

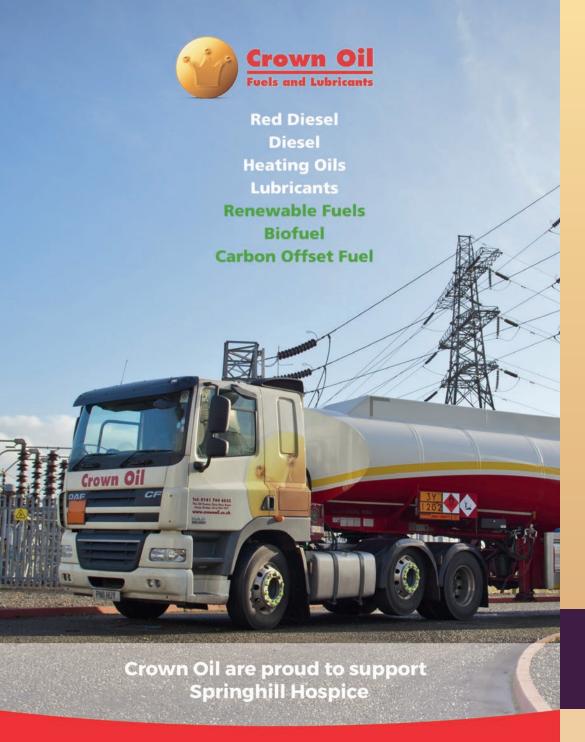


Makina everu moment count

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Challenge of a lifetime

Springhill News Autumn 2020





Hello. Welcome to the Autumn edition of our Hospice Newsletter.

It's fair to say that the last few months have been the most challenging period in Springhill's history. We have had to make significant changes in how we offer our care to protect our patients, families, staff and volunteers. The changes we have made have also had a big impact on our ability to raise vital funds. At the time of writing this we are in the final stages of reopening our charity shops, looking at how we run our festive fundraising campaigns and how we safely help our wonderful supporters to continue raising funds for Springhill.

Since the start of the Covid-19 pandemic, the Springhill team has worked tirelessly to make sure patients on our In-Patient Unit, and those being cared for in their own homes, continue to receive the highest quality care. As the crisis continues to unfold, we will make sure that our patients and those they love can make the most of every single day - they deserve nothing less.

Seeing the lengths our staff and volunteers go to each and every day to make every moment count for our patients and their families fills me with warmth and pride. It also gives me the confidence that when I retire at the end of 2020 I leave Springhill knowing the team can meet the needs of our local community, providing high quality care and support.

Every member of the Springhill team is determined that nothing will prevent families in our care from creating special memories and focussing on precious times, for however long they can.

That's why your support during this period has made, and continues to make, a big difference to us here at Springhill. I hope you enjoy reading our latest Newsletter and that it may give you some inspiration of different ways you can continue to support Springhill.

Thank you for your kindness and for helping to provide care at Springhill Hospice.

Julie Halliwell

Chief Executive



Springhill Hospice

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Chare your special memories of the ones you love



Following Government guidelines, and to protect you our supporters, our patients, staff and volunteers, we have changed how our Light up a Life service will run this December.

With the winter season approaching, Springhill Hospice knows that this is a time for reflecting and remembering those who cannot be near us but are always in our thoughts. We would like to invite you to celebrate the memory of someone special by taking part in Light up a Life.

Join with your local community to celebrate the lives of those special people who have helped to light up your life. Light up a Life is open to everyone and isn't about one life. It's about all our lives; everyone is welcome to take part in Light up a Life.

With Light up a Life you can celebrate the memories of your nearest and dearest by dedicating a light on Springhill's Light up a Life tree and making a donation to help the patients and families who need hospice care this Christmas.

To acknowledge your dedication you will receive a personalised card bearing the name of each person who has a light shining in their name for you to display in your own home. You will also receive a dedication star, to which you can add your own personal message and memory. This year, all dedication names will also be displayed in our virtual online Book of Lights.

