Specialist St Richard’s nurse to support breast cancer care

An innovative new project is now providing co-ordinated nursing care and support to patients with secondary breast cancer.

Specialist nurse Lynne Colbourne has recently joined the St Richard’s team and will work closely with the oncology specialists at the Worcestershire Royal Hospital to offer expert advice and guidance to patients and healthcare professionals. She will provide a link between all those caring for each patient, including oncology and breast surgery teams, GPs, hospice and community teams, to ensure that patients receive high quality, joined up care.

Lynne told us; “I have a lot of experience in cancer care and chemotherapy, and have worked on Worcester’s oncology unit, so I will be able to offer patients a friendly face and useful advice. People will know that they can call on me if they have a query about their treatment or need help to manage any side effects they may be experiencing. I understand how the system works so I can help patients navigate what can seem a very confusing process.

“The service is very new and we are evolving and adapting as we better understand how patients want to be able to use the service. At the moment we are asking patients undergoing treatment for breast cancer their views so that we can design a service that best meets their needs."

The project is one of the first in the country to provide coordinated care and we hope that patients will quickly reap the benefit from this new joined up approach.
Sharing experiences

Our annual Lights of Love is a special occasion which is very dear to our hearts - a time when local people of all faiths come together to remember, reflect and celebrate the lives of those we love who are no longer with us.

We are holding five Lights of Love events throughout November and December. They all follow a simple structure with readings, music and time for quiet reflection. These community gatherings, where people are united by their shared experience of missing someone dear - bring great comfort and support, through lighting a candle and taking time to reflect.

The evening event at Worcester Cathedral on Friday, 6th November is particularly special. There will be a performance by the Royal Grammar School choir and it concludes with an optional procession to nearby St Andrew’s Spire for a ceremony around the Christmas tree where the lights will illuminate loved ones’ names.

Afterwards, we welcome you to join us for refreshments and take some time to meet, mingle and share memories.

Our services take place at

Worcester Cathedral
Friday 6th November
2.30pm (with King’s Hawford choir)
and 6.30pm for 7pm (RGS choir)

Sacred Heart Church, Droitwich
Tuesday 17th Nov 6pm (with Dodderhill School choir)

Pershore Abbey
Wednesday 25th Nov 2:15pm

Malvern Priory
Tuesday 1st December 6pm

to dedicate a light, call the Fundraising Team 01905 763963 or go online to www.strichards.org.uk/lightsoflove

We are grateful to our sponsors George Crump & Son. Thank you also to Worcester Cathedral, Worcester News, Leigh Sinton Farm and Nurseries and other local businesses for their continued support.

Dedicated care during the night; specialist nursing support and advice from other carers have made a huge difference to John Abberley, who lives with Motor Neurone Disease (MND), and his wife Mary.

The couple, both in their 80s, have lived happily at their home in Birlingham for the last 50 years with their daughter Judith living next door and son, Chris, coming back frequently from his home near Brighton. John has lived with MND for over 20 years and the couple managed with the help of family and friends until 18 months ago. It was then that St Richard's Hospice community nursing teams stepped in to help the couple stay at home and ease some of the stress of living with a life-threatening illness.

Mary had already joined the St Richard’s carers support group several years earlier where she found sharing and listening to others in a similar position proved very helpful.

Mary said, “Initially when I was invited to the carers’ meeting I didn’t really want to go as I didn’t want to talk about John and his illness. But I learned a lot from the others and that was the beginning of it. People tend to shy away from the word hospice and the place itself but when I went through the door it felt different and everyone was lovely.”

St Richard’s community nursing specialist Sue Thurston visits the couple regularly. She discusses with John his condition, any anxieties and liaises and co-ordinates with other services including the team at the local Abbottswood Surgery. John, who ran a large transport operation during his working career, said, “Sue is very knowledgeable and helpful and also very caring. She has been a great help to us. We know that if we reach out to St Richard’s there is always someone to talk to. It’s good to know St Richard’s is there as long as we need them. It makes us feel safe.”

Our annual Lights of Love is a special occasion which is very dear to our hearts - a time when local people of all faiths come together to remember, reflect and celebrate the lives of those we love who are no longer with us.

Message posters

Save time and money and say your festive messages with one of our giant Christmas message posters. Email jsargeant@strichards.org.uk to request your poster and donation envelope.

www.strichards.org.uk

A regular donation will help us plan for the future

Driving in style

Patients from our Day Hospice have enjoyed drives out in a lovely Morgan thanks to volunteer Glenn Barker who owns the iconic car.

