

insight

St Cuthbert's Hospice



Autumn/Winter 2023

Making every day count since 1988



**Welcome to Wellbeing
Wednesdays!**

*"This group is just what our guests
needed"* - Ann-Marie, Occupational Therapist

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Welcome

By Chief Executive
Paul Marriott

Our latest edition of Insight has important lessons for all of us. Our new Wellbeing Wednesdays group features on Page 3. Within this story is an important reminder that we all need to look after our well-being, treating ourselves well and finding time to do the things that make us feel good.



Within the same story, and also in the introduction to our new Community Outreach Service on Page 5, the importance of being part of a community is emphasised.

So many of our supporters and volunteers tell us that they feel better in themselves because of the support they give to St Cuthbert's. None of us should shy away from saying that supporting, volunteering for, or working at St Cuthbert's Hospice is good for us.

And supporting the Hospice, in whatever way we do, helps us to feel connected to our generous, compassionate, and caring community. We have witnessed this in the last few months as members of our community came together to support our Power Up! Appeal. Our generous Power Pledgers matched donations to the campaign up to £50,000. This inspired many donations and we have made significant progress towards our target of £100,000.

So, why not treat yourself to a drink and ten minutes with your feet up as you read Insight? And please stay in touch and stay connected with us.

We are delighted to welcome back visitors to our Coffee Shop here at St Cuthbert's Hospice.

Sample our range of teas, freshly ground coffee, sweet treats and savoury snacks. Our Coffee Shop is entirely staffed by a dedicated team of volunteers. Please visit our website to check for our latest opening times.



A message from our magazine sponsor

“EMG Solicitors place a huge value on family - our family at work, home and the wider community. We're delighted to show our support to St Cuthbert's Hospice by sponsoring their latest publication of Insight in recognition of the fantastic services they provide to our local communities.”

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- volunteers@stcuthbertshospice.com
- stcuthbertshospice.com/volunteer

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Telephone: 0191 386 1170

Email:
hello@stcuthbertshospice.com

Visit www.stcuthbertshospice.com and complete the registration form to sign up to our monthly e-newsletter to keep up to date with the latest Hospice news and events.



Welcome to Wellbeing Wednesdays!

A new addition to the Living Well Centre

David McLoughlin, Day Services Manager

"For so long we were trying to return to what we once were before the pandemic. But we have seen that the world is a different place now, people's needs are varied and, in some cases, more complex. So, it is important that we continue to adapt and grow to provide the very best care that we can for our guests.

People often think the Hospice is going to be a dreary place.

In reality, it is quite the opposite, and we are often told with surprise 'it's so upbeat here'. Because of people's preconceptions of Hospice care, it takes a lot of courage to come into the Hospice. Whether that is visiting for the first time following the loss of a loved one in In-Patient Unit, coming along for your first bereavement counselling session or joining us for the time at our Living Well Centre. Here, we understand the vulnerability and unease a guest may feel in that moment.

With that comes a lot to unpack and work through. We make sure that our guests have time to process and space to reflect, to begin to understand what it is they are experiencing. That is our job - to support our guests through that time.

If you really break it down, it's about the little things. The little things make the difference."

Allison Welsh, Head of Clinical Services

"David is right, it really is the little things.

We have a diverse team of specially trained Nurses, Physiotherapists, Occupational Therapists, Social Workers and Counsellors who are rich with knowledge, skill, and passion. We always strive to provide care that focuses on supporting the needs of our guests, which can emerge in many different ways. So we have to think responsively to deliver care dynamically."

Recently, Ann-Marie our Occupational Therapist set up a new group called Wellbeing Wednesdays.

The newly established group perfectly shows just how responsive and dedicated the Hospice Day Services team are in



Edna

making sure our care reflects the ever-growing needs of our guests.

Ann-Marie Ramm, Occupational Therapist

"I think this group is just what our guests needed.

For many of our guests the chance to socialise is few and far between, especially since the pandemic. People feel different about meeting up - it's just not as easy and so we find that our guests can become quite socially isolated.

We wanted to introduce something that helped our guests to maintain regular social interaction and connection whilst providing educational and therapeutic support.

Most of our sessions last 2 hours, whereas Wellbeing Wednesdays run for 4 hours - which gives our guests plenty of time to ease into the day, catch up with the friends they have made, have a cuppa and some lunch before moving into the activity part of the day.

We get up to all sorts!

Relaxing Hand Massages, Tai Chi, Guided Visualisation and Mindfulness, Cognitive Stimulation and even hosting Educational Guest Speakers who cover topics like nutrition.

But ultimately, we encourage our guests to use the time they have with us to best suit their needs. For example, having a good



Dorothy

laugh playing dominoes, or spending a hour talking about times gone by.