On Saturday 5th December at 6pm, we will launch our virtual Light up a Life service for you to join. However, in case you are unable to join us at this time, our service will remain available for you to enjoy at a time that is convenient and meaningful to you.

To allow you to join in with our virtual service vou will receive joining instructions with your Light up a Life home pack which will include:

An Order of Service programme, so you can follow and participate in the service

A tea light candle for you to light at the appropriate part of the service, allowing you to remember and reflect from home.

Your personalised dedication card(s) and star(s) to display in your home.

Springhill's virtual service will follow the usual format, featuring readings, poems, music and turning on the dedication lights on the Light up a Life tree.

To dedicate a light in memory of your loved one visit www.springhill.org.uk/lightupalife or call 01706 641790

Festive fun for kids this Christmas with Springhill's Reindeer Run

We want to add some Christmas sparkle back into schools this December. Calling all schools, kids clubs and groups to take part in our Reindeer Run!

You choose the date, distance and location (whether it's your playground, sports hall or your local neighbourhood). We'll provide the antlers and your Reindeer Run Fundraising Pack.

Get in touch with us today to register or find out more: www.springhill.org.uk/reindeer



In school or with your community group, at family celebrations or together with your work colleagues - we want you to don your favourite themed outfit in December.

Go green (or red) and wear festive themed Little Elf or a Brussel Sprout, or just show off your Christmas jumper - the options are endless and the choice is yours. Dress to impress and donate £1 to Springhill for taking part!



visit www.springhill.org.uk/wear-your-woollies **P++,+,+,₀,a,++,+,₀,a,+,++,+,₀,a,+,+,+,+,a,*,\

Springhill's Christmas Tree Collection

Springhill Hospice's Christmas Tree Collection is the perfect way to recycle your real Christmas tree whilst raising vital funds for patient care.

At the beginning of January our team of volunteers will work across the borough picking up your Christmas trees all in return for a donation to the Hospice. All Christmas trees will be recycled and used in the Hospice gardens.

For more information visit www.springhill.org.uk/ xmastree

Make Christmas extra special with a Letter from Santal

Brand new for Christmas 2020, Springhill Hospice brings you 'Letters from Santa'.

This Christmas you can make your child's Christmas one to remember. For a small donation to Springhill you can order a personalised 'Letter from Santa'. You provide the details for the personalisation and we provide the magic. We also offer a keepsake Baby's 1st Christmas edition and special discounts for multiple letters being ordered at the same time.

For more information and to ensure you don't miss the final post from the North Pole, visit www.springhill.org.uk/lettersfromsanta



Christmas jumper, fancy dress or festive

clothing. Dress up as a Christmas Tree, Santa's



For more ideas about how you can get involved

Springhill's Santa Pash or Pawdle goes Virtual for 2020!



Due to Coronavirus our much loved Santa Dash or Dawdle will be a little different this year, as this December we will be taking Santa Dash or Dawdle virtual!

> Our Santa Dash or Dawdle normally challenges you to don your Santa suit and take on the 4km route around Hollingworth Lake.

This year we still want you to be able to take part in this festive family event but from the comfort of your own garden, local park, or favourite walking route. All you need to do is follow Government guidance around social distancing and, of course, have fun!



- 1. Sign up for our virtual Santa Dash or Dawdle at www.springhill.org.uk/ santadash Registration costs £8.00 for adults and £6.00 for children. When you have registered you will receive your Santa Dash or Dawdle pack which will include your Santa suit and fundraising information.
- 2. We'd like the borough to Dash or Dawdle on 13th December, but our virtual event gives you the flexibility to choose your own date, time and a distance that suits you.
- **3.** Share the news and tell everybody that you are taking part to help raise vital funds for Springhill Hospice.
- 4. Once you have completed your Dash or Dawdle, pay in your sponsorship money to Springhill and receive your very own certificate and medal.



