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HOSPICE



Springhill News
Autumn/Winter 2021



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Hello! Welcome to the Autumn/Winter edition of our Hospice Newsletter.

Our patients, and their families, rely on your support, and our expertise to be able to provide care and advice. We wanted to take this opportunity to thank you and everyone involved with Springhill Hospice for helping to provide such a fantastic service. Thank you.

As restrictions have eased, it is starting to feel like some sort of normality is within our grasp. Our shops have reopened and we've restarted some of our fundraising activities. However, this isn't the case for our nurses, our patients and their families. Springhill Hospice provides the highest standard of specialised, person-centred care to those living with a life-limiting illness. As I'm sure you will appreciate, because of the impact of the illnesses and conditions our patients are living with, and because their safety and comfort is our absolute priority, our nurses take a cautious view to the easing of any restrictions.

Many of you will have supported our Nursing Resilience Appeal earlier this year. Your support and response has made a huge difference, not only from the donations received but the wonderful messages of support you sent to the Hospice team, which were so positive at what has been an incredibly difficult time.

We're only able to provide the highest levels of round-the-clock care, now and in the future, because of the kind support of people like you.

I hope you enjoy this edition of our newsletter. We've started working on our Christmas fundraising plans, and are excited as some of our firm favourites are returning to our events calendar along with some new activities too!

Thank you again for making Hospice care possible,

Emily Kennedy

Head of Income Generation and Marketing

@springhillhospice

@springhillhosp

@springhillhospice



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Springhill Hospice

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Lottery Office

T. 01706 631013
E. fundraising@springhill.org.uk

Retail Office

T. 01706 656994
E. retail@springhill.org.uk



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SPRINGHILL
HOSPICE

Our care in numbers

Throughout 2021 we have continued to provide support and care to our patients and their families, adapting our services to meet the restrictions imposed by Covid-19. Here's a snapshot of just some of the care we've provided between January and June 2021:

Attended **216**
night sitting sessions

Made **943**
Hospice
at Home
visits

126
patients were admitted
to our In-Patient Unit

Bereavement support
was provided through
our Grief Guide to
47 people

54
of the patients
admitted to our
In-Patient Unit
were discharged
home

Our Specialist Community Team made **1,884** visits

This included visits from our Specialist Palliative Community Doctors and Nurses, Physiotherapy team, Counsellors and Specialist Palliative Community Assistant Practitioners

Our Specialist Community Team provided support to patients via **1,007** telephone appointments

Supported Day Hospice patients through virtual Self-Management and Wellbeing Groups and telephone consultations

Counselling support was provided through **186** telephone, video and face to face appointments

Did you know...
Around **20%** of admissions on to our In-Patient Unit are for a non-cancer diagnosis

Man of Rochdale Luncheon

Friday 26th November, 1pm
Rochdale Golf Club

Join Springhill at the 27th Man of Rochdale luncheon with guest speaker former Liverpool midfielder footballer Jan Mølby.

Tickets include arrival drink, 4 course meal and entertainment.



Nominate your 2021 Man of Rochdale

To make your nomination please complete the form at www.springhill.org.uk/events/man-of-rochdale Alternatively you can email your nomination and endorsement (max 500 word limit) to victoria.murray8@nhs.net Closing date for nominations is 1st November.

The 2021 Man of Rochdale is kindly sponsored by Jackson Jackson Ltd.

Our guest speaker, Jan Mølby is kindly sponsored by PDS.

Book your tickets now:

www.springhill.org.uk/events/man-of-rochdale

Tickets
£40



Santa Claus is dashing to town

Sunday 12th December, 11am
Queen's Park, Heywood

Our Santa Dash is back with a brand new location and route just for you! Dash your way through candy cane corner, stop for a s-elfie and cross the Christmas tree-mendous finishline to collect your medal from Santa's Grotto.

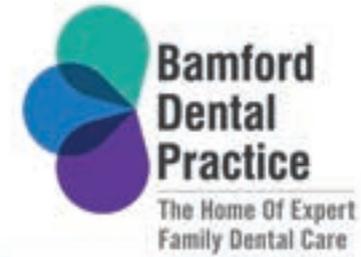
Whether you take part on your own, or with all your family, friends, colleagues or neighbours, there's snow way you should miss it! It's guaranteed to be a Christmas cracker, even if it does rain-deer!

