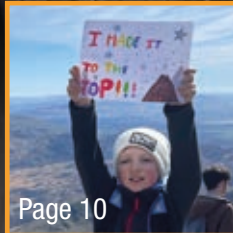
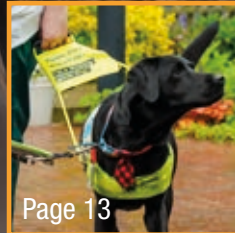




Page 5



Page 10



Page 13



Page 22

Contents

Making the most of time	4	Hidden heroes	14
Patient story	5	Rainbow of Ribbons	16
Sunflower Wellbeing Café	6	Elizabeth Anne Ellison	18
Antarctica Marathon	8	Sculpture trail	20
More super supporters.....	10	Accumulator Challenge	21
A placement becomes permanent.....	12	Starting the events year in style	22



The front cover shows Sharon enjoying a visit with her father and nephew with tea and cakes. She particularly enjoyed seeing her brother's dog, Milly. With her is Rachel an Occupational Therapist in the Hospice.

Update to our privacy policy

If you would like to opt-out from receiving marketing communications by post from St Leonard's Hospice you can do so by completing the form at stleonardshospice.org.uk/details. Scan the code to go there now:



Alternatively, you can call us during office hours on **01904 777 777**, email us on fundraising@stleonardshospice.org.uk or drop us a line at Donor Data Team, St Leonard's Hospice, 185 Tadcaster Road, York, YO24 1GL.

Easing the pressure

In response to the unprecedented demand for beds at York Hospital Trust, St Leonard's Hospice offered its support by opening an additional four beds on the in-patient unit.

These 'winter pressure' beds were to allow patients in the last days of life to be transferred to a calmer environment, sometimes after spending a long time in A&E. This response required our clinical

teams to work additional shifts and take on different roles.

Feedback from patients, relatives and hospital staff has been unanimously positive and we want to thank our staff for providing a responsive and flexible approach to support our healthcare partners. They went above and beyond to help more people at the end of their lives to have a good death.



I want to make the most of the time I have left

A common myth about hospices is that they are places you go to die. We like to think that hospices are for the living, and we are here to give our patients the best possible quality of life.

While the care we deliver is palliative, not everyone who we care for is at the end of their lives. There are a range of reasons why someone may come to St Leonard's, including symptom control.

Mark (52) has bowel cancer. Diagnosed in 2020, he has spent the last three years undergoing chemotherapy. He was admitted to the Hospice to help with a range of symptoms including pain, fatigue, reduced mobility, and emotional psychological distress.

Following two weeks under our in-patient unit care, where we supported him with pain management, spiritual and social care, plus physiotherapy, he was discharged home in a much better state of mind. His focus now is on living the rest of his life with his wife, Joanne, and young son Killian.

He says:

“The Hospice felt like the right environment for me. I have spent the last three years trying to extend my life with chemotherapy. It is one of the



biggest, daunting, and isolating things that can happen to you, dealing with an incurable disease. Being at the Hospice was a massive benefit. It gave me the time and space to make an informed decision to stop treatment.

The care you receive at the Hospice is patient centred. No one is too busy for you and people have the time to sit and listen. They allowed me to talk and gave me excellent advice.

I finally feel in control of my illness, and I am focused on living, not on dying. It is about the quality of time I have left now, making memories with my young family.”

One milestone on the horizon is Killian's sixth birthday.

“He came to visit me several times at the Hospice. He was not scared at all because the atmosphere is so calm and inviting and because he got a lot of chocolate! There were lovely spaces to spend time with him, including a family room.”

Mark wants to come back to the Hospice to die, mainly because of Killian.

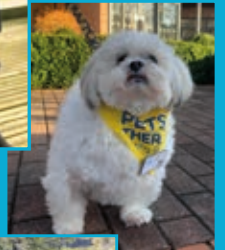
“I do not want him to see me die at home. We have had a talk and he understands that I will become one of the stars in the sky, looking down on him.”

For Mark, coming to the Hospice was the right decision.

“Care is given properly and not rushed. The whole experience was like being in a five-star hotel.”

Making moments matter

Here are some more memorable moments with our patients over the past few months.



New Sunflower Wellbeing Café launches

Our new Sunflower Wellbeing Café opened its doors in May. It is the first phase of our new outreach venture which has been developed, following public feedback.

The café is open to anyone affected by a life-limiting illness, their family members, carers and friends. It offers one-to-one chats with experienced staff and volunteers in a relaxed environment. Hot drinks, savoury snacks and cakes are available.

