

# Welcome to our winter newsletter



As I reflect on another challenging year, I couldn't be prouder of the dedication and resilience shown by our fantastic team of staff and volunteers. We have cared for more patients and supported more families than ever before, all while still dealing with the challenges faced, both personally and professionally, by COVID-19.

This commitment to care, creating precious memories for our patients and families, is what makes St Leonard's Hospice so special. None of this is possible without your amazing support and generosity. Thank you.

**Emma Johnson**  
Chief Executive

## Contents

Pets as therapy.....	3	Strictly St Leonard's.....	17
Our fundraising heroes .....	4	Shop St Leonard's this Christmas.....	18
Light Up A Life .....	8	Shop opening hours over Christmas...	20
Bereavement support .....	10	Our first apprentices .....	21
The gift to make a difference .....	13	The Accumulator Challenge .....	22
Patient story .....	14	St Leonard's Lottery.....	23
St Leonard's Ball.....	16	Calendar of events .....	back page

# Pawesome pet therapy!

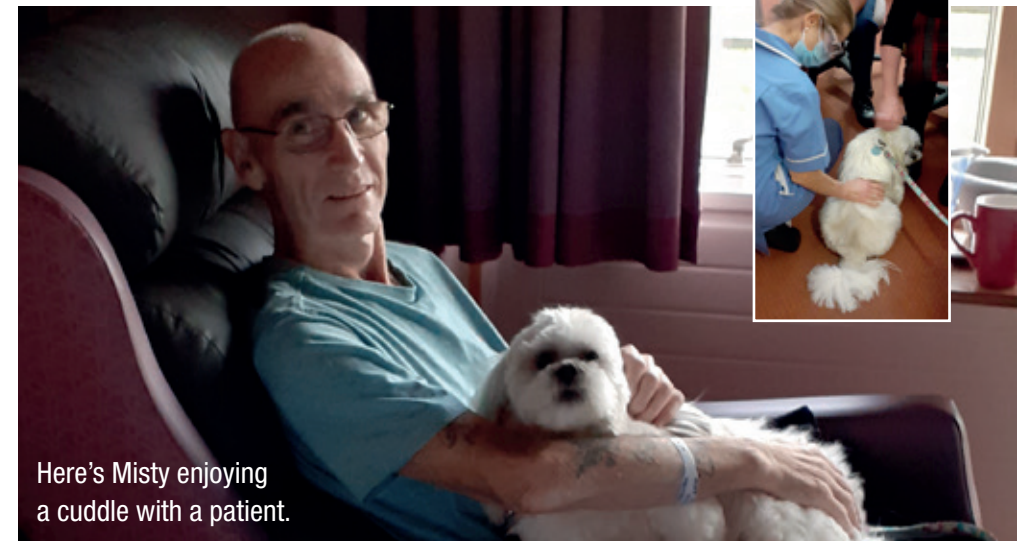
We are delighted to welcome back Pets As Therapy (PAT) dog, Misty and her owner Christine Hayter, to our in-patient unit. PAT dogs, and their owners, are specially trained to provide therapy and were regular visitors to the Hospice pre-pandemic.

The PAT dogs and their owners are a welcome sight in the Hospice and always raise a smile. They provide a valuable intervention for patients but staff also enjoy having a moment out of their work to have a little pat and a cuddle.

Misty the Lhasa Apso will be in the Hospice each week visiting the patients, their families and staff.

Therapy Assistant, Rachel, said:

“Having therapy dogs has such a positive impact on the wellbeing of patients, families and staff. They bring smiles to everyone's faces and give something positive to talk about with family and friends. Patients chat about their own lives and share memories of the dogs they once had, or find the interaction a brief, but valuable, distraction from any emotional or physical discomfort. It is a very rewarding experience to be a part of and the therapeutic benefits of having a dog to pet is endless.”



