



The highlight of my week!

Going to the hospice is the 'highlight of my week' says Amanda Hartley.

The mum-of-one was diagnosed with terminal breast cancer after the disease returned for the second time. She started accessing the hospice's services after being given just three years to live.

"The first time I was diagnosed, I found a lump in my breast in 2015. It was big and growing fast – but thankfully it hadn't spread to my lymph nodes. I had a lumpectomy, chemo and radiotherapy.

"18 months later I started with chest pain. The doctors treated me for pleurisy, but it wouldn't go away. Eventually I was referred to the breast unit and last May I was told the cancer had returned and that it had spread to my bones.

"The cancer is triple negative and because the mass is in the middle of my chest it's inoperable. There's no treatment or cure. I have had chemo to suppress it, but the chemo was causing me more pain. As a family we decided to have quality time over quantity."

Amanda, 47, from Accrington, was told about East Lancashire Hospice by a neighbour. She went for a tour and was shown the various services she could access including their creative arts department - CaST.

"The very first time I was shown around the hospice, I was introduced to CaST and I thought 'I don't think that's for me' - but it's exactly what I need.

"It's only four hours for one day a week – but Thursday is the day I look forward to the most. It has been my lifeline, and it gives me a

purpose in life. Before the hospice, my life existed within the four walls of my house.

"I never thought I'd enjoy sitting knitting or making papier mache models – but it's a relief to get out of the house and doing something with people who understand what you're going through.

"No matter how much empathy your family and friends have, they're not in the same boat. You want to protect your family from how bad you're feeling sometimes – and the people at CaST understand. I'm able to say things to them that I wouldn't want to say at home. "

Amanda has also accessed the complementary therapies such as reiki, back massage and reflexology.

"The hospice has a stigma of somewhere you go to die – but it's not like that at all.

"Each time I come home from the reiki sessions I go into such a deep sleep because I'm so relaxed. It's so calming and restorative. The therapies really make a difference and the treatment rooms are like the ones you would find at a 5-star hotel."

Amanda has recently started accessing the hospice's counselling services, and she, her husband and son have also taken advantage of the family support groups where they have made hand casts as a keepsake for the future. They have also had a look around the inpatients unit for when the time comes.

Amanda said: "All the people at East Lancashire Hospice are great and I can't recommend it enough. They need to build a hospice in every town, with staff as caring as those in Blackburn.

"Without their support, I would be at home for seven days of the week. It's nice to have something to look forward to."

"All the people are great. I can't recommend it enough."



WE'RE 35!!!



On the 21st June 1984, East Lancashire Hospice first opened its doors to patients and their families from the communities of Blackburn, Darwen, Hyndburn and the Ribble Valley. 35 years later and we are still serving those communities with our special way of caring.

We have had lots of events taking place to mark our 35th anniversary, which include a Creative and Support Therapy (CaST) 80's themed party, a 35th anniversary bumper raffle, our shops 1980's window display competition and we have even had a sausage named after the hospice by Whittakers Butchers!

The hospice was established all those years ago thanks to the dedication of anaesthetist Dr Merton Seigleman who had a vision to provide pain free and dignified care for patients in their final stages of life. We can only carry on providing that service due to the incredible support from our community. To celebrate our 35 years we are asking our supporters whether you would consider donating a gift to us by:

- **Making a one-off payment of £35**, which can be done by clicking the donate button on our website, by sending a cheque payable to East Lancashire Hospice or by calling 01254 287014 **OR**

- **Setting up a standing order for a monthly donation of £3.50** which can be done by completing the form on the letter which arrived with this newsletter.

THANK YOU for your continued kindness and support – we really couldn't do it without you!

Avago Art



The newly implemented Avago Art classes have proven to be a huge success! Denise Williams, Quality and Compliance Lead at the hospice, has attended art classes herself and with the permission of her art teacher she has shared her knowledge and art techniques with those attending the classes.

The first module focused on creating blended backgrounds with silhouette foregrounds and the artwork created was varied and beautiful. Everyone had great fun and really used the techniques to express their personality and create their own unique work of art. People with all abilities participated with the CaST team supporting those with restricted hand mobility to use palette knives, sponges and potatoes to create their masterpieces!

