

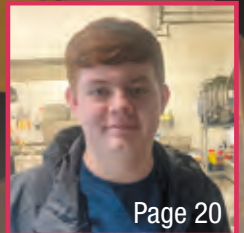
Page 3



Page 15



Page 18



Page 20

# Contents

A truly memorable day.....	3	Strictly fever hits the Hospice.....	15
Sunflower's six months of success .....	4	Walk raises over £36,000 .....	16
The St Leonard's team fixed me.....	6	Having a Ball .....	18
Carer Support Service.....	8	Volunteers of all ages.....	20
A year in numbers .....	11	Welcome to our new trustees.....	21
Thrilled to be back.....	12	Get set for Snook!.....	22
Teaming up with the Poc Doc.....	14	Protecting your loved ones.....	23

Alan being shown by Sarah how to use our new **MOTomed Muvi** machine. This can be used to train legs, arms and the upper body simultaneously. It can be used by a patient in a wheelchair, on a chair or on their bed. The machine will support the work our physiotherapists do with our patients.



## A truly memorable day

**Former racehorse and York Racecourse equine ambassador, Goldream (Remy), along with Poppy the pony, spread joy on a recent visit to the Hospice.**

Both visited patients and families attending a Sunflower Wellbeing Hub drop-in session, including John who has Parkinson's disease.

His wife, Jan, said: "It has bought John to life. I have not seen him animated like this in a long time or move so well. It is remarkable. John has a history with

horses as his first job after qualifying as a doctor in 1958 was in Africa. His job involved travelling many miles every day in remote, mountainous terrain on horseback seeing patients, so being up close with Goldream and Poppy was especially poignant for him."

We are incredibly grateful to racehorse rehoming and retraining charity, New Beginnings, and York Racecourse for arranging such an amazing experience. Our patients, families and staff had a truly memorable afternoon.

# Sunflower's six months of success

**Our Sunflower Wellbeing Hub has recently celebrated its half-year anniversary and what a six months it has been!**

Since launching in May with a weekly wellbeing drop-in for anyone affected by a life-limiting illness, the service has grown to include a bereavement drop-in.

Already, over 330 people have been supported by the Hub, which aims to provide a safe and relaxed environment for people to get advice from our experienced team, meet people who are going through the same experience and learn about other local support groups.

Julie Dale, Head of Community Services, said:

“It’s been an exciting time as we begin to make our support more accessible to people living with a life-limiting illness. From these sessions we have found there is a huge desire in the community to increase disease-specific awareness.

People want education and information on various aspects of death, dying and bereavement, as well as engagement earlier in the end-of-life journey.

We are pleased that we can address these needs with our drop-in sessions, and I am thrilled with the success of the Sunflower Wellbeing Hub so far.

Providing the level of personalised support we have been doing could not have been possible without our team of fantastic volunteers and I want to thank them for their invaluable support.”



As the team celebrate this six month milestone they are also looking to the future with the aspiration to work in collaboration

with the MND Association to provide specialist complementary therapy clinics for people with motor neurone disease.

“We have certainly got ambitions to reach more people. We want to be supporting them to the very end.”

Julie adds.

## Bereavement Drop-In

For adults who want support living with grief. It runs on **the first Tuesday of every month from 2pm to 4pm** in the **Sunflower Centre** at **St Leonard's Hospice**.

## Wellbeing Drop-In

For anyone living with a life-limiting illness. It's open every **Thursday from 10am to 3pm**, in the **Sunflower Centre** at **St Leonard's Hospice**.



Our Sunflower Wellbeing Hub volunteers

# The St Leonard's team fixed me



**Georgina has breast cancer and, after five years in remission, she found out in April that it had returned.**

As a determined person, she is refusing to sit back and let cancer win. However, a few months ago, an infection in her legs affected her mobility so much that she became bed bound. She remembers:

“It had a significant impact on my quality of life. I am a positive person, but I was starting to think that the cancer is winning.”

