



Teesside
HOSPICE



Gift a wish this Christmas

An update from your hospice, including ways you can deliver the life-changing gift of care.

Winter 2022



An update from your hospice this Winter...

David Smith, Chief Executive of Teesside Hospice, gives an update on the challenges we face this winter, and how you can help.

I remember thinking this time last year that in 2022, once the critical phase of covid was over, life would settle back down into a more predictable routine. Could I have been any more wrong?

This year has seen us celebrate forty years of providing hospice care for people across Teesside. It's seen us find new ways of helping people through collaborations, like South Tees NHS. It's seen us refocus our efforts on supporting emotional wellbeing, as well as physical healthcare. We've shared the joy of people returning to face-to-face support groups, whilst seeing those who benefit from the telephone

and video support, which we started during the pandemic, and has now become a routine part of our work. We've cared for hundreds of people and their families in our Inpatient Unit, Wellbeing, Outreach, Counselling, and Lymphoedema Services. We've also shared the skills and knowledge of the hospice team by offering training placements, education sessions and clinical advice.

It's fair to say that this year hasn't been without its challenges. The ongoing covid restrictions have brought practical and emotional difficulties for the team, visitors and those who need our care. They've reduced, but the mask wearing and testing are still in place. With infection rates declining, hopefully it won't be for much longer. We're also starting to see the long-term impact of lockdowns on people's



David Smith
Chief Executive

health and wellbeing. Delayed diagnoses, late stage diagnoses, and the heart-breaking impact that has on people's health. Our counselling service is supporting people whose loved ones died during covid, where they were unable to visit or have funerals in the way we would normally expect. The need to care for people experiencing this sort of trauma won't go away quickly. The acute phase of the pandemic might thankfully be receding, but its impact on the hospice will be here for some time to come.

As a charitable hospice, we rely heavily on our community to support and fund the work that we do. Whilst we receive some money from the NHS, we need to raise almost £6000 every single day to deliver the care that we do. In usual times, this is a challenge. But right now, with rising costs for all of

us, the challenge becomes greater every day. We've opened a new shop in Yarm and a café at the hospice to raise more funds. We're doing all that we can to work more efficiently and reduce costs. But the reality is that without your support, Teesside Hospice simply wouldn't exist. This hospice is facing a large financial deficit this year and we need you now more than ever.

From all of us here at the hospice – thank you – for your donations, your time and your support. Teesside is a special place with remarkable people. We've celebrated 40 years this year and I'm already looking forward to our half century!

Breaking The Stigma

Christine gives us an update on the past 6 months. How she goes back home, takes part in the Wellbeing Centre, and her return to the Inpatient Unit.

Christine was initially introduced to the Inpatient Unit when she began deteriorating with stage 4 lung cancer, which she was told is incurable. She spent some time in James Cook Hospital Trauma Unit, where she was then introduced to our hospice: "When I came in, they showed me the room, and gave me some oxygen and pain relief, which really helped control my symptoms."

"I was so ill, so I had to go to hospital. That's where I met a Macmillan Nurse. She said: "I'm going to see if I can get you into Teesside Hospice." My initial, dreaded thought was that this is the place I'm going to go and die. I accepted it at this point, I felt ready to die. But I came in, and I've never been hugged by my children the past couple of years, with everything going on. A Doctor came in and said "we're going to get you well again.", and he hugged me, and he held me for so long. He said "it's our job to get you well, and we will get you well." I was able to sleep throughout the night, for the first time in 2 years. When I woke up, I was pain free, everything felt surreal, I started to improve."

6 months on, Christine spent some time away from the Inpatient Unit in the comfort of her own home. But she returned to spend some time in the Wellbeing Centre to participate in activities with other patients, who are going through similar situations. Unfortunately, she began deteriorating again, and needed to receive further Inpatient Care.


