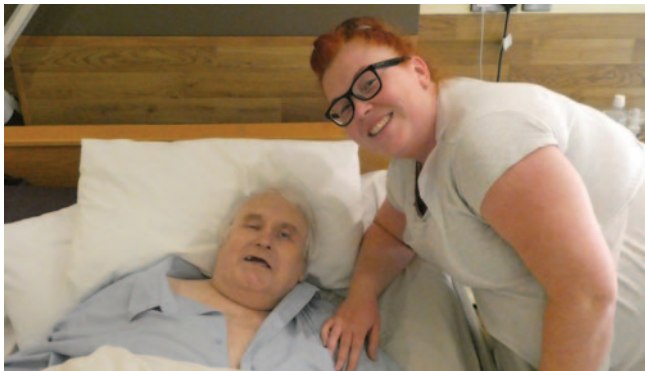


Making memories

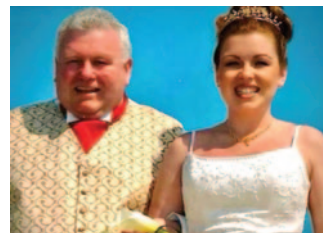


Our care comes at no cost to the patients and families who need our support. This is something that Incare patient, Trevor, didn't realise when he was admitted to our ward back in April.

Our Marketing Manager, Diane, caught up with his daughter, Liz, who chatted about her dad's care, how the family made memories together and concerns around funding.

'It turns out he was absolutely petrified he couldn't afford to come... He thought he'd have to pay for it and it absolutely broke my heart.' Reveals Liz.

One in four of our patients are cared for by gifts left in wills. Turn to pages 4 and 5 to find out how pledging your support today, can help patients like Trevor make meaningful, lasting memories.



'I do think whether he passes today, tomorrow, or the day after - I don't know, who knows - they've been able to facilitate a lot of memories with him.'

Challenge complete!

‘It was tougher going than I thought with the weather doing its level best to stop me...’



Long-standing Hospice supporter, Steve Wright, crossed the finish line to his own personal victory by completing the challenge of running 5km every day in February. He covered a whopping 152.2km in just 28 days!

Steve raised almost £1,000 for the Hospice, far exceeding his fundraising goals, plus his employer, Motorpoint, very generously match funded his total. Steve said;

‘I really couldn’t be more appreciative of the people that have donated. It means the world and makes all the aches and pains worth it. Motorpoint, whom I work for, have also pledged to match fund what I’ve raised which, I’m first to admit, brought a tear to my eye.’

Don't forget to *giftaid it*

Gift Aid is charity retail's best kept secret, but it is something we are determined to raise awareness of, because it is oh-so-easy to make your donation go further!

Did you know in 2019/20 the Hospice claimed over £142,000 in Gift Aid on retail donations?

Here's where you can help; if you're a UK tax payer, you can sign up to Gift Aid when donating goods in any of our

shops by filling out a simple form which takes just a few minutes.

When we sell your goods, we are then able to claim back an extra 25p in every £1 from the government, with no additional cost to you.

It really is that easy! Ask about Gift Aid the next time you're donating in store.

2021 miles in 2021

We caught up with Richard Whiting, former Rugby League professional and local Featherstone lad, who has taken his 2021 fitness challenge to a whole new level.

Richard has pledged to run an incredible 2021 miles this year in the hope of raising £2,021 for each of his five chosen charities, including The Prince of Wales Hospice.

Talking about the challenge, Richard said;

‘One thing that most people will assume is that this is an easy challenge being an ex-professional athlete, but the truth is,

during my whole career as a rugby player I would never have done any running on more than two days on the bounce.

‘I’m very much well out of my comfort zone attempting to average 5.54 miles per day for 365 days!’

We wish Richard every success with his challenge, we will be cheering him on every step of the way! Follow Richard’s journey on Instagram by searching @2021_in_2021



Liz's story

The close-knit bond Liz has with her father, Trevor, was evident from the onset. Heavily pregnant, Liz had flown all the way from Australia to be by his bedside.

After losing her mum when she was just a baby, the connection she has with her dad is something really special. Liz laughed as she reminisced how they were constantly in contact even though they lived in completely different time zones.



Following complications from other medical conditions and treatments, Trevor developed kidney failure. After years of visiting our Lymphoedema Clinic, also based on site, Trevor asked his daughter to arrange for him to be transferred from hospital to the Hospice for end of life care.

Trevor and Liz were determined to make every day they had together count. Liz is convinced her dad was setting little milestones for himself.



'He was waiting for me to come home, and although Matilda, my daughter, is two and too young to come in, the Ward Manager arranged for me to bring her to the window.'

'She came to the window, we propped the window open and posted her head through so she could shout to him. When she went back down to the floor, she went off on her own accord, pulled a daffodil out and brought it to the window for him.'