It is open every Thursday, from 10am to 3pm, in the Sunflower Centre at the main Hospice site on Tadcaster Road, with more sessions planned. It will also be taken to Selby and other areas throughout the year.

More community day services are in the pipeline, including wellbeing programmes, public education sessions, a 24-hour telephone helpline and more information resources.

Last year we asked people how they wanted day services to be developed for the future, following the closure of the Sunflower Centre during the pandemic. A survey, completed by more than 220 patients, family members, staff, referrers

to the Hospice and others, gave a useful insight into what people wanted to see.

Julie Dale, Outreach Matron at St Leonard's Hospice, said:

“We already knew, and the survey reinforced this, that the Sunflower Centre provided highly valued support for those who accessed it. However, we want to make support available to more people who could benefit from it. So we're developing services and more specialist provision for those people with the greatest needs.

There is a huge desire in the community to increase disease-specific awareness and talk about end-of-life. People want education and information on various aspects of death, dying and bereavement, as well as engagement earlier in the end-of-life journey.

The Sunflower Wellbeing Café is the first step in addressing these needs. By talking to people facing life-limiting illnesses, and their friends and families, we can support by developing tailored wellbeing plans and sessions, in addition to signposting to other support groups in the area. It's exciting times as we look to reach even more people to help them navigate end-of-life care.”



Paul runs Antarctica Marathon in memory of his mum



Sixty-two-year-old Paul Ackerley, of Harrogate, has run the “most obscure marathon he could find” to raise money for the Hospice team who cared for his mum.

Paul only started running when he was 57, and completed the Antarctica Marathon in March, running in temperatures as low as minus ten to raise over £2,000!

“My mum died of cancer in May 2017 and St Leonard’s Hospice provided wonderful care in the last few weeks of her life, meaning she could stay at home. We were all so grateful for this, so I wanted to do something to recognise the support and give a little back.”

Paul started running local Park Runs a few years ago and built up his distance, running the Manchester Marathon in 2021 and then the Rome Marathon in 2022.

“I wanted a proper challenge for my first fundraising run; one that would test me, generate interest, and make my mum proud. So, I started looking for the most obscure one I could, and the Antarctica Marathon ticked all those boxes. I dislike running intensely. I only enjoy the last 10 yards, but I’ve learnt that it is mind over the body.”

Paul has already done 75 half marathons but, until now, he hasn’t fundraised.

Paul’s mum Mary was 83 when she died in 2017 at home in Kilnwick Percy, near Pocklington. The Hospice@Home team from St Leonard’s helped the family care for her during her last few weeks, and they were so grateful for their support.

More super supporters

A massive thank you to **Bernard** who, on his 90th birthday, set out to raise £90 in 90 minutes by sitting outside Sainsbury's, Haxby, on his electric tricycle.



Huge thank you to **Burrows Mazda** who handed over the keys to our first electric car as part of a free sponsored loan.



We were touched to be invited to a very special cheque presentation organised by **Bill**. He raised £1,000 for the Hospice in memory of his wife, Cynthia, who our staff remembered for her amazing sense of humour.



Thank you to farmer **Chis** who auctioned Primrose, a rare breed cow, to raise funds in memory of his dear wife, Kate, who was cared for by our Hospice@Home team.



"It was worth the effort once we reached the top."

An amazing achievement by **Kim**, her seven-year-old son, **Theo**, and dog **Ned**, who all completed the mighty challenge of climbing Mount Snowdon in memory of Kim's grandma.



Joanna Keely Flowers is a legend to us, donating flowers for events and at the Hospice. She does it as a thank you for the care her mum received 14 years ago.

A placement becomes permanent

Abbie-Rose Reddington is a new Occupational Therapist who joined the Hospice in April. Abbie-Rose, along with her assistance dog, Evie, is a familiar face at St Leonard's. She completed her placement with us while studying for her Occupational Therapy degree at York St John University.

After passing her degree with flying colours, she jumped at the chance to come back and work at the Hospice full time.

“I really enjoyed my placement. As someone who is visually impaired it can be quite daunting going into your first place of work, but everyone was very welcoming and supportive. Having Evie with me was a useful way to break down barriers, especially with patients who loved interacting with her!

Each day was different I spent time working with our wellbeing volunteers and supported patients to use the virtual reality headsets. These have the benefit of allowing patients to visit various places around the world virtually. I even went on house visits to support patients with discharge home.

