

UPCOMING EVENTS

Come along or volunteer - either way you're guaranteed a rewarding and fun time! Call 01254 733412 to put your name down.

Whether you've previously taken part in our Starlight Walk or not, become an early bird and register now for the 2014 walk for just £5.

This special price is only available until 31 December 2013 so don't miss out - go to www.eastlancshospice.org.uk or call 01254 733411. See you there!

OCTOBER

Sunday 6 October - 8am-2pm : Great Harwood Farmers Market, Towngate, Great Harwood.

Friday 11 October - 7.30pm 'til late : Night of Strength. St Paul's WMC, Montague Street, Blackburn

NOVEMBER

Friday 1/Saturday 2 November - 10am-1pm & 1pm-4pm : Bag Packing at M&S Blackburn. Volunteers needed.

Saturday 3 November - 8am-2pm : Great Harwood Farmers Market, Towngate, Great Harwood.

Saturday 16 November - 8pm : Great Gatsby Roaring 20s Ball - including 4 course meal and entertainment. Dunkenhall Hotel. Tickets £50 per person - call Sharon on 01254 733410

Sunday 17 November - 11.30am-2.30pm (close at 3pm) : Christmas Fayre. East Lancashire Hospice. Volunteers required from 10.30am until 3pm. For registration for events, admission, stalls etc contact Denise Gee at denise.gee@eastlancspct.nhs.uk or call 01254 733411

Saturday 23 November - 10am-4pm : Fun Day - Market Hall, Accrington. 2/3 volunteers needed for tombola and raffle ticket selling.

Turn your rags to riches!

Did you know that last year we generated income in excess of £38,500 through the sale of rags? Rags can be anything from t-shirts that have stretched, have holes or marks on them, to jeans that are covered in paint, greying bras, worn out tea-towels and old bedding. Rags are those clothes and fabrics which are past their best and cannot be sold through our shops. Simply take your bag of rags and drop it into any of our shops. We cannot accept duvets (synthetic or feathered), carpets, rugs, soiled or wet clothing. We will turn your bag of rags into money which will support the care of our patients.

East Lancashire Hospice, Park Lee Road, Blackburn Lancashire BB2 3NY
Telephone: 01254 733400
Facsimile: 01254 665000
Email: info@eastlancshospice.org.uk

news Letter...

EVENTS

DECEMBER

Sunday 1 December - 8am-2pm : Great Harwood Farmers Market, Towngate, Great Harwood. Volunteers needed.

Friday 6 December : Santa Dash, Clitheroe. (Dash Starts at 6.30pm) Marshals and registration volunteers required.

Mon 9, Tue 10, Wed 11, Thur 12, Mon 16, Tue 17, Wed 18, Thur 19, Fri 20, Sat 21, Sun 22, Mon 23, Tue 24 December - 10am-1pm & 1pm-4pm : Bag Packing at M&S Blackburn. Several volunteers needed.

Wed 18, Thur 19, Fri 20, Sat 21, Sun 22, Mon 23, Tue 24 December - 10am-1pm & 1pm-4pm : Bag Packing at M&S Accrington. Several volunteers needed.

Sunday 15 December - 4pm for 4.30pm : Carols by Candlelight - including 3 course meal. Enjoy mulled wine and a Christmas roast dinner followed by carols from the fabulous 25 piece Goodshaw Brass Band. The Shireburn Arms, Hurst Green. Tickets £25 per person - call Sharon on 01254 733412

Monday 16 December - 7.30pm : Light Up A Life Service. Blackburn Cathedral

FEBRUARY 2014

Friday 28 February 2014 - time TBC : Afternoons of Inspiration with the original Calendar Girl Moyra Livesey, perhaps better known as Miss May bares all on that calendar.

Letter from Santa...

Do you know a special little person who'd like to receive a personal letter from Santa this festive season? This year you can send their details to us and we'll organise for the man himself to send a signed, personalised letter to drop through their letterbox! Pick up a Christmas 2013 brochure, call 01254 733412 or go to www.eastlancshospice.org.uk to order a letter from Santa.



East Lancashire Hospice

... a special way of caring
Registered Charity: 1075653

news Letter...