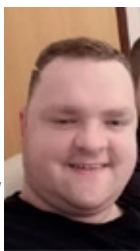
Here's Misty enjoying a cuddle with a patient.

# Our fundraising heroes

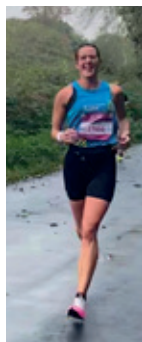
Lots of you did all sorts of amazing things to support us this year – and we are truly grateful to every single one of you. We've picked out a few of your wonderful efforts to share with you...

## Callum

Callum, from York, has been a fundraising superstar for us! He has been singing and dancing live on his Facebook page every day to raise money to thank us for caring for his Auntie Judy. So far he has raised £911 and he hopes to hit £1,000 before the end of the year.



Well done Callum and keep dancing!



## Paula

Paula ran the Yorkshire Marathon for St Leonard's in October. She was our first female finisher, crossing the line in an amazing 3 hours 30 minutes, despite feeling sick along the way!

Paula ran the marathon in memory of her mum, who was cared for by a Hospice in Scotland that goes by the same name – St Leonard's. Paula saw first-hand the benefit a Hospice has to a patient and

their family after her mum died when she was a teenager. She moved to Selby after meeting her husband Chris and then became a mum herself to two children – Olivia and Joseph. Since starting her family life in Yorkshire, Paula learned about our St Leonard's and wanted to support her local Hospice to help other families who may need support.

Paula raised over £1,500 from her inspiring run.

## Annabel

Congratulations to Annabel and Louise, who both took part the London Marathon this year for St Leonard's. Both were inspired to run in memory of someone very dear to them.

For Annabel, it was the “most meaningful marathon ever,” as she ran every step of the 26.2 miles in memory of her big sister, Diane, who died in May 2020. Diane was cared for by St Leonard's and Annabel wanted to raise funds for the Hospice as a thank you for “enabling Diane to live before she died and for this, I will be forever grateful.”

She said:

“There are so many wonderful charities to support, but to be able to fundraise for a charity that has



provided support and care to my loved one seemed like the best place to start.

Whilst in the Hospice, one of the nurses who was giving care to my sister said these simple words which will forever stay with me: ‘It is my pleasure to look after you.’ She said this with total sincerity and warmth.”

Annabel's response to that kindness was to take on the London Marathon to raise money for the Hospice.

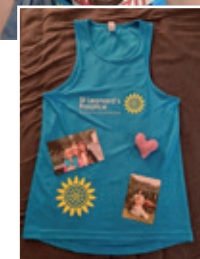
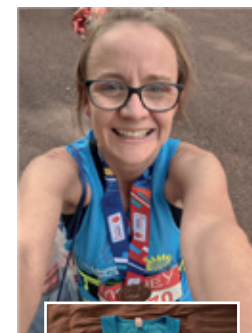
“It was my pleasure to fundraise for St Leonard's Hospice. To ensure they have the money needed to support other people and their families when they need it the most.”

Annabel said she cannot thank St Leonard's Hospice enough for the comfort provided to her family at such a difficult time.

Annabel raised over £5,800 – amazing!

## Louise

Louise ran in memory of her mum, Jill, who was cared for by the Hospice between January and March 2020 and died in the Hospice in May 2020.



Louise smashed her target time to finish the run in 4 hours and 27 minutes. The family fitness effort didn't stop there though, as Louise's two children Arthur (5) and Freya (10), took on a kids duathlon to raise money for the Hospice too – a wonderful and inspiring family effort!

## Stuart

Stuart took on one epic solo challenge – to run the length of Hadrian's Wall. At 135km (80 Roman miles) he proved he has a truly brave heart.

Stuart decided to raise money for St Leonard's after his wife Natalie was cared for by the Hospice before she died in 2018.

He said:

“The Hospice is so close to my heart. We're so grateful for the care Natalie received.”