"I'm quite a resident here really. It's getting worse. I know it's getting worse. But each time, they lift my spirits. There is hope here. At home, my family don't live with me, and my husband who isn't very well can't help me. Here, you come in, and straight away it's a cup of tea in the morning and a "what would you like for breakfast, Christine?". At home, you're struggling to get out of bed, making sure you get something to eat, and managing your medication. But here, it's sorted for you, everything is sorted for you here. They're always here for me, and I'm so glad they are."

Whilst staying with us, you'll have access to our 24-hour specialist care in a comfortable and relaxed environment. A real home from home, where your needs come first. We will do everything we can to make your stay just as you would like it to be. You will always have control of your care plan and the reassurance of a nurse call system with nurses available 24 hours per day, and a doctor available on call.

We take referrals from GPs, Consultants, hospital staff, Macmillan Nurses, Community Nurses and other Specialist Nurses. If you feel you may benefit from our care, please talk to one of these healthcare professionals, to find out how we can support you and your loved ones.



“People think the hospice is a place to come and die, but it’s not. I mean, I’ve proved that haven’t I?”



**“They’ve
got time for
us here.”**

Nicola

“I’m Nicola Roberts, and my husband, Peter, had a brain tumour. The last few years, he had both mental health, and physical issues.

He hadn’t eaten a lot since he had his gastric bypass. But since he came here, all that has changed. He finally had his breakfasts, three course meals every day, with snacks in between. Peter enjoyed his last days at Teesside Hospice. They had more time to care for him here. It’s what Teesside Hospice specialise in. They’ll spend as much time as they need with you. They really couldn’t do enough.”

Peter had a brain tumour and was in Teesside Hospice for 2 months. Peter said: “I’ve been really stable

since I came here, they even set up a few days out for me.” Peter enjoyed many days out, including trips to Lightwater Valley, Boro matches, and the local Leisure Farm. “I’m eating better than I’ve eaten in years. There’s multiple choice for every meal, and it’s usually three courses too.” Nutrition was important for Peter, and he found it very comforting to know that he could eat well and live well towards the end of his life. “I came here to die, but I think I’ve lived more since I’ve been here.”

“I came here to die, but I think I’ve lived more since I come here.”

Peter



Unfortunately, in August 2022, Peter died. Nicola and her family wanted to leave a statement for the care that they received during an important part of their lives: “They weren’t only there for Peter, they looked after me too. I couldn’t thank the staff more for what they have done for our family. We went to Metro Centre to Build A Bear, and Peter recorded his voice for five bears to leave a message to five of us.” Peter’s legacy lives on through these voice recordings which provides comfort, and special memories that will last a lifetime for Nicola and her family.

We provide a holistic approach when it comes to care, but the families of patients also need this support when experiencing death. We know that bereavement, loss and grief can cause us huge pain and sadness. It can leave us feeling alone, confused and fearful. It’s really important to remember that whilst grief and bereavement can impact our mental health, they’re not mental illnesses. These feelings

are entirely normal and are part of the healing and change process we all go through after experiencing a profound loss.

If your bereavement was over six months ago and you are still finding that you are having serious difficulties, we’re here to help. Our trained counsellors can help you to understand your feelings, how they are impacting you and develop tools and techniques that will reduce and alleviate their impact.

For more information, please visit www.teessidehospice.org.

Susan Lee, former Macmillan Nurse at Teesside Hospice

As we celebrate our fortieth year, we caught up with Susan, a Macmillan Nurse who was here when we were founded.


Forty years ago, the community health council decided that we need hospice care in Middlesbrough. I attended the inaugural meeting, which was held in the Central Library in Middlesbrough Town Centre. It all began when I lost my Father. I was a first-year Student Nurse at the time, in a world without palliative care. It was only fortunate because my mother and I were both nurses, and we could look after him. I decided to dedicate my career to oncology and palliative care. So of course, when the Macmillan Nurses started, I was desperate to become a Macmillan Nurse. I was the second Macmillan Nurse at North Tees, and I was funded by Teesside Hospice to help with the increasing demand of palliative care.”