Liz's face lit up as she recalled the memory. She told us that the daffodil took pride of place in her dad's drinking beaker as they didn't have anything else to hand. Trevor thought it





was amazing and had a huge smile on his face, especially when Matilda blew kisses to him as she left.

‘He likes to talk, he likes to banter, and most have been really receptive to that and I think that helps him if he is feeling a bit anxious.

‘Everyone has been amazing, absolutely amazing. They always ask how we are, how the kids are, it does feel like we matter.’

As Liz said goodbye to Diane, she reflected on the care her dad was receiving at the Hospice.

‘I do think whether he passes today, tomorrow, or the day after - I don’t know, who knows - they’ve been able to facilitate a lot of memories with him.’

For more information on leaving a gift in your will and how it will support families like Liz’s make the most of precious time together visit pwh.org.uk/will

Spending time as a family is something that has been really important to Liz, a bit of normality and moments to forget the situation they are in.

‘My son loves to watch police programmes and stuff like that. He wanted to watch ‘Police Interceptors’. My dad loves it, so for a full hour I lost them both. They were just sat there watching the telly together. That is something they would never be able to do in the hospital, they would never be able to share that memory.’

Liz speaks very highly of our nursing team, and is thrilled they have been able to put a smile on her dad’s face.

Yorkshire Law Firm Challenge

The Yorkshire Law Firm Challenge is an initiative by local solicitors firm, Ison Harrison. The challenge encourages staff members to put their fitness levels to the test and clock up as many virtual miles around the 450 mile perimeter of Yorkshire as they can.

Miles can be completed by walking, cycling, running and more, with

the funds raised divided amongst the firms chosen charities, including The Prince of Wales Hospice.

Talking about the challenge, Claire Bentley, Marketing Coordinator at Ison Harrison said;

‘In these current times exercise is all that we have had to keep us going and so it has been a great time to launch an

exercise related charity initiative. It has been great to see the photos that staff have taken whilst out and about in our beautiful countryside.’

So far, the team have clocked up over 7,000 miles and have raised £1,550. We’re really grateful for the support by Ison Harrison, both with this challenge and beyond.



We've moved!

We've re-located our Castleford clothing store to a bigger, brighter premises so we're able to bring you even more bargains! Better still, we've launched our very first Little Kingdom concession in store, so you can kit your little ones out for less. If you happen to be in Castleford, be sure to check it out. We are located opposite Wilko on Carlton Street.



Boxmove



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Our Castleford furniture shop have teamed up with Boxmove to bring you faster, more flexible deliveries and collections. Our new booking app lets you upload pictures of your items, choose your preferred time slot and get instant confirmation. Shopping and donating goods just got so much easier! To book your FREE collection visit: pwh.org.uk/collection

Find us on Facebook!



Each of our shops have launched their very own Facebook page to bring you updates from YOUR local store. Follow your favourite shop's page for jam packed content including 'hot picks', donation updates, stock appeals, volunteering opportunities and so much more. To find each page, search for the shop name in your Facebook search bar.

Tribute Funds



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Many Hospice supporters generously set up tribute funds to raise money in honour of their loved ones. We have partnered with MuchLoved to bring you brand new and improved online tribute pages – we can't wait for you to see them!

They are really easy to set up and a lovely way to celebrate your loved one. Emily and Dan set up a fund to remember their dad, Des Bate. They told us,

These tribute pages are a place where you can announce funeral arrangements, collect donations, upload photos, light candles, add thoughts, and so much more!

“The tribute page is a great way for us and our family and friends to remember Dad, and it also helps the Hospice who helped our Dad in a special way.”

Tribute to Des Bate

Home

Fundraising

Visit the Galleries

View the Timeline

Contribute

Dedicated to the memory of Des Bate

£2,834.00
Raised so far

Donate

Fundraising for

THE PRINCE OF WALES HOSPICE

Recent Activity

- Cyril Bate lit a Birthday Candle 4 days ago
- The Prince of Wales Hospice lit a Birthday Candle

This site is a tribute to Des Bate, who was born on May 09, 1972. He is much loved and will always be remembered.

If you'd like to set up your own tribute page, visit pwh.org.uk/tribute

Reaching out



With many of our Outreach patients shielding throughout the pandemic, our team have been determined to keep in touch and support their wellbeing from home.

Jo, Babs and Vicky have taken centre stage and have featured in a series of craft videos that have been filmed at the Hospice. The easy to follow, step by step videos have been sent out to patients along with everything they need to join in at home.

Outreach patient, Catherine Penny said;

‘I have found crafts very helpful during shielding, without them I would have been climbing the walls! It was lovely to get the new craft supplies to try. I love to learn new things.’

