



Teesside
HOSPICE



Summer 2024

www.teessidehospice.org

Making a difference

Read inside how you can create
memories that will last a lifetime

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Did you know?

Thanks to your support, you helped generate **£3.4m in income during 2023/24.**

Mike's Update...

Mike Thornicroft
Chief Executive



Hi there,

As I've only been in post, as the new Hospice CEO, for a short time, I thought I'd share some information about myself and what I've discovered at the hospice during the past 12 weeks... which have flown by!

I've come to the hospice, after 5 years of being the concurrent CEO of two Hospices based in Northumberland, that provided end of life care in the patient's own home. This was necessitated by the very rural nature of Northumberland and the difficulties that would have been experienced by loved ones, having to travel many miles to visit an inpatient unit.

I've learned an incredible amount about the hospice and in particular the amazing people who work, volunteer and donate to us.

The services provided by Teesside Hospice: palliative end of life care; wellbeing; lymphoedema care; bereavement support, have been directly supported by you and the wider community.

I've been incredibly impressed with the compassion, professionalism, dedication and commitment to the cause, from everyone I've met.

Many of our services, particularly our shops, rely on the regular support of wonderful volunteers who give up their time freely on a weekly basis and without whom the hospice just couldn't function.

Without the support of all of these individuals and the contributions made by our incredibly generous donors, the challenge of raising over £6M per year to keep the hospice running would be insurmountable and many people who need our support would miss out, at a vital time in their lives.

Additionally we have to navigate other challenges taking place in the world around us, which have a

direct and indirect impact on the hospice. Nurses and doctors are in short supply; although the economy has improved recently the cost of living is still higher than analysts would like and impacting on the quality of life of many of us; wars in other parts of the world continue to increase the costs of many household necessities and bills; funding from the NHS is still well below that required to cover all of our costs.

Work is ongoing with our NHS colleagues to try to redress this issue and a recent acknowledgement that further funding will be forthcoming has been gladly received. However, we don't know how much this will be. Consequently, in spite of the incredible work done by our teams that generate income, we expect to overspend by approximately £350,000 this year.

It costs us over £16,000 per day to run the hospice and provide all of our services to vulnerable people that need us.

As a charitable hospice, we can only survive with the support of our community – without you, we wouldn't exist. Thank you for everything you do for the hospice and ultimately those who we support on a daily basis. Your contribution is immeasurable.

I hope you enjoy the newsletter and please, if you can, support us – volunteer, sign up for an event, donate items to a shop, or just pop into the Northgate Tea Room – any help you can offer would be amazing!

I hope the rain stops soon and we can all enjoy a wonderful Summer.

Mike



“It’s truly a home from home.”

“My name’s Ann and I’m from Middlesbrough originally. I worked for a doctor’s surgery for the last 20 years which I’ve absolutely loved. However, I’m 70 now, so at 68 I decided it was time to retire, which I have done. Unfortunately as I’ve retired, the blooming big C came back.

Unfortunately in 2016, I went with a pain in the same side that I had already had done, but the very clever nurse looked at the other side and decided that it wasn’t right.

I’ve come here because I got pretty well down in just 2 weeks, everything seemed to crumble. I didn’t know which way was up, and I started to go to the crafts club in Redcar. We don’t have to come here to the hospice, people who live in Redcar, we have our own little group that we can go to which is fantastic. It’s on a Monday, it’s just 2 hours but it’s absolutely lifesaving. I live on my own, and I went there and talked to other people and straight away I felt better. The girls and staff who run it are just out of this world. There’s a nurse, a crafter and a lady who gives massages, and honestly it’s just a little bit of heaven.

Without going there, I wouldn’t be here now, because I stopped going, and they knew there was something wrong with me not going, so they kept ringing me saying are you alright Ann? I kept fibbing really and saying yes I’m fine, but really I wasn’t fine.

One nice thing was, we have hand massages and arm massages, and they’ve managed to get a special chair, so that we feel as though we are in the same treatment as everybody else. Before, we sat on a wooden chair with a pillow, but now we’ve all got a special chair that they bring with them which makes us feel special, and this is where the money goes- it’s a small thing but it means so much to us.

The only way I can describe my experience here is that it is heaven on earth here at the hospice. It’s a privilege that I feel to be here and it truly is a home from home.”

Ann’s Poem

Thought’s, Words and Deeds

Oh no, it’s Cancer!!

What’s the answer??

First things first...

Give my ring to my granddaughter

Let’s get things in order

Stop, Stop, This is not the way to go...

Calm down, **think** slow...

Why me- why not!?