Susan has seen Teesside Hospice grow over the last forty years and stated that: “Teesside Hospice has stood the test of time, and they still push those boundaries and encompass any new advances in palliative care. A lot has changed in the last forty years. Particularly the physical buildings, and the facilities have developed a lot to ensure high-quality care is given to patients and their families. The Macmillan Nurses have expanded much more, and they still work in partnership with Teesside Hospice. A real relationship had been developed between the hospice and the NHS, to provide the best palliative care to those who need it in Teesside. Forty years ago, Teesside Hospice led the change of palliative care, and that’s really been shown to thousands of families across Teesside.

“Teesside Hospice is changing lives across Teesside. Although a lot has changed over the last forty years, the need for end-of-life care hasn’t. They want people to live as well as possible, for as long as possible.”

A day in the life when I was a nurse:

We would review our case load, and see which areas we would be working in, where we would go and who we would go and see. Often enough, this is to provide life to years, where we couldn’t give years to life. We would work alongside GPs and District Nurses to look after patients and give families a much needed break. Working in palliative care can have a real psychological impact. Our incorporated “buddy system” meant that we could offer that friendship and support to each other, so that each day you were going home hoping that you’ve changed someone’s life for the better.



**“40 years ago,
I lost my father.
There was no
palliative care.”**



Eagles fly high for Teesside Hospice

**Mother and Daughter, best friends, fundraising fanatics.
Liz and Charlotte Eagles take on challenges for Teesside Hospice.**


Liz's Mum was cared for by Teesside Hospice for the last three weeks of her life. She was diagnosed with Stomach Cancer and passed away six weeks to the day of her diagnosis. "Teesside Hospice were so supportive to us and our family. To this day, they're still in our lives, they still support us now and it's amazing."

We know that bereavement, loss, and grief can cause us huge pain and sadness. It can leave us feeling alone, confused, and fearful. It's important to remember that whilst caring for patients is important, we must care for the families around

them too. "The hospice has been on the other end of the phone if we've needed them and have always kept in touch. They send us emails and keep us updated on their social media, so we can see what our next challenge will be, whilst showing us the real impact of our fundraising. They were looking after us as much as they were looking after my Mum. Even when there was limited visiting hours during covid, all of our family were working different shifts and living across the country. Teesside Hospice were so flexible and catered for us so we could get as much time as possible at the end of my Mum's life."



“Teesside Hospice were so supportive to us and our family.”



Liz and Charlotte participate in event fundraising multiple times a year, as their way of giving back to Teesside Hospice. “It’s nice for us to give back. We took part in the Sunflower Memories appeal in memory of our Mum and Grandma. Last year, we decided to throw ourselves out of a plane and take part in the Skydive with Teesside Hospice. The Skydive was amazing – the best thing we’ve ever done. Between us, we raised almost £2,000.”

This November, they’re participating in the Firewalk, and are planning to go above and beyond by performing a Wing Walk to raise funds for the hospice.

“The day Mum passed away, a Doctor was on duty, and I said to him “I’m going to raise you some money and throw myself out of a plane.” I never thought I would, but here we are. It was a bit of a joke, but then we thought – let’s just do it! If you’re thinking about doing a fundraising event – just do it. The fundraising team are amazing. When we got to the Skydive, they psyched us all up and got us really excited for it.”

If you’re considering starting your own challenge or want to participate in one of our upcoming events, please visit www.teessidehospice.org or call 01642 811145.



**Dedicate a gift to life's
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Light up a Life

Light up a Life is for everyone wishing to remember a loved one, not just those families cared for by Teesside Hospice.

£11.13

could pay for a wellbeing coordinator to run an hour-long activity that will help someone feel themselves again.

£30.54

could pay for the care of a Nurse for an hour.

£79.24

could pay for the equipment needed to provide care for a day.

£102.66

could keep our hospice warm and cosy for a day this Christmas.

How to make your dedication:



Fill in the form on your letter and return it inside the freepost envelope included.



Visit: www.teessidehospice.org to make your donation online.



You can call 01642 811145 to make your donation and we can answer any questions you may have.

