



Getting on with Living

As we approach the summer and look back on 2021 so far, we're really proud of our team, our dedicated supporters, and our community.

Because of your support last year, we have been able to care for 1,759 local people and held over 8,000 appointments.* During this time, we have ensured the safety of everyone is a priority. We have worked closely with the NHS ensuring that everyone at the end of life receives the care they need.

We have adapted the way we work by using digital platforms for appointments, and group sessions. This has allowed us to develop and maintain personal relationships with the local people that need us most. In some cases, this will be continued as we found there were certain sessions, such as the therapeutic sessions with the Wellbeing Centre that it worked best for, as people felt comfortable in their homes.

Throughout this year of change, the determination of our community has been the constant to ensure people with a terminal illness still get the specialist care that they need, so nobody dies alone, scared or in pain.

Because of you, we have been able to continuously support people and stay independent for as long as possible, through specialist palliative care, and creating memories that will last a life time. Thank you to everyone who has donated and supported us so far, you're amazing but we still need your help.

* From Jan 2020 to December 2020

“Help us make the most of each moment”

Sarah, Health Care Assistant

With lockdown coming to an end and restrictions easing, as a country we're all looking forward to be getting on with living, but as a hospice we're facing some tough times ahead. We anticipate in the next couple months, even weeks, there is going to be an increased demand for our services. As a result of people not accessing the care they need, or being diagnosed quickly enough, we are seeing more patients in distress. Especially ones with complex care needs, who are struggling and urgently need our support.

Unfortunately, despite our fundraising efforts, we're estimating a shortfall of **£500,000**, to continue to deliver care to the people that need it. This means we need your support now more than ever.

With your help, we can support those most affected during the pandemic by helping them 'get on with living', and make the most of each precious moment.

Together we can make sure everyone gets to live well to the very end.

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

**Be Happy,
love life and
live it to it's fullest.**

Aishah's Story

Aishah was diagnosed with stage 4 ovarian cancer in late 2019. Aishia shares how difficult the pandemic has been for her, and with the support from the hospice, her hopes for the future.

"In October 2019 I went to see my doctor as I thought I had a hernia, they sent for tests and scans to be told I have stage 4 ovarian cancer, and that it had spread and only gave me a 10% chance of living for a year.

When I first found out I was devastated. I just wanted to give up, I felt there was nothing left to live for. I started sorting my house out so my family didn't have too.

I was scared my granddaughter, who was 11 at the time, would forget about me.

The hospice got in touch with me and I spoke to Kim (Sister Wellbeing Centre), at the beginning I cried most of the way through the session with her. She rings every week, and really helped. She got my pain managed with my medication, she listens when I need it and overall is a great support for me.

During the pandemic I had to go into hospital, which I struggled with. The hospice got me the care I need and helped by getting me a counsellor to support not only the physical pain, but mental pain as well. Before the hospice, I did not have access to any care, the only time I had access to cancer nurses was after my surgeries. They used to say if you needed to do something, you need to do it yourself.

All of the interaction I had with the hospice has been through the pandemic and we've not been able to attend in person, therefore I've spoken with people over the phone and zoom. It's been amazing that I have still been able to access this care. I really couldn't have got through it without them.

I live alone and throughout lockdown I have been shielding due to being vulnerable. Therefore speaking to the nurses and counsellors at the hospice has really helped me focus and look towards the future.



It was my birthday at the end of March, just after the restrictions started to lift and you were able to meet up to six people / two other households. This meant I was able to go to the park and sit with my family and have lunch. It was so lovely to spend that time with them.

The hospice has been my lifeline, I used to cry all the time, but now I am happier. I hope for more time so I can go visit my family in Tunisia, before I'm too unwell to travel. In their country they don't have anything like the hospice, which makes me especially grateful. I am staying positive and although I know there isn't a cure, I have hope for my future. As long as I can stay positive, I can enjoy what I have, as you don't know what's around the corner.

I want to be happy as I want my children to do what makes them happy, love life and live it to its fullest.

Because the hospice has helped me so much I wanted to help them. So I have started writing poem's which they use to help other people. I never thought about writing them before, but gives me time to reflect on everything and be grateful for what I have.