Student nursing project

Vanessa Gibson of St Richard’s with Jane Nicol of University of Worcester.

St Richard’s Hospice has been shortlisted in the cancer nursing category of the prestigious 2015 Nursing Times Awards.

The shortlisted project is centred on helping student nurses be the best that they can be when caring for patients and their loved ones at the end of life.

The project involves two day tailor-made courses for up to 20 student nurses and clinical placements across the organisation.

Vanessa Gibson, St Richard’s Hospice Community Nursing Services Manager said, “We recognise that as specialist community nurses we can do more to support and influence nurses of the future and therefore ensure more patients receive a skilled palliative care approach. Our project has a direct impact on the way students work each day. They leave the project with enhanced confidence, knowledge and practical skills.”

Vanessa added, “Each student group has raised fears and anxieties which we are able to address in a supportive way, putting the students in a more confident position when they meet these situations, therefore enhancing care for patients and families.

Students within the mental health area have particularly valued the opportunity to explore end of life issues for their patient groups. It proved to be a great team effort across the organisation with departments willingly contributing much time and effort.

The ongoing project is run in partnership with the University of Worcester. The judges described the project as an ‘outstanding achievement’ and demonstrated that end of life care is everyone’s business.”

John and Mary also benefit from a member of the Hospice at Home team coming in to sit through the night twice a week, giving Mary a chance to rest.

The girls stay up and check on John every hour,” said Mary. “It gives me the opportunity to go through my bedroom door, close it and have time to relax knowing John is being well looked after. I can tidy, get into bed, put some music on and we get a peaceful rest. That’s very reassuring.”

She added, “The Hospice at Home healthcare assistants are lovely to have in our home without exception. We always feel safe and happy when they are here.”

Mary and John want to spread the word about the services St Richard’s offers to those living with life-threatening illnesses other than cancer. “St Richard’s is a ‘super force’ you can trust and it gives us great peace to know they are there.”

Community Nursing Services Manager Vanessa Gibson said, “People often don’t realise that we care for patients with a range of illnesses including MND, Multiple Sclerosis, heart failure, chronic respiratory disease and others. Last year our Nurse Specialists supported over 1,250 patients in their homes and in the community. With our nurse Specialists, Hospice at Home team and the In-patient Unit we can offer the full circle of care to patients and families at a very difficult time.”

www.strichards.org.uk

A regular donation will help us plan for the future
Horse in surprise hospice visit

St Richard’s Hospice in Worcester helped create a precious moment for patient Catriona Craig and family with a surprise visit from her favourite horse.

Mrs Craig’s husband David and good friend Alice Bennett who owns Ed, had arranged with hospice staff to bring the 20-year old beautiful grey former event horse to the in-patient Unit on Wildwood Drive, Worcester.

Daughter Louise Russell-Pavier and friends were also on hand to share the special moment as Ed nuzzled his frequent visitors and enjoyed taking mints from her hand.

Hospice staff had prepared for the visit and moved Mrs Craig’s bed out from her room onto the private patio area overlooking the hospice gardens. Mrs Craig, who lived near Malvern, had secondary breast cancer and was a patient in the hospice for the several weeks. She had also received care and support from a St Richard’s Nurse Specialist at home.

Mrs Craig had ridden from a young age and at one time made her living from schooling horses in America. She said it was a such a treat to see Ed come to her hospice bedroom window.

“I’ve been around horses all my life and my mother really adored them,” said Mrs Craig. “They are special and good to be around. Being with horses gives you good feelings and they take you to places in your mind and physically you don’t normally go.”

Mr Craig said of St Richard’s, “We couldn’t believe the care and quality of nature can have a very real impact on patient’s well-being. Hospice care is all about putting the patient and their needs at the heart of what we do, and this is a great example of that ethos. We are used to welcoming rather smaller and fluffier creatures but it was great to see Ed making a patient so happy.”

Shopping with a heart

When you shop online there is now a great way to use your buying power to raise funds for St Richard’s Hospice at no cost to you.

Give as you Live is a shopping and price comparison website with a heart. As a supporter of St Richard’s Hospice you can raise free donations simply by shopping online using Give as you Live. Shop at over 4,000 leading online stores including Amazon, eBay, Tesco, John Lewis, Sainsburys, Just Eat and therailine, to name but a few!

