

insight

St Cuthbert's Hospice



Spring/Summer 2024

Making every day count since 1988



Caring for Carers
Page 4



**Spring has Sprung: Top Tips
with the Gardening Team**

*"Be part of our future with a gift
in your Will"* - Page 3

This edition of Insight is kindly sponsored by

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Welcome

By Chief Executive
Paul Marriott

Our latest edition of Insight reminds us that each of our supporters play a role in helping us to continue to provide care and support to those who need it, now and for the future.

Reading about Barbara and Barry on Page 3 and their decision to leave us a gift in their Wills, was very moving. It shows us just how thoughtful our supporters are, and I would like to thank them both for their generosity. Our Sunflower Memories display on Page 4 reminds us that remembering those we love is always important, and these cheerful flowers help us to focus on happy memories and times shared.

Caring for others can mean that people need care themselves. It's fantastic to

read more about the work we are doing here at the Hospice to support carers on Page 4. Our Living Well Centre, Family Support Team, Dementia Services Team and Community Outreach Programme are there to help the whole family, when someone is living with a life-limiting illness.

Seeing our care stretch out into our local community and reading some of the experiences of the people our team have helped, highlights just how important our services are.



I hope you enjoy reading more about what's been happening at the Hospice and if you need a copy of any Hospice material in a format that is accessible for you, then please get in touch.

Calling all shoppers! Have you taken a look round your local St Cuthbert's Charity Shop? We are located throughout County Durham and stock a huge selection of pre-loved clothing & accessories, one off pieces of bric-a-brac and a range of books and toys! Stay up to date with our latest online offerings too by following our eBay and Depop shops. Shop with us and support your local Hospice - www.stcuthbertshospice.com/shop-with-us/



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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Hospice Hub

St Cuthbert's Hospice 

Coffee Morning

Offering support for carers, individuals living with a long-term condition including Dementia and people who bereaved by connecting them with suitable community resources.

Every Monday, 10am - 11.30am
Chester-le-Street Parish Centre,
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Contact Us

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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.



Be Part of our Future with a Gift in your Will

At the Hospice, we're so very grateful for the generosity of those who remember us in their Will. Gifts of any size really do make such a difference. It's a special way of continuing to support a charity close to your heart even after you have gone.

Every gift left to us in a Will is special and personal. Behind these kind and generous gifts are supporters, all who have their own story and many who have a special connection to St Cuthbert's Hospice.



Barbara's Story

Barbara began volunteering with us in 2009 after the loss of her husband John, who was cared for at the Hospice. Barbara sadly passed away in December 2022 and kindly remembered us in her Will. Her daughter Catherine, shared a few words with us:

"My Mam loved the Hospice, the place meant so much to her. She really enjoyed volunteering and it got her out of the house after my Dad died. She made some good friends and enjoyed helping out at events and working on reception. The Hospice was special to her, and it was lovely to see that she had left a gift in her Will to help families to be cared for in the future."



Barry's Story

Barry spent his early career serving in the Royal Navy. He later volunteered at the Hospice for several years, and more recently he was a guest in our Living Well Centre, where he always enjoyed the pamper sessions! He had a mischievous laugh that was well-known around the Hospice. Barry was always very grateful for the telephone calls he received from the Living Well Centre Staff during the Covid-19 lockdown, as he loved to chat with others. Barry sadly passed away in August 2022, and we were informed that he had left us a very kind gift in his Will.

We thank both Barbara and Barry as well as those in our community who have left us gifts in their Wills, which helps us care for families when they need us the most.

When making your Will loved ones will always come first, however if you choose to leave a gift to us we would be very

grateful. It can be your present to the future, the gift of comfort and care to future generations. If you have already kindly left us a gift in your Will and would be happy to share this with us in confidence, then please get in touch. We would love the opportunity to thank you and let you know the difference your gift can make.

Free Will Offer

If you don't yet have a Will or want to make changes to an existing Will, make 2024 the year you get everything in place. We are working with a selection of local solicitors who have kindly agreed to provide a free basic Will writing offer for our supporters. **There are only a limited number of free Wills available, so if you are interested, please visit our website for more details or contact the Development Team on 0191 386 1170.**



Sharing some heart-warming words from our patients and their families...

