



40 Years of Care

An update from your hospice including a look back on our history and how your support has made us who we are today.



David Smith
Chief Executive

A message from the Chief Executive

David Smith, Chief Executive of Teesside Hospice speaks about the last two years, the uncertainties we've all faced and how Team Teesside plan to look to the future with your support.

As we've entered 2022, I know many of you will be experiencing the uncertainties that are affecting us all right now. After two years of living under the shadow of coronavirus, what should have been an optimistic start to 2022 has turned out to be an onslaught of price rises, inflation and the horrifying images we have all seen coming out of our European neighbours in Ukraine.

Just imagine, and I know some of you won't need to imagine, what it must be like to be diagnosed or live with a terminal illness at a time like this? Fear, anxiety, uncertainty, loss, grief, distress, pain. None of these words do justice to the experiences families and friends feel when this hits individuals or loved ones. As well as the shock alone can create enormous problems that need extra help to begin moving forwards.

At Teesside Hospice, we've worked alongside our community, for over forty years. We know that we cannot change the inevitable outcome of a terminal illness but we know with certainty that our team of specialist staff and


volunteers help reduce many of the painful symptoms, feelings, practical problems and emotions that can overshadow that important period that should be a time of peace, contentment and preparation.

In addition to some financial support from the NHS, many are surprised to learn that the majority of funding for Teesside Hospice comes directly from the people of Teesside. Our shops, fundraising, lottery, volunteers and our corporate donors. Without your direct support we simply wouldn't exist and with our own costs rising too, all of us here want to say a heartfelt thank you for your continued support, compassion and care.

From our specialist-level inpatient unit to our lymphoedema, counselling and wellbeing support, we make sure people receive high quality care and support when they need us most. I know from my own families experience how important this is and the difference it can make during some of our most difficult times.

Thank you for your ongoing support and please take care during these difficult times.

David



“Every one of you embraced me and for that I am truly grateful.”

The hospice gave me faith and belief

Christine, 74, recently stayed in our specialist-level inpatient unit. She was blown away with the support she received from the staff and volunteers that restored her faith and belief.

“In 2015, my husband was diagnosed with kidney cancer, which was controlled at first until he started to lose his balance. I was really worried about him; we didn’t know what was wrong.

I was a very fit lady, before lockdown I was doing 3 exercise classes a week and walking 6 to 7 miles every day. When the pandemic hit, I carried on walking up until my husband got too unwell to be left on his own. One day, I lifted his wheelchair and pulled my back, and I was in a lot of pain. My husband was diagnosed with a brain tumour which is now managed with treatment when needed.

In the meantime, I was deteriorating, and I was taken to James Cook Trauma unit, they later revealed I had stage 4 lung cancer, which was incurable. My husband was in shock, and I was in a daze, nothing would register. I started my treatment just after Christmas, but it didn’t react well with my body. I was in a lot of pain and experienced distress, and I just wanted to die.

Then, I was introduced to the Hospice. When I came in, they showed me the room, and gave me some oxygen and pain relief, which really helped control my symptoms.

Over the last 2 and a half years, I had not held my family as they were afraid of hurting me. When I got to the hospice, one of the doctors hugged me, and I didn’t want him to let go. The Doctor told me he would look after me. I was so tired and because my symptoms were under-control, I was able to sleep throughout the night, for the first time in 2 years. I woke up pain free, everything felt surreal, and I started to improve, and this is all because of the amazing staff and volunteers at the hospice. Every one of you embraced me and for that I am truly grateful.

I can’t express how much the hospice helped. They have restored my faith and belief. They really are the good in the world and I wish I could pass on my joy, positivity, and belief that Teesside Hospice has given me to all who are suffering.”

“People have this misconception that it’s a place to come to die, it’s not.”



Chris was diagnosed with a Brain Tumour. Lynne his wife has spoken to us about the care they received from the hospice to help with his pain management, end of life care and bereavement counselling.

“Chris was unwell for about 6 months, on Boxing Day I was working when I got a call, they thought he was having a heart attack. This went on for months, they even thought it was mental health problems. I was getting really worried and took him to A&E, within 1 hour they told us he had a brain tumour and the prognosis was not good. After this, he had to go for surgical debulking, Chemotherapy and Radiotherapy.

He was in a lot of pain, and it was very hard to manage, his whole personality changed. I didn’t know who he was any more, which was really hard, especially as we had a son who was only 11. We had a Macmillan Nurse who visited, and they suggested the hospice to help manage his pain and symptoms.