The big C has **no** boundaries

Working in shops, offices, foundries

It has **no special** selection

So now the time for reflection

Breast cancer, **me**, a 50+ woman

Too young, too fit, no pain, **come on...**

Hello I’m your consultant Mr H

Sorry, Cancer has its **own** pace

We must act fast under the knife

I’m a Mother, Grandmother, Sister and Wife

Yes, that’s the way forward

Let’s do it, No time to wait...

Family, Friends, Looking after my needs

Thank you for all your thoughts and deeds

You all helped me through

God Bless You!

Operation, chemo, cold cap,

No hair, **that’s not fair!**

Fight the good fight

With all your might

I did, and a whole war later

I’m here with everyone dear

I did as I was told

And **now** will grow old

You can too, I know...

Yes You!!

Ann Wakefield.



“Half of me is gone, half of me is left, and I’m having to learn to live with that half that’s still here”

We spoke with Gloria as she shared her experience of losing her husband, Harry, in 2022. Gloria was introduced to the bereavement counselling service offered at Teesside Hospice and wanted to share her thoughts on how counselling can support your grieving process.



“My names Gloria, and Harry, my husband, passed away in 2022. He was in the hospice twice to have his medication sorted, and so I knew about the bereavement service when Harry died. I didn’t apply, because I felt ashamed that I couldn’t cope, and that I needed support. But it got to a point where I felt I needed to do this, so I applied and was given an hour a week.

The first two weeks I just cried all the time for the first two sessions, but that was fine. My counsellor was wonderful, she sat and just let me. One of the first questions my counsellor asked me was how do I feel about being here? And I told her I felt ashamed, disappointed in myself that I couldn’t cope and that I’d had to come for help. She said no, you’re on the winning side, you’ve admitted you need help and that’s winning it’s not losing.

At the end of it, you’re told that the door is always open here for you whether it be one year, two years, three years, they will always be here for you to come back if you need to come back. That in itself is really reassuring, because I know that’s a lifeline to me. If ever I need to come back, I can come back knowing that I’m going to be helped and I’m going to be supported.”

Last year, our team of experienced counsellors supported 271 children and adults in bereavement, providing specialist support to people just like Gloria.

“The people here are wonderful, so don’t not come because you’re feeling silly or disappointed in yourself. If you need help you need it, just admit it and come. It’s the best thing that can happen to you.

After the first couple of weeks, I started to look forward to coming and to see Tara, because I knew she wouldn’t condemn me, she wouldn’t give me rules and regulations. A lot of people don’t know what to say to you when you’ve lost somebody that close. They say things like “well you’ve just got to get on with it,” or “think about all of the nice times you’ve had,” or “you’re lucky to have had him.” Yes those things are nice, but they’re not helpful when you are so deep in grief. You’re best to just not say anything and just hug the person, and say it will get better in time.

It does take time, it takes forever. I’ll never be the same person. I know that because half of me is gone, half of me is left, and I’m having to learn to live with that half that’s still there. I still find it hard, I still cry a lot, I still miss my husband immensely, but those sessions have helped me to get where I am now.”

1,182 hours of counselling was provided to our bereavement clients over the past year, helping people learn to walk alongside their grief.

“I feel I belong here now, I can come anytime and know that I’ll be welcome. One day, I want to be a volunteer in some area of the hospice, to put back in what I’ve got out. Because it’s not about taking, it’s about giving all of the time, and I want to give back into this service that has helped me so immensely.”

Thank you to Gloria, for sharing your story on how bereavement counselling has helped your grieving journey.

If you have a bereavement 6 months or longer, come speak to us. Let us listen to you.

For more information please contact counselling@teessidehospice.co.uk or pick up the phone and call 01642 811063

Support us In memory of your loved ones

There are many ways you can make a lasting tribute to your loved ones. We're here to support your fundraising journey, every step of the way.



Dedicate a heart in memory of your loved one in the Forever In Our Hearts Appeal.



Donate in memory of your loved one.



Dedicate a leaf on our Tree of Memories situated at our hospice.



Set up a fundraiser in memory of your loved one.

We're here for you

We understand that it is a particularly emotional time for people remembering loved ones who are no longer with us. If you're struggling and feel you need some support, you can refer to our Bereavement Services on our website or call **01642 811060**.



In memory of Peter Johnson

On 21st April 2024, David and Chris Johnston of Marton Cricket Club Football Club held a Memorial football match in memory of their father Peter Johnston and to raise funds for the hospice.

Peter had been cared for at the hospice and the family had wanted to raise funds in his memory. The football match was followed by a social event at Marton Cricket Club.

Support our Retail Shops

With thirteen shops currently scattered across the area, including our latest addition in Ingleby Barwick, and another soon to open in Norton, the reach of our charitable efforts continues to expand. Step into any of our charity shops, and you'll be greeted by a wealth of pre-loved clothing, bric-a-brac, and more. Each item has a story to tell, and every purchase supports the invaluable work of our Hospice. From vintage garments to quirky knick-knacks, our shelves are full of treasures waiting to be discovered.