Natalie was diagnosed with cervical cancer in 2013 when she was just 25 years old. It was caught at a stage where it could be treated with surgery and, shortly after, Natalie was given the all-clear and life continued as normal. Unfortunately, in August 2017, Natalie's mobility deteriorated and she was told that cancer had returned and spread.

Shortly after, Natalie was referred to St Leonard's Hospice. She stayed in the in-patient unit for two weeks for some respite care, before being readmitted in May 2018.

Stuart said:

“Despite the overall outlook and the many setbacks, the Hospice was a place of real sanctuary for Natalie. In her final months, it gave us regular moments of laughter, comfort and escape. It was a place where she could smile and be herself. Where Natalie could host friends and sleep off the bad days. A room we could fill with her favourite plants and millions of cards. And, most importantly, a place to fight her battle with grace, courage and her signature smile.

The Hospice really is a special place. Nurses are ever-present and caring. Doctors are honest but reassuring. The more specialist support is discrete but easily accessible. Volunteers adding extra kind touches throughout the day. All of that meant so much to Natalie and, in turn, all of us.”

Stuart was assisted on his challenge by his good friend, Glyn, who helped with logistics and much-needed pep talks, and joined him for the last few miles.

Stuart carried a photo of Natalie throughout his 80-mile journey, full of ups and downs, from Bowness-on-Solway to Wallsend. Speaking of his heroic challenge, Stuart added: “I have my reasons for doing this, and that's Natalie.”

Stuart raised over £9,500 from his extraordinary run.

## Ann

Ann knits in memory of husband Brian, and donates her crafty creations to our shops.

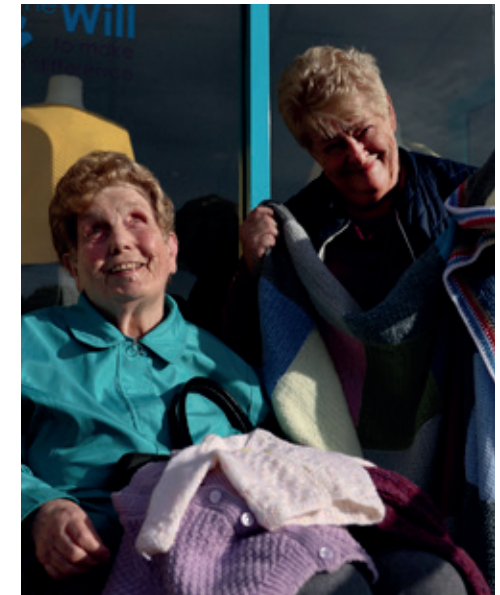
We were absolutely delighted at our Acomb shop when Ann and her friend Theresa came in to donate a blanket and baby cardigans that Ann had knitted over lockdown.

Originally from Dringhouses, Ann has been a valued member of the York community and even, after partially losing her sight

at 14, her and her late husband Brian did not let it stop them from making a huge impact.

She is a long-time supporter of the Hospice, since Brian passed away 8 years ago. They were supported by our Hospice@Home team. She was so grateful for the care that Brian received and knew that the money raised from her knitted creations would be going to a great cause.

Theresa is also a regular volunteer in our Acomb shop.



**We are so proud to have such amazingly dedicated supporters like Ann and Teresa, who touched us with their heart-warming story and generous donations.**

# Light Up A Life

**This Christmas, we remembered loved ones through our annual Light Up A Life campaign and would like to thank everyone who dedicated a light to someone special.**

Light Up A Life gives family, friends, and colleagues the opportunity to dedicate a light to one of three Christmas trees in memory of someone close to them. This year, we also added an Avenue of Trees at the Hospice. Each tree is decorated with personalised Memory Stars featuring your treasured words to someone special. The trees look magical as they light up our Hospice garden, a visual spectacle of not only light but also of special memories and messages of love.