I felt like I walked into the hospice with this backpack full of all these problems, but within an hour it was all gone. They were amazing. They managed to get his pain under control within 2 days, they sorted equipment out for our

house for when he did come home, and they just treated us holistically as a family. He stayed for 2 weeks and then came back home and visited the Wellbeing Centre at the hospice twice a week, which he loved and gave me a break.

People have this misconception that it’s a place to come to die, it’s not. He came in for pain management. They sorted out a lot of our social problems, gave me and my son some support to cope with things.

He started to deteriorate, so came back to the hospice until he died. I knew the hospice was brilliant care, but it went far and beyond anything I would have expected. The hospice meant he got to have a dignified death.

After he died, I came to the hospice for bereavement counselling, I would have never gotten through it without them. It was valuable for me to be able to move on.”

40 years of care

During the past 40 years our services have transformed but the need for us to be here hasn't!

Whether it's end of life care, supporting people to live well alongside their illness or through anticipatory & grief counselling, we've continued to change lives across Teesside by supporting people and families who've been affected by a terminal illness.

Across our area the need for specialist-level palliative care is increasing and we are seeing more young people with more complex conditions who need our care.

Making sure our care is highly personalised is a core part of our work. We want to support people to stay in control of their lives, make decisions about their future and help them to create experiences and memories that last a lifetime.

We believe everyone should receive the best possible care from cradle to grave and we want to make sure nobody dies in unnecessarily difficult or painful circumstances.

We have and always want to be here for local people but it's not possible without your help. Without the support of people across Teesside we could close and there is nobody else who provides the same level of care.

Thank you to everyone who has helped us to make a difference. A terminal illness doesn't stop and neither do we!



1980

Initial talks on hospice plan

A small group of local people interested in providing care for the terminally ill met.

"There is a real need for a hospice in Cleveland, but in the current financial climate we doubt if one could be provided by the National Health Service."

Mrs Joan Thornton, Tees Community Health Council, Evening Gazette, 10.09.1980.



1982

Teesside Hospice Care Foundation was born

The name of the charity and constitution was drawn up. The Company Registration and Charity Registration was completed.



1983

Macmillan nurses in the community

Our two first Macmillan nurses went out into the community, one based in South Tees and one in North Tees. The Macmillan Nurses were the foundation of the Hospice.

1987

Construction of Day Care begins

Work started on converting wing of Carter Bequest Hospital to accommodate Day Care facility.



1988

Day Care Centre Opens

Our first Day Care Centre was officially opened in a converted wing of Carter Bequest Hospital by Diana, Princess of Wales.

The Day Care Centre started running one day a week until a Day Care Sister was appointed who took it to four days.



1992

Directors appointed

A full time Medical Director and Director of Nursing Services were appointed to begin the task of developing the new Hospice and the 'Help Us Care' appeal was launched to help raise the £1.25 million needed.

1994

A new purpose built Day Care Centre

Day Care moved from Carter Bequest Hospital to the new purpose built Hospice on Northgate Road in Linthorpe, Middlesbrough and the first patient was admitted in April.

The Unit is a tribute to the caring. "This unit is a tribute to everyone involved in the fundraising effort. It is only because of the tremendous effort and support of people we can provide this standard of medical and nursing care"

1997

Another Royal visit

HRH The Prince of Wales officially opened our Inpatient Unit.



1998

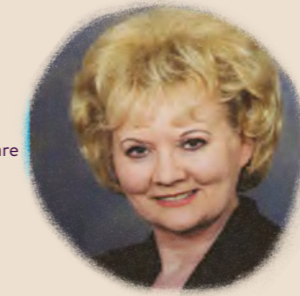
Forget-me-not was established

A children and young people's bereavement service.

1999

Fantastic Support

The Edward Guy Foundation agreed to part fund Day Care for the next five years.



2000

Development Grant

The 'Community Fund' awarded the Hospice with a grant of £674,766 to extend Day Care, build a new education and counselling centre, provide a new outpatient suite and move our Trading Company off site.

2002

New building & extension work completed

The new building and extension work was completed and the new facilities were officially opened by Alan Millburn, Secretary of State for Health in July 2012.



2003

21st Anniversary

Teesside Hospice celebrated its 21st Anniversary and was secured with Middlesbrough and Langbaugh Primary Care Trust to fund all Teesside Hospice Macmillan Nurses.

2008

Refurbishment

Department of Health grant was secured to refurbish the Inpatient Unit and create a link corridor to Day Care.

2012

30th Birthday!