Volunteer!

Our volunteers are the lifeblood of our organisation, generously dedicating their time to sorting, pricing, and displaying the thousands of items that we process in our shops each week. With more volunteers than paid staff, their commitment ensures that we can continue to serve our community effectively. Their contributions extend beyond the shop floor, embodying the spirit of giving that underpins our mission.



Our eBay shop

While our charity shops boast an array of quality items, occasionally, we stumble upon something truly exceptional. These gems find a new home on our eBay pages, where discerning buyers can bid on branded clothes, valuable books, original antiques, designer handbags, and more. Each purchase not only brings joy to the buyer but also supports our cause with a premium donation.



Unlocking the Power of Gift Aid

Did you know that your donations could be worth an extra 25% through Gift Aid? By simply ticking a box and declaring that you're a UK taxpayer, you can amplify the impact of your generosity. Last year alone, Gift Aid generated an additional £85,000 in income from items sold both in our shops and online, demonstrating the profound difference even a small gesture can make.



Our charity shops are fuelled by the dedication of our volunteers and the generosity of our supporters. With each purchase, donation, and act of kindness, we move closer to our goal of making a meaningful difference in the lives of those we serve. Join us in the spirit of giving, and together, let's continue to support the people of Teesside and beyond.

Visit your local retail shop





In 2023/24, your support helped raise £3.4 Million for Teesside Hospice.

“It’s one of the most fulfilling volunteer roles I have done in my life.”

At Teesside Hospice, we believe in providing comprehensive support to our patients, staff, and carers, encompassing not only physical care but also emotional and mental wellbeing. One of the ways we do this is through reiki, a specialised form of complementary therapy. Reiki is a holistic approach that combines various techniques such as massage, aromatherapy, and relaxation exercises to promote overall wellness. Here’s what Ama has to say about her role in the complimentary therapy team:

“Hi, I’m Ama, I’m a volunteer here at Teesside Hospice working as part of the complementary therapy team, to provide reiki to staff, patients and carers. I have volunteered here at the hospice for over a year now, and have found it to be one of the most fulfilling roles I have done in my life. It’s wonderful to be of service and support to those who need it.

I’ve been a reiki therapist for around 15 years now, and discovered reiki, and the world of energy, whilst living in London. Reiki is quite a difficult therapy to explain, but it’s working with the energies of the body, to enable you to feel relaxed and peaceful. When your energetic body is in flow, you feel so much better and aligned in all that you do.

When providing reiki to patients, I find that they often fall into a very deep, relaxed state. They find themselves falling asleep on occasions, and when the session finishes, they often find that they are very relaxed, very calm, very peaceful and sometimes they even see colours, and feel warm from my hands from providing the reiki.”

Ensuring our patients are relaxed and comfortable is paramount to their well-being and quality of life during their time at Teesside Hospice. A relaxed and

comfortable state can reduce stress and anxiety, enhance the effectiveness of medical treatments, and foster a sense of dignity and control for our patients.

“The feedback from patients when they have received reiki, has been incredibly positive. They’ve enjoyed the experience and felt very relaxed, very peaceful, and very content at the end of it. It is a therapy I would highly recommend to anybody and everybody.”

In addition to reiki therapies, our Wellbeing Team at Teesside Hospice offers a range of complementary therapies aimed at addressing various aspects of our patients’ needs. One of our offerings is acupuncture group sessions, designed to alleviate difficult symptoms of stress and anxiety through the practice of acupuncture.

Another invaluable resource is our ‘Self-Help Using Complementary Therapy’ program, a five-week group session led by experienced therapists. During these sessions, patients learn practical techniques such as acupressure, aroma sticks, reflexology, Indian head massaging, and relaxation exercises. Empowering patients with these self-care tools not only provides immediate relief but also equips them with skills to manage their symptoms independently.

Furthermore, our ‘My Space’ group sessions provide a sanctuary for patients to explore various relaxation, mindfulness, and visualisation techniques. These

sessions offer a supportive environment where patients can discover what works best for them in promoting inner peace and emotional well-being.

At Teesside Hospice, we go beyond traditional medical care, offering a holistic approach to meet our patients’ diverse needs.

“The feedback from patients when they have received reiki, has been incredibly positive.”



Coffee morning at Smiths Dock Bowling Club

The members of the Smiths Dock Bowling Club raised **£389.88** for Teesside Hospice. The event was organised by Viv Dunn in memory of her sister Diane Saunders who was cared for at the Hospice.

The coffee morning was supported by the Smiths Dock Bowling Club community, they provided amazing home baking and a very generous raffle!



Support by the Gallon!

