BENTLEY

By Me

New style competition in this issue
The start of a new year at St Luke’s is always an opportunity to look back at the past year and celebrate everything we have achieved, and to look forward to see how we can develop in the coming year.

We have had many successes which I hope you will enjoy reading about in this newsletter, and they have all been possible thanks to your ongoing support and belief in the work we do here, thank you.

2016 is set to be an incredible year for St Luke’s; we have launched a brand new website with lots of information for patient families and local supporters, plus our partnership with Bentley has gone from strength to strength and this summer we will benefit from being part of a competition which gives you the chance to win a Bentley Continental GT!

I hope you will enjoy reading our newsletter, and I want to thank you for all your incredible support and hope it will continue for many years to come.

My best wishes to you for a successful 2016,

Andrea Fragata-Ladeira, Chief Operating Officer

Contents

P3 Big achievements
P4 The ripple effect of our care
P6 Bringing light to darkness
P7 Small gift, big impact
P8 Serving comfort and care
P9 Making every moment matter
P10 A perfect partnership
P11 Win a Bentley
P12 Meet Sandra
P13 Serving our community
P14 Three Peaks Challenge
P15 Everest Base Camp
P16 Fitstart programme
P17 Caring for carers
P18 10 second interview
P19 Dates for your diary

How to contact us
St Luke’s Hospice, Grosvenor House, Queensway, Winsford, Cheshire CW7 1BH
T 01606 551246 E enquiries@stlukes-hospice.co.uk www.stlukes-hospice.co.uk
A little big look at our achievements

Amazing people do exceptional things every day at St Luke’s Hospice, just some of which are highlighted here in our quick look back at 2015 and none of which could have been achieved without you, our loyal supporters. Thank you.

- We extended the size of our medical team, allowing us to deliver the very best care for patients around the clock, and also support more people than ever thanks to our expanding services
- We launched three new volunteer befriending schemes, supporting local people living in isolation
- Our clinical leaders spoke at national and international palliative care conferences, recognising our excellent approach to end of life care
- We were awarded winner and runner up in two categories at the National Dementia Care Awards
- Our strategic partnerships have grown to include Wishing Well and The Salvation Army, as well as Dementia UK and Hospices Together
- The success of the new House Clearance service and an increase in eBay sales led to the Warehouse team moving to bigger premises (just next door!)
- Care2Save, the charity we launched a couple of years ago, has grown in popularity with more than 2,000 retailers supporting the initiative
- We led the way for 72 hospices nationwide to join us in our first major social media fundraising initiative, Kiss May, which saw people donning their best red lippy and puckering up to raise money for hospice care
- Our events team organised the first ever UK Bubble Rush, supported by many of you, and are always on the lookout for fun new ways for you to help us to raise funds
The ripple effect

The far reaching effect of St Luke’s care

St Luke’s is now in its 28th year of providing excellent palliative care to our community. The opening of the Day Hospice in 1992 and the addition last year of Winterley Grange, near Sandbach, means we can now care for up to 150 people every single week.

But with just 10 in-patient beds and demand for palliative care increasing, we know there is more we can do to support different people outside the Hospice walls, and so we have developed programmes to extend our care and impact further into the community.

Day Hospice

As treatments for cancer and other life limiting illnesses improve, an increasing part of our care revolves around emotional, spiritual and practical support for patients, and their carers, at any point along their journey. The Day Hospice provides a relaxed and informal environment to ask questions, receive practical advice on finances, learn about symptoms and pain control, enjoy a pampering complementary therapy or discover your creative side with our Care through Art programme. A cup of tea and a natter is also a popular option.
Complementary Therapies

St Luke’s holds a Complementary Therapies for Health and Well-Being clinic at both the Winsford Day Hospice and at the new Winterley Grange site, enabling patients to receive treatments without traveling too far from home.

Therapies such as reflexology, aromatherapy, reiki, hypnotherapy and relaxation sessions bring physical benefits to the body as well as easing anxiety, stress and other emotional issues.

“I felt welcomed straight away and more importantly safe and comfortable.”