I am so thankful for what the hospice has been able to do for me. It has allowed me to look at life differently and appreciate everything I have. I wouldn't be here without them; they have given me hope."





Wellbeing Centre: Reconnecting face-to-face

We recognised that many patients required support at this time more than ever. For those patients requiring close monitoring of their varied and complex symptoms, we will continue to provide regular 1:1 appointments via telephone, or video consultation. However, we have used the time and knowledge gained through the past year, to develop our service and ensure we provide the most appropriate and best possible care.

The New Wellbeing Centre

As we come out of the pandemic and re-open our Wellbeing Centre, we are excited to introduce a new service that is flexible to allow the right support for each person. That will focus on enhancing life, empowering our patients to achieve their goals and involving them in decisions about their current and future care. By focussing on their wellbeing and seeing them and not the illness we aim to help them reengage with their lives and give them more quality time with their families and loved ones.

We will deliver a varied programme of services that encourages people to manage their own care, to set themselves goals related to regaining or improving their activity, or alleviating symptoms such as pain and breathlessness.

Yvonne, Sister at the Wellbeing Centre, said “These programmes will help people to cope better with the symptoms of their illness and give them more confidence to gain control in their life.”

Patients and families will have the opportunity to attend supportive and educational sessions, therapeutic groups, social and peer support, self-management programmes and carers support groups.

Yvonne added, “We are so excited to introduce the new programmes to people and look forward to hearing the difference these sessions have had on their quality of life.

The Wellbeing Centre started to open in May 2021 and have ensured social distancing and precautions have been put in place to make this a safe environment for everybody involved.”

We will be running a limited service to begin with and then developing this to hopefully have a fully running Wellbeing Centre by the end of the year.





Staying Together

“The hospice allowed us to make the most of each day.”

Audrey, 90, was diagnosed with cancer of the oesophagus in November 2020. Amanda, Audrey's daughter wanted to honour her Mum and the hospice by sharing her story.

“Mum spent 5 weeks at the hospice at the end of her life, she was very scared and found it very difficult when she was first admitted to hospital. She was unhappy and due to pandemic we only got to visit her once. I was very worried about her.

She always wanted to go to the hospice, so when a place became available she was transferred for end of life care on the inpatient unit, it made such a difference. As soon as we arrived all barriers we had were broken down. The doctor came and visited my Mum, whilst Dad and I was there. He was lovely and was very sincere. He spoke about how they would help and explained what will happen. He even spent time with my Dad talking to him to make him feel calm and relaxed about everything.

Everyone had time for us, the whole family. I was very noisy and asked lots of questions, but they were so kind and welcoming. They included us in the decisions made about my Mum's care. They even helped manage her pain medication. Towards the end, Mum was very sick, but they tried everything they could to make her comfortable.

At Christmas, she came home and got to see the family and spend time with us. She wouldn't eat whilst she was at home, but loved the food at the hospice. The continued care throughout the whole time she was there was incredible. There is genuine empathy, the nurses that looked after her stayed with us till the end, and we got to stay overnight whilst she died.

Although it was a very sad time, we got to focus on spending time with Mum and creating memories and happy time. They even allowed my dog, who is a big part of the family, come to the hospice with me and visit my Mum. She was allowed to sit with her, and she was so happy. The hospice really did allow us to make the most of everyday.

A couple of weeks after Mum died, my Dad was really struggling. He received a call from the hospice to check up on him which really helped him. It just showed how much they cared for the whole family.

The hospice really did help us as a family, we felt safe and supported. They allowed us to spend time with Mum till the very end, we are so grateful for everything the hospice has done for us as a family.”

Over the pandemic we have helped 142 local people receive urgent care on our inpatient unit, we couldn't have done that without your support. As we move out of the lockdown restrictions, we expect increased care will be needed for people who haven't been able to access it. You can help us support more people like Audrey and her family.



Memory Boxes

Teesside Hospice cares for the whole family, not only the physical needs, but spiritually, mentally and emotionally too. A terminal illness can cause enormous change within a family, and as an adult it is often difficult to understand and process loss. Many people find it hard to support children through this process too.