The three Light Up a Life Christmas trees are in St Helen's Square in York, Selby Abbey and Easingwold Methodist Church. The trees bear hundreds of twinkling lights, each one representing the life of someone special. Their names are also recorded in a Book of Honour at Selby Abbey, Easingwold Methodist Church and at the Hospice.

A traditional service of remembrance was held at Selby Abbey earlier in December, and a virtual service will be broadcast at 6pm on Sunday 19 December, available on our website.

Special thanks to Duncombe Park and John Wright Electrical who supplied the Christmas trees and lights.

To find out more about our Light Up A Life campaign and to watch our virtual service visit, [stleonardshospice.org.uk/how-can-you-help-us/lual](http://stleonardshospice.org.uk/how-can-you-help-us/lual)



LIGHT UP  A LIFE

# Bereavement support

Often there are days and events, like Christmas, when grief fills life again for those living without a loved one. We know this time of year is a trigger to many, and, if this is you, please know our thoughts are with you.

Coping with grief is a challenge nearly everyone has to face at one time or another. But it's not something you have to face alone. Our highly experienced team is here to help, free of charge, and you don't need a connection to the Hospice.

Jenny is our Family Support Team Lead, providing bereavement, social work and family care. She is a trained social worker and has been with the Hospice for over 10 years. She feels privileged to support people at their hardest times to genuinely make a difference.

As well as being highly experienced in bereavement support, Jenny has personal experience of grief, after losing her beloved mum in June 2020. Jenny's mum, Audrey, received a sudden diagnosis of Motor Neurone Disease and was given three weeks to live. Jenny said she was relieved her mum was able to spend her last few weeks in the in-patient unit at the Hospice.

She is thankful to the nurses who cared for her beloved mum, who were able to judge



what was happening which meant she was able to hold her mum's hand as she left this world.

Jenny, Jane, Sara, John and Julie are a highly-skilled and committed team. They provide bereavement and pre-bereavement support to our patients and their families in the Hospice and in the community.

Bereavement support figures from January 2021 to end of October 2021

 103 referrals

Average waiting time 3.24 days 

 725 sessions

48   
Clients on the caseload at the end of October

Jenny recognises the invaluable support of our bereavement volunteers,

“St Leonard’s bereavement volunteers have continued to provide an excellent listening and support service over the past 20 months. The bereavement team would like to acknowledge the huge difference our volunteers have made to the lives of so many. Grief is a lonely experience which has only been made more difficult given the necessary lockdown restrictions. Their support has truly been a lifeline.”

Bereavement volunteer, Sue said:

“I have been a bereavement support for 10 years. Over this time, I have supported people on the phone, at their home and at the Hospice. The opportunity to support bereaved people through their grief is a privilege.”

We know that everyone is different and grieves differently. We offer a safe space for people to grieve, where their feelings are heard.

The pain and sense of loss can be overwhelming, especially if you've been closely involved with the care and end of life experience of a loved one.

## Volunteers

Our Family Support team is backed up by an army of 15 Bereavement Support volunteers, who each complete a 12-week intense training plan in active listening and communication skills, and specialise in understanding grief and current bereavement theories.



Some of our bereavement support team and volunteers

Our team works to normalise grief, not minimise it. At the moment, as a result of the pandemic, we are mostly providing telephone support, or support over Zoom. This has proven successful and has allowed us to reach and support more people.

We are beginning to see some people for in-person support, specifically children and people with learning difficulties.

“Just by talking to someone who didn’t know me and understood has helped me to continue every day looking forward.”

“I would’ve really struggled without this service as I had no idea what was happening to me. Such a solid supportive service, kind and compassionate staff – thank you so much.”



We also have a range of resources designed to help children after someone close to them has died at the Hospice, including comfort and memory boxes.

If you need support, call **01904 708 553**, between 8am-5pm, Monday to Friday, or visit [stleonardshospice.org.uk/grief](http://stleonardshospice.org.uk/grief) for more information.

# The gift to make a difference

Your help is needed now, more than ever...

