

Summer 2023

www.teessidehospice.org

Supporter Update

If dying matters to you, it matters to us.

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An update from your hospice...

David Smith
Chief Executive



David Smith, Chief Executive of Teesside Hospice, updates us on the current environment we're operating in, and how you can make a difference.

As we settled down at the end of 2022, and spent time with our families, we reflected on what was such a difficult year for so many people across Teesside.

Last year, we witnessed a war break out in Ukraine. We heard harrowing stories of the flooding in Pakistan. We felt the country mourn with Queen Elizabeth II's death. Alongside these global events, most of us faced closer to home problems with energy prices, the cost of living and inflation.

We tend not to take the time we need to reflect on the hardships that we might go through and in many ways, that's what our hospice is here for, to stand beside you in difficult, painful, or frightening times. Within this Newsletter, you can read real stories from Jon and Nicola about the care they receive at Teesside Hospice, in their own words and experiences, telling a story of the bigger picture of what we do, and why it's so important that we remain here in Teesside.

In 2022, we celebrated forty years of providing hospice care for people across Teesside. It's seen us find new ways of helping people through our widening access work, by extending our wellbeing services to places like Skelton, and Redcar. When you consider the family members and close friends of those we care for, we touched the hearts of around 10,000 people in Teesside, providing 74,495 hours of care across all our services.

We've cared for these people in our Inpatient Unit, Wellbeing, Outreach, Counselling, and Lymphoedema Services. We've also shared the skills and specialism of our hospice team, to the wider community through training placements, education sessions and clinical advice.

As you might expect, this year so far has already given us a handful of challenges to manage. The ongoing Cost of Living Crisis is having an impact on all of us, and the hospice is no exception. We're expecting soaring costs of our energy bills and the large increase in National Minimum Wage, which our teams undoubtedly deserve. But it means spending more just to stand still in the face of delivering essential care that nobody else in our area can fill.

Alongside these uncontrollable issues, and ongoing delays in securing a fair deal from the NHS for the work we deliver on their behalf, means we're facing a £405,000 deficit in our funding this year. We need to raise almost £6,000 a day to keep our doors open; so that we can continue to care for those who really need it, at the time they need it.

As a charitable hospice, we rely heavily on our community to support and fund the work that we do. Right now, with the incredible increase in costs, the challenge becomes greater every single day. The reality is, without your support, we simply wouldn't exist.

Please do read the stories within this newsletter. Find an event to sign up to. Visit one of our shops or simply pop into Northgate Tea Room and have a cuppa'. All of these ways, you can support us.

From all of us here at the hospice, thank you, for your donations, your time and your unbelievable support. I hope summer brings brighter days for us all and that together we find a way to keep Teesside Hospice here for another 40 years delivering the hospice care we know our community needs.

David

Read More



First Community Outreach Launched in Redcar & Cleveland

Find out more



Teesside Hospice "Community Outreach" will be the first of its kind in the area for people living with a life limiting illness - a holistic palliative care service which will primarily serve the areas of Redcar and East Cleveland. Based at West Dyke Road Hospital, Redcar this is planned to be a long-term service.

There will be a Hub offering free organised hospice services which are not available elsewhere, with hospice health professionals, nurses available who can deliver palliative care and support. With referrals from the wider NHS system working in collaboration with Teesside Hospice.

These services will include pain and symptom management, therapy sessions, counselling, education, and support. Giving psychosocial empowerment for the person to "be in charge" of their illness so that they can go on and make the most of their lives.

Our Community Outreach will not only provide services to those living with a life limiting illness but also support to their families and carers:

- Befriending & connecting projects to address loneliness
- Sessions to improve mental health
- Pain and symptom management
- Face to face practical support
- Improve accessibility

We already have good relationships with the wider NHS, but this Outreach Centre will extend and improve service delivery, for example by working with local community groups, health professionals and Macmillan.

Our work differs from that offered by the NHS. Teesside Hospice is the only provider of these services in the area receiving 31% of its funding from the NHS and the remainder raised by our in-house fundraising team. Our patient's mental health, as well as physical needs are met because of the holistic palliative care we provide. We reduce GP visits, hospital admissions and strain on other NHS services.

Our services impact on the whole family by providing supporting for carers who are often unseen within the communities, their families and loved ones. As a result, we continue to reduce strain on other services through our interventions such as counselling.

By the end of 2023, we'll have increased the accessibility of our services significantly in the Teesside area. Ensuring those who need our care the most, receive it.

Locations:

Skelton Civic Hall, Skelton, TS12 2HP
25k Community Centre, Redcar, TS10 4LR



Join us from
8-14 May
for Dying Matters
Awareness Week.