Children have a very specific need to help them through a bereavement and find it difficult to understand what has happened to their loved ones. We find it useful when supporting children, to prepare them for loss through age related books and literature.

We recently secured a grant which enabled us to support children through this process, by providing them with items and information to understand and remember their loved one through a memory box. These special boxes include memory stones, pocket hugs and wish string bracelets, along with other personal items. They act as tangible tools to help and prepare the child for what for some describe as the worst time of their lives.

**“Without thinking, the dragonfly darted down.
Suddenly he hit the surface of the water and bounced
away. Now that how was a dragonfly, he could no longer
go into the water. ‘I can’t return!’ he said in dismay.**

**‘At least I tried, but I can’t keep my promise.
Even if I could go back, not one of the waterbugs would
know me in my new body. I guess I’ll just have to wait
until they become dragonflies too.**

**Then they’ll understand what happened to me, and where
I went’. And the dragonfly winged off happily into its
wonderful new world of sun and air.”**

Waterbugs and Dragonflies by Doris Stickney

**This has helped children who have not only felt isolated
by the pandemic, but also the loss of a loved one.**



“They really have changed the quality of my life”

Life is about Living

Whilst the last year has been very difficult, the Lymphoedema Clinic has continued to offer virtual and face to face appointments where possible. This has allowed us to connect with as many people as possible throughout the last year.

We work with people to help provide education, advice and guidance on the best way to manage their illness, so they can carry on living life their way.

Pat, knows just how important the Lymphoedema service is to the people that need it.

She has recently started using the Lymphoedema Clinic for bandaging. “I inherited Lymphoedema from my Dad. I learnt to live with it for years, once I retired I went to see my doctor about it, and at first they thought it was Arthritis.

Over the years, I have tried wrapping, socks and tights, some of the socks and tights can be uncomfortable, depending on the material.

Therefore, the nurses suggested wrapping again, this worked really well for me, and I lost 13 pints from 1 leg and 9 pints from the other.

Lymphoedema is something you have to learn to live with, but I do a lot of travelling, therefore I need to find something that works for me.

I am currently using Grade 3 socks, some of these can be difficult to pull up, but I spoke to the nurses and they looked at finding ones that were comfortable and stayed in place for me.

The whole team have been great, they have done everything to make me feel as comfortable as possible. They really have changed the quality of my life. I can now enjoy traveling again, I feel comfortable and confident, and I don't have to worry. Thank you.”



Thank you

The support we have received so far in 2021 has been amazing. We wanted to take this time to highlight some of our amazing supporters because what matters to you, matters to us.



Nick Shallow London Marathon

For the first time ever, we have secured a place in the London Marathon. With Nick being knocked back from the London Marathon for the past 5 years, and his previous fundraising for us raising over **£2,000**, we are so proud to have him represent Team Teesside. Nick's Mum lost her battle to Leukaemia in 2003, and ever since he has strived to raise vital funds in her memory. After his Mum's death he used the bereavement service, which has supported him and his family during one of the most difficult times in their lives. Nick has dedicated his selflessness to his job as a School Teacher, and Mental Health Therapist for Children.

We are so proud of you Nick, and the whole of Team Teesside are rooting for you in the London Marathon!

Sebby's Car Wash

Sebby has been a star supporter this year, as he started his own car wash to raise vital funds for us! Out of all the bad that has come out of the past year with the children being off from school, Seb and his amazing family wanted to help and support us during this difficult time. All of his hard work went to show as he raised a **HUGE £1,798!** Everyone at Teesside Hospice is so proud of you Seb, so thank you!



"Team Helen" May 2021

In memory of Helen Lightowler, for the past four years, her wonderful family has raised money in memory of Helen's name for the hospice and other charities. They have done things from football matches, walking a marathon and the Great North Run, to participating in our events like the Bubble Run! We would like to take this opportunity to shine a light on how much time has been dedicated by you, and the amount of money you have raised – including **£2,000+** in the month of May alone! A valiant effort.