Register now:

www.springhill.org.uk/events/santa-dash



£10 for Adults
£5 for Child
inc. Santa suit



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"Springhill Hospice has been bringing peace through dark times to thousands of patients and their families over many years. They offer terminal care, counselling, pain relief, respite care and emotional support in a beautiful peaceful environment. We pay tribute to the selfless volunteers who help to maintain this vital service. We have supported their amazing work for years and wish them every success for the future."

- Dr Mark Edmondson BDS FDSRCS (Eng)

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Everything you need to know about leaving a Gift in your Will with Aamna Mohammad from Molesworths Bright Clegg



Why is it important to have a Will in place and kept up to date?

Your Will is an important document, which details your wishes upon your death.

Circumstances are ever changing and it is important to keep your will up to date to ensure it takes into account any changes.

How do I create or update a Will?

Creating or updating your Will is very easy. Please contact Molesworths Bright Clegg Solicitors and we would be more than happy to help.

How easy is it for a client to leave a gift in their Will to a charity? Does this need to be a set amount?

Making a gift to charity, in your Will, is known as a charitable legacy. There are a number of different ways in which you can make a charitable legacy in your Will:

- By leaving a specific sum of money, for example £500.00
- By leaving specific items, such as jewellery, art or furniture
- By leaving a portion or the entirety of your residuary estate. This means that the charity would receive the funds which are left after any debts, funeral expenses and specific gifts have been paid

You can choose how much or how little you leave to charity, the decision is entirely up to you.

Can I leave a gift in my Will to more than one charity?

You can leave gifts to more than one charity if you wish. It is in fact common for people to leave more than one charitable legacy.

How do charities benefit from your clients leaving gifts in their Wills?

Leaving a charitable gift in a Will allows our clients to give something back. It is likely that charities mentioned in a Will, have played a part in our clients' lives and sometimes made a difference. Not only does giving money to charity help leave a positive legacy, it can also reduce the amount of tax paid by the rest of the estate.



Make every moment count by leaving Springhill a gift in your Will

In years to come your gift could make a big difference, giving a patient and their family peace and dignity at the end of life. Your gift will provide important care, comfort and support to patients and families, so they can make the most of the precious time they have left.

If you have any questions about making a Will and leaving a gift to Springhill Hospice, please get in touch, we're here to help.

Visit www.springhill.org.uk/gifts-in-wills call our Fundraising Team on 01706 641790 or email fundraising@springhill.org.uk



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Christmas Merchandise - place your order today!

Our Christmas Cards, diaries, calendars and other Christmas themed merchandise are now on sale. You can order using the form opposite and overleaf, by visiting one of the Hospice shops, or you can order online by visiting www.springhill.org.uk/shop/shop-online



Christmas Merchandise Order Form

Please complete the form below and overleaf and send, with payment, to:
Springhill Hospice, Broad Lane, Rochdale, OL16 4PZ.

Don't miss our Christmas Card multi-pack offer discount.
This offer can be applied to any combination of card design!

No.	Title	Price	No. of Packs	Total £
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2	On the Way to Church			
3	The Blue Pear Tree			
4	Robin on a Branch			
5	Peace on Earth			
6	Colourful Snowman			
7	Angel Winter Floral			
8	Bright Tree			
9	Presents Under the Tree			
10	Laburnum 2022 Diary	£3		
11	Forget Me Not 2022 Diary	£3		
12	Pink 2022 Diary	£3		
13	Navy 2022 Diary	£3		
14	2022 Hospice Calendar	£4		
15	Dog and Sheep Gift Wrap (6 sheets & 6 matching tags)	£3.50		
16	Santa and Reindeer Gift Wrap (6 sheets & 6 matching tags)	£3.50		
17	Springhill Hospice Bauble	£5.99		
			Subtotal	
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*Please allow one week for your order to be processed. Postage times may vary/be delayed depending on Royal Mail service times.

Your details (please complete in **BLOCK CAPITALS**):

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Contact number Email address

Postal address

Postcode Collecting order from Fundraising Office Y / N

Payment Details

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cash (please do not post cash to us. Please bring your order form and payment to Springhill Hospice, Broad Lane, Rochdale, OL16 4PZ or one of our charity shops)

Debit card payment

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Card no

Valid from M M Y Y Expiry date M M Y Y CVV

Signature Date D D M M Y Y

giftaid it **Boost your donation by 25p for every £1 you donate**

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Please claim Gift Aid on my donation (Please tick the box)

If you need to talk to someone about your order please contact us:

Tel: **01706 641790** Email: **fundraising@springhill.org.uk**

Please send your completed form and payment to:

Springhill Hospice, Broad Lane, Rochdale, OL16 4PZ

SPRINGHILL lottery

It costs just £1 per week to play (or £4.34 per month) and your support will make a big difference. As a Lottery member you will receive your own unique lottery number and you will be contributing to future patient care at Springhill Hospice.