Join the
Movement

If Dying Matters to you, then Dying Matters to us.

For Dying Matters Awareness Week 2023, we'll be focusing on Dying Matters at work. Starting conversations about dying is often not as hard as you might think.

Dying Matters is Hospice UK's flagship national campaign. Working in partnership with grassroots communities around the UK, it aims to get people talking and sharing stories openly about dying and grief, to reduce the associated stress, stigma and social isolation.

Every year, people around the country use Dying Matters Awareness Week as a moment to encourage all communities to get talking in whatever way, shape or form works for them. In 2023, stigma around grieving, and a lack of understanding about what it means to be

ill and what happens when you're dying, means that too many of us are struggling to cope when faced with life's inevitable challenges. And the workplace is no exception.

We spend so much of our lives at work and we shouldn't have to hide our experiences of death and dying from our colleagues, our peers, or our bosses. We want to create open and compassionate society where we're comfortable facing the realities of dying, death and grief.

By talking to those around you, you can help us make sure that workplaces are properly set up to support people who are ill, who are caring for those around them, or who have lost someone close to them.

Anyone can get involved in Dying Matters Awareness Week, whether with friends and family, with your company or in the community.

Hospices, healthcare trusts, schools, theatre groups, libraries, care homes, artists – we're amazed by the diversity, breadth and creativity of the organisations who get involved. And they all have one thing in common: whoever starts the conversation, and however they do it, they never find it as challenging as they feared, and they always feel better for having started talking.

Read the stories within this Newsletter and see why Dying Matters in our hospice. From Dr Jon who sees the bereavement, to Nicola who feels the bereavement.

Key Facts:

57% of employees will have experienced a bereavement in the last five years and every day, more than 600 people quit work to look after older and disabled relatives.

And yet, fewer than one in five managers feel very confident supporting someone they manage with a bereavement.



Support our Future

The Impact of “Ever-rising Costs” and Insufficient Funding on Local Hospices.

The cost-of-living crisis and increasing energy prices are affecting us all and hospices are no different. Here at Teesside Hospice, we’re seeing a fall in the number of donations, whilst costs are soaring. As a result we simply don’t have enough money to meet the demands for our services.

Every 90 seconds, someone is diagnosed with cancer in the UK. This, along with increased waiting times and delays in treatments has led to an increase in demand for our care. Last year, we provided 74,495 hours of care to thousands of people.

More and more people now need our care, and we are now regularly seeing younger people with families who have complex needs accessing our services. This is in addition to the people currently receiving our end-of-life care.

We believe it’s a basic human right that everyone should receive good end of life care. However, with a £468,000 hole in our funding we urgently need your help to keep our doors open. With spiralling costs set to continue, we know we need a long-term solution, and are tirelessly campaigning for the government to pay a fairer price for our care, but this will take time.

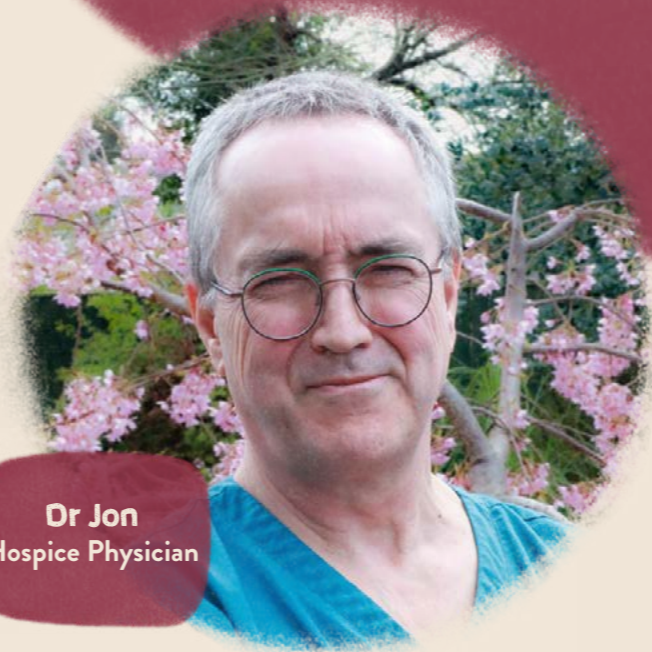
It’s only with your support that we can keep providing urgent care for people with terminal illnesses such as cancer and other life-limiting illnesses.

David Smith, Chief Executive said: “Good quality, holistic hospice care makes a tremendous difference to individuals and whole families during some of the most difficult and traumatic times imaginable. Despite the enduring and generous support of our communities, our charities are now unable to meet the ever-rising costs of the specialist hospice care. With much of our work being done on behalf of and in partnership with the NHS, we urgently need our local NHS commissioners to follow their own national funding guidance before it’s too late and hospice services are forced to reduce or close.”