Our guests

Edna, Irene and Dorothy currently come along to Wellbeing Wednesdays. Since joining us, they have become good friends and absolutely adore catching up with each other every week.

Dorothy - "I really enjoy coming along each week. It's something that is for me, time for me to socialise."

Dorothy particularly loved receiving a hand massage which she described as 'a surprise well worth coming for!'

"There are no words to describe the people and the care provided here, I am really grateful."

Ann-Marie reflects - "We forget to treat ourselves - it's about giving guests the time to relax and enjoy themselves. It really is special for our guests, for those with arthritis a hand massage is just what they need. We use tea tree and lavender oils to create that really beautiful space to be in.

What more can you need than good company, a cup of tea and a hand massage?"

Wellbeing Wednesdays are just one of many sessions that we deliver at the Living Well Centre as part of our Day Services.

To learn more about our sessions please visit our website where you can also find referral information.

Light up 2023 a Life

Christmas is a time when we often reflect and remember the special memories we have shared with those closest to us.

Our annual Light up a Life Service held at Durham Cathedral, is an opportunity for anyone in our community to come together to remember and celebrate the lives of those we love and miss.

This year's service will be held on Sunday 17th December at 7pm - tickets are not required. By donating to the Hospice through Light up a Life, the name of your loved one will be included in our books of remembrance which will be dedicated at the service.

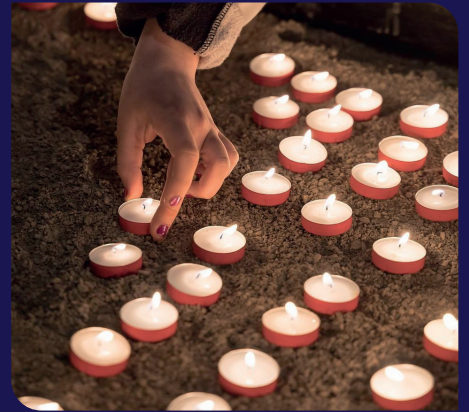
You will also receive a personalised remembrance card and a special keepsake. The names of all those remembered will be added to a digital candles page on our website.

Our Bereavement Support Team attend the service each year and have shared their thoughts:

"Many people gain comfort in realising there are others also going through their own grief journey, especially at a time of year that can be difficult. Whether you have a connection to the Hospice or not, the service provides everyone with an opportunity for reflection and remembrance."

Whether you're attending our Light up a Life Service for the first time, or if you have remembered a friend or family member with us before, we are very grateful. By making a dedication you are helping us to continue to make every day count for all families in our care.

To make a dedication in memory of someone special, simply complete and return the enclosed form or visit our website www.stcuthbertshospice.com



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Chrismas Tree Recycling

It's nearly that time of year again...
Christmas!

Whilst you are digging out your decorations and polishing your 'good cutlery' for festive celebrations, don't forget to pre-book your Christmas Tree collection with us! To arrange a collection visit our website www.stcuthbertshospice.com.

Last year, over 500 households throughout County Durham chose to recycle their tree with us, supporting not only our charity but also helping the environment.

- **No mess**
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Book your tree collection now at www.stcuthbertshospice.com/trees

Collection Dates
Monday 8th - Sunday 28th January 2024

Collections are available in:
DH1, DH2, DH3, DH4, DH5, DH6, DH7, DH8, DH9, DL15, DL16, SR7 and SR8

£10 Suggested Donation

Recycle your Christmas Tree and support St Cuthbert's Hospice



Community Outreach Service

Supporting you to Live Well in the Community

You may have already heard about the fantastic community work our Community Outreach Team have been delivering. If not, here is an update on the service.

We have extended our social support into the community of Chester-le-Street.

The team deliver social and educational sessions within local venues to support those affected by life-limiting illness, their carers, families and also those who have been bereaved.

Topics may include 'what a good day might look like to you' and tips on sleeping well and good nutrition.

Our Hospice Physiotherapist, Occupational Therapist and Dementia Specialist Team have really helped with making the service what it is today – so that you get the tried and tested support that you would expect from the Hospice.

In addition to our groups, we can direct you to other community services. Our aim is to make you feel supported and well equipped with the information and tools you need to live well.

Supported by volunteers, the team provide a warm welcome where people can come together, to offer friendship and support each other.



Pop along to our Hospice Hub Coffee Morning for an informal cuppa and a chat:

**Mondays, 10am – 11:30am,
Chester-le-Street Parish Centre, Church Chare, DH3 3QB.**

There will always be someone to talk to, providing a listening ear.

If you think that you or someone you know would benefit from community-based support or even a cuppa and chat, then please get in touch with our Community Outreach Team and let's see how we can support you.