Georgina arrived at the Hospice with the goal of being able to walk from her bed to the toilet by the time she left. Thanks to the support of our multi-disciplinary team including nurses, physiotherapists, and occupational health therapists, she took baby steps towards achieving this goal and is now mobile and back at home with her husband, two daughters and mini daschund, Martha.

Speaking about her time at the Hospice she says:

“It is not a scary place at all. The care is so good. Nothing was too much trouble and every question I asked, they

answered without judgment. They also gave me the time to talk which was beneficial.”

Whilst staying at the Hospice, Georgina celebrated her 12th wedding anniversary.

“It was a wonderful day. My girlfriends came in the afternoon with a picnic and party hats then my husband was able to stay over with me. We enjoyed a takeaway, and the catering team surprised us with a cake!

It was lovely to feel like my life was carrying on as normal. My daughters came to visit, along with Martha, and were made to feel so welcome. My best friend came to stay with me one night. The team even supported me in going across the road to Tesco, mainly for chocolate but also to get the girls' school uniforms sorted.”

Now Georgina is back at home she is focusing on spending quality time with family and friends.

**“I came to St Leonard's and the team fixed me. It is certainly not a place anyone should fear.”**

# Welcome support for carers

**Our Carer Support Service is one of our new services which launched this year. Recognising that supporting someone with a life-limiting illness can be stressful and difficult at times, the service aims to relieve some of the pressure by giving regular breaks and respite to anyone who provides care to family, friends and loved ones.**

The six-strong team, with a mix of nursing and caring backgrounds, has already supported more than 220 people. All feel proud and privileged to be part of this new service.

“Every day you know you’re making a difference to somebody. You build such a great bond with the patient and their family. You’re in their home for generally three hours and might be visiting over many months so you really get to know them. For them it’s a sigh of relief.”

The team support with everything and anything.

“It’s the day-to-day life things. We taught one gentleman how to use a slow cooker to make bread and butter

pudding. Sometimes it’s cleaning their kitchen, it’s an extra thing that they don’t have to do. When life gets overwhelming the carer can sit and rest. There’s a huge trust element, they trust us with their loved one, and their house!

Listening to music and reading to people is also something we do a lot. When we meet the person, we really try to get to know them, find out who they are and feed into their interests. Sometimes that’s just looking at photographs with them. We find with a lot of patients listening to music helps to provide a bit of escapism. Some really enjoy telling you their life story. Their family might have heard it before, but we are there to spend hours of time with them and are brilliant listeners.”

The team would all love to see the service grow.

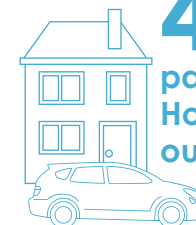
“It’s evident there’s a lot of the community out there who we are not reaching so we definitely want to spread the word to reach more people in need.”



“We could not be more grateful to the wonderful people who cared for dad from the moment he got home. They kept him comfortable and supported us as a family. They granted his final wish to be at home. Even after dad passed away the lovely nurses came and made him clean, clothed, and comfortable for us to sit with him before he was taken from home. Such amazing care from the very beginning to the very end.”

# A year in numbers

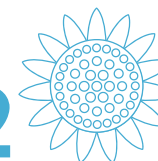
Here's how some more of our services have been supporting our local community this year. (Figures from January to September 2023)



**448** patients cared for by Hospice@Home with our team providing **4,659** hours of care



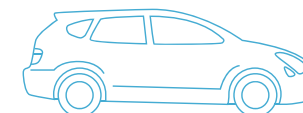
**314** patients cared for on our in-patient unit



**102** people supported by our bereavement support team



**14,745** calls handled by our Single Point of Coordination telephone service



**100,339** miles driven by Hospice@Home more than four times round the world! Or about half way to the moon!

We must raise nearly £8 million a year to run all our services, reach more people with our care and make a difference for those living with a life-limiting illness and bereavement. Our unrivalled care is only possible thanks to the support of the public. You can find out more and donate at [stleonardshospice.org.uk](https://stleonardshospice.org.uk)

# Thrilled to be back!

**This November saw us return to Pocklington with a new-look charity shop. Situated in Market Square, the spacious store is part of the retail team's vision to move away from the traditional style of a local charity shop.**

It offers a unique and modern shopping experience, complete with digital displays and touch screen information points where shoppers can learn more about what is going on at the Hospice such as job vacancies, volunteering opportunities and events.