A percentage of every purchase you make will be donated to St Richard’s. The retailers pay a commission each time a sale is generated for them through the site and at least 50% of this is passed on to the charity of the supporter’s choice.

Go to www.giveasyoulive.com and start shopping! Thank you.

Radio celebrity takes on London Marathon

Local radio celebrity Helen Wheels, who co-hosts the Hursty and Helen Breakfast Show on Worcestershire’s Free Radio, has announced that she will run the London Marathon 2016 in aid of St Richard’s Hospice.

To donate to Helen’s fund visit www.justgiving.com/hurstyandhelen/

Thank you...

...to all the individuals, companies and organisations who made this year so special and raised thousands of pounds towards our care. A big cheer to all those who arrange their own fundraising events for us from coffee mornings to lunches, and all those who take on personal challenges. We couldn’t keep funding our care without you!

We have lots more exciting events so keep an eye on our website or call the Fundraising Dept on 01905 763963.

Festive Lunch

Join us for our Festive Lunch taking place in a marquee at the stunning Stanbrook Abbey on Thursday, 3rd December. Tickets are £30 each and include a 3 course meal plus fashion show by Bodega and Lisa Von Hallwyll Millinery.

To book call the Fundraising Team on 01905 763963 or go online. Kindly sponsored by Knight Frank and Bodega. www.strichards.org.uk/ event/festivelunch

Snowdrop Ball

There are still a few tables left for our Snowdrop Ball on Saturday, 26th November at Worcester Sixways. Tickets are £50 each which includes a 3 course meal, live music from The Soul Trader, disco from Midlands Leisure and casino. 7pm onwards. Kindly sponsored by Fantinna Bennetts of Malvern and npower. Call the Fundraising Team on 01905 763963 or go online to www.strichards.org.uk/snowdropball

Give a car

So far many thousands of pounds have been raised through the Giveacar scheme, a social enterprise which collects unwanted and unused cars for charity – turning scrap into cash. Nineteen cars have already been donated with the cash going to St Richard’s Hospice.

The concept mirrors one that is already popular in the United States and other countries – but which is still very much in its infancy in the UK. Regardless of their condition, cars are collected free-of-charge nationwide by Giveacar and sold through an online auction, or disposed of at an authorised treatment facility. Proceeds from the sale are donated to a charity, such as St Richard’s Hospice. Even if the car is scrapped, St Richard’s Hospice still receives between £40 and £160.

The Giveacar service is very efficient and many hospice supporters have been delighted with the amounts that have been raised for St Richard’s Hospice.

We have lots more exciting events so keep an eye on our website or call the Fundraising Dept on 01905 763963.

For more information visit www.strichards.org.uk/events

St Richard’s Hospice offers care, comfort and compassion

Radio celebrity takes on London Marathon

Local radio celebrity Helen Wheels, who co-hosts the Hursty and Helen Breakfast Show on Worcestershire’s Free Radio, has announced that she will run the London Marathon 2016 in aid of St Richard’s Hospice. To donate to Helen’s fund visit www.justgiving.com/hurstyandhelen/
St Richard’s Hospice’s flagship store in St Swithun’s Street, Worcester celebrated a successful first year. The modern, light and airy store proved an immediate success, significantly increasing donations from its opening night.

Over the first 12 months, the store saw customer transactions increase by 38% with an increase of 35% in item sales, including an increase of 26% in sales of donated books. The funds raised enabled St Richard’s Hospice to provide specialist care to patients with life-limiting illnesses and support their families.

Don Corr, Commercial Director at St Richard’s Hospice, said: “The store and café in St Swithun’s Street has proved a huge success and we are really grateful to our volunteers and the local community for all their support. Our programme of store refurbishment has kept us ahead of the game compared to other charities, increasing the number of people visiting the shops to either donate or purchase items. This in turn means that we can continue to offer compassionate care to people at the end of their lives and support their loved ones through a difficult time.”

We are grateful for all gifts in memoriam and gifts in Wills. 

“Why I volunteer…”

I retired from work in October 2014. As I had, for the majority of my working life, held a variety of jobs in health and supported housing, I knew that I needed to do something that had a practical value in retirement. I have always had a tremendous respect for the hospice movement in general and for Richard’s Hospice in particular, so it was not difficult for me to make a choice about where I would like to volunteer.