"St Cuthbert's is a lovely, calm and peaceful place."

"A safe space to explore feelings."

"The staff all go above and beyond to ensure that we are able to be here, and as sad as it is for us to be on this journey, we feel very fortunate to be in such a wonderful place."

Dedicate a Sunflower to Someone Special

Summer is always a welcoming sight, and so are sunny sunflowers. Our annual Sunflower Memories display is a beautiful way to celebrate and cherish happy memories of loved ones who are no longer with us.

Each imitation sunflower will be planted in the Hospice gardens, along with a plaque with your loved one's name. We hope all who choose to donate and remember someone special will be able to visit the Hospice from 1st to 30th June to see the display. Many people tell

us that seeing the wave of sunflowers standing proudly in the sunshine is a comforting and welcoming sight when coming to the Hospice. For anyone unable to visit in person an online sunflower garden will be created on our website. Your sunflower will be available to take home as a keepsake afterwards so you can display it at home or add to a memory box for your loved one.

To dedicate a sunflower visit our website or call 0191 386 1170.



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Caring for Carers

Reassuring carers they are not alone.

At St Cuthbert's Hospice, we understand the importance of caring for those who care for others. **It is an integral part of our mission to support carers caring for individuals with life-limiting illnesses. To support and guide, and most importantly reassure them they are not alone.** In so many ways caring can be a positive and rewarding experience for some, but it can also leave people in need of care themselves. We value the precious time of those in a caring role. That is why we make it our priority to provide support in a way that suits them best. We offer a range of carer centred support within the Hospice, and this also extends out into the community too.

Our fantastic **Family Support Team** are based at the Hospice to support individuals and their families using our In-Patient Unit and Living Well Centre services. By sharing knowledge and offering access to valuable resources, the team helps to guide individuals, families, and carers throughout their Hospice journey. But most importantly they provide a listening ear.

Caring can take a toll on both physical and emotional health. At our **Living Well Centre**, we recognise the special role that complementary therapies can play in relieving not only physical symptoms but emotional ones too. Providing much-needed relief from stress and anxiety. To receive a complementary therapy,

whilst knowing your loved one is being cared for close by, offers piece of mind for carers and a much needed moment of relaxation.



Dementia Services Team

Many people are surprised to learn that we have a **Dementia Specialist Admiral Nurse**, who is available to provide specialised support and advice to people living with Dementia and their carers. In collaboration with the newly launched **Community Outreach Programme** our Admiral Nurse helps to run a community-based support group for carers of people living with Dementia. The group is a safe, comfortable, and friendly environment where people can meet, socialise and support one another.

The wonderful words shared by those we support shows the special impact that caring for carers can have. We hope you enjoy reading them as much as we did.



Living Well and Family Support Team

Words shared:

"Every Tuesday afternoon, I join my husband at the Dementia Support Group. It is a comforting environment where he can relax, play dominoes, and socialise with others while I chat with fellow caregivers nearby."

"All of the staff at St Cuthbert's are professional and are always ready to listen. They are kind and understanding of how a carer feels emotionally when caring for their loved one. The service is first class, and I would have no hesitation recommending them to anyone in need of support."

"The Admiral Nurse was fantastic to talk to. They allowed me time to talk about my experience and offered really helpful advice particularly about the importance of looking after myself as a carer."

Learn more about our care by visiting our website www.stcuthbertshospice.com

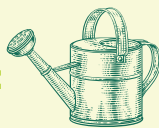
Spring has Sprung: Top Tips with the Gardening Team



Our **award-winning gardens** span over 5½ acres and a team of 20 dedicated volunteer gardeners meticulously maintain them year-round, creating a perfect harmony of green shrubs, colourful flowers, trees, fruit, and trails to explore. The Victorian Greenhouse and allotment are also filled with many growing plants, fruits, and vegetables. And let's not forget about our busy honey bees tucked away in a hive on the edge of the gardens!

Spring is the ideal time to plant seeds for a variety of produce, from juicy tomatoes, crisp cucumbers, sweetcorn to peas, potatoes, and carrots.

