

SNAPSHOT

News & updates from St Oswald's Hospice
Autumn/Winter 2018

A light for a loved one

We remember those who are no longer with us all year round. At Christmas time, a wonderful way to remember your loved one is by taking part in Light up a Life.

Ailsa Scott from Kenton is remembering her husband, Norman and son, Lee. Norman received just one complementary therapy treatment from the Hospice for his lung cancer and four years later Ailsa continues to be supported by our Bereavement Support Team. Ailsa said:

"Norman was diagnosed with his condition in 2014 which was a really hard time, we had been married for 34 years and he was the biggest part of my life. He was in a lot of pain due to his condition but I always really admired his strength and fantastic sense of humour.

"Amongst other treatments, we went to St Oswald's to receive complementary therapy together, a service they offer to patients and carers. Norman enjoyed his treatment and for me, I felt at peace as soon as I walked into the Hospice.

"I hoped Norman would come to St Oswald's for pain management, unfortunately his condition quickly deteriorated and it wasn't possible. After Norman died I wasn't sure if I would still be invited to the Hospice for complementary therapy, but they encouraged me to go along.

"I have met with Brenda from the Hospice's Bereavement Team for four years on and off. Brenda saved my life. Since Norman died I also lost my son who had a brain tumour, and this year I have a big operation. At times I didn't want to go on but Brenda made me realise that life was worth living. I have come a really long way and I can't thank St Oswald's enough for always being there for me."

The theme of this year's Remembrance Services is 'Gratitude' and being thankful for the people we've had in our lives. They will be held on Thursday 13 December at Berwick Town Hall and Tuesday 18 December at the Metro Radio Arena in Newcastle. Everyone is invited to join us, whether or not you have a connection to St Oswald's. Find out more at www.stoswaldsuk.org/lightupalife



Spotlight on...

When you think of hospice care and the people who work here you might think of doctors, nurses and physiotherapists. However, the care we provide isn't just about managing physical symptoms, it's also about providing emotional, psychological and spiritual support as well.

At St Oswald's we have almost 350 members of staff and over 1200 volunteers. Our entire workforce live by our vision and values each day to provide outstanding expert, dignified and compassionate care to all of our patients, children, babies, young adults and families.

We recognise the importance of providing each person with care that will benefit them and tailoring our approach to suit their needs. With that in mind, we ensure that we have a workforce which is made up of a varied skill set, with roles that people wouldn't necessarily associate with hospice care. Three of those roles include a music therapist, a lead specialist dietician and a clinical hypnotherapist. Meet those friendly faces here:

Isobel Bowe, Lead Specialist Dietician. Isobel first joined the team in February when external funding was secured for a Nutrition Project. Isobel tells us more:

"I see my role in three parts - to provide advice and support to patients who may be struggling to eat and drink, have a poor appetite, have lost weight or are suffering from fatigue; to educate staff at St Oswald's in nutrition in palliative care and develop nutrition policies, procedures and screening and to provide expert advice regarding nutrition.

"I get a lot of job satisfaction from seeing the patients at St Oswald's. My experience so far has really highlighted that with a small amount of help and support a patient's outcome and journey can be massively changed for the better. The environment is so different from the hospital setting the catering system, food available and facilities are fantastic."



Dr Lisa Cairns, Clinical Hypnotherapist and Occupational Therapist:

Lisa said:

"I joined St Oswald's as an Occupational Therapist in 1999 and then Qualified in Clinical Hypnosis in 2002. I use hypnosis mainly with people living with a diagnosis of Motor Neurone Disease and their carers to help with anxiety, mood, sleep difficulties, oral secretions and more.

"Many people are sceptical or very anxious about hypnosis because the only knowledge they have is based on stage hypnosis or TV shows. People believe that they will lose control and be unable to remember what has happened to them. The people I work with are always pleasantly surprised to find out that all hypnosis is in fact self-hypnosis. I am teaching them a new skill and how to use it to manage their symptoms, they usually feel very relaxed and calm after their treatment.

