Teesside HOSPICE

Putting People First

Keeping on caring

It's been a year full of change, but what's always remained the same is our determination to make sure people with a terminal illness still get the care they need, so nobody dies alone, scared or in pain.

We're working hard, every day, to make sure that everyone gets treated as an individual, whether it's physical, mental or emotional support that they need from us.

This year, because of you, we've been able to continue to support people to stay as independent as possible for as long as possible. We've helped people to make the most of every day, ensuring they receive the best possible care by creating experiences and memories that last a lifetime. Thank you.

John and Doreen know just how important these special memories and experiences are. After a diagnosis of Progressive Supranuclear Palsy (PSP), John was referred to us for support from our Neurological Group as part of our Wellbeing Centre.

John tells us about the difference we have made to them both.

"We've been married for 57 years. We met at a dance on a Saturday night on Linthorpe Road. I was 19 and Doreen was 17. We hit it off straight away, got married and had a family, we now have 4 lovely grandchildren. Family is so important to us. I couldn't be without them.

I've always enjoyed life, Doreen describes me as the life and soul of the party, and I don't see why my illness should change that. So every Monday morning, I'd get up really looking forward to the ambulance picking me up for the hospice.

It's been great going to the hospice to make sure my illness is controlled but I've also made lots of new friends and done so many things, everything from crafts, baking and Christmas parties. All of these activities are new interests and experiences and they have certainly kept me busy, which has been so important for me."

Doreen said, "The hospice has helped us so much as a family. I felt safe and supported knowing that John was well cared for and enjoying his time at the hospice. I've tried to keep us busy through lockdown and the hospice has been great and supported us throughout but it's difficult. I think that we've realised this year, more than ever, that spending time together and making memories is so important. The support we have received from the hospice has helped us to do this and we're really grateful."

You can help us to create more of these special memories for people and their families affected by a terminal illness this Christmas. It could be the best gift you give this year.

How to donate
Visit www.teessidehospice.org to give what you can today

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Loving life and keeping fit

Peter, 73, is an active family man, who loves life and keeping fit. After his diagnosis of stage 4 progressive lung cancer, Peter is more determined than ever to keep exercising and say a huge thank you to everyone who has cared for him recently.

"I'm not frightened to die. After the care, love and attention I received when I was on the Inpatient Unit in July, I want to come back here to die when it's my time.

I was diagnosed in January, and by July I was in hospital with two cases of pneumonia and my health had deteriorated. I was transferred to the hospice in July for end of life care.'

Within an hour of arriving things started to turn around. I felt 200 times better. I can't really put it into words, but the environment makes such a big difference. It's warm, friendly and everyone you meet really listens to you. They treat you as a person, rather than just your illness and symptoms.

Despite everything that's going on with COVID-19, the doctors and nurses took the time to talk to me. They tried new medicines and ways of doing things. They understood what was important to me. And they were always honest with me.

I felt like I had everything I wanted. I stayed in a garden room so I could do a bit of sunbathing and I loved the pond. I've done carp fishing in the past so I found it really relaxing to be around the fish. I used to sit outside on a morning with my newspaper and cuppa.

And it wasn't just me that they cared for. The care they've shown towards my family is incredible. My daughter, Lisa, was told that I had around 1 week left to live when I arrived at the hospice. They've supported us all throughout, and even now when I'm back home, they still check up on me.

I'm starting to build up my fitness again now. I always kept fit before. I took up taekwondo classes with my grandson when I was 70! I did 20 press ups every morning to get me set up for the day too. I've started doing them again and I can do 7 on a morning, it's not bad is it?

I've been thinking about how I can say thank you to the hospice and everyone who cared for me. So, in November, I'm going to walk a half marathon, 13 laps of Locke Park in Redcar. I feel fit. I know I can't run it, but I'm determined to do something. It might take me a few days, but to have my family by my side and complete this challenge for the hospice, will be amazing.

I don't want sympathy you know. I just want to say thank you, but that doesn't feel enough. I hope this shows how appreciative I am. I'm ready for the challenge. And maybe one day, I will be back to 20 press ups on a morning too!"

> “It’s the best help, at the worst time”

Keeping connected

Now more than ever, connecting with others is so important for us all.

Whilst at the moment, we can’t physically be in the same room as people who are accessing emotional and psychological support through our Wellbeing Centre, we are still offering support in other ways.

Our team at the Wellbeing Centre have put together a support programme which we can deliver virtually, as well as online sessions such as relaxation, exercise and self-management tips. This online support means that people have a chance to share their experiences and chat with others who are in a similar situation.

Kimberley, Sister at our Wellbeing Centre, said: “It’s not for everyone but for some it is definitely a lifeline. People are lost and frightened right now. When they can talk with each other it makes them feel less ill, because everyone understands what they mean.

Sometimes they talk about their illness, sometimes they talk about the future. But when they say they’re tired everyone knows it’s more than just the feeling you get after a late night.”