How do I join?

- Visit www.springhill.org.uk/lottery to sign up online
- Call the Lottery Office on 01706 631013

The prizes

First Prize £1,000

Second Prize £100

Third Prize 15 x £10

Plus there is a weekly Rollover draw in which you could win up to £10,000, since our Rollover prize increases by £200 each week if it isn't won!

Don't miss out! You could win £5,000 in our Christmas Superdraw. Draw date 17.12.21. Enter at www.springhill.org.uk/lottery/superdraw or call 01706 641790. *Online entries close 16.12.21. Postal entries close 10.12.21

Vintage Giving

Easily donate your old and vintage items for **FREE** to help raise money for Springhill Hospice!

 **Box it.** Fill a box with vintage or old items - up to 30kg.

 **Send it.** Drop off at a Post Office for **FREE**, or book a **FREE** home collection.

 **Donate it.** Donated items are turned into funds and paid directly to Springhill Hospice.

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 **Email us** - donate@vintagegiving.com

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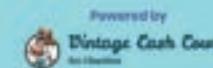
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Christmas at Springhill

Get Glowing this Christmas with your very own Reindeer Run!

Go Rudolph, Go Dasher, Go Dancer and Prancer, Vixen and Comet, Go Cupid and Donner, Go Blitzen and Go You!

For schools, nurseries and organised groups such as Cubs and Brownies, Springhill's Reindeer Run is a fun activity for children and staff to enjoy. You choose the date, activity and where and how it will be held.

Sporting Reindeer antlers provided by us, little ones across the borough can join in with our Reindeer Run this festive season.

Once you sign up you will receive your fundraising pack which includes everything you need to deliver your Reindeer Run including information for children and their parents, and how to fundraise for Springhill!

For more information please visit www.springhill.org.uk/events/reindeer-run



Wear Your Woollies

Get your festive jumpers at the ready - Springhill's Wear Your Woollies to Work, School or at Home Day is back! Dig out your best winter warmers, get your pals involved and simply donate £2 for adults and £1 for children to Hospice care at Springhill. Add to the fun with your own 'best dressed' competition, cake sale or Christmas quiz. We would like you to join together and have a bit of fun by showing off your best woollies on Friday 10th December. However, don't worry if this date doesn't suit you, you can pick any date throughout December!

www.springhill.org.uk/events/wear-your-woollies



Christmas Baking Kits

Stock up on a fabulous gift for friends and family, or treat your household to a festive baking session with one of our Christmas Cake or Gingerbread baking kits - £20 each.

Limited stock available.

Order today: www.springhill.org.uk/shop/shop-online or call 01706 641790.



New for 2021!

Christmas Tree Collections

Springhill's Christmas Tree Collection service is the perfect way to recycle your real Christmas Tree. Simply make a donation to support patient care at Springhill and our team of tree volunteers will collect your tree between the 7th, and 9th January 2022. The trees we collect will be recycled and turned into chippings which will be used in the Hospice gardens.

www.springhill.org.uk/events/christmas-tree-collection

Get into the spirit of Christmas Giving

Can you help restock our fundraising shelves ahead of Christmas?

We're in need of items such as:

- Bottles (alcohol, jars of sauce, anything that could go on a bottle tombola)
- Chocolates
- Raffle and tombola prizes
- Gift vouchers for local restaurants, beauticians and shops
- Empty and clean jam or marmalade jars (no pickle jars please)

If you, or someone you know can help please contact the Fundraising Team on 01706 641790 or email fundraising@springhill.org.uk

Donations should be marked 'FAO Fundraising' and brought to Springhill at the Craven, 7 Broad Lane, Rochdale, OL16 4PG Mon-Fri 8:30am - 4:30pm. Donations can be dropped off outside these times by prior arrangement with the Fundraising Team.