"I've worked with some amazing patients at the Hospice and look forward to helping more people in my new hypnosis clinics."



Beverley Rayner is a Nordoff Robins trained Music Therapist and works across the North East, including at St Oswald's Children and Young Adults Service:

Beverley said:

"As a Music Therapist I use the power of music to enhance the lives of children with special educational needs and life-limiting conditions. As the children and young adults at St Oswald's can be very limited as to how they move, communicate and express themselves, music therapy focuses on what they can already do, gives them control, and raises self-esteem.

"I immediately felt the warmth from the staff and children when I first visited the Hospice. Staff arrange lots of activities for the children and their sensory needs and I have been lucky enough to have worked alongside other members of the team, such as physiotherapists, to give a child a new experiences. In one session I might be improvising music using the tempo of the child's breathing but in a session with a different child, we could be drumming together. Every session is different."



Keeping fundraising in the family

A family with a strong connection to the Hospice has together taken on an inspiring amount of fundraising challenges to raise money for us.

The McManus family has been fundraising to say thank you for caring for their loved one, David McManus, who was aged 46 when he was cared for on our Adult Inpatient Unit. David had a brain tumour and first came to St Oswald's for pain and symptom management in October 2016, later returning in early 2017 for end of life care.

The family's most recent challenge has been our London to Paris bike ride in May this year – an incredible 300 mile, four day cycling challenge.

David's brother, Andy, took part in the bike ride with his two children, Natalie and Andrew. Andy tells us more:

"St Oswald's gave Dave such wonderful care. I owe it to him and the Hospice to give something back. Dave was a cyclist himself and he'd be so proud of us for completing such an intense challenge. I'd always promised the kids that I'd take them to Disneyland Paris which is something we never got around to, so it was a nice way to all go to Paris too!"

Talking about the other fundraising challenges the family has organised, Andy continued:

"Last month we organised a fundraising event at Tynemouth Cricket Club. We had an afternoon tea, art auction and a disco, raising £2,200 for St Oswald's. It was a special fundraiser for the family, made extra special by the fact that Dave was a member of the Cricket Club and the next day would have been his birthday, so I stayed at the club until midnight to have a drink for him.

"As well as the fundraiser, Dave's wife Claire and I ran the North Tyneside 10k for Team St Oswald's and the family has taken part in St Oswald's Lantern Walk, for the last two years."



Christmas comes early to St Oswald's

We are preparing for the festive season at St Oswald's with the launch of our 2018 Christmas catalogue.

Enclosed in this mailing is our catalogue and special order form. To place an order with us, simply fill out your order form and send it back to us by 14th December 2018.

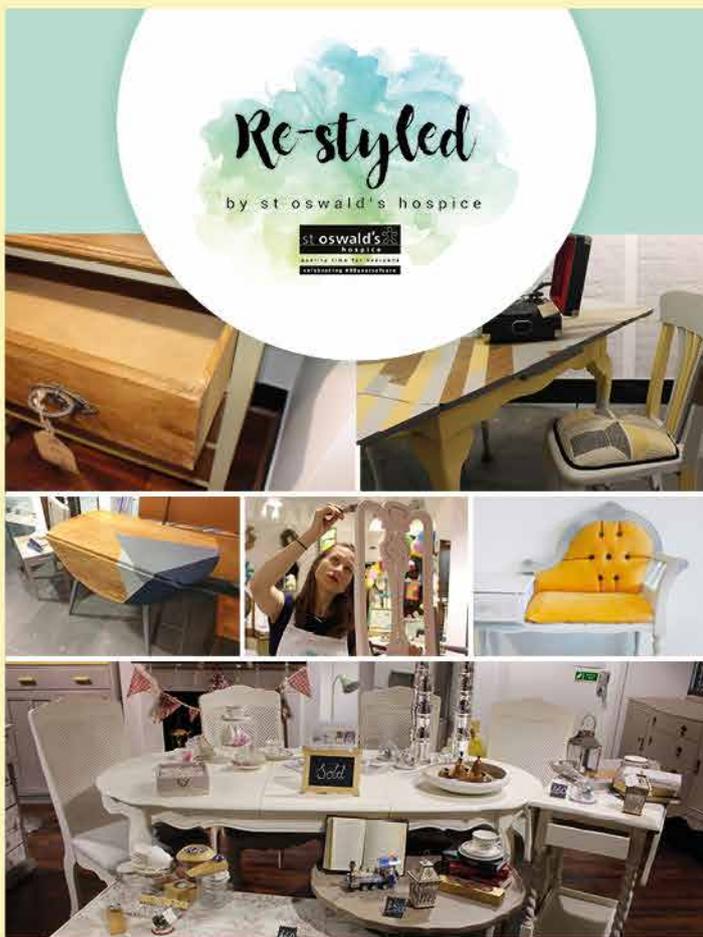
Whether you're looking for all those typical Christmas essentials such as cards or 2019 calendars and diaries, St Oswald's has got Christmas covered for you this year with prices starting from as little as £2.50 making all your festive must-haves affordable.