Day Hospice Patient

End of Life Partnership

The End of Life Partnership (EoLP), a St Luke’s Hospice initiative, has its base at Winterley Grange. It aims to transform end of life experience for local people, bringing three previously separate organisations together under one roof to create a holistic approach to living well (and for as long as possible), and to death and loss.

The partnership teaches best practice in palliative and end of life care to professionals, and has been recognised for its work with dementia sufferers and their carers as well as a project to improve the end of life experience for homeless people across Cheshire.

Making friends

In partnership with Wishing Well, St Luke’s has launched three new local befriending schemes, aiming to bring a ray of sunshine into the lives of adults who might otherwise feel socially isolated.

Befrienders are volunteers who are committed to improving the quality of life of the people they visit, enabling them to link more easily to their local community and increasing a person’s sense of wellbeing through regular visits and companionship.

“By taking our knowledge, wisdom and expertise to other settings and looking at different care approaches, we may be able to support more people.”

Siobhan Horton, Director of Strategy and Engagement

For more information please visit www.stlukes-hospice.co.uk
Debbie Mitchell from Cuddington was diagnosed with breast cancer in May 2013. St Luke’s helped Debbie through her treatment with complementary therapies such as hypnotherapy, acupuncture and reiki.

Debbie talks about her experience:
She said “Whatever preconceptions I had about St Luke’s evaporated as soon as I stepped through the door. It was bright and welcoming, not grey and clinical – where people talk in hushed tones and no one smiles.”

“St Luke’s means a great deal to me.”

On top of that, I’ve had counselling and benefits advice, as well as sessions to help get me back to good health (physical and mental) with Fitstart and Moving On. All of it in a warm, supportive and nourishing environment.

I am indebted to St Luke’s, which is why I took part in the Bubble Rush last May around Oulton Park. It’s my way of giving something back to the wonderful organisation that’s given me so much.”
Small gift, big impact

Help us to help other people like Debbie

Planning for the future is important to us all.

Setting up a regular donation today can help St Luke’s be here for you, your family, your friends, your children and their future.

Whether we are caring for a patient’s wellbeing during the night, enabling local people to live well with their diagnosis, or supporting a child as they learn to cope with the loss of a loved one, St Luke’s has been here day-in day-out for the past 28 years. And we want to be here for many more.

A regular donation will help us plan for our future with certainty.

A donation of whatever you can afford will help other local people like Debbie receive support with their diagnosis, helping them get back to normal one step at a time.

To set up your regular gift visit www.stlukes-hospice.co.uk/donate or call 01606 555684.

Did you know?
For every £1 you donate to St Luke’s, 85p goes to patient care and the remaining 15p helps us to raise another £1.
St Luke's catering team are an important part of patient care; the team prepare home-cooked nutritional foods for patients and their families. We had a quick chat with the team on what it’s like working for St Luke’s.

Kathryn, can you describe a typical day for us?
Well it’s always an early start because we serve breakfast to patients from 7.30am. Lunchtimes are always the busiest time as we can be serving patients, visitors, patients in Day Hospice, plus our staff. After the rush we look forward to serving patients afternoon tea at 2.30pm, then evening meals are from 5pm. Before we leave in the evening we always make sure there are cakes and biscuits handy for anyone who gets peckish during the night!

Rachel, what’s it like to work in the kitchen?
It’s a privilege. I feel very proud of the service we provide; we cook favourite meals for patients to evoke memories of happy times, and we bring comfort to families as they know their loved one is being cared for.

Sue, what is the best part of working at St Luke’s?
At the end of the day you know that you have contributed to something special and made a positive difference to another person. Everything we do starts with a smile!

If you would like to learn more about St Luke’s catering team please contact Catering Manager Sue Ost on 01606 555691.
Making every moment matter

The staff in the kitchen are just one of the teams here at St Luke’s who are committed to delivering exceptional care to patients and their families around the clock. Our ethos of service and care is upheld by every member of staff and each volunteer, and together we are committed to making every moment matter for patients and their families.

During a typical 24 hours at the Hospice our staff will support around 30 local people and their families through a range of services from complementary therapies, to 1:1 care, to bereavement support. We are privileged to provide these services free of charge, but we need your help to do this.