**The care we provide is free, but it is not free to provide. We do get some public funding but this only covers a quarter of our annual running costs, the rest is thanks to the generosity of people like you.**

Juliette, a Trustee at St Leonard’s Hospice, decided to leave a legacy in her Will after a close friend was cared for by the Hospice.

“A few years ago, one of my very close family friends came to the Hospice to die. The support and care was amazing and I’d want that positive experience for me or my friends should we need it. A gift in your Will is one of the most valuable and lasting ways you can help change lives.”

We have ambitious plans for the future. There is a massive unmet need for palliative care in our community and this need is continually growing. We want to reach more people who need our care and more families with our support.

Once you have provided for your loved ones, thinking about leaving a legacy gift in your Will to St Leonard’s Hospice could make a real difference to people who may need our care and support in the future.

**£600** could care for a patient in the Hospice for a day.

**£5,000** could allow our Hospice@Home team to care for patients in their own home.

**£50,000** would fund two healthcare assistants for a year.



[stleonardshospice.org.uk/giftsinWills](http://stleonardshospice.org.uk/giftsinWills)



# Our care is personal

**Hospice@Home has grown immensely over the past 18 months, seeing a 30% increase in overall service provision in addition to demonstrating an extension in reach across our community.**

Over the course of the pandemic to date, the team has supported over 1,000 patients and their families to achieve the most amazing things.

A recent example, that moved the whole team, was the coordination of a wedding for a couple who had been in a partnership for over 18 years but wanted to marry, which they did only days before the moment of death.

Ally, Outreach Matron, said:

“This took tremendous courage and energy from the patient and a real committed approach from the staff, but we gathered all our resources to support his dying wish and feel privileged we were able to make this happen.”



Mike married his Spanish boyfriend, Manuel at a ceremony at home, attended by family. Our team helped Mike prepare for the big day by helping him with his suit and ensuring he was freshly shaved and ready to say ‘I do’.

Sadly, Mike died shortly after the wedding. As he was coming to end of life, Manuel, was getting very upset because he was finding it difficult to understand what was happening. This is where our Spanish care assistant, Paloma Sanchez Barbero, stepped in.

Paloma was on duty on the in-patient unit, when she was asked by Hospice@Home to go along with them to Mike’s home to provide much needed support. She said:

“Manuel was feeling very frustrated and lonely because of not really understanding the language and also the differences in cultures. His mum also died from cancer when he was 10 years old, so he was not coping well. I was able to listen to him, explain what was happening and support him. I was really happy to help and work with Debbie and Laura on the Hospice@Home team to support Mike with a peaceful death.”



Jo and Jane from our Hospice@Home team were on hand to help Mike

Paloma



# St Leonard's Ball 2021

There was a lot to celebrate at our St Leonard's Ball, as it returned to York Racecourse this year. Over 350 people glammed up and danced the night away to raise money for the Hospice. Money is still being counted but it is expected to raise approximately £40,000 – which is a wonderful effort by all involved.

Sarah Atkinson, Supporter Engagement Team Leader, said:

“After missing last year due to lockdown, it was great to be able to hold the Ball in a safe manner. It took a lot of planning to get it right and make sure it was safe, but it was a fantastic night! It certainly had the wow factor and it thrilled me to hear ‘wows’ as people entered the room. The dance floor was full all night long, people enjoyed the casino, and the food was delicious – a good time was had by all.”

Special thanks to our headline sponsor, Cellhire, who has sponsored the event since 1997.

Be sure to be part of the fun, as our next Ball is on 30 September 2023. Keep an eye on our website for more details.



[stleonardshospice.org.uk](http://stleonardshospice.org.uk)

## Could you score the perfect 40? Strictly St Leonard's wants you!

We're thrilled we'll be able to get back on the dance floor for Strictly St Leonard's 2022.