East Lancashire Hospice
Newsletter, Issue (8) Autumn 2013



Hospice lottery celebrates a decade of providing care



Jill Woodruff was one of our rollover winners - she treated herself and daughter Francesca to a trip to New York with her £2,500 winnings!

This year sees the hospice lottery's 10th anniversary. Since the hospice lottery began we are amazed and delighted that our lottery members have raised an incredible £2.5million!

This equates to 305 days of patient care throughout our hospice services, whether in the hospice or in the patient's own home.

Our lottery members help to support people like Jeanette Bentley, whose 19-year-old son Daniel was in the hospice. Jeanette said "You don't realise you need a place like this until it happens to you. It was Dan's second home."

Patient Patrick McAllister said: "The hospice has given me a new life, despite the fact I have a terminal illness."

Every single person who joins our lottery is helping people like Jeanette and Patrick .

Plus every lottery member could win a share of the guaranteed £78,000 that we give away in cash prizes each year.

It costs just £1 per week - less than a cup of tea or coffee!

Help us to continue making a difference by joining our lottery.

Join now at our website www.eastlancshospice.org.uk or call Gill on 01254 733416 for more information.

To celebrate this milestone we are giving one lucky winner the chance to Win A Grand For Christmas. Pick up a leaflet or go to our website for more details www.eastlancshospice.org.uk

Keep up to date with hospice events and news

Be the first to know what's happening by subscribing to our monthly e-newsletter at www.eastlancshospice.org.uk

Like us on Facebook /eastlancashirehospice

Follow us on Twitter @elhospice



East Lancashire Hospice

... a special way of caring

Registered Charity: 1075653

Brenda's 'one grand jewellery challenge'

Supporter Brenda Callister never tires in her quest to raise funds and has this year set herself a target to raise £1000 by selling and repairing jewellery. Brenda has already raised £378.00 which will help us to care for our patients. Brenda is asking for any broken or unwanted jewellery to the hospice so that it can be repaired or 'upcycled' into new pieces that can be purchased.

Contact Brenda on **01254 265254** for more information.

Volunteer Mavis is worth her weight in gold!

"They deserve a medal!" We often say this of the wonderful volunteers who give their time to help others. The League of Mercy Foundation was formed exactly for these people.

We are proud of all our volunteers and admire and appreciate the time that is given, none more so than Mavis Dagger, awarded The Order of Mercy Award at The Mansion House, London in July.

The Rt Hon Lord Lingfield, President of the League of Mercy, said: "Mavis Dagger has done extraordinary work for the welfare of others. She is a marvellous example of someone who has given wonderful service to her community and we were delighted to be able, on the recommendation of the charity, to make this well-deserved award."

Mavis joined the hospice in April 2000 and has worked in many areas including catering, fundraising, Hospice at Home and mainly the inpatient area.

A colleague of Mavis said: "Since 2000, Mavis has done nothing less than give her upmost commitment, time and dedication in all the varied roles she has undertaken. The diversity of these roles clearly show her adaptability, helpfulness, willingness, support and understanding of the hospice ethos."

"Over the years comments from patients, visitors, staff and volunteers describe Mavis's warmth, open nature, smile and humour. She has a unique ability to put frightened and anxious individuals at ease."

A huge thank you to Mavis and all our volunteers.

If you can spare either a few hours each week, each month or even each year to volunteer for the hospice, we would love to hear from you. Please contact Maria Grieco on **01254 733400** or to volunteer at one of our fundraising events call **01254 733412**.

BEREAVEMENT SUPPORT SERVICE

Are you feeling overwhelmed, confused, empty, helpless, guilty, angry, anxious, depressed, tired, tearful? These are just some of the many forms of grief. It can be all-consuming, debilitating and one of the most difficult experiences you will ever go through, but you don't have to cope alone.

Support

Available to anyone over the age of 18 who is grieving, irrespective of time, cause or relationship, and registered with a GP in Blackburn, Darwen, Hyndburn or the Ribbles Valley. There is no requirement to have had previous contact with the hospice services.

Drop-In

We offer a confidential, informal drop-in service where you can share your experiences with others in a warm, friendly and supportive environment facilitated by trained volunteers. There is no set pattern, timescale or way of grieving, but talking to others may help you understand what has happened, how it has left you feeling and how you can learn to enjoy life again.