Jerome's Story

In the Summer of 2020 I'd found my levels of fitness dropped significantly. Professionally I've been a Soldier, Police Officer and I've played rugby and always kept myself in pretty reasonable condition. My wife, Jen, and I used to walk a lot and I've always been fit and healthy. I found that I wasn't able to keep up with her on our walks, to the point where on one walk in the West Pennines I had to stop and she had to go and fetch the car and pick me up. I don't know why but I put it down to getting older and not being as fit, which seems silly now!

On another occasion I'd walked up a flight of stairs at work and it took me around 10 minutes to recover from it. Jen was worried and we ended up at the Walk In Centre at Rochdale Infirmary where they discovered a large lump which they thought was around my liver. After further hospital visits, scans and an unrelated stay in hospital with Pneumonia they eventually found the problem was with my kidney. I was diagnosed with clear cell renal cell carcinoma, effectively cancer in my right kidney. I also had clotting in the veins leading to and from my kidney and in the large vein that runs up the centre of your body.

Until the beginning of 2021 I found that I could still manage a 5-6 mile flat walk with the dog, at my own pace, but fast forward a couple of months and now I couldn't dream of walking any distance. I was referred to the Specialist Community Nursing Team at Springhill in Spring of 2021 following a visit to A&E at North Manchester.

One of Springhill's Specialist Community Nurses came out and spent a lot of time with

me, talking to me about my condition. She wanted to know which other teams were involved in my care, what they were doing for me and, most importantly, they wanted to know what I felt about what was happening. Rather than being asked diagnostic questions they asked questions like 'if we do this what do you think?' or 'shall we try this?'... they involved me. They put together a home care package which worked for a while, but two or so weeks afterwards I had a horrible night. From the moment I went to bed I was in pain. I don't know what triggered it but I couldn't get rid of it. I needed help. I couldn't think through it but, in the moments I could, I was really scared. I felt out of control and couldn't do anything about it.

Jen called an ambulance and they managed to stop the immediate pain, but were at a loss as to where to go from there. Thankfully they were excellent and they phoned the nurses at Springhill. One of them came out immediately and I was admitted to Springhill's In-Patient Unit.

It was odd for me. I knew I definitely didn't want to go into Hospital, but on the other hand I was absolutely frightened to death. I'm 56, not particularly old, but I'm of that generation that believes you go to a Hospice to die, so that was the thought going through my head. I was worried.

From there on, the team at Springhill just blew my mind. Every single interaction or element of being in the Hospice was just surprising; it was an education, an unbelievable education. I found it amazing in every way.

The attitude of the staff meant I was involved in the choices around my care. Jen and my sister were understandably worried and I was more than happy for the Doctors and Nurses to speak to them directly. They had a great care for my family as well as me, particularly in these times where they couldn't visit because of Covid. The Doctors and Nurses guided me through everything. They made sure I knew what information to give to Jen and my sister. They almost anticipated the questions Jen would ask and, whilst they didn't tell me how to answer them, we talked about why it was important to answer those questions.

The thing that really stood out for me was the professional competence of the staff; these were people who were at the top of their game. There was an amazing professional ethos. It's easy for me to say these things about the nurses and doctors, but it extends to the attitude of the cleaning staff and the people who served you your dinner and the maintenance stewards. They'd come in in the morning to have a chat and they'd remember the conversation you'd had the day before. They would ask questions about how you were getting on. It was an ethos that ran throughout the whole team. They were all in it together, for you; there was real compassion right across

the board. I felt confident, and I soon became comfortable there. You knew every single one of them was there for you.

I was in the Hospice for pain control for just over a week. Now I'm back home I'm still in touch with the SPCN team; one of them is coming in later in the month to see how I am coping around the house with stairs and obstacles. One thing I've come to realise through my journey with Springhill is that, whilst I'm hugely independent, I've learnt that if I accept a little bit of help then my ability to cope lasts a little bit longer. I always try and have the attitude that I have a good day and a better day and something in between, but never have a bad day and that helps me to get through things.

Being at Springhill was a very humbling experience; just to think that there are such impressive people in the world and that they will look after you. I made up my mind very early on, following my experience at Springhill, that my illness is terminal and I'm quite comfortable with that as a proposition, I never wanted to die at home. My family is traditional. I remember going to my Grandma's funeral and her coffin was in the living room. That's something I've never forgotten and wasn't something I wanted to happen with me. It seems an odd thing to say, but the place I want to die is at Springhill Hospice.