The second module commences in September 2019, who knows we may give Banksy and Michelangelo a run for their money?!

Birthday Badges!

To celebrate our 35th Anniversary we have launched a commemorative East Lancashire Hospice Badge, so you can wear it with pride and show you are a hospice supporter!

The badges, which feature the flower from our hospice logo, are available for just £1.50. They can be purchased online at www.eastlancashirehospice.org.uk (post and packing charges apply), at the hospice reception or in any of our shops.



#MakingTheMostOfLife

Strictly Sensational!

Our first ever Strictly Dance for East Lancashire Hospice event took place in June and what a fantastic 10 weeks dance program it was for all of our 8 couples, courtesy of Step In Time – Performance Academy, Blackburn! The couples either learnt Rock and Roll, Jive or Tango over the 10 weeks and all danced for the Glitter Ball Trophy at The Dunkenhalth Hotel on Saturday 15 June.



The first Strictly Dance winners 2019 were Robin Lamb and Theresa Watson, who danced Rock and Roll. The evening was sponsored by Whalley Catering and this year's corporate challengers WEC Group, who very kindly made the Glitter Ball Trophy in support of the hospice.

The evening was a huge success and raised over £6,000... so we are now looking for people who want to take part next year! Places are booking up, so if you are interested then get in touch with the fundraising team on 01254 287011.

A fond farewell

Our best wishes and heartfelt thanks go to our Medical Director, Dr Elizabeth Bailey, who is retiring after 7 years with the hospice. She is a remarkable woman and her dedication and quality of care to hospice patients cannot be overestimated. We are very grateful for all her tremendous work over the 7 years she has spent looking after others. She will certainly be missed.

Dr Karen Hogarth will be taking over as our new Medical Director from the 1st of October 2019. Karen has been with the hospice for 5 years. She started at the hospice on a 6 month attachment during her GP training in 2014 and was quickly recognised as a valuable member of the team.



By Royal Appointment!

In February, brothers Tom and Jack wrote to the Queen to tell her all about the fundraising they have been doing for East Lancashire Hospice, after the care that was given to their mother and the family.

The Queen was extremely inspired by the boys and overwhelmed with how much they have raised for their local hospice and wrote back to them in July, along with pictures for the boys to keep.

The boys have raised an astonishing £27,000 in just 9 months which all goes towards patient care. If you would like to help them reach £30,000, you can donate on their fundraising page -

<https://www.justgiving.com/fundraising/tom-jackmayoh>



SPOTLIGHT ON SUPP

Thank
YOU

Charity of the Year!

A huge thank you goes out to ALL the local organisations who have chosen the hospice as their Charity of the Year this year. We can't wait to hear how much you have all raised and are so grateful for your support!

Super Suleman!



Long time hospice supporter Suleman Khonat, has worked tirelessly through Ramadan along with family and friends, to raise an incredible £14,641.12 from collections at local mosques and The Mall, Blackburn.

Thank you so much for raising such an incredible amount.

Bags of help

Marks and Spencer's have chosen us as their Charity of the Year for several years now. We are proud to announce that 2018/2019 bag packing in Marks and Spencer raised an incredible £13,557.70!

Thank you to our amazing volunteers who donated their time to help raise this amount, to M&S staff and to all the lovely customers for their support. If you would like to help with bag packing this year, please contact the fundraising team on 01254 287011.



Hair Raising Success...

Linda Dobson celebrated her 70th birthday in style as she braved the shave to raise money for the hospice with five of her friends at her local, The Railway Pub in Huncoat.

As a breast cancer survivor, Linda said "she got away lightly" as she needed no further treatment after surgery. A close friend of hers battled with cancer and lost her hair after chemotherapy and radiation treatments. The event was a hair-raising success and raised over £4,500 for the hospice. Thank you to everyone involved!



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PORT



news Letter...



Summer Raffle

Our summer raffle has been a huge success – thank you to everyone who bought a ticket! The raffle prize of £3,500 was kindly sponsored by Intack Self Drive and CSH – which means that every penny of the money raised comes back to the hospice. Our thanks to both companies for their continued support.

Best foot forward

Phil Mahon took on a 75 mile trek for his 75th Birthday last month, in memory of his much loved daughter, Philippa.