When my placement ended, I didn't want to leave as I felt I fitted in well. It's fantastic to be back as a permanent member of staff.”

Abbie-Rose and Evie are now part of the therapies team supporting patients with their independence and day-to-day activities.

“We support patients in a way that is meaningful to them, whether that's helping them go for walks in our beautiful gardens, or independently brushing their teeth. I am also hoping to set up anxiety management sessions for patients.

The experience at St Leonard's taught me a lot about what positive places hospices are and how they work. I'm looking forward to developing my career here and Evie is certainly enjoying the treats and range of bows she is collecting for her collar!”



Abbie-Rose and Evie with fellow Occupational Therapist, Rachel

Hidden heroes



Our housekeeping team could be described as the backbone of St Leonard's, keeping the Hospice sparkling clean for our patients, families, staff, and volunteers. The CQC report last year recognised the hard work that goes into keeping the Hospice under infection control, describing the environment as clean and well maintained.

Housekeeping manager, Liz, heads up the team. She has been at the Hospice for 19 years. Her deputy, Tracey, is celebrating her 10-year work anniversary this year. The two newest recruits, Gill and Sophie, joined last year after attending a Hospice recruitment day. In addition, there are three bank workers, including student, Casey. She currently does shifts at the Hospice when she is home from studying for her Operating Department Practice degree at Sheffield Hallam University.

No days are ever the same with the team rarely standing still. In addition to keeping the Hospice spick-and-span they do the laundry, organise the recycling, order products and uniforms and ensure all necessary equipment is in good working order. They also support the in-patient unit and Hospice@Home patients with washing their clothing.

Liz says: "I am always immensely proud of the team and the levels of cleanliness they maintain. The past few years, with the pandemic, have been challenging but the team worked tirelessly and always with smiles on their faces. I couldn't ask for a better group of people to work with."

See your own special memory shine throughout July

Our Rainbow of Ribbons campaign is back this year, giving you the chance to remember someone special, to celebrate a significant event or to show your appreciation.

The ribbons can be seen at the Hospice, in Easingwold, in the Museum Gardens, York and at Selby Abbey.



Visit our website at stleonardshospice.org.uk to find out more.

Rainbow of Ribbons

Donate and be 'appy'



Do you ever drop donations to our charity shops or donation centre? If so, it is worth downloading the free My Charity Shop app, which is a quick and easy way to show you how much money your donated items have raised, and the Gift Aid value they have generated.

Other handy features include:

- ☀ a scannable Gift Aid donor card plus ability to print a label at home, so you can quickly drop a bag off
- ☀ digital awards for raising money through sales of your gift-aided donated items
- ☀ data showing the positive environmental impact your donated goods have made

You can download the app by scanning one of these QR codes.



MyCharityShop

Elizabeth Anne Ellison

Anne (as she was known to all) was a great supporter of St Leonard's Hospice for many years, becoming involved when the concept of a Hospice for York was first considered in the late 1970s.

When she retired from her post as head of personnel at Rowntrees, York, in 1988 she was persuaded to become a regular volunteer at St Leonard's, taking over the role of secretary to the Friends of St Leonard's from Wilf Cooper.

Shortly after, in 1989, a new national fundraising initiative, Voices for Hospices, was launched. Anne's knowledge and love of music made her a natural appointment to the position of chair of the organising committee for this prestigious event.

Anne formed a small committee with Dr Nan Matheson and Colleen Copley, and in October 1989, a hugely successful performance of Come and Sing Haydn's Creation took place in York Minster. Attended by Lord Harewood, (who flew from Leeds to York by helicopter, landing at Middlethorpe Hall) this event, which was timed to take place at the same time across the UK, was a great success.



Anne is in the middle of the back row.

It was followed by similar Voices performances of Come and Sing Handel's Messiah, held in the Minster, and then latterly at the Yorkshire Air Museum at Elvington. These events raised huge sums of money as well as raising the profile of the hospice movement and especially that of St Leonard's.

In 1998 Anne was appointed a Trustee of the Hospice, a role she undertook with total commitment and enthusiasm until retiring at the end of her official 12-year term, in 2010. Her knowledge of personnel (now human resources) was invaluable.

Anne was always willing to advise and support staff and to sit on interview panels.

She thoroughly enjoyed her role as a Trustee and was never afraid to challenge, even on difficult or controversial matters.

Whenever she could Anne would help at fundraising events, summer fairs, Light up a Life and street collections.