Quizzes and a natter over a cuppa are a firm favourite at Outreach, and this is something that Jo Lister, Wellbeing Coordinator, has been keen to replicate virtually. She said;

‘We now have a quiz session every Tuesday afternoon and regular chat groups via Zoom. This means that we are able to see patients face to face, albeit on a screen. We know that not all patients have technology, so we have set up tablet devices and lent them to patients to enable them to join the groups too.’

Feeling crafty? Our videos are also available on YouTube. Just search our channel ‘The Prince of Wales Hospice.’

The sky's the limit!

Unleash your inner daredevil and take on our bucket list challenge of a free-fall skydive from a whopping 15,000ft!

It sounds pretty scary, right? Jane who completed her skydive in April didn't think so and after the challenge couldn't recommend the experience enough, she said;

'I would say without hesitation if someone was thinking about doing a skydive, do it! We are only here once and life is too short.'

Jane completed the jump in memory of her mum who died last November, and in recognition of the care her cousin, Tony, received at the Hospice.

'I just wanted to give a little back for the good work which the Hospice does.'

Our next skydive is taking place on 26 September at Hibaldstow Airfield. Registration is £50 with a fundraising pledge of £450pp. For more information and to sign up contact Michael on mking@pwh.org.uk



Have you made your will?



‘What happens if I don’t have a will?’ is a question we hear often at the Hospice. We caught up with Joanna Longfellow, Head of Private

Client at JWP Solicitors, to find out why making a will is essential.

Joanna stresses the importance of having a will to ensure your wishes are taken into account. She said;

‘If you don’t have a will then there are a set of rules in place that dictate exactly who is entitled to benefit from your estate and these rules also dictate who is responsible for sorting out your estate after you’ve passed away. The only way

to avoid the intestacy rules kicking in is by having a will in place.’

Sounds pretty complicated doesn’t it? In fact, it couldn’t be simpler;

‘I promise you the process of making a will is really straightforward, painless, we don’t bite and we talk and guide you through every step of the way.



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‘We will be able to advise you about inheritance tax, care home fee planning and discuss with you what you want to happen to your assets when you pass away. We can include legacies to charities, gifts to individuals and also make provisions for a pet.’

To find out more about making your will, visit pwh.org.uk/wills

Have you got a birthday coming up?

Did you know that as part of your birthday celebrations, you can set up a Facebook fundraiser so your friends and family can donate to the Hospice in your honour?

So far this year, our very generous supporters that have set up Facebook fundraisers have raised an incredible **£5,439.45!**

If you would like to create one, then please visit:

facebook.com/theprinceofwaleshospice/fundraisers

Volunteer superstar

Many of you will have heard of the Pontefract based artist, Rachel List, who has been painting incredible murals all over town. But, did you know her mum, Diane West, is one of our amazing volunteers?



A therapist, with over twenty years' experience, Diane joined the Hospice team as a volunteer complementary therapist back in 2017. She wanted to give something back after her mum was cared for on our Incare Ward. Pre-lock down, Diane volunteered every Friday at our Outreach group in Badsworth. Reflecting on her volunteer role, Diane said;

'I absolutely love my role and Fridays are my favourite day. Initially it was gratitude that made me apply, I wanted to say thank you to them for taking such good care of my mum.'



'It seems strange now saying this, but I feel like I'm part of this amazing, caring family and it's a lovely feeling and wonderful to be part of it. I feel like I'm giving something, but I also get so much back. It's actually therapy for me in return. It's helped me so much and being able to help others in the small way that I do is so very rewarding. I am so passionate about my therapies and the benefits.'

Here at the Hospice, our volunteers are of all ages, skill sets and backgrounds. Time commitments are flexible dependant on the role, but one thing is for sure – there's so much to gain from joining our volunteer family. To find your perfect volunteering opportunity, head to pwh.org.uk/volunteer

'I absolutely love my role and Fridays are my favourite day. Initially it was gratitude that made me apply, I wanted to say thank you to them for taking such good care of my mum.'

Online wills

We've teamed up with Guardian Angel to offer you a FREE, online will writing service.

This new approach to will making is quick and easy, and just as safe as a face to face solicitor's appointment. You don't have to leave your home, and there are legal experts online 24/7 should you need any help. The online form will guide you through each step, making sure your wishes are documented accurately.

Hospice supporter, Alison, recently used the service to make her will and said;

'I've never really thought of doing a will, but once my daughter mentioned I could do it online I thought what a great idea. I don't like phoning people so this was a great option for me and I decided to give it a go.

'It didn't take me too long and I worked through it at my own pace, I could even go and make changes if needed. It was simple to do and I sent it off to be checked once I'd done it. Not long after, I received an email to tell me it was ready. I left a gift to the Hospice as a thank you for promoting the service. I would highly recommend it.'