When I applied and was accepted to become a volunteer there was lots of information, through an induction course, an open evening and discussions with the Volunteer Co-ordinator so that all prospective volunteers can take a look at the considerable range of volunteering opportunities available at St Richard’s and find the best match.

I expressed an interest in working in the In-patient Unit (IPU) at the hospice and began volunteering there in November 2014. What struck me immediately was the warm welcome from all members of staff and the total lack of “ego” that existed. It didn’t matter if you were a consultant, a doctor, a nurse or any other member of the team of people who make the place “tick”….. everyone’s contribution is valued and there is no hierarchy.

The role of a volunteer in the IPU is varied one. Tasks can vary from administrative (photocopying, answering the phone and preparing paperwork for new admissions), to delivering post to patients and reading their correspondence for them if asked, to loading the dishwasher or simply making a cup of tea for a patient, one of their visitors or a member of staff. When I was at work the main aim of my employer was to “Make a Difference” to the lives of its customers and I hope that, even in a very small way, my volunteering at St Richard’s makes a difference to the patients and staff that I come into contact with. From a personal point of view, I have found volunteering at St Richard’s Hospice to be a very rewarding experience and I am certain it has had a really positive effect on my adjustment to retirement.

Nina Chinery

If you are interested in volunteering, then come along to our next open evening on Tuesday, 1st December. Contact our Volunteer Coordinator on 01905 763963.

Direct Mailing for St Richard’s

Recently there has been an increased interest in charities direct mail activities in the media and an investigation launched following the death of 92 year old poppy seller Olive Cooke who her family believed had found the volume of direct mail she received “overwhelming”. The Fundraising Standards Board will investigate how charities share lists of donors and it is expected the investigation will lead to a tightening of the Institute of Fundraising Codes. Whilst St Richard’s does undertake direct mailings it is a popular and traditional fundraising technique that can generate significant income for the hospice, it is important for our supporters to know that St Richard’s does not share any of its donor information nor does it purchase data.

The most recent mailing undertaken in July, which some of you may have received, highlighted the importance of regular giving and we were delighted that the mailing generated 76 new regular giving agreements increasing the hospice income by £10,554 per annum, it also generated a further £3,352 in increases of existing annual giving and instigated £1,626 in one off donations. These results exceeded our expectations and we are delighted so many choose to give to the hospice regularly.

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Hospice lotteries merge to extend support

The Hospices Lottery, jointly owned by St Richard’s Hospice and Acorns Children’s Hospice, has joined forces with Primrose Hospices Lottery to offer supporters a more streamlined service. On 1st April 2015 the South Worcestershire Hospices Lottery, which has raised over £1.8million over the last 15 years in aid of St Richard’s and Acorns, merged with Primrose Hospices Lottery of Bromsgrove, to become the Worcestershire Hospices Lottery. The merger will offer the three hospices cost savings in the running of the lottery so that more of the ticket price will be available to help the hospices care for patients and their loved ones.

The combined lottery scheme, which will still be known as ‘The Hospices Lottery’, offers local people the opportunity to support all three hospices based in Worcestershire. The prize funds for the Lottery have been increased from £1300 per week to £1700 per week to reflect the extended membership of the combined scheme.

Dawn Scott, Lottery Manager, said; “We were keen that this merger would not have any impact on how members play and pay for the lottery. Due to the saving in administration costs resulting from this merger, each of the three hospices will receive increased donations. We felt that, in this economic climate it made sense to pool our resources and keep our costs down, so more of the profit can go where it is needed.”

To find out more and join the Lottery please go online to www.strichards.org.uk/raise-funds/join-our-hospices-lottery

Look out for other key dates in 2015/16 on our website www.strichards.org.uk/events.
For more information call Fundraising on 01905 763963