It also includes the latest pre-loved fashion and homewares, plus a dedicated denim department which is part of our drive to be more sustainable.

“Thousands of litres of water are used in the manufacture of denim each year so why not help the environment by buying pre-loved items instead of new?”

says Jason Lomas, Retail Development and Operations Manager.

He adds:

“We have really tried to offer people a great shopping experience so that they can enjoy coming into the shop just like any other high street store. We wanted to move away from the typical charity shop feel and create something new while also keeping the costs down for the customer. It was great to have a blank canvas to work on to create our vision for this new-look shop and we hope the people of Pocklington and surrounding area really like what we have done.”

The local shoppers who came out in force for the grand opening certainly seemed to love it. When you are next in Pocklington make sure to check it out!



# Teaming up with the Poc Doc

## Pocklington shoppers might hear a familiar voice when they visit the shop.

Local GP, Doctor Tim Maycock, kindly agreed to record some Hospice messages for us which are part of a new in-store audio system. Make sure you listen out for him!

Tim and his wife, Leanne, are great supporters of St Leonard's running several marathons for the Hospice. As part of their training for this year's Yorkshire Marathon they even did a Retail Run around our York shops.

**Thank you for your ongoing support!**



# Strictly fever hits the Hospice

**It has been a busy time recruiting couples for our Strictly St Leonard's fundraising event with a little help from an ex-Strictly professional.**

Pasha Kovalev gave an exclusive dance lesson to two of our class of 2024 contestants while he was in York performing at the Grand Opera House. Colette Doherty and Vic Henderson-Agutter from our Workforce, Education, Learning and Development team will be competing

for the coveted glitterball. They were whisked off their feet by Pasha as he taught them the salsa.

All the competing couples will begin their dance training for real in February before taking to the stage and performing in front of friends and family in the glittering grand finale at the Riley-Smith Hall, Tadcaster on Saturday 23 March. We wish them all the best of luck.





# Walk raises over £36,000

In September we welcomed hundreds of supporters of all ages for our famous Moonlight Walk.



With an amazing two hours of entertainment beforehand, including festival regulars the New York Brass Band, walkers were ready to take on the seven-mile route around some of York's iconic landmarks.



Thank you to everyone who took part and raised funds in memory of friends and loved ones. Overall, you raised over £36,000 to support our services. Amazing!

We will be confirming the date of our 2024 walk very soon.

If you want to be the first to know, you can register your interest by emailing: [fundraising@stleonardshospice.org.uk](mailto:fundraising@stleonardshospice.org.uk)



# Having a Ball

It was a fairy-tale themed night to remember for attendees at our recent Once Upon a Time Ball.

Hundreds of guests enjoyed a sumptuous four-course meal and enjoyed a live auction before dancing the night away before the clock turned midnight! The event raised a fantastic £27,000. A big thank you to Cellhire, our headline sponsor, who has been supporting us since 1997.



Also remember to save the date for our special Ruby Ball, taking place on Saturday 15 March 2025 to celebrate the Hospice's 40th anniversary.



# Volunteers of all ages

**Meet Shirley, our longest serving volunteer. She has been supporting us for 37 years working in many areas of the Hospice.**

Her current role is in the Donation Centre sorting through pre-loved items to sell in our charity shops and on eBay.

“I volunteer my time in memory of my sister, Sheila, who was the Hospice’s second ever patient. Her care was wonderful, and I feel really privileged to be able to use my time like this. I hope I can keep going longer.”



At 16 years old Oliver is one of our youngest volunteers. He is currently working with our catering team. When we met him, he had just finished his first shift making 70 mince pies in preparation for the festive season!