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☆ 2021 Light up a Life ☆

Springhill Hospice invites you to reflect, remember and celebrate those special people this December.

As we near the end of the year, Light up a Life provides a chance for you to remember and celebrate the lives of your loved ones, by dedicating a light on our beautiful Hospice tree.

Springhill Hospice invites you to dedicate a light on our tree, and join others in remembering those exceptional people who have brought joy and light to your life. Hundreds of lights will shine brightly, each in memory of those you love, turning our garden into a haven of light and hope.

You can make a donation of your choice to dedicate your light in memory of your loved one. Each dedication will mean our patients and their loved ones will receive the care they need to make every moment count.

You will receive a personalised card, displaying your loved one's name, and a Light up a Life home pack including a dedication star which you can personalise with your own special memory.

All dedications will appear in our Book of Lights which will be displayed virtually on our website.

For 2021 our Light up a Life service will be virtual and will include music, carols, readings and poems for you to reflect, remember and celebrate the memories of your loved ones. The service will be streamed on our website and social media pages on Saturday 4th December at 6pm and will remain available throughout December for you to watch at a time that is meaningful to you.

Should restrictions allow, and taking into account the safety of our patients and staff, we may be able to invite you to the Hospice to view the Light up a Life tree and hang your dedication star on one of our Hospice trees. Information regarding this will be updated on our website, social media and by email should you provide this contact information with your dedication.



☆ Light up a Life Mementos ☆

Beautiful Light up a Life mementos are available to purchase from just £1.50. They are a wonderful way to remember your loved ones and to support Springhill Hospice. You can order your Light up a Life merchandise via this leaflet or online at www.springhill.org.uk/events/light-up-a-life

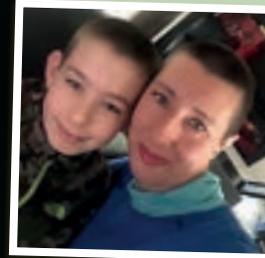


"I take part in Light up a Life for my Dad, Brian."

Our first experience with Springhill was when my Dad, Brian Hatcher, was referred to go to the Day Hospice. He had kidney cancer and was also battling prostate cancer. He looked forward to spending Monday afternoons there and it quickly became known as the Grandad Club in our house. Dad was offered a range of activities that he could take part in including art, which he loved. The professionals and volunteers there were all fantastic.

Unfortunately, Dad's prostate cancer got worse and he was rushed into hospital in January 2015. We soon found out that hospital was not the right place for Dad as they couldn't offer any surgery and we were facing end of life care. The hospital was too far away and I hated the feeling that if we got that inevitable call we just didn't want this to be where Dad was. They spoke to the Hospice and Dad was moved to Springhill a couple of days later. The difference for all of us was instant.

Dad had his own room at Springhill and the care was second to none. I felt that this was somewhere I wanted my boys, aged 5 and 7, to see their Grandad for what would be the last time. I asked the boys if they wanted to go and see Grandad at the Grandad Club. They did and it's something they'll always remember, especially the Hospice's cat and the bird tables. Dad passed away



peacefully at the end of that week. The Hospice were so fantastic supporting our family at that time.

Since losing Dad many people asked if it would be hard for us to go back to the Hospice, but it never has been. We've been to many fairs there and my Mum, Veronica, completed the Hospice to Hospice Walk a couple of years ago at the age of 80. Last year during lockdown myself and my youngest son, Todd, shaved our hair off and set ourselves an initial fundraising target of £300. We managed to raise over £2,000 in the end. We also have a tree planted in the Hospice garden in Dad's name. Me and Mum have always dedicated a light to Dad for Light up a Life and have attended the Light up a Life services, which has become a tradition and our time to remember and grieve.

Springhill Hospice gives me some peace and comfort and will always hold a special place in my heart. The people and the place are lovely and, at such a difficult time, they are there for the local community and their families.

Julie Bradshaw

If you would like to make a dedication in memory of your loved one:

- Visit our website page at www.springhill.org.uk/events/light-up-a-life
- Complete a Light up a Life leaflet, available from the Hospice's Fundraising Office or Hospice Reception.
- Call Fundraising on 01706 641790 to make your dedication over the phone.