Top Tips and Tricks:



Tomatoes

If you're looking to grow Garden Pearls tomatoes, then March would be the best time. But don't worry if you're running a bit late, as tomatoes tend to flourish in warm weather and can quickly catch up.

Sweetcorn

Are you interested in growing sweetcorn? Consider planting in April for the best

results. Grouping your corn plants together can encourage more efficient pollination and promote optimal growth.

Potatoes

For longer lasting potatoes, as they start to flower, make sure to give them a good water. It is also wise to cut the leaves down to about ground level too. This helps harden the skin and ensures the potatoes last longer.

Carrots

When it comes to avoiding carrot flies, there's a simple trick that's worth trying out. Place your carrots in elevated boxes that are at least 18 inches above the ground. According to popular belief, the carrot flies won't be able to reach them.

At the Hospice, we strive for **sustainability** and are always on the lookout for new ways to help protect the planet. This year, some of the Christmas Trees we collected as part of our Christmas Tree Recycling Scheme were made into mulch to line flower and veg beds. An unusual and successful way to prevent weeds and it keeps the birds at bay!



We take pride in providing the freshest produce to the Catering Team for our patients and guests, but we also offer a way for the public to contribute. Drop by our Veg Shop, and for a small charitable donation, purchase some home-grown and locally sourced fruits and vegetables. The shop is open on Tuesdays, Thursdays, Fridays, and Sundays from 11am-3pm. You'll find it located to the left of the Victorian Greenhouse.

If you happen to stop by, please leave your thoughts and comments in our visitors' book. We appreciate hearing from all of our guests!

Save the date:

National Garden Scheme Open Gardens Day 28th July 2024.

Striving for Excellence at St Cuthbert's Hospice

At St Cuthbert's Hospice, we're regulated by the Care Quality Commission (CQC) which is the independent regulator of health and social care in England.

In October 2023, we received an inspection from the CQC and their findings were published in a report

on 19th January 2024 which showed we 'Required Improvement' in two of the 5 areas which were inspected. We were pleased to see that in the areas of 'Effective', 'Caring' and 'Responsive' we were awarded 'Good', with 'Safe' and 'Well-led' requiring improvement.

Since the CQC inspection, we have made

improvements and continue to strive for excellence in all that we do.

You can read the full CQC report and more about the improvements we have made and how we have responded on our website.

www.stcuthbertshospice.com/about/cqc-report/

Up for a Challenge this Summer?

Whether you want to conquer a mountain or beat your personal best in a race, we've got an event for you!

- Join our team and take on Hadrian's Wall, the mighty Yorkshire Three Peaks or Snowdon at Sunrise!
- Choose a challenge of your own! Cycle, run, swim ... it's up to you! Our

Community and Events Team will be there to help you every step of the way.

- Race in the Durham City Run or the Great North Run with one of our charity places.

Visit our website for more details

www.stcuthbertshospice.com/events



EVENTS DIARY

Coffee Mornings

Could you put the kettle on for St Cuthbert's Hospice? Contact the team for a free coffee morning kit and host your own on **St Cuthbert's Day on Wednesday 20th March!**

An Evening With John Hartson

Join us for an evening with Welsh former professional footballer, coach and sports television pundit John Hartson. You'll hear stories from his time both on and off the pitch as he reflects on his football career. **Friday 19th April 2024.**

Ramside Hall Hotel, Durham. Tickets £60pp. Three course meal and drinks reception.

Kindly sponsored by Pulman Group.

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Ladies Lunch

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

Kindly sponsored by Reef Salons.



Durham City Run

Run for free when you pledge to raise £100! 5k or 10k Run options available.

Thursday 18th July 2024.

Golf Day

Join us at Ramside Golf Club for our annual Golf Day!

- 18 holes of golf on the beautiful Prince Bishops Course.
- Two Course Carvery Dinner.
- Prize Presentation for Winning Team, Nearest the Pin, Longest Drive and more!

Friday 6th September 2024. Ramside Hall Golf Club, Durham. £350 for a team of 4.

Great North Run

Take on the world's greatest half marathon and race for St Cuthbert's Hospice! **Sunday 8th September 2024. £30 per place.**

Minimum sponsorship £350.

Get in touch

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

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