In memory of Rose Collinson, the family walked side by side, in their own gallon walk in support of Teesside Hospice.

“Teesside hospice gave us so much support and comfort in the hardest weeks of our lives, the care and compassion they gave to mam was second to none and they were the optimum of holistic care.

Nothing was ever too much and we could never thank them enough but would like to raise some money to help continue with their everyday work and take comfort in knowing they'll be there for other families in their time of need.

Collectively the group has raised over £3,900!



Claire's Journey At The Midnight Walk

Claire and her son, Sebastian, took part in our Midnight Memory Walk in March because we took care of her Mam during 2016-2018.

“Mam helped raise thousands for Teesside Hospice, getting us all involved in the Great North Run, climbing the Transporter Bridge and doing charity bingo nights! Mam's wish was to be cared for by Teesside Hospice for her end of life and the hospice welcomed her with open arms, which our family is eternally grateful for.

My son, Sebastian is 9 and last year he was really struggling with grieving at the loss of his grandparents. He wanted to do something to raise money for 'Nana's Hospice' as he calls it and what a great achievement at the age of only 8 last year! **He's raised over £350 this year and we're immensely proud of him!**”



RAMSDENS

Ramsden's pull out all the stops!

Ramsden's 'took over' the Hospice for a day by donating **£6,000** and volunteered in our Retail Shops. From 116 hours of volunteering to headline sponsorships of our Corporate Golf Day this coming July and our Rallye Du Soleil in September, prizes for the auction at our Big Top Ball, to inhouse fundraising and even a van full of donations for our charity shops, they have been exemplary long-term partners - and we love them for it!



What's On



Corporate Golf Day

Thursday 11th July 2024, Rockcliffe Hall,
£500 for a team of 4

Enjoy breakfast, receive beers for your round and you'll compete on one of England's best golf courses. Challenges include: beat the pro, longest drive and a nearest the pin competition. After your game you will be able to relax and enjoy a barbeque and refreshments inside Rockcliffe Hall.



Tour De Teesside

Throughout July, Free with fundraising.

Join us for the annual virtual Tour-De-Teesside! Cover an EPIC 200 miles on your bike throughout July in support of the hospice. Take in the beautiful landmarks throughout our wonderful countryside & award-winning seaside towns. You'll receive a fundraising pack, free Teesside Hospice water bottle and if you raise £100, you'll get a trophy on completion!



Bungee Jump Off Larpool Viaduct!

Sunday 18th August 2024,
£15 with sponsorship

Our chosen location is the iconic Larpool Viaduct in Whitby. As if a bungee jump wasn't epic enough, this is the only bridge jump which is legally allowed to take place in the UK- a truly unique experience! It's set to be an amazing day out on the stunning Yorkshire Coast.



Tea for Teesside

Throughout the year, Free with fundraising

Create your own Tea for Teesside fundraiser, where every cuppa counts. Join us in making a difference for those living with a terminal illness by hosting your very own 'coffee morning' where you'll receive your own Tea for Teesside fundraising pack!



Suggested
Donation
£29.57

"If there ever comes a day when we can't be together, keep me in your heart and I'll stay there forever."

Forever in our hearts

Always in our thoughts and forever in our hearts.

This year we are proud to announce
"Forever in our Hearts."

For a suggested donation of **£29.57** you can order a locally made steel heart in memory of your loved one.

Each heart will be engraved with the words "If there ever comes a day when we can't be together keep me in your heart, I'll stay there forever." and the name of the people we keep special in our hearts.

As part of the forever in our hearts appeal Teesside hospice will have a large heart sculpture in place in the beautiful Wynyard gardens from **Saturday 13th July to Monday 12th August.**

Every person who dedicates a heart will be invited to our special launch event on 13th July, during this time you will be given your

personalised hearts and attach them to the hospice heart. We would like everyone to help fill our hospice's heart with messages of love.

This promises to be a special event and we hope being part of this appeal and visiting our heart sculpture will offer a moment of calm, comfort, and reflection this summer.

£29.57 could cover the cost of a specialist nurse to hold a patient and their families hands during their last hour together.

All hearts ordered by the 8th July will be able to collect at the launch event. We will accept orders after the 8th July but due to the nature of personalisation these won't be available to collect until after the launch event.




Order now on [Teessidehospice.org](https://www.teessidehospice.org) or call 01642 811140



The logo for Teesside Hospice features the word "Teesside" in a white, elegant script font, with "HOSPICE" in a smaller, white, all-caps sans-serif font directly below it.

Teesside HOSPICE

Teesside Hospice
1 Northgate Road, Middlesbrough,
TS5 5NW
Tel: 01642 811060
www.teessidehospice.org

   #TeessideHospice



Registered charity No: 512875

Designed by Jak HQ