With the help from his lovely wife, Pat and his family and friends, he managed to raise a fantastic £3,625.13! Amazing work Phil, thank you so much!



Wonderwoman!

As if it wasn't enough that Diane Cobb raised over £10,000 for the hospice last year....this year she has also been organising events and even jumped out of a plane!

Diane took part in our Skydive event in July, in memory of her husband, sister in law, and her mum and dad who have all been cared for by the hospice. Thank you Diane, you're Wonderwoman!!



CORPORATE challenge 2019



This year's Corporate Challenge kicked off at the beginning of June with 25 local companies pledging to raise as much as possible during the 4 month Challenge. At the time of going to press the 3 companies in the lead are Darwen based, WEC Group having raised over £8000, followed by Pierce Accountants with over £6000 and Ribble Valley's Houldsworth Solicitors with over £3000. With amounts like these, we know that this year will be the best ever for the Corporate Challenge!

If you work for a company that would like some truly invaluable PR, a chance for some great team building, an opportunity to network with other, like-minded businesses and the knowledge that you are raising money for a fantastic local cause then the Corporate Challenge 2020 is for you!

For more information contact Jennifer in Fundraising on 01254 287012 or email jennifer.quinn@eastlancshospice.org.uk

www.eastlancshospice.org.uk



A wonderful evening

In June, hospice supporter Graham Helm arranged a wonderful event at the Bridgewater Hall in Manchester to raise funds for the hospice. The evening featured the world famous Brighthouse and Rastrick Band, 2nd Rossendale Scout Group & Band and the Rossendale Male Voice Choir.

There was also a surprise on the evening... patients, family and volunteers at the hospice had secretly formed a choir and had been rehearsing under the direction of Matthew Thomas for several weeks. They surprised everyone by coming out on stage and joining in with the very emotional and moving piece called 'Lampighter' specially written for the concert. Everyone had a wonderful evening and the concert raised over £20,000 for our hospice. Thank you so much to Graham and everyone involved for giving our choir the 'bucket list' experience of singing on stage in such an incredible venue and raising an outstanding amount of money. We are truly grateful!



Your hospice needs you!

We are in need of volunteers in our retail and fundraising departments. If you have a few hours of spare time and bags of enthusiasm, then please get in touch!

For more information, please call Michelle on 01254 287014 or email info@eastlancshospice.org.uk

Café Retreat

Enjoy delicious and nutritious food at our beautiful café. Café Retreat, situated in the stunning extension on the ground floor of the hospice is now open to the public every Monday to Friday from 8.30am - 3pm. It's a lovely place to relax and unwind with friends or family.

The café uses the finest seasonal produce around to offer a varied menu at affordable prices. There really is something for everyone on the menu as the café offers home cooked breakfasts, lunches, main meals, drool-worthy desserts, scrumptious snacks, tea, coffee and a selection of refreshing drinks. There are even weekly specials too so there's plenty to choose from!

All proceeds from the café go to the hospice so that we can continue to care for patients, their families and carers in a time of need. Why not give us a try? You can tuck into a delicious dinner or enjoy a nice slice of cake knowing that you're contributing to a good cause.



Our hospice in numbers April 2018 to March 2019

People we have supported...



within our community



within the hospice

Staff, volunteers and education...



volunteers*



staff*

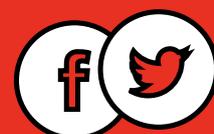


attendees at
ELH educational
events

Income generation...



Fundraising
Donations
Retail
Lottery
Catering
Legacies
Investments
Grants
Gift Aids



+16%
growth in our
social media
platforms

*Figures from March 2019

#MakingTheMostOfLife

Precious Memories

In order to capture memories and offer keepsakes, our InPatient team can now offer a lock of hair in a keepsake box, following the death of a loved one.

The team can also mould finger print casts that can be mounted onto jewellery or kept as a keepsake. This allows friends and family to keep a token of remembrance that has an emotional connection to a loved one and can be treasured for years to come.



Hospice Shop

EVERYTHING NOW £1

Everything in the hospice shop on Railway Road in Blackburn Town Centre is just £1 – the shop is open Monday to Saturday 9.30am to 4pm.