Ted and Sylvia

Back in January, as part of our 'Make a Will Week', Ison Harrison offered will writing appointments free of charge, in support of the Hospice.

Ted and Sylvia took advantage of the offer and said;

'We contacted Ison Harrison and received an excellent service. Amy, at Ison Harrison met us on Zoom and talked us through the process and was extremely helpful. We managed to do everything by email or by phone with Amy, even during Covid restrictions which was great.



'There is an obvious synergy between the process of drawing up wills and supporting the Hospice. We are delighted to be able to leave a legacy for the Hospice as part of the scheme to support the wonderful work they do for patients, so that they can have a comfortable, safe and dignified death.'

Hospice Heroes



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This year, the next generation of superheroes are well and truly leading the way with their fundraising. We have had an overwhelming response to our Hospice Hero activity packs, with 1,770 budding superheroes accepting our mission. Here are just a few of our amazing, young Hospice Heroes:

Alfie, completed his Hospice Hero pack in memory of his grandma, who was cared for at the Hospice and raised an incredible £110 along the way.



Eddie, loved completing our Hospice Hero pack and raised a fantastic £180. Eddie especially enjoyed baking cookies using the recipe in her pack, and very kindly gave a cookie to each person who sponsored her as a thank you.



George, aged six, set out to walk 6,000 steps every day throughout March – and in total walked 202,199 steps. George raised a phenomenal £660 and is now an official, and very well deserved, Hospice Hero.



Charlie got super creative over the Easter holidays by completing his Hospice Hero mission. We love the costume he made for 'Heart Boy', the hero he created whilst completing the pack. Charlie raised a fantastic £175 for the Hospice.



Catch up with T



Registered Nurse T, has worked single-handedly throughout the pandemic to keep our Lymphoedema clinic running. Newly promoted

to Lymphoedema Team Leader, we caught up with her to find out more about her role and the service.

T joined the Hospice's Incare team in 2015, she told us;

'After my husband died, I wanted to do palliative care. He died in a hospital and although they looked after him, and it was good, I just felt it could have been better.'

In December 2016, an opportunity came up to join our Lymphoedema Team and T jumped at the chance. She said;

'I've never looked back, because I've really, really enjoyed it.

'You're always learning. There's always new things, new products, new research. I get so much satisfaction from it because you see the results from the care you're giving.'

Lymphoedema is a condition that is often misunderstood. It causes swelling

in areas of the body, commonly the arms and legs. We asked T how she explains it to people who don't know what it is;

'It's a disruption in your lymphatic system. Somewhere along the line, something has happened that's made it not work. So, it's like a drain pipe, if you get a bust in it, it's going to leak out of that hole, instead of draining out from where it should.'

T has supported patients over the phone throughout the pandemic to help them to manage their condition at home.

'It was nice to keep in touch with patients, they all really appreciated it. It gave me a chance to prioritise who needed to be seen when we reopened.

'I always tell patients if there is anything at all, even if they think it's nothing, even if it's just about stockings, please ring. I'm here.'

Now that restrictions are lifting, and patients are able to attend in-clinic appointments again, T is looking to the future.

'There is some new research out about arm lymphoedema and that reflexology helps, so that is a case study I want to do down the line.'

Adam's legacy



Adam is married with two children, and he and his wife both made wills after the birth of their first child. Like a lot of people, life changed and they never got around to updating their wills. The Hospice's Make a Will Week was the perfect opportunity to get their affairs in order, and so Adam booked an appointment with JWP Solicitors.

He explains, *'It was really easy. We arranged a convenient time with the solicitor and then we met over Microsoft Teams (this was due to Covid restrictions, but it was also incredibly convenient!)* She took us through the decisions we needed to make, wrote it up into legal documents and sent them to us. We have copies, and the originals are stored by the solicitors firm. It was 90 minutes of effort and it's all sorted.'

Adam became a member of the Board of Trustees in 2011 when the Hospice needed a new Treasurer. He had been considering how to give to charity, as well as expanding his experience as a finance leader, and this opportunity seemed to fit the bill perfectly.

He told us; *'Donating my time and expertise seems to be the most efficient and consistent way of giving. The Hospice gives an incredibly high quality of care in lovely surroundings and it's an honour to be associated with it.'*

Adam very kindly chose to leave a gift to the Hospice in his will. As Treasurer, he knows how the Hospice is reliant upon fundraising for the majority of its income each year. Legacy income not only meets ongoing running costs, but also the necessary larger capital investments.

He told us, *'Being without the Hospice would be an enormous shame for the community. It would put pressure onto the NHS and onto people's families. The gift in my will is an indication of faith that the Hospice will still be thriving in 40 years' time.'*