For more information or to sign up and take part in this year's virtual Santa Dash or Dawdle visit www.springhill.org.uk/santadash



For more information about any of our fundraising activities please contact us by emailing fundraising@springhill.org.uk or calling 01706 641790.





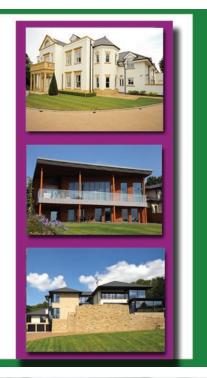
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Clinical Update

The last few months have been challenging for everyone, but we are incredibly proud of the way our staff and volunteers have been able to continue providing services to our patients and their families.

All our staff continue to be committed to providing a safe environment for our patients and their families across all our services.

We are incredibly lucky that we have been able to continue providing our services with flexibility and professionalism, both within the Hospice and out in the community, in our patients' homes.

Our dedicated team of nurses, working out and about in the community, continues to work tirelessly to support our patients and their families in their own homes. In addition to the visits they are making to individuals' homes to provide the care needed, they are also now working with patients over the phone to continue offering support. Alongside our staff, our wonderful team of community volunteers also continues to support our patients via phone calls.

Our Hospice at Home nurses would usually also work on our In-Patient Unit. However, under the current circumstances they are now solely dedicated to working with our patients and their families out in the community.

Our Bereavement Service has had to suspend face to face services, but we have still been able to offer telephone and video calls.

Our Day Hospice service has been closed since the beginning of lockdown. However, our dedicated team of nurses is still in regular contact with patients and also the Day Hospice volunteers.

In July, Day Hospice staff began hosting virtual therapy sessions with patients to give them the chance to reconnect with staff and other patients who they have been unable to see since earlier in the year. This has been great for both staff and patients, allowing them not only to reconnect and receive support but to help with isolation, routine and being able to see a familiar face!

To help with the Government's approach to stop the spread of the virus, all our nurses wear full PPE at all times and, since July, all other Hospice staff working in the building now wear a facemask.

Just like all our other services, our Education Team has also been impacted by the pandemic. The team has been able to adapt and provide certain training programmes via webinars, which has been of great value to the Hospice, knowing that we have still been able to provide training programmes over the past few months. The Springhill Palliative Care Education Passport participants were nearing the end of their training at the start of the outbreak. Some students have yet to finish their training, but this also meant that the celebration day for students had to be postponed, potentially until 2021.

Overall, the past few months have been challenging, and certainly something we have never faced before, but it has been a time where we have seen our staff pull together, adapt and work hard to continue to provide the services that are vital to our patients and their families.







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If you have any questions, or you require any further information, please contact the Hospice on **01706 649920**.

Springhill Hospice's Christmas Range Order yours now!

2021 Diaries

We can't believe it, but it's almost that time of year again, Christmas! We have another fantastic selection of Christmas cards, diaries and calendars to see you through the festive period and into 2021.

As you may not be able to make it out to any of our shops to buy your cards, calendars or diaries this year, you can place your order using the form overleaf. All you need to do is select the items you would like to buy and return the form to us here at the Hospice along with payment.