Teesside Hospice celebrates providing 30 years of care. 3,000 local people are now cared for each year and annual running costs are in excess of £2.2 million. The dreams of those at the start are now a reality.

2013

Lymphoedema care expanded

The launch of a Tees wide lymphoedema service that now provides access to 1,285* people and delivers over 7,300* appointments each year. Working collaboratively with wider NHS professionals to improve pathways of care, reduce pain, maintain independence and increase education.

*2019-2021 Figures



2014

Hospice care highlighted nationally

NHS England, Chief Executive, Simon Steven visited to hear first-hand the difference hospice care was making. During his visit he spoke to staff, volunteers and local people receiving care. Simon recognised the important part hospices play in the delivery of palliative care saying, "Hospice's across the country are a distinctive part of the way in which communities and the health service come together."



2017

Wellbeing

As people are living longer with a terminal illness, the needs of our community have changed considerably. Our Day Hospice began its transition into an overarching Wellbeing Service providing advice and support through drop-in services, workshops and tailor-made programmes increasing access and helping more people to live well for longer.



2020

Covid 19 pandemic

On 23rd March 2020 the UK's Prime Minister announced the first lockdown ordering people to stay at home. Teesside Hospice worked alongside the NHS to reduce pressure on hospitals by rapidly restructuring our services and caring for both covid and non-covid patients. Wellbeing, outpatients and counselling services immediately moved to remote working to ensure we continue to care for local people. David Smith Chief Executive said "Those first few days of the pandemic were filled with such fear and uncertainty. Nobody really knew what was coming next but it was a privilege to be at the hospice during that time. Our teams led from the front, changing how we work, reprioritising our work, doing all that we could to support our partners and community."



2021

Complex Grief and Trauma

To ensure we meet the needs of the people who need our support the most, our bereavement counselling service was transformed to focus predominately on complex grief and trauma. Working with specialist clinicians and embracing new digital access we reached out across the system to make sure our resources are having long term impact post covid-19.

2022

New collaborations and campaigns

40 years on and we're continuously developing new collaborations & campaigns. Our enduring collaboration with partners at South Tees NHS, involvement in the new Integrated Care System, learning and sharing from further afield through our work with Hospice UK and closer to home, by exploring shared leadership and resources with St Teresa's Hospice. Speaking out on issues that affect local people and lobbying for the palliative and end of life care services our community needs.



Your Legacy, Your Choice

Take control of your legacy, so that no one faces death, dying or bereavement alone.

If the past few years have shown us anything, death has become familiar to us all. Because of this, we want to normalise talking about death. We want to make sure our supporters do what they can, so their money, assets and loved ones are protected when they die.

Your Will helps guide people with what you want to happen to your money and assets when you die. All of these things together make up your estate which can be distributed to whoever you choose. From your children, to family and friends.

Anyone over 18 can make a Will. It can be used to outline your lasting legacy within your family, and community.

If you decide not to leave one, the government will then decide how your estate is used and you then have no control over your legacy.

Have you recently moved into a new house, expanded your family or had a change in circumstances? Now is the time to write your first Will, or make changes to an existing one.

Visit our website to download your free Legacy Guide and Will Writing Checklist, so you can take control of what happens when you die.

Legacy
Income raises
an average
of £437,000
per year



Sunflowers
even on the
darkest days
will stand tall
and find the
sunlight.

Sunflower memories

30th July - 29th August 2022

Proudly sponsored by
Colin McGinley
Independent Family Funeral Service

True memories are like bright sunflowers that never fade away, even over distance and time.

The sunflower memories appeal is a special way to celebrate the life of a loved one, with a lasting personalised tribute this summer.

You can remember your loved one by donating and receiving a personalised handcrafted sunflower for £30.54.* Your sunflower will blossom over Saltburn Pier between Saturday 30th July till Monday 29th August for you to enjoy and celebrate the life of your loved one.

Anyone can dedicate a sunflower, regardless of whether your loved one received hospice care or not. Remembering a loved one is personal, which is why you'll have the option to personalise your sunflower.

Your loved one's sunflower will help Teesside Hospice provide high quality care for people and families who need us most.

Once the display has ended, the personalised sunflowers will go home to you to celebrate your loved one's memories in your own garden.

By donating you'll receive a beautifully crafted Sunflower by British Ironwork Centre.

*minimum suggested donation.

Remember someone
with a lasting tribute this summer

Order your own
personalised Sunflower

for a donation of £30.54 that could
fund one hour of specialist care.

To order please complete the reply slip enclosed
or visit www.teessidehospice.org.