We'll be launching our exclusive range in the coming weeks, so keep an eye out on our website and social media pages for more news.

With Christmas all wrapped up at St Oswald's, why not start your shopping early this year and support St Oswald's at the same time!

As well as via the enclosed catalogue, you can also purchase online at www.stoswaldsuk.org/christmasshop





Re-styled Goes Digital

Shopping at our innovative upcycling Re-styled shop just got a whole lot easier with the launch of our new online Etsy Shop.

From the comfort of your own home you can now peruse our fantastic collection of bespoke, vintage and upcycled items. With a whole host of items available including: furniture, household goods, bric-a-brac and ornaments, we truly have something for everyone in our one-of-a-kind shop.

To find out more and to shop, head to: www.restyledbystoswalds.etsy.com.

If you have an Etsy account, don't forget to add our shop under your favourites so you're first to know about all things Re-styled.

A huge and heartfelt thank you to you, our supporters who allow us to continue with our vital work.

YOU ARE ALL AMAZING!

What's On?

We have lots of events coming up and would love you to join in! Or why not organise your own fundraising event – we will support you all the way. For more information contact our Fundraising team by calling **0191 246 9123**, visit www.stoswaldsuk.org or email fundraising@stoswaldsuk.org

Annual Raffle

Win a car, just in time for Christmas!
Only £1.00 per ticket.



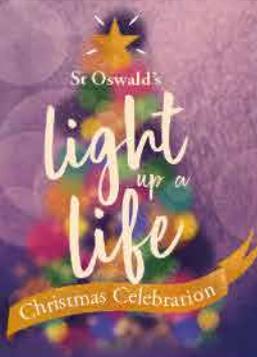
£1
Per ticket

First prize is a Vauxhall Adam donated by Bristol Street Motors, second prize is a £500 laptop courtesy of Total Business Group and third prize is a £300 holiday voucher donated by Courtney Airways. Buy tickets online from our website, in any of our charity shops or from Main Reception at the hospice address below. You can also buy online at www.stoswaldsuk.org/annual-raffle

St Oswald's Christmas Market

Take the little ones to visit Santa in his grotto or browse the array of festive stalls whilst enjoying a mince pie from 11am on **Saturday 24th November** right here at the Hospice. (see address below)

Light up a Life



Remember someone special by dedicating a light on our Remembrance Tree. We hold Remembrance events in Berwick on Thursday 13th December and in Newcastle on Tuesday 18th December. See front page for more details.

Elmer's Great North Parade 2019



Although the trail doesn't take place until summer 2019, we are now on the hunt for companies to sponsor a large Elmer sculpture and for artists to decorate them. Learning groups and schools are also invited to join the parade by painting their own smaller sculpture. For more information about getting involved visit www.greatnorthelmer.co.uk

All money raised in Sunderland and South Tyneside will support our Children and Young Adults Service.
St Oswald's Hospice, Regent Avenue, Gosforth, NE3 1EE. Registered Charity Number: 503386

T: 0191 285 0063 E: enquiries@stoswaldsuk.org

www.stoswaldsuk.org

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