Venue:

Seigleman House, East Lancashire Hospice, Park Lee Road, Blackburn BB2 3NY

Second Tuesday of every month 10.30am - 12 noon

One to One...

Support is also available, providing a confidential, safe space in which to work through your grief with a qualified Bereavement Support Coordinator. Appointment times and dates are flexible and arranged around your availability. There is no set number of sessions. Contact **01254 733407** (voicemail available).



Volunteer Mavis Dagger receives her award from The Rt Hon Lord Lingfield

How many of our top 10 fundraising ideas could your company do to help raise vital funds?

- 1 Put collection boxes in your reception, canteen or staff rooms
- 2 Collect ink cartridges for us to recycle
- 3 Save your used stamps - we raise about £80-90 for every mailbag we fill
- 4 Hold a donation day - get everyone to bring in their unwanted clothes/goods
- 5 Volunteer for an upcoming event - see page 8 or get in touch for more details
- 6 Take part in Hair for Hospices month - see pages 4 and 5 for ideas
- 7 Join our hospice lottery for £1 per week - you could win up to £10,000!
- 8 Enter a team into a hospice event - Santa Dash, anyone? (see back page)
- 9 Be inspired - bring your colleagues or staff for a tour of the hospice
- 10 Sponsor a hospice event - we have packages for all budgets!

Call **01254 733412** to discuss any of these options, or an idea of your own.

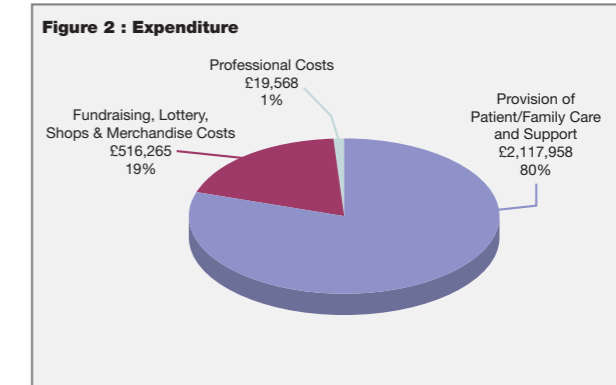
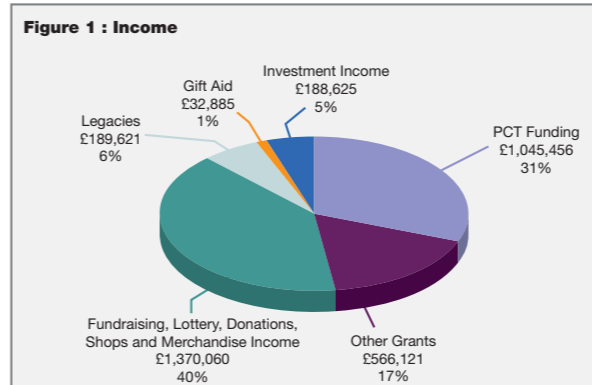
Financial Review

During these difficult times when income remains unpredictable, our Trustees are very grateful to those that donate and support the hospice and those who wish East Lancashire Hospice to benefit from leaving a legacy in their will.

As future grant funding remains uncertain, the hospice aims to continue to increase regular income through the development of lottery, regular giving, shops and fundraising events.

Income for the financial year ended 31st March 2013 totalled £3,392,768 and **Figure 1** shows percentages for each income stream.

Total expenditure for the year ended 31st March 2013 totalled £2,653,791 and **Figure 2** provides details of the major breakdowns. Budgeted expenditure for 2013/14 is £3,175,997 which accounts for planned maintenance and hospice service developments.



Thank you to the companies who have supported this newsletter...

MICHAELA'S
HAIR STUDIO
Tel: 01254 207 878

J & S
ELECTRICAL
TELEPHONE:
07843 123 100 - 07849 950 464

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07787 568 468

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SELF DRIVE

J & C DEVLIN LTD
CIVIL ENGINEERING AND BUILDING CONTRACTORS

...and thank you to all our past, present and future supporters

Amazing but true! Last year our volunteers gave over 46,850 hours of help in total!