#TeamTeesside Firewalk

On the 15th April 2021, #TeamTeesside consisted of local people and businesses that wanted to support the hospice to raise **£11,185**.

A fantastic night shared between the people of Teesside, full of smiles, laughs and memories. We would like to say a **HUGE** thank you to everyone involved – you're amazing!



Great Ayton Methodist Church

Great Ayton Methodist Church's aim was to raise £7,500, but they went above and beyond and raised **£12,366**. They certainly went the extra mile, from doing coffee stalls, to Tandem Bike Rides and Great North Run's. Great Ayton Methodist Church, has also selected us as their Charity of the Year. We are honoured and thank you for all the amazing fundraising you have done!



How you can help

Our supporters have inspired so many people this year, therefore we would like to take the chance to share some of the amazing opportunities that we have created for you all to get involved this summer.



Sunflower Memory Wall






Remember your loved ones this summer, by making a dedication on our Memory Wall

Loss is something that many of us have experienced during the past year, but it is something we have to accept when Getting on with Life. We are pleased that we can give you the opportunity to remember your loved ones, with this year's Sunflower Appeal.

With your dedication, it is more than just a sunflower, you are dedicating your faith and love in remembrance for your loved ones. Our Sunflower Appeal gives you the opportunity to make a dedication on our wonderful Memory Wall, and share an unforgettable experience with other local people of Teesside.

When you support our Sunflower Appeal and place a dedication on the wall:



-  Your loved one's name will be featured in full bloom on the Sunflower Memory Wall in Saltburn from 30th July - 16th August.
-  You will receive an invitation to our Sunset launch event to be held on Friday 30th July and be the first to see your dedication on the Wall which will be lit up and shining brightly even in darkness throughout the duration of the appeal.
-  You will receive a special thank you and an option to get your own sunflower badge at the Sunset Launch.

We understand this is a difficult time for many, but we hope this Sunflower Appeal can provide some comfort towards people's spiritual, mental and emotional needs too.

To dedicate a name on our sunflower wall, fill out the form attached to the letter and send it back before the 9th July.



Proudly sponsored by
Colin McGinley
Independent Family Financial Service
Principal Financial Director Garry Sanger - 01642 842222



Bark Life

26th June 2021



Enhance your social life by getting involved with Bark Life! A communal dog walk, all in aid of raising vital funds for Teesside Hospice. Bring your doggo to Guisborough Woods, and walk the trail alongside man's best friend, whilst sharing an experience with like-minded people. You'd be barking mad to miss out! For more information on how to set up your own fundraiser, contact fundraising@teessidehospice.co.uk. Proudly Sponsored by Industrial Technology Systems LTD (ITS)

Stokesley Open Gardens

3rd and 4th July 2021

For one weekend only, discover the secrets of Stokesley's best-kept gardens! Every two years, Stokesley Open Gardens comes to town, where there'll be 24 gardens to look at between 12:30pm and 5:30pm. Attend, Connect and Socialise with local residents and their beautiful gardens, and visit many of the several garden cafes to rest your legs as you go around. Proudly Sponsored by Access Loft Conversions.



Sportsman's Dinner

14th August 2021



Come along to Middlesbrough Football Club, for a fantastic evening with our host Phil Hourigan, alongside special guests Jim Platt, Dave Hodgson, Mark Proctor & Steve Vickers.* The night will begin with a drinks reception, followed by a delicious 3 course meal, plus tea and coffee. Price per ticket is £60 or you can buy a table of 10 for £550. The ticket price includes drinks reception, three course meal, tea, coffee and lively banter from former Boro players #UTB! Proudly Sponsored by MCWare IT Solutions.

The Mighty Middlesbrough 10k

7th November 2021



The Mighty Middlesbrough 10k is a must for your running calendar, and with an exciting new route, it is set to be another great event. The Mighty Middlesbrough 10k shoots off at 09:30 from Centre Square. Whether you're chasing a new PB, fundraising for a charity or just looking for a fun new running challenge, this is the perfect event for you. You can secure your place today & go the extra mile for Teesside Hospice.

And many more...

*tbc