Christmas Cards





Other Merchandise







You can also buy from our online shop at www.springhill.org.uk/products

Christmas Merchandise 2020 Order Form

Item		Price	Quantity	Total Cost				
Christmas Cards								
1. Bright Golden Street	£3.50							
2. Christmas Pheasant		£3.50						
3. Dove of Peace	£3.50							
4. Floral Border	£3.50							
5. Happy Snowman	£3.50							
6. Robin & Berry Branch	£3.50							
7. Singing by the Tree	£3.50							
8. Skating Santas	£3.50							
9. The Praying Angel	£3.50							
10. Twelve Days of Christmas	£3.50							
Multi-buy x2 packs (select designs ab	£6.50							
Multi-buy x4 packs (select designs ab	£12.00							
2021 Diaries								
Pink Floral Blossom		£3.00						
White Floral Blossom	£3.00							
Plain Blue	£3.00							
Plain Green	£3.00							
Other Merchandise								
2021 Hospice Calendar		£4.00						
Hospice Bauble	£5.99							
Santa & Rudolph Gift Wrap (x6 Sheets	£3.50							
Festive Animals Gift Wrap (x6 Sheets,	£3.50							
Postage Contribution	Order Tot	tal:						
Up to 4 items	£4.00	Postage C						
Up to 6 items	£6.00	Additiona	Additional Donation:					
Up to 8 items	£8.00	Total En						

Please complete your details and payment overleaf.



Christmas Merchandise 2020 Order Form

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Contact Number:												
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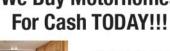


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Thank you to our Corporate supporters!

Like us, local businesses play a critical role in our community by employing and supporting local people. Our corporate supporters not only provide vital services across the borough but have also offered critical support to Springhill during the Coronavirus pandemic by donating PPE, food and other items for staff and patients.

We would like to say a huge thank you to all our corporate supporters who have helped us in different ways over the past few months.

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We aim to work with as many companies as possible, of all shapes and sizes, across a wide variety of industries. To find out more about how your business can support Springhill Hospice contact the Fundraising Team today.

Golf Day 202

Springhill's Golf Day is a wonderful, friendly competition to take part in whilst supporting your local Hospice.

We're delighted to announce our Golf Day will return to our calendar in 2021. For more information about the event, to book your tee time or to sponsor one of the tee boards please contact the Fundraising Team.



If you're looking for ways to engage with your team whilst raising vital funds for Springhill sign up for our 2021 Corporate Challenge.

To register your team today contact the Fundraising Team.

To contact the Fundraising Team call: 01706 641790 or email: fundraising@springhill.org.uk

In August 2020 the City and Guilds Group announced that Springhill Hospice had been commended by the 2020 Princess Royal Training Awards for our education and training programme.







Springhill's Education Team was chosen to receive one of the prestigious awards thanks to the unique programme made to upskill Hospice staff, and the wider community, in palliative care. Over 800 individuals have completed the free-ofcharge training, resulting in an increased level of skills, knowledge and confidence when working with patients to offer end-of-life support.

Now in its fifth year, the Princess Royal Training Awards recognises employers across the United Kingdom with outstanding training and development programmes that have had a direct impact on increasing staff development.

Springhill Hospice was one of 39 different organisations to meet the standards required to receive this award across the UK.

Julie Halliwell, Chief Executive at Springhill said,

"I'm very proud of our Education Team for the work they have put in, especially during the last few months where the challenges stemming from Covid-19 have caused them to adapt and find new ways to maintain staff training.

"To receive the Princess Royal Training Award has been another accolade for the Hospice, which we are incredibly proud of, and demonstrates the real value of the training we provide throughout the Borough."

During 2020, training, especially online, has been vital whilst dealing with a pandemic. For Springhill, it was the further development of skills

for both staff and external partners to operate as normal and provide the highest level of care possible despite the unprecedented challenges.

Jane Ashworth, Palliative Care Education Lead at Springhill Hospice said,

"We're incredibly happy to receive this award and to be recognised for the hard work we've put in to educate and train our staff along with all health and social care staff in Heywood, Middleton and Rochdale to provide a high level of care to patients within the borough.

"People access hospice services at a very vulnerable time, but can be reassured that the care they and their families receive will be delivered with empathy, knowledge and by a skilled workforce.

"Being acknowledged for such a prestigious award gives us a lot of reassurance that what we are doing at the Hospice is necessary, and that the people of our community can put their faith in our staff"

Previous winners have reported a number of benefits arising from the awards, including increased investment into training programmes, improved recruitment and retention, and getting HR and Learning and Development to the table when it comes to business strategy; all of which will be useful as businesses work towards recovery post-Covid.