We welcome you to read more about the Community Outreach Service online and register your interest at www.stcuthbertshospice.com



**Emma and Louise
Community Outreach Team**



Big Changes for our Charity Shops!

Our Retail Team have been busy over the last few months with one shop being completely refurbished and another relocating.

When our Chester-le-Street charity shop had a leak in the premises we had to temporarily close the shop. The disappointing news was that we would be closed for a lot longer than expected.

We're delighted to announce that the shop reopened on Thursday 13th July after a long 6 months of repairs. The grand reopening was made even more special as we paid tribute to our volunteer, Ann Metcalfe, who sadly passed away in April 2022. Ann's husband, John Metcalfe, opened the shop and said his wife loved volunteering with us. She joined when the shop first opened in 1997 alongside her friend Margaret, who

still volunteers with us today.

Our Chester-le-Street shop is located at the top end of Front Street, open Monday to Saturday 9.30am – 4pm.

We've continued the big changes with the relocation of our Houghton-le-Spring charity shop. The new unit on Newbottle Street is just over the road from the original shop which has been open for over 13 years.

Shop Managers Dorothy Cummings and Margaret Forrest proudly opened the new shop with a celebratory ribbon cutting on Wednesday 26th July.

Our Houghton-le-Spring shop is located at 10 Newbottle Street, open Monday to Saturday 9.30am – 4pm.

EVENTS DIARY

Coffee Mornings

Could you put the kettle on for St Cuthbert's Hospice? Contact the team for your free Coffee Morning kit.

Christmas Fair

Join us at Hallgarth Manor Hotel, Durham on Saturday 25th November 11am to 4pm for our much-loved Christmas Fair! With festive fundraising stalls, Christmas crafts and gifts and our very own Santa's Grotto, it'll be fun for all the family!

Entry by donation and free parking.

Christmas Jumper Day

Put on your best festive jumper and raise funds for us! Choose a date in December or join us on Friday 8th December.

Santa Run

We are looking for local school or groups to take part in our Santa Run. Simply pick a day in December that suits you best, and get sponsored to walk, run or skip around your chosen route! FREE Santa Hat for everyone who takes part!

Light up a Life

Our remembrance service returns to Durham Cathedral on Sunday 17th December at 7pm. No tickets needed.

Christmas Tree Recycling

Collections start from Monday 8th January 2024. Book online by Wednesday 3rd January 2024. Suggested donation £10.

Strictly St Cuthbert's

Bring on the sequins, the fake tan and the battle for the glitterball trophy! Don your dancing shoes and learn to dance, all whilst raising money for St Cuthbert's Hospice. Whether you are a complete novice or believe you have twinkle toes – this is an event not to be missed!

Receive 8 weeks of free dance lessons starting in January and perform at our Strictly St Cuthbert's Grand Final on Saturday 9th March 2024! Sign up by 31st December 2023 to take part.

Ladies Lunch

Local author Ann Cleeves OBE will be our very special guest speaker at our Ladies Lunch this Spring. Join us on Friday 26th April 2024 at Ramside Hall Hotel, Durham. Tickets cost £40pp.

Get in touch

To find out more visit www.stcuthbertshospice.com or contact us on 0191 386 1170 option 5 or email fundraising@stcuthbertshospice.com

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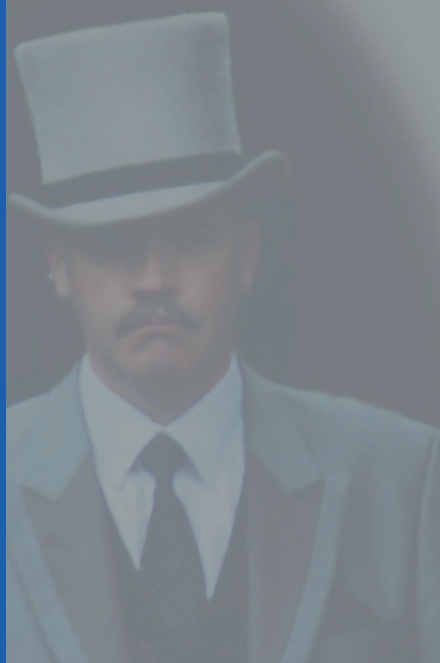
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MGL Group is a longstanding supporter of St Cuthbert's Hospice and the fantastic work it does for local people at the most difficult times in their life.

"We're proud to have been part of St Cuthbert's Hospice Power Up! Appeal this summer, contributing as Power Pledgers at the start of the Appeal in July. We would like to encourage you to donate what you can."

Gillian Reader, Director at MGL Group.


Power Up!
Appeal



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