Kimberley added: “It’s been so helpful to be able to see people. That really helps to build a relationship. It’s so nice to see everyone supporting each other. Sometimes a cup of tea and a chat with your peers is exactly what you need, isn’t it?”

“Since we went into lockdown and we introduced these new ways of working, we have helped 115 people, this could be through support groups, video consultations or phone calls. I’m so proud that we have been able to be there for all of these people and they haven’t had to go through this on their own. That would be devastating.”

Barbara, 68, knows how important this support has been recently: “It’s the best help, at the worst time. It’s marvellous that we have been able to keep in touch with friends that we made at the hospice before lockdown. I’m not on social media and I was really worried about people I’d met, it’s so nice that with these virtual groups we can see each other and talk about how we are doing.

Two years ago I was cared for on the Inpatient Unit at the hospice, as well as coming along to the Drop in at the Wellbeing Centre on a Thursday. So it would have been terrible if this support suddenly wasn’t around, it would have been a real shock to me. It reassures me that there is help out there.”

Our team at the Wellbeing Centre are working really hard to increase these virtual sessions and help more people in the future.

As we move closer to Christmas, we know how important it is for people to feel connected and while this has been a really hard year for everyone, we want to make sure people can enjoy Christmas time, knowing they are supported.

Precious memories

When Janice told us it was her lasting wish to celebrate her daughter's 13th birthday, we knew it needed to be extra special. Helping families to create precious memories and make the most of every day is really important to us, so we got to work.

Janice's husband, Ian, tells us how much this meant for the whole family....

"Janice held on, despite how she felt, she wanted to make a fuss for Abigail's birthday. It was a special birthday, her 13th.

Janice wanted to make sure that Abigail could remember her birthdays with happy memories, rather than sad ones. Janice was diagnosed 3 and a half years before her illness became terminal. She made a real effort to hold on.

The staff at the hospice rallied together and helped us to celebrate. We had a birthday party for Abigail, with lights, a cake, candles, presents and lots of singing. It was a really special day, we look back on it with such fond memories.

Janice really appreciated the care she received in her last days. We know that these days could have been very different if it wasn't for the love she received from everyone at the hospice.

We are all so grateful for the happy memories. I know how important it was for Janice to be here with Abigail for her birthday. It meant the world to Abigail too. We wouldn't have got that without the hospice. Thank you."

Taken pre covid-19

Hinching the Hospice

Find out how the housekeeping team are keeping us clean during the pandemic.

Over the last few months, with everyone's lives changing due to COVID-19 we have had to adapt and support each other in new ways. We continue to focus on the safety and well-being of our patients, staff, volunteers and supporters.

Deborah Archer, Facilities Manager discussed the role the housekeeping team is playing in the services we provide at the hospice."The housekeeping team are vital to keeping the cleanliness to a very high standard and ensuring that the infection control procedures are managed to protect everybody that uses the hospice.

As a team, housekeeping are responsible for not only cleaning the inpatient bedrooms but also making sure that everywhere in the hospice is cleaned to the same high standard. They also ensure the laundry is done and that PPE supplies are stocked up at all times.

They play a big part in our patient's experiences as they build up a good relationship with all our patients, to make their stay is as comfortable as possible.

COVID-19 has brought extra challenges for the housekeeping team, with extra precautions being put in place during lockdown to keep the hospice covid-free for everyone.

Even when a patients room is vacant, with a rigorous step-by-step procedure, including cleaning all parts of the room twice.

Going in and cleaning every part of the room, from removing of radiator covers, bedding, windows and stripping down the beds and cleaning them thoroughly. They make sure every surface is cleaned to the highest standard, as well as making the room look as comfortable as possible.

On top of the intensive cleaning procedure, this all has to be serviced whilst in full PPE, with all staff members having to undergo training beforehand to ensure they are using and removing PPE correctly.

All the cleaning products used within the hospice have also been addressed to make sure they are covid safe.

Whilst it has been a challenging time at the hospice, the housekeeping team, Heather, Kay, Angela, Mandy, Jacqueline and Dawn have dealt with the changes extremely well, they have worked hard and have supported each other as well as the wider hospice services, and are a massive credit to the hospice."

And relax....

We know that this year has been a difficult one. We've been offering lots of emotional and psychological support to people who have been feeling anxious or scared about the future, and we wanted to share some of our favourite techniques for relaxation with you.

Yvonne, Wellbeing Centre Sister, explains the benefits of these techniques and how they may help you:

"Many people that we are supporting at the moment have overwhelming anxieties and worries. They are struggling with coping with their illness, accessing treatments and dealing with the impact it has on their lives, and the lives of their loved ones. It's clear to see that the use of relaxation techniques can help greatly, they are proven to reduce stress, help create peace of mind, release tension, help symptoms and improve quality of life.

More and more people are finding relaxation techniques valuable at this time, we hope these tips can help you too."

Mindful Breathing

This calming breathing technique can help with stress, anxiety and panic.

Make yourself as comfortable as you can and lay down.