Our supporters go the extra mile

Blackburn with Darwen Mayor

We were thrilled to receive the news that we were one of Blackburn with Darwen Mayors chosen charity last year, and even more so when we received £8,000 at the end of the Mayoral year that was raised from various events and fundraising activities. Cllr Zamir Khan wanted to support a local charity, and he and his Mayoress's and supporters, worked very hard to ensure they raised as much as possible to benefit our patients.



Former Blackburn with Darwen Mayor Cllr Zamir Khan presents the cheque with former Mayoress's to Fundraising Manager Sharon Crymble

Cardboard Box Company

Owner Peter Street has been a major supporter for many years and this year is no exception. With his ongoing support of the Starlight Walk, annual Ball and loose change boxes to name a few, he helps to ensure his local hospice can be there to care for future generations. As Peter always says: "You never know when you might need the hospice."



One of our ongoing supporters Peter Street, owner of Cardboard Box Company

Gaskell Motor Bodies

Nick, Louise and the team from Gaskells can be spotted all over the place! From the monthly farmers' market in Great Harwood which they set up as a hospice fundraiser, to group challenges and the electric courtesy car with the hospice logo on the side, they certainly know how to shout the hospice name wherever they go!



Nick Gaskell in the hospice-branded Nissan Leaf electric courtesy car

Freemasons

Our friends from the East Ribble District Freemasons are a constant source of help, and this year's Starlight Walk was again marshalled largely by members, friends and family. As well as providing funds for the patients' drinks trolley, they offer crucial manpower for our large scale events that simply wouldn't happen without their support.



The team of marshals at the VIP Starlight Walk 2013

Blackburn College

are on target to achieve their £25,000 fundraising goal over the past year. From sporting challenges to craft and homemade food stalls, the college has been very busy creating a wide range of fundraising events to enable them to achieve their pledge.



Whittakers Butchers

The staff from Whittakers are the real men in town! From their shop in Oswaldtwistle they provide the sausages to feed our hungry starlight walkers, collect customers' loose change, take part in sponsored team events and even make jam for us to sell. They're an inspiration for any local business with their passion for the hospice.



The happy chaps at Whittakers Butchers

Bensons For Beds

The Accrington firm have taken us on as their charity of the year 2013 and kicked off their fundraising with a fast lap of York in the Jane Tomlinson 10k, raising almost £700. We're looking forward to seeing what else they have in store to raise funds.



Team Bensons celebrate finishing the York 10k with their medals and finishers t-shirts

news Letter...

Warren's lasting legacy

Warren Wolstencroft celebrated his 39th birthday on 16 May this year as a patient in East Lancashire Hospice – in fact the kitchen staff baked him a cake and the nurses and volunteers gathered outside his room to sing 'Happy Birthday'.

What they didn't know was that the birthday boy was in the shower and he greeted the singing crowd wrapped in a towel dripping with water!

Twelve years ago Warren discovered he had cancer. He was medically discharged after serving in the Queen's Lancashire Regiment for seven years.

Warren, a member of the East Ribble District Freemasons, was born in Great Harwood and moved to Blackburn, the town of his beloved football team. He was surrounded by women with his four daughters Shelby, Phoebe, Bethany and Darcy and wife Michelle.

In 2001 it was found that Warren had cancer in his hand. From that moment, it was a long journey.

Warren was visited by a clinical nurse specialist (CNS) from the hospice and he had a number of complementary therapies. During this time he asked to have a look around the hospice. Later in his illness the CNS nurse asked if he would like to come as an inpatient and because of his visit he wasn't scared. Before he'd seen the hospice, Warren, like many others, thought it would be a grey and sad place where people only come to die.

As a patient Warren knew this was not the case and he did all he could to remove that stigma. He had many visitors during his time as a patient who were all surprised by the surroundings. Warren also posted pictures on his Facebook wall to show people what the hospice was really like.