**Do you have what it takes to top the leader board? Or just love to dance? Then this is the perfect event for you!**

We're looking for pairs to partner up and take to the dance floor. So if you are ready to Rhumba let British Amateur Latin Sequence Dance Champion, Chris Robinson, teach you to dance in just six weeks. Dance the Cha-Cha-Cha, Waltz and Viennese Waltz then showcase your talent to family and friends in a fabulous venue, in our glittering Grande Finale on Saturday 19 March at the Riley-Smith Hall in Tadcaster.

Nick and Jules took part in Strictly St Leonard's 2020, and due to COVID-19, the event had to be rescheduled. They have loved their Strictly journey and think you will too!

“We absolutely loved the fun of learning amazing dance routines whilst making fab new friends. We were total beginners and originally signed up to this exciting event to raise money for an amazing cause, whilst spending

precious time together learning a new skill. We've had plenty of laughs (and some achy muscles) along the way and would highly recommend newbies to be part of the Strictly St Leonard's experience.”

For more information and to register your interest visit, [stleonardshospice.org.uk/how-can-you-help-us/events/](http://stleonardshospice.org.uk/how-can-you-help-us/events/) or email [sarah.atkinson@stleonardshospice.nhs.uk](mailto:sarah.atkinson@stleonardshospice.nhs.uk) or call **01904 777 777**.



# Shop St Leonard's this Christmas!...

St Leonard's is pleased to support the Charity Retail Organisation's campaign to encourage people to buy pre-loved gifts this Christmas. The #GoodCauseSantaClaus campaign seeks to inspire more people to buy pre-loved gifts knowing they are helping the planet and raising money for good causes.

Our charity shops are full of wonderful, one-off gifts. What's even better is buying from us means you are preventing waste,

giving pre-loved items a new home, and raising much-needed funds; it's the considerate way to shop this Christmas!

**We have lots of marvellous gift ideas in all our 12 shops – pop in and see what you can find!**

Don't forget to check out our fabulous eBay shop, where, from the cosy comfort of your own home, you can find lots of unusual and unique high-quality items:

[ebay.co.uk/str/stleonardshospice](https://www.ebay.co.uk/str/stleonardshospice)



# ...and in the New Year donate your unwanted gifts to us!

Received two copies of the same book? More gadgets than you know what to do with? Not sure you'll get through all those 'smellies'? If Santa was particularly generous to you this year, why not donate those excess gifts to us? We can resell good quality gifts all year round, and in doing so, you can receive a warm winter feel-good-glow knowing you have helped raise money for your local Hospice.

For details of all our shops visit [stleonardshospice.org.uk/st-leonards-shops](http://stleonardshospice.org.uk/st-leonards-shops)



# Our shop opening hours over Christmas

**December**  
**Friday 24**  
Open 9am-1pm

**Saturday 25 to**  
**Tuesday 28**  
Closed

**Wednesday 29**  
Open 9am-4pm

**Thursday 30**  
Open 9am-4pm

**Friday 31**  
Open 9am-1pm

**January 2022**  
**Saturday 1**  
**to Monday 3**  
Closed

**Reopen**  
**Tuesday 4**



## Welcome our first apprentices - Kayleigh and Jamie!

We're excited to welcome Kayleigh and Jamie who both joined us this year, Kayleigh as Digital Marketing Apprentice, and Jamie as Volunteer Services Apprentice. This is the first time we have recruited apprentices and we're delighted they have joined our Hospice.



### Jamie

"I'm the new Volunteer Services Apprentice. These are exciting times for Volunteer Services with lots of changes on the horizon. I am very much excited to be a part of it all. It's been great to meet so many people already, and I am looking forward to being part of team St Leonard's."

### Kayleigh

"Being one of the Hospice's first apprentices, the pressure was on, but I couldn't have found a more welcoming, kind and talented group of people to start my journey into digital marketing. My role is incredibly varied. I have already learnt a vast array of skills and can't wait to learn more!"