Time for a new challenge in 2021

Springhill Nurses take on the challenge of a lifetime, and you could too!

This October, Springhill Nurses, Paula and Hilda were due to take on the trek of a lifetime in India. Unfortunately, their trek had to be cancelled, but their determination to raise funds for Springhill couldn't deter them.

Paula and Hilda said, "Unsurprisingly our plans to go to India this year can't go ahead. After a lot of thought about what we should do we have made our decision based on two things – we are both determined to complete our international challenge to raise money for Springhill Hospice and it also means a great deal to us, whilst on the trek, to be able to spend time at a local hospice. So in October 2021 we will be visiting Nepal. It will be slightly different than we originally planned, but perhaps even more of a challenge. We will now be flying to the capital of Nepal, Kathmandu, and spending time walking in the foothills of the Himalayas, at a higher than originally planned altitude. The idea was that we would stretch ourselves – and we are definitely going to do that!"

You, too, can join Paula and Hilda and take on the challenge in 2021. You will spend two days helping in a local hospice in Kathmandu, followed by five days trekking the breathtaking Annapurna region of Nepal.

Please come along to our virtual challenge presentation evening on Wednesday 11th November 6:30pm.

For more information about the presentation evening or to challenge yourself with a trek please email fundraising@springhill.org.uk You can also find out more about our treks, and support Paula and Hilda by visiting www.springhill.org.uk/challenges







Support Group update

Whilst unable to undertake their normal fundraising activities our wonderful Support Groups have continued with their usual dedication and spirit.

One of our mainstays of fundraising, our supermarket bucket collections, are still on hold. However, with the reopening of local shops, pubs and restaurants, members of The Friends of Springhill Hospice at Home and Whitworth Support Group have been able to call in and empty countertop collecting pots, providing a vital source

of fundraising income for Springhill.

Talented Springhill Crafts volunteers have been making very good use of their time at home continuing to use their skills to create pairs of knitted hearts for patients and family members, one for each, as a symbol of keeping in touch during a time when face to face contact has been limited.



If you would like to join any of our support groups please contact the Fundraising Team on 01706 641790 or email fundraising@springhill.org.uk and we will put you in touch with your local group.

Book now

for your UK

Challenges!

Yorkshire Three Peaks Challenge 7th August 2021

The Yorkshire Three Peaks walk is a challenging, full day hill/mountain walk in the Yorkshire Dales. This is a circular walk, starting and finishing at the same place, with a total walking distance of approximately 24 miles (39 km).

The challenge is to complete the walk within 12 hours. Starting in Horton-in-Ribblesdale you will climb to the summits of Pen-y-Ghent (2,227 ft, 694m), Whernside (2,415 ft, 736 m) and Ingleborough (2,372 ft, 723m).

Snowdon Summit Challenge 4th September 2021

Take on our exciting new challenge for 2021.

Manchester Marathon 11th April 2021

Put on your Springhill running vest for your first marathon or for your personal best. Fast and friendly, the Manchester Marathon is the UK's flattest in the country, with around 20,000 entrants each year. For the first time, the route will head for the city centre in 2021 and is set to be a fantastic day with huge support en route.

If you would like to run to raise money for Springhill, either in the full marathon or as part of a relay team of 2 or 4 people, then get in touch to register your interest.

If you would like to take part in any of our UK challenges please come along to our virtual presentation evening on Wednesday 11th November at 6:30pm.

Email: fundraising@springhill.org.uk or call 01706 641790 for more information.

A great day out in the Yorkshire Dales

Back in August, our 2020 Yorkshire Three Peaks Challenge took place with 22 amazing supporters raising a fantastic total of over £3,300 If you would like to take part in the Three Peaks Challenge 2021 see details above.







Volunteers Update

The past few months have been difficult for everyone; with the changes we have seen this has also meant that many of our dedicated volunteers have been unable to help out at the Hospice as they usually would.