What's On



Firewalk

Sunday 13th November 2022

Teesside Hospice

Spark up your Winter by taking part in our epic Firewalk! Brave your soles across 1200-degree embers as your friends & family spur you on. It's truly a moment you'll never forget.

(£25 registration and £100 minimum sponsorship)



TreeCycle

Registration opens on Tuesday 15th November 2022

Go Green this Christmas & recycle your tree. Our annual collection has seen us recycle over 5,000 Christmas trees across Teesside. Helping us raise over £70,000! We will collect your tree 13th – 16th January 2023.



Trees for Good

Pre-order NOW

A perfect centrepiece for your home. We only supply the best Nordmann-Fir, from 5ft – 9ft. They're sustainably sourced, long-lasting & great quality. Make Christmas feel that extra bit special.

Visit our Website to sign up or call 01642 811145

Share a Card

Throughout December

Share a Card is an easy way to share your Christmas messages with friends and colleagues, whilst making a huge difference to those living with terminal illnesses. Designed by Billy, a young boy who has accessed our children's bereavement counselling service: 'Forget-Me-Not'.

Christmas Fayre

Saturday 3rd - Sunday 4th December 2022
(10:30 - 15:00)

Get into the festive spirit & join Teesside Hospice for our annual Christmas Fayre. Live entertainment, tasty food, Christmas stalls & our wonderful Christmas Tree shop! A perfect way to spend an afternoon this Christmas.

Ladies Christmas Celebration

Thursday 15th December (12:00 – 16:00)
Hardwick Hall

Enjoy a delicious lunch and a tribute to the Sensational Frankie Valli & The Four Seasons, with a hint of The Overtones. Based in the spectacular Grade II listed building, create memories, indulge, and raise essential funds for Teesside Hospice.
(£25 Registration)

Boxing Day Dip

Monday 26th December 2022

Brave the cold & experience an icy rush as you make your way into the water at Redcar Beach. All in support of Teesside Hospice.



Fantastic Fundraisers



Rory Stephenson, and the Tees Valley Walkers, took on the Lyke Wake Walk and raised £784.55.

“Back in 2013, my dear Mum passed away with terminal liver disease. I watched her deteriorate over time, but the lovely people caring for her were so kind and made my Mum’s final journey as comfortable as possible. Months later, we trained and done the Lyke Wake Walk in memory of my Mum.” Every year since, they have completed the famous 40-mile walking challenge across the North York Moors within the allowed 24 hours.



32:fitness bootcamp raised £2,823 by completing Total Warrior for Teesside Hospice!

32:fitness bootcamp, along with a team of our members, are taking part in Total Warrior 2022 - for the 8th year!

“We’re raising funds in loving memory of Mark & Angela Livingstone. Parents of Charlotte Livingstone who is a long standing member of 32:fitness. We are fundraising for Teesside Hospice, a Palliative Care Service in Teesside, who provided invaluable care and support to the Livingstone family when they needed it most. Any funds we raise will go direct to the hospice to enable them to continue the amazing work they do.”



Driver Project Services Score Highly for Teesside Hospice

Driver Project Services continued their support for Teesside hospice by raising a huge £1,328, by taking part in the Tees Valley Football Tournament – Business 5s. They had a fantastic run reaching the quarter finals and were in the top two teams for raising money for their chosen charity.



John and Brian Littlefair raised a huge £4,045 walking the Cleveland Way in memory of their Mum

“On 16th June 2021, we lost our Mum to bowel cancer. To mark the anniversary of her passing, Bryan and I walked the Cleveland Way - a 117-mile trek that circumnavigates the North Yorkshire Moors on 16th June 2022 in Filey. There we raised a glass to Mum by the sea”

Teesside Hospice support people and families who’ve been affected by a terminal illness. They help them to make the most of every day, ensuring they receive the best possible care by creating experiences and memories that last a lifetime. “They did such an amazing job looking after our Mum we’d like to thank everyone who supported us on our journey.”

Teesside
HOSPICE

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www.teessidehospice.org
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