Each hour of care we provide costs £359 and we rely heavily on the generosity of our supporters to provide this care.

A special Christmas gift
At Christmas we were humbled to receive a donation from someone who wanted to pay for 24 hours of care at the Hospice, and they chose Christmas Day as this special day. Choosing to remain anonymous they said,

“St Luke’s Hospice is a fantastic place and helps so many people in my community, I feel very passionate about supporting the work they do. My Mum and Dad were both supported by hospices and I really wanted to do something for them, so this was something wonderful to give in their memory.”

We welcome donations from anyone who would like to pay for an hour or a day’s care, to donate please visit www.stlukes-hospice.co.uk/donate or call 01606 555684.

St Luke’s is a place where every moment matters for our patients; every donation we receive is a gift to them.

If you would like to make a donation please visit www.stlukes-hospice.co.uk/donate or call 01606 555684.
A perfect partnership

Since the Hospice was established in 1983 the staff and Leadership Team at Bentley have been important supporters of St Luke’s Hospice, and 2016 is set to be the most exciting year yet.

Bentley have helped us in many ways over the years, both with financial support and giving us the gift of their time and skills.

Throughout that time, our team at the Hospice have also helped many families connected to Bentley Motors as they have faced illness and loss.

We are so very thankful to Bentley for their continued support.

“St Luke’s President Arthur Freeman said “Bentley Motors understand the value of excellent palliative care because of their connection to St Luke’s, and want to see many other people benefit from this excellent care.

That’s why Bentley Motors have teamed up with St Luke’s and our sister charity Care2Save, and have given us two Continental GT’s to use to raise significant funds for hospice care. The first is being designed for us by the iconic Pop Artist Sir Peter Blake and will be auctioned by Bonham’s at The Goodwood Festival of Speed in June of this year.”
Win a **Bentley** designed by you

**This spring our raffle is like no other; rather than offering you a chance to win £5,000 we’re offering you the chance to win a Bentley!**

Hospices all over the UK are joining St Luke’s and asking their supporters to buy entries to this wonderful competition called Bentley By Me, with a prize never before offered by Bentley Motors.

The winner will be able to choose from a range of colours and interior variations to create the Bentley of their dreams.

But the real winner will be St Luke’s who will receive 100% of the money raised from ticket sales to ensure we can continue offering excellent care.

**How to enter**

1. Add your details to the enclosed ticket and confirm how many entries you would like; a breakdown of prices and bonus entries is on the reverse of the ticket

2. Make your cheque payable to St Luke’s Cheshire Hospice

3. Return the yellow part of the ticket and your cheque to St Luke’s using the envelope provided

To find out more or take part online please visit [www.stlukes-hospice.co.uk/bentley](http://www.stlukes-hospice.co.uk/bentley) and please share with your friends and family wherever they live in the world.

**Together we can not only improve end of life care in Cheshire, we can start changing the world.**
Meet Sandra

Happy-go-lucky Sandra Millward, from Moulton, has been volunteering at the coffee shop based in St Luke’s at Winsford - Furnishings, Fashion and Food for three months. After moving away from a life as a mobile hairdresser on the Isle of Wight, she was looking for a way to meet new people and stay active in her retirement. Sandra said, “They are a lovely bunch at the coffee shop, I just recently moved to the area to be closer to my daughter and it can be quite difficult to meet people. My daughter used to come in here and she suggested I volunteer. It’s the best thing I’ve done actually and all for a good cause!”

Sandra usually volunteers at the coffee shop for one day each week, a typical day for her will start with a friendly smile as she serves customers hot and cold drinks, cakes, lunches and snacks.

“Everyone makes you so welcome. People are very friendly and if you are down, then they will pick you up. I look forward to a Monday and that’s a big thing I think.”

St Luke’s has a wide range of volunteer opportunities, from eBay researchers and gardeners to befrienders and retail assistants in one of our nine Cheshire outlets.

Did you know?