### Ingrid Jenner, Director of People, said:

"We are delighted to welcome our first two apprentices to the team. We want to broaden our diversity of both our staff, and their roles, to ensure we are able to provide the best possible care to our patients and their families. Having our apprentices join the team is a creative way of introducing new roles within the organisation and provides a balance between education and work. Jamie and Kayleigh have made an excellent mark already and their enthusiasm and attitude to getting stuck in has been a joy to see. We hope this will lead to more apprentice roles as we expand our offer. In turn, we hope that we can provide a rich learning environment to further develop their skills and experience."

If you're interested in working with us, visit [stleonardshospice.org.uk/work-with-us/current-opportunities](https://stleonardshospice.org.uk/work-with-us/current-opportunities) for current vacancies.

# The Accumulator Challenge



## How much can you raise?

We are looking for teams (of up to 6 people) to take part. To start you off, we will give your team a loan of £30. We are then throwing down the gauntlet to you and your team to auction, fundraise, invest, run and organise your way to the biggest profit in 30 days.

**The challenge starts at 8am on Saturday 12 February 2022 and will finish at 11:59pm on Sunday 13 March 2022**  
(only fundraising taking place within this period will count).

For more information and to register your team, please contact **Annie**, 01904 77 77 67 07778 48 29 30  
annie.keogh@stleonardshospice.nhs.uk

**Does your team have what it takes to be crowned “The Accumulator Challenge” Champions?**

# Playing our lottery is now even easier!

**Making it even easier to get lucky! In November, we launched our St Leonard’s Lottery in all of our charity shops. This means you can now buy your weekly lottery ticket at any one of our 12 shops.**

Not only could you be in with a chance to win our weekly prize of £500 for just £1, but you are also helping to fund vital care for our patients. Simply pop into a shop and ask to purchase a lottery ticket.

Since 2003, the lottery has raised £6,142,993.52 for the Hospice, much needed cash, especially during challenging times. There have been 935 draws resulting in 15,600 prize winners who have won a combined total of £654,500.



The support of St Leonard’s Hospice enables the Hospice to continue to provide specialist palliative care and support for local people with life-limiting illnesses. Every lottery number entered into the weekly draw plays a part.

Kathryn, Individual Giving Team Leader, said:

“By playing the St Leonard’s Hospice Lottery, you are playing a part in someone’s story. Whether it’s a patient receiving care at home, a relative being supported by our social workers or a child making a memory box for their loved one, every lottery number that is entered into our weekly draw is so much more than a number; it is a moment that is made possible by you.”

In 2020, the likelihood of winning a prize in the St Leonard’s Hospice Lottery was, on average, 1 in 318. For more information, visit [stleonardshospice safeandsecurewebservices.net/home](https://stleonardshospice.nhs.uk/safeandsecurewebservices.net/home)



# Events calendar 2022

## January

Donate any unwanted Christmas gifts to our shops

Business Club ..... Thursday 20 January  
@ Marriott, York

## February

Accumulator Challenge ..... 12 February

## March

Strictly St Leonard's  
Grande Finale ..... 19 March  
Accumulator Challenge  
awards ceremony ..... 31 March

## April

Easter Hop

## May

Challenge Walk ..... 7 May  
Plant Sale ..... 22 May

## June

All New Midnight Walk ..... 18 June

## July

Summer Fair ..... 3 July  
Rainbow of Ribbons

## August

York 10k ..... 7 August

## September

Back to school - time to volunteer?

## October

Make a Will Month  
Yorkshire Marathon ..... 16 October 2022  
Yorkshire 10 Mile ..... 16 October 2022  
Peru Trek ..... 14 – 23 October

## November

Christmas Fair

## December

Light Up A Life

Keep checking our website for updates on events, fundraising and Hospice news.

[stleonardshospice.org.uk](http://stleonardshospice.org.uk)



01904 708553



[stleonardshospice.org.uk](http://stleonardshospice.org.uk)



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