In 2014 Anne resigned from the role of Friends secretary, recognising that with the introduction of social media, new ways of developing donor support were required.

There is no doubt at all that Anne was a loyal, trusted and much-loved supporter and friend to St Leonard's Hospice. Those who worked with her consider it a great privilege to have known her.

Anne's final act of love and support for the Hospice was to leave almost her whole estate as a gift in her Will. This substantial legacy will be used as she would have wished; to support local people at the most vulnerable time in their lives.

Free Wills offer launches

Leaving a gift to St Leonard's in your Will is now even easier thanks to an online Wills service.

We have partnered with expert Will writers, Guardian Angel, to give you the opportunity to write, or update, a simple Will for free. All we ask is that you consider leaving a legacy gift to the Hospice.

If you live in England or Wales, the entire process can be done online at the Guardian Angel website. **guardianangel.network**



If you live in Scotland or Northern Ireland, or would prefer to talk directly with a solicitor, call **0800 773 4014** and quote **St Leonard's free Will** to use the telephone service or arrange a face-to-face appointment.



St Leonard's to take part in York's first ever sculpture trail

The Hospice is proud to be the charity partner of an exciting new public art trail which is coming to York in 2024. Organised by Make It York, the trail will feature a new character, Snook, created by Yorkshire artist, Sian Ellis.



Businesses and organisations interested in sponsoring a sculpture to support St Leonard's can contact events@makeityork.com for more information.



Snooks are a bookish breed, often found in cosy corners with their faces buried inside the pages of a good book. There will be up to 30 Snooks with Books around the city. Each Snook will be

sponsored by local businesses, who will be paired with an artist to create a bespoke design for each sculpture.



Accumulator Challenge raises £21,230

Hospice supporters spent March fundraising as best they could, as part of the Accumulator Challenge, raising an incredible £21,230. All the teams were given an initial loan of £30 and the challenge of increasing this as much as possible to donate back to the Hospice.

The teams taking part included The Grand, Delta by Marriott, Tesco Askham Bar, Acomb One Stop, York Mix, City Cruises York and Middleton Hotel.

Fundraising activities from the teams ranged from quiz nights, raffles, cake sales,

craft and book sales, triathlons, sponsored walks and more.

The Grand is pictured with their prize for most funds raised. Other awards included most inclusive team and most innovative team, as judged by Gillian Robson the founder of Tancream, a previous Dragon's Den winner

The passion, dedication, and enthusiasm shown by all participants towards the Hospice has been truly amazing.



Starting the events year in style

It's certainly been an exciting few months with our fundraising events!

First off, we welcomed **Jay Blades** to The Principal Hotel, York, for our **Spring Lunch**. Over 200 supporters enjoyed listening to Jay's life story, raising almost £5,000 for patient and family care.



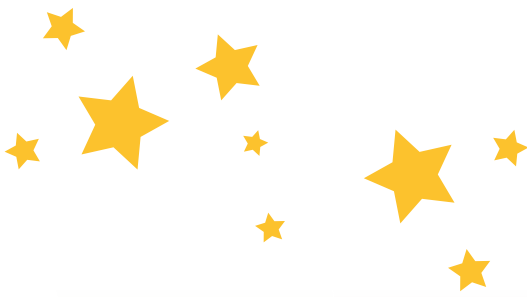
Next up was our **Strictly St Leonard's class of 2023**. A massive well done to **Lee and Debs**, the owners of local business, Jed Bell Butchers, who were crowned winners. Congratulations too, to all other eleven couples who took part!



Here's what's coming up:

The Academy of St Olave's charity concert..... 17 June
York 10k 6 August
Moonlight Walk 9 September

Yorkshire Marathon and 10 Mile 15 October
Once Upon a Time Ball 21 October
stleonardshospice.org.uk/01904 777 777



Join St Leonard's Hospice on

Saturday 9 September

for this year's Moonlight Walk!

With 2 hours of fun, music and entertainment beforehand, you'll be in the festival party spirit ready to walk around our beautiful city.

All to support our Hospice.



Book online stleonardshospice.org.uk
or call **01904 777 777**



01904 708 553



@SLHYork

For Office use only



stleonardshospice.org.uk



www.facebook.com/stleonardshospiceyork

Registered with



185 Tadcaster Road,
York, YO24 1GL



[stleonardshospice](https://www.instagram.com/stleonardshospice)



St. Leonard's Hospice, York is a registered charity, no. 509294 and a company limited by guarantee, registered in England and Wales, no. 01451533

FUNDRAISING
REGULATOR