Almost 800 volunteers donated over 93,000 hours last year, saving more than £600,000 in salaries and boosting the St Luke’s team by the equivalent of 48 full time members of staff.
Serving our community

Whether you fancy a cuppa, a much loved sofa to give your home a new look, or a bargain handbag to match that new outfit, there is a St Luke’s shop somewhere in the heart of our community that fits the bill.

If the winter weather has left you preferring to surf on the sofa, don’t forget to visit our new online gift shop, stocking brand new items from top quality brands like Lily Flame, Jellycat and Emma Bridgewater. eBay addicts can shop for East of India, Gisella Graham and Talking Tables, all at fabulous prices, from our very own eBay shop. Visit www.stlukes-hospice.co.uk/shop.

St Luke’s at Alsager
3 Crewe Road, Alsager ST7 2EW

St Luke’s Furniture Warehouse and House Clearances
Unit 8, Pineapple Park, Road One, Winsford Industrial Estate, Winsford CW7 3PR

St Luke’s at Hartford
(includes Children’s Shop)
285 Chester Road, Hartford CW8 1QL

St Luke’s at Middlewich
76 Wheelock Street, Middlewich CW10 9AB

St Luke’s at Nantwich
6 Pillory Street, Nantwich CW5 5BD

St Luke’s at Northwich
99 Witton Street, Northwich CW9 5DR

St Luke’s at Sandbach
24 Congleton Road, Sandbach CW11 1HJ

St Luke’s at Winsford - Furnishings, Fashion and Food
72 Delamere Street, Winsford CW7 2LU

St Luke’s at Winsford
38a Dingle Walk, Winsford CW7 1BA

St Luke’s House Clearance Service

St Luke’s Furniture Warehouse offers a range of services from the simple removal of selected items, to a complete house clearance, our team can tailor their service to your specific needs. Our team of volunteers will ensure everything moves smoothly, and they will work with you to provide the service you require. All profits from each house clearance go directly to the Hospice, supporting the vital work carried out in our community.

Our team would be delighted to hear from you should you have any questions, and can provide you with a quote. Contact the Warehouse today on 01606 555825 to make a booking or visit www.stlukes-hospice.co.uk/shop.
Santa on tour!

St Luke’s famous ‘Luke’ the Bentley Bus was once again transformed into Santa’s Grotto by the students at Petty Pool College, ready for a season of visiting local schools, nurseries and events. The Grotto raised a very festive £5,800 for St Luke’s and was a fantastic opportunity to raise awareness of St Luke’s in our local community.

Angela Slack, Corporate and Community Fundraiser said, “We were thrilled with the outpour of love and positive feedback from families across Cheshire who visited Santa’s Grotto. We’d like to say a big thank you!”

Barclays Three Peaks Challenge

Thank you to the staff at Barclays Gadbrook Park in Northwich for conquering the Three Peaks! The team raised a fantastic £10,000 for St Luke’s to buy a portable ultrasound scanner. The team chose the Three Peaks Challenge because they wanted to take on a significant challenge which would raise a lot of money for St Luke’s Hospice as well as Macmillan Cancer Support. From everyone at St Luke’s we would like to thank Barclays.

1,400 children, 60 rolls of wrapping, 26 locations, 9 schools and nurseries, 8 sleepless nights, 7 jolly Santa’s, 6 cheeky elves, 5 golden sponsors, 4 festive drivers, 3 exhausted fundraisers, 2 torrential downpours and 1 Big Red Bus!

If you would like to fundraise for St Luke’s please contact Angela, Chantal or Vickie on 01606 555697 or email angela_slack@stlukes-hospice.co.uk or visit www.stlukes-hospice.co.uk.
Going above and beyond

Since 2007 Lee Hulme, father-of-two from Wheelock has raised over £24,000 for St Luke’s by taking on the Three Peaks Challenge, climbing Mount Kilimanjaro and recently conquering Everest Base Camp. Lee completed the trek to Base Camp in the autumn with his friend Brian Morris and they raised more than £12,000 for the Hospice.