The Hospice has certainly been much quieter without them and they have really been missed by everyone, but it has been really important that we keep all our volunteers, patients and staff safe by reducing the footfall of those coming into the Hospice.

For those volunteers who have still been able to help out at the Hospice, things have been slightly different to how they usually carry out their work.

We have been lucky to have some of our General Volunteers helping us out in our Hospice kitchen. This has also included two of our Day Hospice Volunteer Drivers; with Day Hospice services paused, they found themselves with time on their hands and a desire to continue helping. After some training they have since taken on several shifts a week in our kitchen, for which we are incredibly grateful.

We have had to reduce our Volunteer Receptionists to just one per shift to stay in line with social distancing guidance. This can be a very busy role and the effort put in by our volunteers on reception has been phenomenal! Our shops have now reopened and have welcomed back some of the volunteers to help us, whilst also adhering to the social distancing rules and guidelines for shopping.

We are currently very limited as to what roles we can offer prospective volunteers due to the need for social distancing and reducing footfall in the Hospice. However, there are a few vacancies in our charity shops across the borough. Although we can't promise a volunteering role, if anyone is interested in helping us to raise much needed funds by volunteering in one of our shops, please contact our Volunteer Co-ordinator for a chat.

As things continue to change and adapt, we would like to take the opportunity to say a big thank you to every single one of our volunteers. We can't wait until we have you all back working side by side with us!

For more information about volunteering at Springhill, call our Volunteer Co-ordinator on 01706 649920

Garden Update

Our gardening team has continued to carry out their work over the past few months and continued to keep our beautiful gardens in tip top condition!

With the help of our gardening volunteers, the team has been able to keep everything in bloom and harvest some delicious home grown fruit and veg to be used in the Hospice kitchen. The team has also been lucky to continue to have the help and support of our volunteers over the past few months, this has of course been invaluable. They have been able to help the team with routine maintenance, composting and propagation amongst other tasks.

Sadly, with the pandemic, the North West in Bloom 2020 competition was cancelled. We're delighted that we have still been able

to maintain contact with the Rochdale in Bloom team, particularly Paul Ellison (Man of Rochdale 2019) who has kindly helped us with the purchase of various items including a new lawnmower to keep the grounds of the Hospice neat and tidy in all weathers. We have also been able to supply plants for some of the Rochdale in Bloom community projects around the Borough.

We have also had support from H Bells, who have continued to help the garden team this year, donating netting, tubing and timber to keep pigeons and caterpillars off our cabbages and fruit.

Our gardens continue to bloom and grow into the Autumn months and our dedicated garden team along with our wonderful volunteers continue to work hard to keep it a place of beautiful colour, character and tranquillity for our patients and their families.

Are you ready to Go Green?

Go Green will be back for the month of May 2021 with lots of fundraising activities for you to get involved in. Don't miss out – register your interest today to stay up to date with our exciting 2021 Go Green plans!

For more information and for details of how you can get involved email fundraising@springhill.org.uk, call 01706 641790 or you can visit our website www.springhill.org.uk/go-green





Can you help Springhill restock our prize cupboard by donating chocolates, wine or spirits, toiletries or any unwanted Christmas presents?

Your donations will be used as raffle prizes which will help fund patient care at Springhill.

Donations can be dropped off at the Fundraising Office between 9.00am and 4.00pm weekdays. Fundraising Office – Springhill at the Craven, 7 Broad Lane, Rochdale, OL16 4PG.

















For more information contact the Fundraising Team on **01706 641790** (opt 1) or email: **fundraising@springhill.org.uk**







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Naturally, when making your Will, you'll want to make sure that those close to you come first, but once you've provided for your loved ones, remembering Springhill Hospice will mean that we can be here for your loved ones too, should they need us.

By leaving a gift in your Will, you will be helping to make every moment count for patients and

their families in the future. 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.