“Right now, I don’t know what I want to do as a career which is why I have decided to volunteer. It means I can try out different professions and gain experience while also supporting a good cause. I am really enjoying my time in the kitchen and I am also hoping to spend some time with the facilities team.”

You can find out more about volunteering opportunities at St Leonard’s by visiting our website, [stleonards.org.uk/volunteering](http://stleonards.org.uk/volunteering)

# Welcome to our new trustees

We are thrilled to welcome three new St Leonard’s trustees; all bringing a wealth of experience and expertise to guide and support the work of the Hospice. Here they explain what they value most about being a trustee.



**Kate O’Connell**, member of the People and Culture and Governance committees.

“Understanding the importance of St Leonard’s Hospice for people in our local community and supporting both staff and volunteers to continue their incredible work.”

**Melanie Kay**, member of the Finance and Investment Committee.



“Knowing that patients, their families and friends have access to exceptional services and support from the staff and volunteers at St Leonard’s Hospice.”

**Lorna Allan**, Vice Chair of the IT Digital Transformation Subcommittee, and member of the Governance Committee.



“Being able to keep sharing, learning and increasing my knowledge in healthcare while working for an incredible charity that helps people.”



# Get set for Snook!

St Leonard's Hospice is thrilled to be the charity partner for the Snooks Trail, an exciting sculpture trail coming to York in February 2024.

Running over eight weeks, the trail, organised by Make it York, introduces the character Snook and will hopefully attract thousands of visitors to the city. There will be 23 uniquely designed Snooks on the trail, including a very special design promoting the Hospice.

Each Snook has been sponsored and is currently being brought to life with its own unique design. Yorkshire-based artist Sian

Ellis came up with the concept of the Snook and has personally designed and painted the Hospice's sculpture.

James Wainwright, our Head of Fundraising says:

"The Snooks Trail is a new and exciting way for St Leonard's to remind people why we're here and of the difference we make for people in York and the surrounding area. This is a really high-profile event, with the exciting prospect of the sculptures being auctioned off to the highest bidder in May. Hopefully raising a huge amount to help even more patients and their families in future."



# Protecting your loved ones

**The start of a new year is a time when people start thinking about getting their affairs order and one thing that should be top of people's list is making a Will.**

No one likes to think about making a Will, and people have all kinds of reasons for not making one, but here are four great reasons to write your Will today:

## 1 Makes your wishes known.

Keeping your Will up to date gives you peace of mind that the people and causes you care about will be looked after in the way you want.

Making your wishes known is now even easier thanks to our **online Wills service**. We have partnered with experts 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.

## 2 Helps your family and friends. A Will means those closest to you can administer your estate (that is your possessions and money) knowing they are acting on your wishes.

## 3 Gives your assets to the people and causes you care about.

Without a Will that sets out your wishes, what happens to your estate when you die will be decided by law. If you have a written Will, you keep control.

Leaving a gift in your Will to St Leonard's costs nothing in your lifetime, but makes a huge difference to the running of the Hospice. One in four of all patients are cared for thanks to legacies. A gift of just 1% of your estate can make a real difference to local people living with a life-limiting illness and their families.

## 4 Can minimise inheritance tax.

Having a Will may reduce the amount of inheritance tax that could be payable on your estate.



To find out more visit [stleonardshospice.org.uk/GiftsinWills](https://stleonardshospice.org.uk/GiftsinWills)

# St Leonard's visits Iceland, the Land of the Northern Lights

5 to 10 November 2025

Join us as we spend three days trekking through the other-worldly landscapes of Iceland.

Discover active volcanoes and vast lava fields, bubbling mud pools, hot springs and more.

[stleonardshospice.org.uk/  
iceland-trek](https://stleonardshospice.org.uk/iceland-trek)



01904 708 553



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



185 Tadcaster Road,  
York, YO24 1GL



StLeonardsYork



[www.facebook.com/  
stleonardshospiceyork](https://www.facebook.com/stleonardshospiceyork)



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

For Office use only

Registered with



FUNDRAISING  
REGULATOR