We promise that your donations will make an immediate difference. We need to raise £6,000 a day. It’s only with your continuous support that we will make sure no one dies scared, alone or in pain.

Read Jon’s Story on page 7 and see how your donations make a real impact on real families.

Dr Jon
Hospice Physician



“Everyone’s got a story if you scratch the surface.”

Dr Jon has been with Teesside Hospice for six years as the Hospice Physician. He qualified in Medicine and practiced in a few different areas before he came to hospice care. “I did a lot of general medical professions, but mostly practiced in psychiatry – especially children, adolescents and those with learning difficulties.”

“My first real experience with a hospice was in 2012, when my sister, Ella, died in a hospice in Somerset. She had a good experience with dying. She was somebody who had never of thought of going to a hospice because she lived outside so much – especially in Glastonbury. So it made me start thinking”.

Dr Jon did an introductory Certificate in Counselling to understand Ella’s death, and to add to his armoury of helping other people. Following his experience, Dr Jon came on board as the Hospice Physician in April 2017.

The demand for our care continues to rise, as we support other services, like the NHS. “When a patient comes over from James Cook Hospital, it’s always about what they want, and their needs. We’ve always been people-centric and patient-led, and it’s what helps us make the best decisions with them going forward.”

“Lots of impressive people come through our doors. Chatting with people, you find out about the lives of so many people. Everyone’s got a story if you scratch the surface. When you do scratch the surface of those people, they’re so inspiring.”

As Dying Matters Week is upon us, it’s a time for us to realise how we’ll be in that position in our lives eventually. “With good care, it can bring out the best of people. Huge amounts of strength, courage and humour to share some of the most intimate memories they may have never even shared before the end of their life.”

This year, Dying Matters Week is about Dying Matters at Work. Dr Jon, alongside other Doctors, Nurses, HCA’s and other hospice staff, not only look after our patients, but they must have to look after themselves too. “I enjoy getting out in the North Yorkshire Moors for plenty of walks. At the moment I have 7 Puppies, so that’s keeping me busy. Family. Friends. Lots of Exercise. I feel lucky to have those around me. Seeing the lives of my children grow up and developing their lives too.”

“I have to send a big thank you to each and every person who gives to Teesside Hospice. From the staff and volunteers, to the supporters. No matter how little you give, every bit counts. The actions from our supporters seems like a message to the Government from the people of Teesside about the essential work of hospices up and down our country. Without good people, whether its Teesside or Somerset, I wouldn’t be able to do what I love.”

Read More



“We want to not only look after the physical needs, but people’s spiritual, mental and emotional needs too”



“Our Bereavement Service is open to everyone in the Tees Valley Area, whether you’ve experienced hospice care or not.”

“My job role is to offer bereavement counselling to adults and children from the ages of 7. We’re here for everyone in the Tees Valley area who’ve suffered a bereavement longer than six months ago. If they find that they’re struggling with their loss, and they need someone to talk to, that’s where we step in.”

The sessions that we offer are 1-2-1 weekly sessions between a trained counsellor, like Nicola, and the individual. Sessions usually last around 50 minutes, and every 6 weeks progress is monitored to ensure the best decisions are made going forward for the individual and their process.

“Ultimately, what is it that the client wants? What issues are they having? What are they really struggling with? One of the misconceptions of Bereavement Counselling is that we’re here to fix everything. We’re not. We’re here to listen to you.”

Teesside Hospice is very person-centred at heart. We work with what the person brings, and by working alongside them and finding how we can move forward, we find what works best for them.

“Our Bereavement Service is open to everyone in the Tees Valley Area, whether you’ve experienced hospice care or not.”

If you’re unsure about counselling but want to listen to our counsellors in a relaxed space, come chat to us at the Bereavement Café.

The Bereavement Café is back by popular demand. The café is a peer-led group with a shared experience of loss. Whether it’s recent loss, or a bereavement from 20 years ago, come along, enjoy a cuppa and a chat. Let us listen to you. That’s what we’re here for.

For more information please contact counselling@teessidehospice.co.uk or pick up the phone and call 01642 811063

Did you know?

Around 80% of our bereavement clinic clients are those from the public who’ve suffered accidents, car accidents, illnesses at home and even loss from suicide.



Bereavement Café

Register your Interest

Pop in for a cuppa and some company

The cafe is a relaxed space for people to come together, with others, who understand what they are going through because of their shared experience of loss.

Open to anyone who has had a bereavement, with no pressure to talk unless you feel like it.