Forthcoming events

**October**

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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Thu 15th</td>
<td>St Richard’s Hospice Business Patrons Thai Night, Thai Rama, WR13 6QX</td>
<td>7.30pm. £20. Rachel Jones. 01905 763963 <a href="mailto:rjones@strichards.org.uk">rjones@strichards.org.uk</a></td>
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<tr>
<td>Tues 27th</td>
<td>007 Premiere, Spectre. The Odeon Cinema, Worcester WRS 2QR. £50.</td>
<td><a href="http://www.007premiere.co.uk">www.007premiere.co.uk</a></td>
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**November**

| Sun 1st | Ouche & Ocres Homewares sale, tea, cake, raffle. Welland Village Hall, WR13 6NE. 11.30 - 3.30pm. |                                                                 |
| Fri 6th | Lights of Love Worcester. Worcester Cathedral, WR1 2LA. 2.30pm & 6.30pm for 7pm. Alison Parkes. 01905 763963. aparkes@strichards.org.uk www.strichards.org.uk/lightsoflove |                                                                 |
| Tue 10th | Ladies Who Lunch. Gaudet Luce Golf Club, Droitwich, WR9 7JR. 12 for 12.30pm. £15. Eunice Williams. 01905 774499 |                                                                 |
| Sat 14th | Brian’s Super Sounds Dance. St John’s Sports Centre, Worcester. WR2 4LE 7.30pm - 10.30pm. Bring your own refreshments. Brian & Philomena 01905 454338 Brian.supersounds@btinternet.com |                                                                 |
| Tue 17th | Lights of Love Droitwich. The Sacred Heart Church, WR9 8AZ. 6pm. Alison Parkes. 01905 763963. aparkes@strichards.org.uk www.strichards.org.uk/lightsoflove |                                                                 |
| Fri 20th | Marcel Zidani Piano Recital. Birtsmorton Court, WR13 6JS. 7pm. £25. Emma Price. 01905 763963 eprice@strichards.org.uk |                                                                 |
| Fri 20th | Allan Morris Estate Agents Quiz Night. Barbourne Ex Service Men’s Club WR1 3ED. 7-11pm. 10 each (max 6 to a team) includes buffet supper. Kelly Bartlett kelly@allan-morris.co.uk |                                                                 |
| Sat 21st | Snowdrop Ball. Worcester Warriors Sixways Stadium. 7pm. £50 per person. Rachel Jones. 01905 763963 rjones@strichards.org.uk www.strichards.org.uk/event/snowdrop-ball |                                                                 |
| Wed 25th | Lights of Love Pershore. Pershore Abbey, WR10 1DT. 2.15pm. Alison Parkes. 01905 763963 aparkes@strichards.org.uk www.strichards.org.uk/lightsoflove |                                                                 |
| Thu 26th | Late night shopping. Music plus sing-along at The Valley Retail Park, Evesham, WR11 4TP. 4 – 7pm. Plus gift wrapping service. |                                                                 |

**December**

| Tue 1st | Lights of Love Malvern. The Great Malvern Priory, WR14 1DT. 6pm. Alison Parkes. 01905 763963. aparkes@strichards.org.uk www.strichards.org.uk/lightsoflove |                                                                 |
| Fri 4th | Christmas Concert by Worcester Concert Brass. St. Peter’s Baptist Church, Worcester. WRS 3T2. 7pm for 7.30pm start. £8pp (£10 on the door) Jayne Sargeant. 01905 763963 jsargeant@strichards.org.uk. Refreshments available. |                                                                 |
| Sat 12th | Brian’s Super Sounds Dance. St John’s Sports Centre, Worcester. WR2 4LE. 7.30pm - 10.30pm. Bring your own refreshments. Brian & Philomena 01905 454338 Brian.supersounds@btinternet.com |                                                                 |
| Sat 9th | Brian’s Super Sounds Dance. St John’s Sports Centre, Worcester. WR2 4LE 7.30pm - 10.30pm. Bring your own refreshments. Brian & Philomena 01905 454338 Brian.supersounds@btinternet.com |                                                                 |
| Sat 23rd | Burns Night. The Abbey, Malvern, WR14 3ET. £40pp. Charlie Homer on 01905 763963 |                                                                 |
| Sat 6th | West Midland Light Orchestra - ‘Big Band Event’. Mercure Hotel, Bewdley, DY12 1LA. £10. 7.45 for 8pm. Fabulous 65 piece band. Alison Parkes. 01905 763963 aparkes@strichards.org.uk www.strichards.org.uk/events/big-band |                                                                 |
| Fri 19th | An Evening with Esther Rantzen. The Wood Norton, Evesham, WR11 4YB. £75. 7pm. Emma Grainger. egrainger@strichards.org.uk www.strichards.org.uk/event/esther |                                                                 |

**Please complete and return to:** St Richard’s Hospice. Fundraising Department, Wildwood Drive, Worcester, WRS 2QT