www.pwh.org.uk or call us at 01977 708 868.

Caring Kitchen rated 5 star in food hygiene



We are really proud of earning the best food hygiene in our kitchen.

Greg Staric, our Chef explained: “We hold ourselves to high standards and are extremely passionate about what we do. The excellent result shows that our patients and people who request our catering services can trust they receive high-quality, healthy and delicious food.”



We have expanded our catering offer and not only provide food for the Incare patients but offer a professional catering service to the public to generate more income for the Hospice. For both, corporate and individuals, The Caring Kitchen offers various menu options to choose from, or can be tailored to any request.

For more information email catering@pwh.org.uk or call 07917 184954.

Hospice retail team receives special thank you from the Mayor

Our retail team, who is responsible for running our 10 charity shops was invited for an afternoon tea and cake by the Mayor of Wakefield, Cllr David Jones to receive the Mayor’s thank you for the work they deliver.

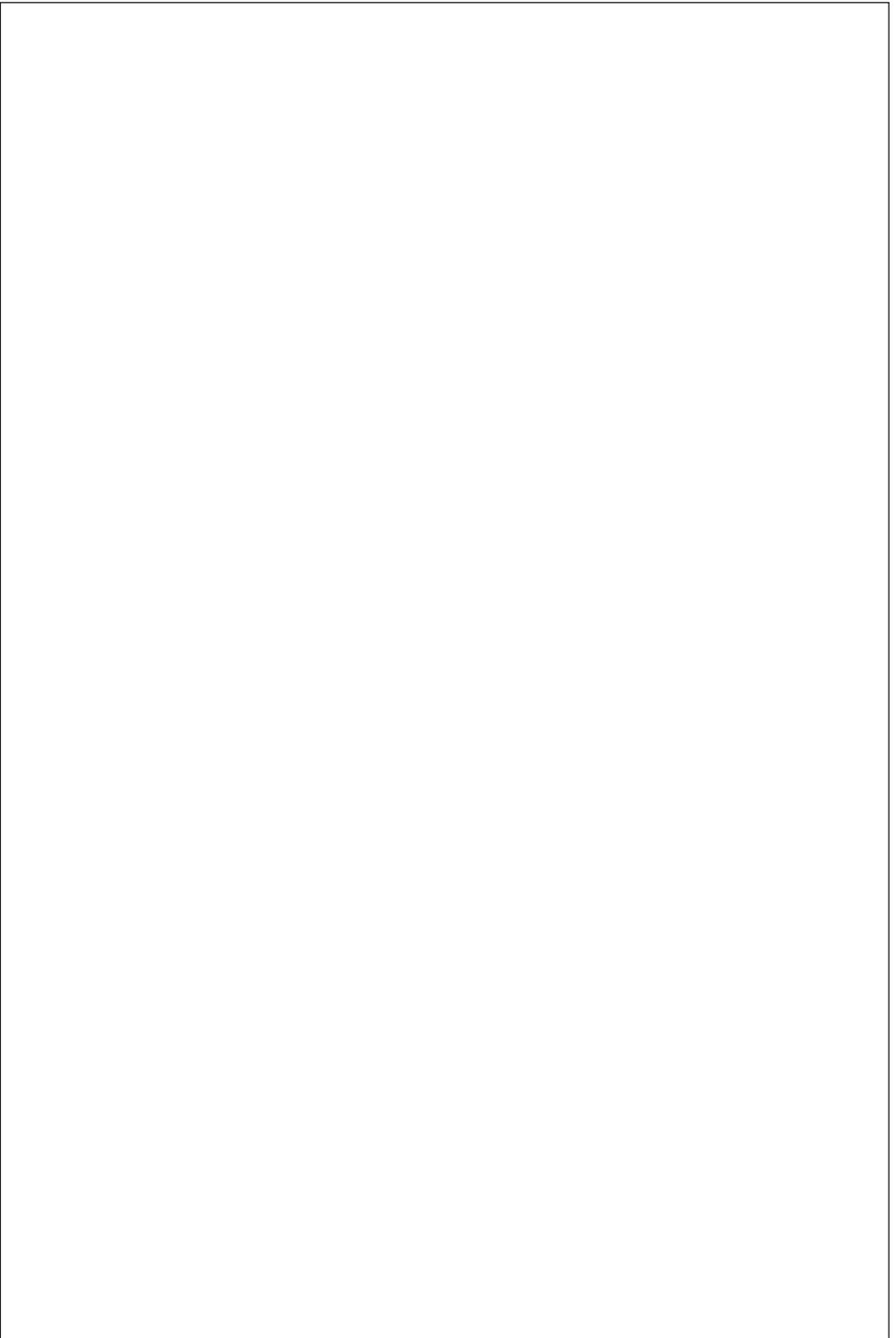
Twelve representatives of retail volunteers, supervisors and managers visited the Mayor’s Parlour and spent fantastic time there.

The Mayor of Wakefield tweeted: “Such a privilege to invite the group into the

Mayor’s Parlour today to celebrate and discuss important work going on in the District... the volunteers of Pontefract Hospice received Mayor’s says Thanks certificates.”



What a lovely and informative afternoon enjoyed by all.



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 Security code
 /

Signature

OR visit www.pwh.org.uk/donate

Thank you for your support

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.

Date: / /