Upcoming Dates:

- Thursday 18th May (2pm-4pm)
- Tuesday 6th June (1pm-3pm)
- Thursday 15th June (2pm-4pm)
- Tuesday 4th July (1pm-3pm)
- Thursday 20th July (2pm-4pm)

Bereavement counsellors and volunteers from Teesside Hospice are on hand at each session to offer support, advice and information.

Please contact 01642 811063 or counselling@teessidehospice.co.uk or more information.

Teesside Hospice, 1 Northgate Road, Linthorpe, Middlebrough, TS5 5NW



What's On

Teesside
HOSPICE

Stokesley Open Gardens

SATURDAY 17TH AND SUNDAY 18TH JUNE 2023, STOKESLEY

Some old and steeped in history behind old walls and alleys, others brand new and some redeveloping and creating new designs and plantings. We are excited to share the beautiful gardens of Stokesley, alongside old favourites and our gardeners are all ages too, some very experienced and some just discovering the joy of gardening or an allotment.

Visit www.teessidehospice.org or call 01642 811145 to buy your programme and book your place.

f t i #TeessideHospice

Programme
£7
Includes
Entry

Buy your
Programme



Sign Up
Now

Tees Heritage Walk

Sunday 14th May 2023,
Along the River Tees

Adventure along the banks of the River Tees on Sunday 14th May 2023, between 09.30 and 11.00. Walk through the History of Teesside and witness our industrial heritage. Multiple routes available from 5.7 miles to 9 miles.



Sign Up
Now

Bungee Jump from Larpool Viaduct

Sunday 11th June 2023, Whitby

Would you brave a 130ft free-fall? Take a once-in-a-lifetime leap of faith to help raise vital funds for Teesside Hospice. This is the only bridge jump which is legally allowed to take place in the UK!



Sign Up
Now

Summer Skydive

Various Dates Available

Experience the thrill of a lifetime and skydive for Teesside Hospice! Skyline Charity Skydiving is the ultimate thrill-seeking challenge where you enjoy the exhilarating and unforgettable feeling of flying through the clouds from over 10,000ft at up to 120 mph!



Sign Up
Now

Great North Run

Sunday 10th September 2023,
Newcastle-upon-Tyne

With the ballot being closed you can no longer register for the Great North Run directly. However, you can still sign up with Teesside Hospice & take part in the GNR. Did you know it's the biggest half marathon in the WORLD? With 57,000 motivated runners taking part every year, it's truly a spectacle to behold!

Visit www.teessidehospice.org or call 01642 811145 to find your next challenge!

From furniture and brand-new white goods, to showing you just how brilliant second-hand clothing can be...



In 2022, we opened our new flagship store on Yarm High Street. From designer clothing, to bespoke jewellery, we've redesigned what it takes to be a Charity Shop.

A shop volunteer said: "We feel really valued here. That's so important to us. It's not only about what we can do for Teesside Hospice, but what they can do for our community too."

If you'd like to volunteer for one of our shops please contact volunteering@teessidehospice.co.uk



Online Retail:

eBay

www.ebay.co.uk/str/teessidehospice

Depop

www.depop.com/teessidehospice



Yarm
66 High Street,
Yarm, TS15 9AH

Thornaby
Unit 8 Vale House,
Thornaby, TS17 9FD

Acklam
109 Acklam Road,
Middlesbrough,
TS5 5HR

Linthorpe
410 Linthorpe Road,
Middlesbrough, TS5 6HF

Eston
119 High Street,
Eston, TS6 9JD

Coulby Newham
Unit 2 Parkway Centre,
Coulby Newham, TS8 0TJ

Great Ayton
125 High Street,
Great Ayton, TS9 6PN

Stokesley
1 Bridge Road,
Stokesley, TS9 5AA

Redcar
1 West Terrace,
Redcar, TS10 3BU

Marske-by-the-Sea
1 Redcar Road,
Marske-by-the-Sea,
TS11 6AA

Saltburn-by-the-Sea
1 Station Street,
Saltburn-by-the-Sea,
TS12 1AE

Guisborough
13 Chaloner Street,
Guisborough, TS14 6QD

Skelton
109 High Street,
Skelton, TS12 2DY




Click here to view all our stores

To find out the opening times for your nearest store, visit www.teessidehospice.org

The logo for Teesside Hospice features the word 'Teesside' in a white, elegant script font, with 'HOSPICE' in a smaller, white, uppercase sans-serif font directly below it.

Teesside HOSPICE

Teesside Hospice
1 Northgate Road, Middlesbrough,
TS5 5NW
Tel: 01642 811060
www.teessidehospice.org

   #TeessideHospice



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