Congratulations Lee, what an incredible achievement Everest Base Camp is, how do you feel about it?
I’m really pleased we completed the challenge, it was incredibly tough but we are so happy we reached Base Camp. It was a lot hotter than I thought, which made it more difficult, but the scenery was absolutely superb and well worth doing.

Why did you choose this challenge?
I do a lot of walking, I climbed Kilimanjaro and this was the next one up! I’ve read all the books about Everest and I wanted do it for St Luke’s but also wanted the experience for myself.

Everest is a huge achievement, what do you think you’ll do next?
I’ve got a couple of things lined up, Mount Elbrus in Russia or I might go back to the Himalayas in a couple of years’ time, we shall see.

What is your most memorable part of the challenge?
Base Camp was spectacular. But visiting Sir Edmund Hillary’s school was fantastic as he is a big hero of mine.

What surprised you most about the experience?
The heat was a big surprise; it was very cold at night but at 8am in the morning it was red hot weather so I sported T-shirts and shorts and that’s all I wore! The heat definitely made the trek more difficult, we were walking seven or eight hours a day and it was tough.

What would be your tip be for other people taking on a challenge for St Luke’s?
Preparation! Get lots of training in, we trained on Snowdon for well over 18 months, and plenty of gym work. Put in the hours and then you’ll enjoy the challenge much more. But it is tough. I’ve also been fundraising for 18 months which has helped me to raise so much.
In 2009 Pauline Burdsall from St Luke’s and Kathryn Forrest from Brio Leisure launched our Fitstart programme in order to help and assist patients who attended our complementary therapy clinics. It was an addition to our services, focusing on a supervised programme of exercise to enhance mobility, health and wellbeing.

The Fitstart programme aids improvement in symptoms and helps the body and mind to remain as healthy as possible. The programme is run over a seven week period and is suitable for men and women. Experienced fitness instructors in health care and fitness lead the programme, facilitated by a Hospice therapist.

Over the past six years around 278 people have benefitted from this service, which starts with an individual assessment and then seven weeks of Fitstart time.

Sadly Kathryn is now moving on to pastures new. We would like to say a huge thank you for all her kind efforts and look forward to continuing the work in her honour for many years to come.

Here are some of the things Fitstart helps with:

**Fitstart improves**
- Stamina
- Immune system
- Sleep quality
- Muscle tone
- Wellbeing
- Confidence

**Fitstart reduces**
- Fatigue
- Aches and pains

If you would like to know more about the Fitstart programme please get in touch with Complementary Therapy Coordinator Pauline Burdsall on 01606 555681
Caring for carers

You might not think of yourself as a carer. You might just think of yourself as supporting or looking after someone close to you who is struggling with a life limiting illness. But the stress and strains of caring can take their toll which is why, here at St Luke’s, we like to care for the carer as well as for the patient.

You might need support with practical things, such as trying to find a way to take a break, or with emotional support, helping you to find ways to cope at a difficult time.

Through our Time Out group we aim to give you expert advice and information to help you to manage the ups and downs of your caring role. We have a friendly spiritual care team, helpful social workers and professional counsellors here to support you and to help you to maintain your own health and wellbeing. We can also help you to contact other local and national services who are all there to help you. Time Out also gives you just that – a break from caring – and the opportunity to socialise with other carers and to share experiences and advice.

If you care for someone and need support, contact the Time Out team on 01606 555681.

“
I could offload all my stress and concerns. Practical suggestions were given but mainly I was listened to and didn’t feel I was alone or the only one.”
Carer who attended Time Out

Did you know?
We have more than 100 carers access our Complementary Therapy Clinic and Time Out sessions every year
Just before Christmas Doreen from Middlewich was lucky with St Luke’s and won the top prize in our lottery!

**Congratulations Doreen, how did you feel when you found out you’d won?**

I was elated. I don’t usually win anything so it was a lovely surprise.

**What are your plans for your big win?**

As I now have some mobility problems I think I will buy a mobility scooter so that I can get out and about more.

**Why did you choose to join St Luke’s lottery?**

In March 2005 my husband John was a patient at the Hospice and after he passed away I joined so that I could give something back for the kindness that was shown to him whilst he was there.