Place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

Let your breath flow as deep down into your belly as is comfortable, without forcing it.

Try breathing in through your nose and out through your mouth.

Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.

Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for 3 to 5 minutes.

Visualization

In this relaxation technique, you form mental images to take a visual journey to a peaceful, calming place or situation. To relax using visualization, try to incorporate as many senses as you can, including smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.

You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and concentrate on your breathing. Aim to focus on the present and think positive thoughts.

Get Moving

You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can help the brain release feel-good chemicals and help you deal with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs. Any type of exercise that gets you moving is good for the mind and body.

If you are living with a terminal illness and need help with symptom management, psychological, spiritual or social support, we are here for you. Our team of nurses can provide the advice and support you need, whilst helping with your sense of wellbeing and peace of mind.
Get in touch for more information or visit www.teessidehospice.org

Thank you

The support we have received over the past couple of months has been amazing, therefore we wanted to take some time to show our support to these amazing individuals...

The Faculty Quiz

Yarm School raised £1,000 by holding a music quiz for all faculty members and a raffle to raise money.

Brave the Shave

Harry's Auntie works at the hospice and he wanted to show his support by braving the shave, raising £1,100. We would also like to say thank you to Andrew Waters who wanted to help through this difficult time, after his Nana was supported by us. Andrew helped by raising £610 through a head shave. We really appreciate all your help Harry and Andrew!

Tandem Bike Ride

Reverend Lisa from Great Ayton Methodist Church, and her husband Andy took part in a tandem bike ride, cycling past all six of their Methodist chapels, over 25 miles! Reverend Lisa and Andy raised an amazing £4,575. A valiant effort.

Solo GNR

Dorothy Sills also wanted to take part in boosting the funds as part of the Great Ayton Methodist Church pledge. Dorothy took part in the virtual Great North Run along Redcar sea front, in 45mph gale force winds! She had never ran before, and did a brilliant job, raising £1,074. Taking the Great Ayton Methodist Church pledge to £ 5,649.

A marathon in 5 weeks

Beth, aged 9 raised money for charities in memory of her Auntie Nick, her Great Grandma, and her neighbour, Rose. She challenged herself to run a marathon in 7 weeks, not only did Beth run over 42km, but she did it in 5 weeks, beating her original target. Beth, you should be very proud of yourself.

Lyke Wake walk

Sian and Kate knew we would be struggling due to coronavirus therefore they walked over 19 hours to compete the Lyke wake walk, raising an amazing £568. Thank you.

184 miles in 4 weeks

Nick Shallows really did go the extra mile! In fact, Nick ran 184 miles over 4 weeks, to show his support for us, raising an amazing £2,130 for us. Thank you for your support Nick!

How you can help

Lots of people are looking at how they can support us whilst staying safe and following the Government guidelines. We have some amazing opportunities over the next few months that we wanted to share with you...

Light up a Life

Keep your memories shining bright this Christmas

Although a lot has changed and been cancelled over the Christmas period, we are really pleased that we can give you the opportunity to remember your loved ones, with this year's Light up a Life Appeal.

Full of the warmth and love that we have been bringing to local people's lives for 38 years, Light up a Life gives you the special opportunity to make a dedication on our Light up a Life tree.

You can support Light up a Life from the safety of your own home:

- A personalised star will be placed on one of our official Light up a Life trees in memory of your loved one, from the 14th November.
- Your loved one's name will feature in the Light up a Life Book of Memories. This will be available to view virtually or in our beautiful room for reflection in the New Year.
- You will receive a special thank you card and a star to hang on your own Christmas tree at home.
- You will receive an invitation to the watch the live-stream of our Light up a Life Service.

We understand that the festive period can be difficult if you have lost someone special and we really hope this appeal can help to provide some comfort and peace throughout this time.

Trees for Good

Throughout the festive period

To get you ready for the festive period you can buy your real Christmas tree from our dedicated Christmas tree shop! Our fresh-cut Christmas trees are purpose grown within the North East. They are great for the environment, as well as being in excellent condition.They are easy to set up, maintain and decorate. For prices and shop opening times, visit www.teessidehospice.org

Tree-cycle

8 - 10th January 2021

Go Green and recycle your Christmas tree, while supporting us. Working with local councils and Scott Bros. Chippings will be recycled and used within local parks, as well as being made into fuel for Biomass boilers, reducing the reliance on harmful fossil fuels. Making it the most charitable and eco way to clear up after your festivities!

Firewalk

Thursday 19th November

Are you looking for a thrill this year? Why not show your support by doing a firewalk. The firewalk will include you walking across 1200 degree Fahrenheit burning hot red embers. Are you brave enough to bare your soles?

Rudolph Run

Throughout the festive period

We are recruiting our very own reindeers to take part in the Rudolph Run. Get your classmates together, add some antlers, a shiny red nose and you're ready to go. All that's left to do is set your own date and course, and enjoy this fun-filled fundraising event this festive season!

For more information visit www.teessidehospice.org

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