Don't worry it is not closing down and we will still be accepting donations that will be distributed to our other seven shops.

Financial Review

We are most grateful to all those that donate to the hospice and those who wish East Lancashire Hospice to benefit from their life savings by leaving a legacy to us in their will. The hospice highly depends on the goodwill of our local communities to ensure sufficient funding is available for patient services to operate. In addition to our public donors and corporate supporters, hospice staff and volunteers frequently offer their time, treasure and talents to help plan and organise fundraising events and to promote hospice services.

Our Corporate Fundraisers have really raised the bar this year and provided income to the hospice through various streams including: taking part in the hospice 'Corporate Challenge,' choosing the hospice as their 'Charity of the Year,' providing items to benefit our patients such as virtual reality equipment, and raising income through many varied fundraising activities; some of which attracted a great deal of media attention and had coverage on regional television. Sarah Layton Jewellers raised an impressive £38,000 alone by organising and hosting a Ball.

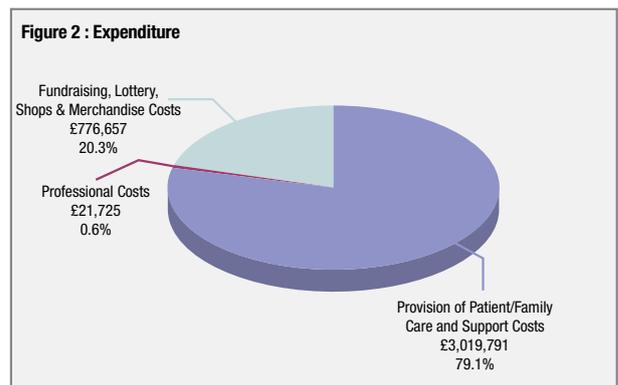
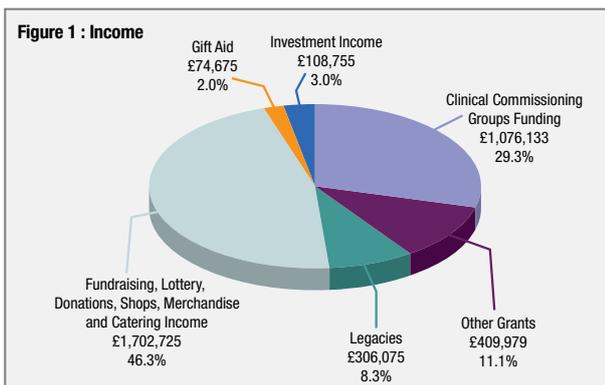
Community fundraising continues to perform strongly and the two young boys in shorts, Tom and Jack aged 9 and 10 years deserve a mention. They set themselves a challenge to raise £1,000 in memory of their mum Louise who died in the hospice in 2018. Their fundraising total currently stands at over £23,000.

Also, long time hospice supporter Caitlin set herself a task to raise over £10,000 in memory of her dad and achieved her goal before her own target date. The collections during Ramadan continue to grow each year, this year totalling over £16,000

Our sincere thanks go out to everyone who contributes their time, treasure and talents to East Lancashire Hospice in the past, present and into the future. Sadly we don't have the space to thank each and every one, but without their support, we would not be able to provide a 'Special Way of Caring' which our patients tell us is priceless.

Income for the financial year ended 31 March 2019 totalled £3,678,342, and **Figure 1** shows percentages for each income stream.

Total expenditure for the year ended 31 March 2019 totalled £3,818,173, and **Figure 2** provides details of the major breakdowns.



UPCOMING EVENTS

Sign up and buy tickets
online at eastlancshospice.org.uk or call 01254 287011
for more information on these events and more!

We are seeking sponsors to cover costs and volunteers to help at many of our events. You can help us raise valuable funds for our patients and their families. If you can spare a few hours at any of the events below, or would like to take part, register, purchase tickets or sponsor an event please contact us on **01254 287011** or email us at info@eastlancshospice.org.uk

OCTOBER

Black Tie Ball, Saturday 12 October, 6.15pm

Held at the Dunkenhalth Hotel and organised by Alexander Grace Law Solicitors, this is sure to be a great night! All proceeds from the night are shared between East Lancashire Hospice and Pendleside Hospice.