Thank you!



Because of you, we can care

Fantastic Fundraisers



Stokesley Support Group

Stokesley Support Group this year are celebrating 30 years of coming together as a voluntary community group and supporting Teesside Hospice. Stokesley Support Group were the catalysis of creating our ever popular Stokesley Open Gardens which is now over seen by Julia Haigh. In December they came together for a coffee morning.

The event raised **£1,169** taking their lifetime fundraising total to **£226,570**. Thank you to Fran, Helen, Daphne, Jo, Anne, Phil and all past member for your incredible support. If you would like to get involved with their fundraising activities please let us know!



Poppy's Bracelets

Thank you poppy for making and selling bracelets to raise money for the hospice. She managed to raise **£110**. Poppy's Nana is having further treatment for cancer very soon so is aware somewhat of her illness, and wanted to do something "for cancer". We were delighted that she chose us. Poppy has worked very hard with her Sister Eve to make and sell them to family, friends and neighbours. Thank you for taking the time in creating these beautiful bracelets and raising vital funds for Teesside Hospice.



Aimee Bell from AMALAwellness

"I ran some Chair Based Yoga sessions over Christmas with a donation bucket for Teesside Hospice. We raised **£139**". Thank you for using your expertise to make a difference, Aimee.



Amazon Darlington

Thank you to everyone who got involved at Amazon Darlington! The Engineering Department raised a fantastic **£1,000** from a Charity Raffle, this was then matched by the company raising a total of **£2,000** for the hospice.



Osmotherley Community Group

Osmotherley Community Group asked people to sign up to one of the 40 dates, and commit to carrying out an act of kindness. Those who participated were given a small gift, as an act of kindness to themselves. Thank you for your 40 acts of Kindness fundraiser which raised an amazing **£300!** They will also be celebrating the Queen's Platinum Jubilee with more fundraising for Teesside Hospice.

If you want to represent your community and raise vital funds for Teesside Hospice, please get in touch by visiting the website or give us a call.

What's On



Sportsman's Dinner

Saturday 2nd July 2022
Riverside Stadium

Come along to the fantastic evening with host Phil Hourigan, alongside special guests including Heavyweight Boxer Steven Robinson. For just £60, enjoy a drinks reception, 3 course meal, plus much more!

Sponsored by Novum Personnel



Summer Skydive

Sunday 7th August 2022
Skyhigh Skydiving Peterlee

Experience the thrill of a lifetime and skydive for Teesside Hospice.



Middlesbrough 10km

Sunday 4th September 2022

The Might Middlesbrough 10km is a must for your running calendar. Why not run and raise funds for Team Teesside, to help your local hospice.

Sponsored by ITS
(Industrial Technology Systems)



Great North Run

Sunday 11th September 2022

The original route is BACK, sign up now to take part in the world's biggest half marathon. Secure your place for just £58*.
*£300 minimum sponsorship.



Colour Run

Sunday 25th September 2022

Save the date and keep an eye on our website and social media to find out more!



Yorkshire Three Peaks 2022

Saturday 15th October 2022

Join us on a tough but memorable journey across Yorkshire's iconic Three Peaks, but with a twist...it's at night. You can sign up by visiting our website for £45*
£325 minimum sponsorship



Salcantay Trek to Machu Picchu 2023

Saturday 7th – Tuesday 17th
October 2023

Machu Picchu is considered by many one of the most spectacular creation of the Inca Empire and one of the most important heritage sites in the world, and you could be exploring the amazing views whilst raising vital funds for us.

Please visit www.teessidehospice.org or call our fundraising team on 01642 811145 to find out more.



Volunteers

Let's Change
Lives Together

Join Team Teesside

All across our hospice you'll find talented people working together to help those living with terminal illness to receive the best possible care.

The work you do, whether it's at the hospice, in one of our shops, or in the community, will have a direct impact on people's lives. So if you're ready to explore your potential, this could be the place for you.

How can you help...

Whatever your skills and experience, there is a place for you within Team Teesside.

You could get involved with:



Charity Shops

You could help within our shops with displaying and sorting stock, interacting with customers and helping to raise vital funds.



Community & Events

Working with your community or at one of our events to help raise money to help the people that need us most.



Coffee Shops

Volunteer in our newly refurbished Coffee Shop in providing a welcoming and pleasant environment for customers. Why not learn some Barista skills and craft some of your favourite coffees in the process?



Caring for People

Play a vital role in changing lives by supporting the teams at the hospice through a number of roles.