Please get in touch if you would like any further information about Light up a Life. You can call Fundraising on 01706 641790 or email fundraising@springhill.org.uk



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Fundraising at work

Fundraising at work for Springhill Hospice is a fantastic and easy way to make a real difference to your local community. It's also a great way of working towards, and meeting, your Corporate Social Responsibility goals.

From adopting Springhill Hospice as your Charity of the Year to holding an annual fundraising day, taking on a team challenge, sponsoring one of Springhill's events or activities or even offering your services as a gift in kind there is something for every business.

Just like the care we provide, we understand one size doesn't fit all, so our dedicated Corporate and Partnerships Fundraiser will work with you to find the best way for you to get your team motivated and support local Hospice care.



Hopwood Hall College Volunteers

Thank you to our Charity of the Year partnerships for their fundraising and volunteering during 2021:

Hopwood Hall College has volunteered in our retail shops, helping with decorating and joinery work. They are also organising a number of fundraising events over the year.

Bayman, Topping and Smythe has done a fabulous job volunteering in our gardens. They also took on Snowdon and have so far raised over **£500!**

Crompton & Royton GC Lady Captain's Charity has organised several golf events and raffles with all proceeds to Springhill Hospice.

Ingram and Micro has very kindly offered to donate laptops to the Hospice.

Castle Hawk Golf Club Lady Captain's Charity is a brand new charity partnership and we are so excited to start working with them.



Talk to us about how we can help you achieve your goals. Contact Vicki Murray, Corporate and Partnerships Fundraiser by calling **01706 641790** or email victoria.murray8@nhs.net



Business Buddies

Our Business Buddies are passionate about providing specialised care for the most vulnerable people in our local community.

Joining Springhill's Business Buddies is something you can be proud of and will help you stand out to your key stakeholders. There are also many benefits for you when you become a member of Business Buddies. To find out more visit www.springhill.org.uk/business-buddies

Meet our Business Buddies:

- | | | |
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| Anthony K Associates Ltd | Handelsbanken | Recruitment Solutions |
| Car Leasing | Hanson Springs | Reside Estate Agents |
| Bamford Contract Services | Hopwood Hall College | Rochdale AFC Community Trust |
| BeeFirst Media Ltd | Icon Sports | Rochdale Occupational Health |
| Bexan Ltd | Jackson Jackson Ltd. | Rochdale Online |
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| Graham Poole Road Transport Ltd | Performance Doorsets Solutions Ltd. | |
| GW The Marketing Guy | PKW LLP | |

Bayman, Topping and Smythe gardening



Thank you to our fabulous fundraisers

Our sensational schools

Caldershaw Primary School took part in 100 different challenges as part of the Captain Tom 100 Challenge and raised **£4,190.47**.

St Edward's CE Primary raised **£4,151.68** with their Springy Frog Walk, walking 210 miles around the perimeter of the school, the equivalent of Rochdale to London.



Caldershaw Primary



St Edward's CE Primary



Norden Primary



Healey Primary

Norden Primary School and Little Heaton Primary wore green for Springhill for their Go Green Day raising **£444.44** and **£97.96** respectively.

Healey Primary School took part in our Change Box Challenge for Go Green raising **£1,078.63**.

Our wonderful walkers

Andrew Ormrod and a team of friends completed their Trek72, walking 72km and raising **£3,848.39** for Springhill.

Charlotte Dawson and friends walked fifteen miles in memory of her Grandad Roger raising **£299.25**.

Middleton based pub, The Jolly Carter repeated their annual 'lockdown walk' to the Hospice and back raising **£4,365.96**.



The Jolly Carter walkers



Jolly Boys

After an enforced break, the Jolly Boys were back together in 2021 with 26 of them walking 70 miles in the Peak District over three days, raising **£2,000** and still counting.

Our terrific trekkers

A group of thirty walkers battled rain and wind to take on the Yorkshire Three Peaks challenge. Despite the elements being against them, they ploughed through, put on their waterproofs and kept smiling to complete the 24 mile full-day hill walk, together raising over **£13,000**.



Members of the Rochdale based Wireless CCTV team



Leisa & Genna taking on the Y3P to remember Janey and Stella



Our Yorkshire Three Peakers



Trevor and Rita beat the 12 hr target

Springhill's 2022 Yorkshire Three Peaks is on Saturday 30th July – register today: www.springhill.org.uk/events/yorkshire-three-peaks

Our super skydivers

With very little chance to celebrate her 70th Birthday and Golden Wedding due to Covid-19, Marlene Taylor decided what better way than to jump out of a plane! Especially if she did it for a good cause. Marlene also dedicated her birthday on Facebook to Springhill and together raised **£843.75**.