Tickets are £450 for a table of ten. Contact Donna Marie for tickets on **01282 930403**.

NOVEMBER

East Lancashire Hospice 35th Anniversary Ball, Saturday 23rd November

Held at the Dunkenhalth Hotel, this is sure to be an evening of fun and festivities at this popular annual event. Tickets are £50 and include a drink on arrival, 3 course meal, coffee and mints and a full programme of entertainment featuring the Diane Shaw Band. Visit the hospice website www.eastlancashirehospice.org.uk or call **01254 287011** to book tickets.

DECEMBER

Breakfast With Santa, Sunday 1 December

At Café Retreat. See the website www.eastlancshospice.org.uk for full details and times.

A Festive Afternoon Tea, Sunday 1 December

At Café Retreat. See the website www.eastlancshospice.org.uk for full details and times.

Light Up A Life, Monday 9 December

Blackburn Cathedral. Join us to come together to remember a loved one at this special time of year. To make a dedication and donation visit our website at www.eastlancshospice.org.uk or call **01254 287011**.

Bag Packing M&S Blackburn, 11 – 14 December and 16 – 24 December

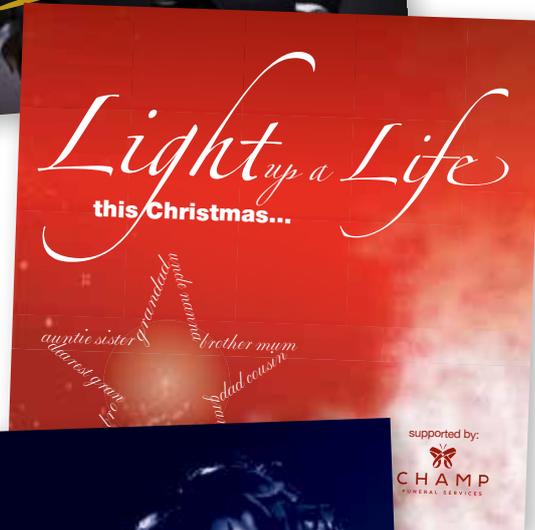
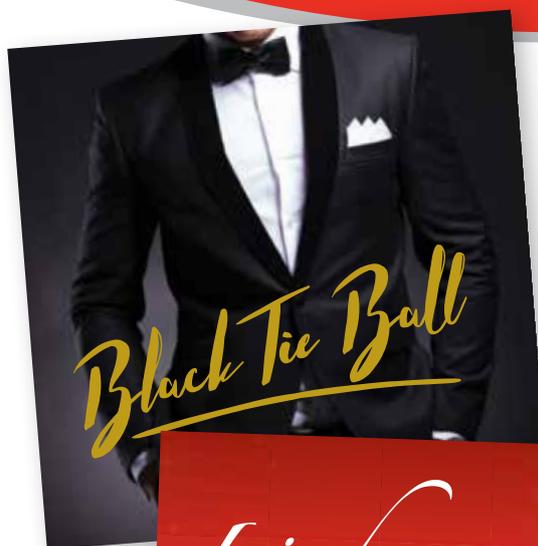
We are seeking volunteers to help with our time slots over these days – please email catherine.leech@eastlancshospice.org.uk if you can help.

Christmas Stalls, Throughout December At Café Retreat.

JANUARY

East Lancashire Hospice 10k, Sunday 19 January organised by Gaskell Motor Bodies

Held at Gaskell Motor Bodies in Great Harwood, the popular 10k race will see hundreds of runners taking part, all supporting the hospice. Register for the 10k race or the 2k fun run at www.eastlancshospice.org.uk



We thank you for supporting East Lancashire Hospice and would like to keep you updated with news and events. Your details will NOT be passed onto a third party, other than those providing a service to East Lancashire Hospice such as printing and distribution of hospice communications. In these instances, the third parties are contracted to only use the information provided by the hospice in relation to the provision of our services. We never buy or sell data. You can opt out of receiving this information or the newsletter by post at any time by calling the fundraising department on 01254 287014 or email your name and address to info@eastlancshospice.org.uk with 'Remove from mailing' in the subject line.

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