---

You can now join St Luke’s lottery online and be in with a chance of winning our top prize of £1,500 every single week and at the same time raise money for St Luke’s, it’s a win win situation!

Luke’s Lucky Dip was launched in November 2015, making it possible to buy “one off” lottery tickets in our shops.

Join today by contacting the lottery team on 01606 553553 or visit [www.stlukes-hospice.co.uk/lottery](http://www.stlukes-hospice.co.uk/lottery).

---

**Did you know?**

Last year St Luke’s lottery raised more than **£600,000**, which is enough money to keep the Hospice running for three months!
Shavington Support Group
Wednesday 9th March – 7.30pm
£2 per person
Easter Quiz at Crewe Vagrants Club, a range of chocolate prizes on offer

Sunday 17th March – 7.30pm
£5 per person
Easter Flowers by Anita Wright at St Mark’s Church Hall. Flower arrangement demonstration from well-known florist Anita Wright

Thursday 21st April – 7.30pm
£4 per person
A Laugh on the Ocean Waves with Brian Price at St Mark’s Church Hall. Famous cruise director Brian Price gives a talk about his experience at sea

Thursday 19th May – 7.30pm
Edinburgh Woollen Mill Fashion Show at St Mark’s Church Hall

Thursday 16th June – 7.30pm
£5 per person
Greenfields Africa – Strawberry Fare at St Mark’s Church Hall
Barbara Hatton, Trustee from Greenfields Africa charity gives a talk about their work, also includes a strawberry supper.

For more details about any of the events from the Shavington Support Group, contact Shirley Bailey on 01270 665819

Sandbach Support Group
Friday 8th April
Weekend away at Lytham St Anne’s.
Full details from Jean Train
01270 764640

Wednesday 25th May – 8.45am – £11.50
Day trip to Llandudno. Coach leaves the Military Arms, Sandbach.
For more details contact Dorothy on 01270 764272

Tarporley Support Group
Tuesday 19th April – 2pm–5pm
£48 per table
Bridge afternoon at Tirley Garth.
For more information contact Romy on 01829 732053 or email romy@holmes-email.co.uk

Holmes Chapel Support Group
Friday 8th April – 7.30pm – £10
Blues and Rock Evening at Victoria Club, Victoria Avenue, Holmes Chapel. Another evening of great music and dance with local band 5-Bar Blues and guests, includes fish and chip supper and licensed bar.
Contact Dennis Eborall on 01477 532407 or dmeborall@hotmail.com

Did you know?
Our seven community based support groups raised £89,054 last year through events ranging from race nights to coffee mornings

Support St Luke’s when you shop online with Care2Save. Care2Save is a shopping website supported by over 2,000 major retailers. Every purchase you make through Care2Save will raise money for St Luke’s. Visit www.care2save.co.uk and start raising money today.
Our forthcoming events

The Midnight Walk goes NEON

Saturday 2nd July

Each year over 1,000 ladies bring laughter, fancy dress and passion to the streets of Cheshire as they walk to raise money for St Luke’s.

This year our Midnight Walk is going neon and we want you to join us with your glow sticks and leg warmers as we walk from Reaseheath College in Nantwich to MMU in Crewe and back again! Choose either 13.1 miles or 6.5 miles.

www.stlukes-hospice.co.uk/midnightwalk-neon

Sunday 6th March – 12-6pm
Cheltenham Comes to Chester
Join us for a Ladies Lunch to celebrate Cheltenham Ladies Race Day. Dress up in your finery, bet on the races shown on TV screens, enjoy a delicious lunch and shop from boutique stalls.

Thursday 21st April – 12-4pm
A Right Royal Affair
Celebrate Her Majesty The Queen’s 90th Birthday in style at the glorious home of the Duke and Duchess of Westminster, based in Chester. Includes lunch and guest speaker Joelle Warren.

Saturday 7th May – 7.30pm
Last Choir Standing
Would your choir like to enter our new competition based on the hit TV show? We are looking for entries from local amateur adult choirs to perform for a panel of judges and live audience.

For details on all our events please visit www.stlukes-hospice.co.uk/events or call 01606 555688.