Tania Kelly took to the sky for Springhill to jump from 15,000ft because of the care given to her Grandpa and support for her family in difficult times. Tania raised an amazing **£2,222.75**.

Our amazing adventurers

Rochdale AFC Military Veterans raised over **£3,113** organising a charity football match versus Oldham Military Veterans, winning the match 6-3.

Ryan Miskella, with five team members, completed the 4x4x48 challenge running 4km every 4 hours for 48 hours. They raised **£6,046**.

80 year old Beryl Healey walked with her three wheeled walking aid setting herself a challenge to walk 1,000 steps outside every day for a month. In fact she walked 40,314 steps, making a donation of **£500**, and intends to carry on walking.

Tim Liptrot and friends cycled 100 miles from Wolverhampton to Wigan in memory of Tim's Grandad Albert who would have been 100 this year. A committed Springhill supporter, it commemorated Albert's tandem ride in 1921 in search of work and the group raised **£2,437.50**.



Oldham Military Veterans



Tim Liptrot and friends

We couldn't be more proud of all of our sensational supporters

To find out how you can support Springhill visit www.springhill.org.uk/helping-us or contact the Fundraising Team on **01706 641790**.

Become a volunteer

One of the most precious gifts you can give to us is your time.

By becoming a volunteer and giving up just a few hours on a regular basis, you will make a real difference to the lives of local people.

Why do people choose to volunteer for Springhill?

- Give something back
- Make a difference to the lives of others
- Help the local community
- Be part of a team and meet new people
- Gain confidence
- Learn new skills

Whatever your skills and experience, we have a role that will suit you. For the majority of our volunteer roles no experience is necessary, we provide full training and can be flexible with hours to suit you.

What can I do as a volunteer?

Volunteer Receptionist



General Volunteer



Flower Arranging

Retail Driver/ Driver's Mate Volunteer



Volunteer Gardener



Community Volunteer

Shops Volunteer

Volunteer Driver



Volunteer Complementary or Beauty Therapist



Day Therapies Assistant

Fundraising Volunteer

Volunteer Creative Therapist



Bereavement Support Volunteer



eBay Volunteer



**Please note you need to be over 18 years old for some of these roles*

For more information about becoming a Springhill volunteer please contact Gill Kenny, Volunteer Coordinator by calling 01706 649920 or email gillian.kenny@nhs.net

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Springhill's Shops

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ebay www.ebay.co.uk/str/springhillhospicecharity

 www.springhill.org.uk/shop/shop-online

Shop with us

We have seven shops across the borough of Rochdale where you can pick up a bargain and support Hospice care whilst you shop.

Shopping with us contributes to the vital funds we need to care for patients and their families.

By supporting Springhill's charity shops either by donating your quality pre-loved items or shopping with us you are protecting our environment by recycling items and reducing waste.

Help to stock our shops

Our shops rely on your generous donations. Each item we receive contributes to helping us raise vital income. There are some goods that we can't sell for legal, health and safety, demand or quality reasons so we cannot accept these as donations. Please visit www.springhill.org.uk/shops/donate-goods to find out more about what you can donate and to check our current donation days.

If you have collectables and vintage items that you would like to donate these can be dropped at any of our shops labelled FAO E-Commerce Team, or you can donate them via a quick and easy postal service to Vintage Giving who will value your items and then send Springhill Hospice payment for your donation. Find out more by visiting www.springhill.org.uk/vintage-giving

We offer a free, fast furniture collection service for items donated to Springhill Hospice. We are able to collect all sorts of items like sofas, tables, beds and more. To book your collection today please visit www.springhill.org.uk/shops/furniture-collection or call 01706 522844.

 **Were on Insta!** 
Are you a fan of Instagram? Then make sure you're following our newly launched shops page @springhillhospiceshops

Gift Aid your donations

You can make your donations to our shops go even further to raise funds for Springhill Hospice by signing up for Retail Gift Aid.

Whether you're donating a sofa, a DVD or a pair of shoes as long as you are a UK taxpayer you can sign up for Gift Aid.

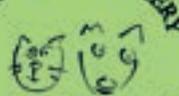
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and Customs on the sale of donated goods, increasing the value of your donation at no extra cost to you.

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