"The hospice has made me feel safe and secure"

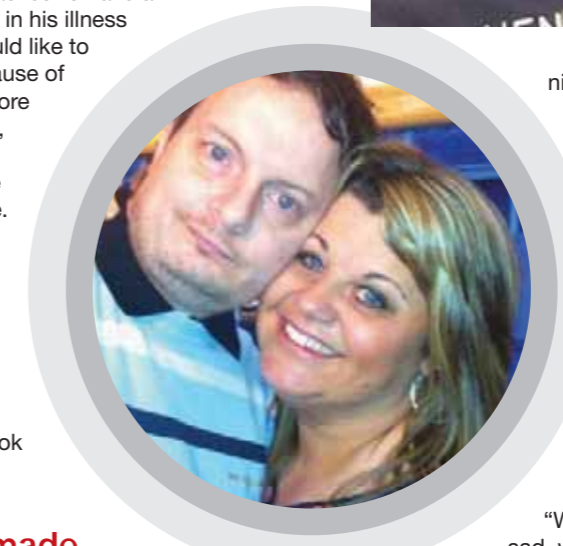
Warren said, "I am a proud, strong and strict parent. I don't want to die at home where my children will continue to live. I am happy to be here at the hospice, I love it and I would say to anyone who is coming to the hospice as a visitor or a patient, don't be scared. The hospice has made me feel safe and secure."

Sadly Warren passed away in July.

He had planned a Robbie Williams tribute fundraiser to take place at the Havelock Inn, Blackburn where he and wife Michelle first met. Warren sang a Robbie Williams song the



"Warren's stay at the hospice, although sad, was also a happy haven for him and I always felt safe and reassured that my special man was in good hands."



night they met. The evening was planned to take place just a few weeks after Warren passed away, but still went ahead raising over £1000.

Warren's wife Michelle said: "As Warren's proud wife I have to say what a courageous, brave, loyal man, husband, daddy, son and brother he was. He would leave a presence in any room and with whoever he met, be it good or bad! Throughout his illness he never let it get him down. He was always the joker and like a Sergeant Major with our girls!

"Warren's stay at the hospice, although sad, was also a happy haven for him and I always felt safe and reassured that my special man was in good hands. The hospice is a lovely, airy, peaceful, welcoming place, and Warren's final wish was to fall asleep there. As it happened, Warren passed at home peacefully with me holding him close as he will always stay.

"Our lives are in a different place now he has gone. A huge hole has been left that will never be filled.

"His family and friends will go on to fundraise for the hospice as Warren would have. It was a charity close to his heart. Warren and I have a lot of respect for all the staff and I want to thank all the nurses and doctors, staff and volunteers."

Q. How can I make my donation worth more?

A. *giftaid it*

If you are making a monetary donation or donating goods to the hospice, simply tell us if you are a UK taxpayer and fill in a short declaration.

It is the only time you can tell the tax man what you would like to do with the tax you pay!

How does it work?

Monetary donations - If you are a UK taxpayer, by simply agreeing to allow us to claim tax on your behalf and supplying us with your name, home address and signature, you will increase your donation by an extra 25%. That's £2.50 for every £10 that is donated. You can also gift aid donations made on any online sponsor page and by text giving. Just follow the on screen or text instructions.

Goods donations - A bag of goods donated to our shops raises an average of £25 - if it is gift aided it will raise an extra £6.25 for the hospice. We are in the process of updating the till systems in all our shops which will allow us to claim gift aid on the goods that you donate.

Next time you donate goods to one of East Lancashire Hospice Shops ask how you can sign up and make your donation go even further.

Want to know more?

Just give us a call on **01254 733412**



Organiser Jim Wilson hands over the cheque from the golf day to fundraiser Jennifer Quinn

Charity Golf Day goes with a swing!

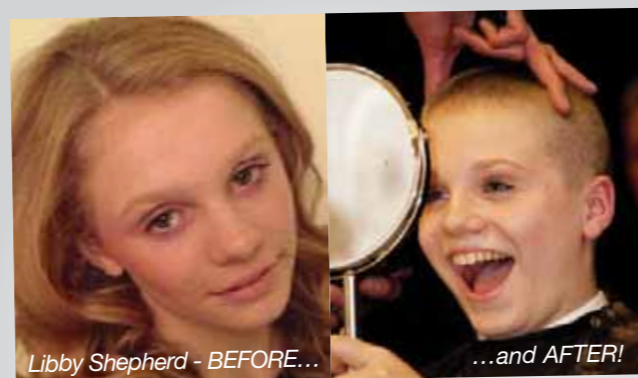
It was 'tee total' for over 20 teams who took to the green aiming for an above par performance to see them lift the winners' trophy! Fundraiser Jim Wilson from group The FUN-raisers organised the day held at Blackburn Golf Club, which raised a fantastic £1,500.