Gifts in Wills enable us to continue caring for patients with terminal illnesses, their families and loved ones.

For more information about how you can leave a gift in your will to Springhill Hospice visit www.springhill.org.uk/qiftinwill or call our Fundraising Team on 01706 641790

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WELCOME TO SPRINGHILL HOSPICE YOU CAN

Our care in numbers

During Covid-19 we have continued to support our patients and their families through the provision of Hospice services. Here's a snapshot of just some of the care we've provided between April and June 2020:









Adapted our Day Hospice service to provide virtual video sessions for patients

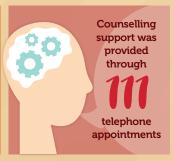


This included visits from our Specialist Palliative Community Doctors and Nurses, Physiotherapy team, Counsellors and Specialist Palliative Community Assistant Practitioners



Bereavement support was provided through telephone

appointments





Provided support and advice through our 24hr specialist palliative advice line



In Conversation with Icon Sport 1007

We recently spoke to one of our Business Buddies partners about how they feel they have been able to benefit from the scheme which brings together local businesses to network and discover each other, as well as supporting the Hospice. For this edition we spoke to Will Purser, Co-Managing Director from local business Icon Sport.

a member of Business
Buddies? We heard about
the Business Buddies scheme
from some of our friends who

were involved through their business and when we looked into it we didn't hesitate in signing up!

How do you feel it benefits your business?

It's really good to interact with fellow business owners and employees from in and around Rochdale, there is some great camaraderie at all of the events and everything is in a very relaxed atmosphere. We all get to share our stories, give our business a bit of a plug and all without any pressure – it's great to do business with local people.

Have you had any involvement with Business Buddies during lockdown? During lockdown we did

provide the hospice with a number of bespoke face masks for staff and visitors and also some items to put in the shop to raise much needed funds. It doesn't matter how big or small a donation you can make to the hospice, it is always well received and it's just great to be able to help out in some way.

What would you say to someone considering joining Business Buddies?

I'd urge any local businesses thinking of joining the Business Buddies scheme to do so. The hospice is something for the people of Rochdale to be very proud of and with the support of other businesses like our ours it can continue to offer the top level care and services that it does.

For more information about our Business Buddies Scheme call our Fundraising Team on 01706 641790 or email fundraising@springhill.org.uk

Thank you to all of our Business Buddies

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Careers in Black & White

Springhill Hospice Shops

In the heart of our community.

Following the closure of all our retail shops as a result of the Covid-19 pandemic, our Retail Team worked hard to respond to the Government guidance to ensure our shops were Covid secure. We were delighted to be able to reopen our shops on a phased basis over the Summer months.

People shopping, donating or volunteering in our shops play

a vital role in helping Springhill to continue our work. Thank you to each and every one of you for keeping care and compassion at the heart of our community.

Full details of our shops and their opening hours and donation days/times are available to view by visiting www.springhill.org.uk/retail



Gift Aid boosts the value of your donated items by 25%

We have made signing up for Retail Gift Aid in our shops even easier. By allowing us to claim Gift Aid on the proceeds raised from the sale of your donated items you will be helping us generate additional income at no extra cost to you. One bag of donated items can raise as much as £25, so with Gift Aid, this bag would be worth £31.

Signing up is easy:

- 1) Fill in a Retail Gift Aid form in any of our shops
- 2) Receive your Gift Aid ID card
- 3) Quote your Gift Aid number each time you donate your pre-loved items

To find out how you can make your donations go further by adding Gift Aid when you donate your pre-loved items speak to a member of our Retail Team in any of our shops or email retail@springhill.org.uk



Shop with us on eBay. Through our eBay store we auction a variety of carefully selected items such as vintage donations, collectables and designer wear, most of which has been kindly donated to us. We always have items listed so take a look by visiting www.ebay.co.uk/usr/springhill_hospice

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