Thank you to everyone who took part, donated prizes and helped with the running of the day.

HAIR FOR HOSPICES MONTH: 1-28 OCTOBER 2013

Hair for Hospices month runs from 1-28 October 2013. For a sponsorship pack or for more information contact the fundraising team on **01254 733412** or email **kimberley.hall@eastlancshospice.org.uk**

Here's how some of our supporters have kicked off the fundraising, hair-raising antics...



Libby Shepherd - BEFORE... and AFTER!

Mount Carmel High School pupil Libby Shepherd, aged 13, from Oswaldtwistle took the plunge and sacrificed her long blonde hair in memory of her grandfather after seeing popstar Jessie J do the same to raise money for charity.

Her locks have been donated to the Little Princesses Trust to make wigs for children with cancer. Newly-shorn Libby said she liked her new look more than expected. She said: "It's not as bad as I thought at all. It's okay really. The only problem is that when it is cold, my head is absolutely freezing!"



Joni-Belinda Eastham, Gemma Thomson and Nicola Blacker all faced the chop to raise funds. The trio of ladies had at least 10 inches of their hair cut off and donated to charity to be made into wigs. The ladies raised over £1,500 in sponsorship between them.

They held the event at Joni-Belinda's Salon on Bolton Road, Blackburn for the big haircut, and also featured a tombola and raffle. Gemma said: "I know a few people that have gone to the East Lancashire Hospice so we thought that this would be a great way to help them."

What have Jessie J and a 13-year-old schoolgirl from Oswaldtwistle got in common? Well, they have both shaved their heads for charity along with several East Lancashire Hospice supporters!

As Hair for Hospices month approaches, we're looking for more people prepared to lop off their locks to raise funds. Don't fancy giving up your tresses? You could dye your hair a vivid colour, plan a silly style for the day or wear a weird wig or horrendous hat! Anything goes during Hair for Hospices month! Get your workplace involved in a silly hat day, or challenge your colleagues to have the wackiest hairstyle, or hold a lunchtime waxathon, it's up to you, anything which will raise vital funds for the hospice!

Our supporters have raised nearly £4,500 by shaving their heads or having their locks chopped short. How much more can we raise in Hair for Hospices month?

Don't forget to take some photos or video footage for our Facebook page and website too!



Hannah Croston, 17, a former St Augustine's pupil, decided she wanted to do something big to help to provide funds for patient care and didn't do things by halves - she had her long hair shaved completely off at Kellie Hughes Hairdressers, Whalley and raised around £800 in the process. Hannah decided to help after her granddad's friend had been cared for at the hospice and her mum told her it was a good cause. Mum Andrea said, "Hannah was determined when she decided what to do and when she told me I felt so proud. I think it is a brilliant thing to have done to raise money for a local charity."



Ladies from Ivy Street Community Centre had it all taken off in front of a packed room of supporters when they shaved their heads to raise funds. Sponsorship is still coming in from their big chop back in May.

18-year-old student Courtney Smith from Rishton raised £470 when she had her locks shaved off in May along with a number of fellow students. She also donated her hair to Little Princesses Trust.

It's all gravy!



Fundraiser Denise (left) grapples with a competitor in the sauce

There were thrills and spills as the 7th annual Gravy Wrestling competition took place in Stacksteads, Lancashire.

Proceeds from the annual competition and a raffle are donated to the hospice and this year an incredible £3,500 was raised.

The event attracted interest from Worldwide media including an Australian TV crew as entrants tried to avoid a roasting to reach the final.

One of our own stock, fundraiser Denise Gee competed in the tournament which required 1200 litres of traditional Lancashire gravy. Denise finished a runner up in the competition which saw wannabe champions dress as roast dinner accompaniments such as a giant brussel sprout and a huge Yorkshire pudding.

Thank you to all the volunteer team, the hosts at the Rose 'n' Bowl pub and event organisers for inviting us to be part of the event which takes place annually on Bank Holiday Monday at the end of August.

If you're interested in getting in the gravy next year please call our fundraising team on **01254 733412**

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