

# Snapshot



St Oswald's  
Hospice

Autumn | Winter 2022  
News and updates

## Memories that last a lifetime

**"How do we keep Joanne's memory alive? Simple, we talk about her and to her as if she is still here with us. Never in the past tense, always in the present."**

This winter, Light up a Life will return to celebrate the lives of loved ones we miss. As well as dedicating a light on our tree and attending a celebration of life event in person or from home (see enclosed leaflet for more information) this year you can also create a lasting online tribute that will keep your loved one's memory alive all year round. **Light up a Life... a Place to Remember** is somewhere you can use privately for messages and reflections or share with friends and family for remembrance and celebration. We hope it will bring you and loved ones comfort as you remember the good times, mark anniversaries, share silly moments or simply be a safe place to turn to when things feel tough.

Michael and Kelly from Northumberland chose to remember their beloved sister Joanne by setting up a Light up a Life... a Place to Remember page in her memory.

Kelly said:

**"Joanne is still a huge part of our family. We have kept her number in our family group chats and I send her messages when I have something I want to tell her. She's included in everything we do. We get together often as a family and when we do, Joanne is always talked about, as we share stories and memories. We still tag her in our Facebook posts. I can't see us ever not, to be honest."**

Michael added:

**"When Joanne died her children really struggled. I told her son Matthew, that just because he can't see her, it doesn't mean she's not there. I said that anytime he felt proud of something he has achieved or was having a down day or needed to get something off his chest to just text her and tell her. I hope and pray that wherever she is, she will somehow see the messages and know how much we love and miss her."**

**"Setting up a memory page gives our whole family a somewhere we can all go to share our photos, memories and messages to Joanne. It's a real comfort to us all."**

We've enclosed a leaflet with more information about our Light up a Life campaign and services. You can also visit: [www.stoswaldsuk.org/light-up-a-life](http://www.stoswaldsuk.org/light-up-a-life) to find out more about creating your own remembrance page.



# Summer of Celebr

**Here's a little round-up of some events we've had across St Oswald's Hospice thanks to your support...**

## What a Fun Day for our Children!

The children were invited to a fabulous Fun Day in the hospice, co-hosted by Together for Short Lives. They enjoyed lots of activities alongside parents, carers and siblings.

“ Sophia loved having me there and it was fantastic to be with her in the hospice – it's her happy place. We loved joining in with the stories from Seven Stories and all the sensory activities. Sophia had her face painted and really enjoyed the bouncy castle.

Megan,  
Sophia's Mum ”



“ The staff all worked so hard to make sure the young adults and their families had the best time – and they really did! There was live music which had people dancing and smiling.

Kerry Turnbull,  
Activities Co-ordinator ”

## Ozzy Fest makes a BIG come back!

Our young adults love to party and the news that Ozzy Fest was back in August 2022 was music to their ears!

The young adults were adorned with face paint and festival glitter which proved popular (along with the selfie mirror of course!). The BBQ was fired up for a festival feast followed by cakes. There was even a VW Bar with cocktails and mocktails!

“ It was even better than the last Ozzy Fest!

Ewan,  
young adult ”





# ation!



The family events have been lovely. It's been nice to spend time together as a family.  
The Robson family

## Pizza, Pimms, Hawaii & happy Patients!

It was Game, Set and Match for the Adult Inpatient Unit after a trio of fabulous family celebrations. An outdoor Pizza Party one night, followed by an afternoon of Wimbledon – with strawberries, cream and Pimms! The end of the summer was celebrated with a Hawaiian party – ALOHA!

## Lionesses create a roar!

Inpatients, their families and staff celebrated as the Lionesses brought football home from the Euros!

### It was a match not to be missed...

Staff and volunteers made it their 'goal' to put on the best Euros event in the Family Room.

Everyone enjoyed a celebratory feast whilst watching the match.

And of course when the final whistle blew there was excitement and a roar of happy singing!



"Sweet Caroline!"



## Personalised care when it's needed most...

### Our brand new Combined Supportive Care Service has launched at St Oswald's Hospice Focus on Living Centre.

Led by Dr Felicity Dewhurst and Jenny Welford (an Occupational Therapist from Newcastle Hospitals), this weekly service is a collaboration between St Oswald's Hospice and Newcastle Hospitals NHS Foundation Trust.

Patients with lung cancer or mesothelioma are referred by their hospital care team, so that they can get any additional care, support and treatment needs met by a multi-disciplinary team, all in one place – when they need it most.

Living with these cancers (and any other conditions they may have as well), comes with many challenges – from physical symptoms or side-effects to the impact on emotional wellbeing and mental health.

The service aims to help manage those challenges in the best way possible, reduce the risk of hospital admission and improve quality of life.

### Meet June...

"I was so pleased that I could get so many things done at one place because my mobility is not very good. It's on my mind all the time 'oh, how will I do that?' But it's good because I can get so many things done here all at once. I feel the freedom to ask for what I need. They make you feel belonging and comfortable – the staff are all so nice. They really are – from the first one to the last one that you meet, even the driver who brings me in!"

June attends the Joint Supportive Care Service.



## Communication is key

In April, Diane Nicholson, Sister from the Children and Young Adults Service, started an exciting secondment as a Practitioner Research Fellow\*.

Over two years, Diane is researching 'Augmentative and Alternative Communication (A.A.C)' and hopes to improve communication between staff and the children and young adults who come for Short Breaks at St Oswald's Hospice.

A.A.C. is a range of strategies and tools to help people who struggle with speech, including for example using Makaton (language programme using symbols, signs and speech). Diane is one of only 20 people in the UK currently carrying out research around Paediatric Palliative Care. We wish her lots of luck and will keep you updated with how the research is progressing.

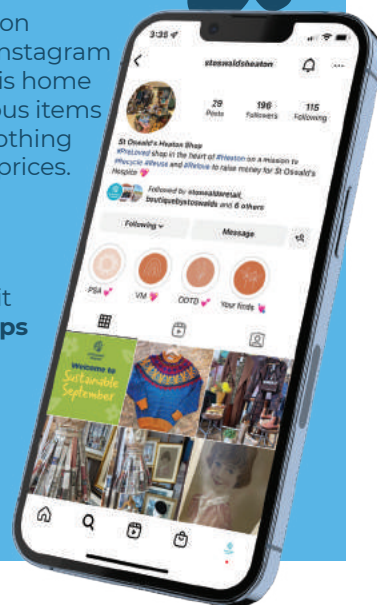
\*Funded by the National Institute for Health Research (NIHR), Applied Research Collaborative (ARC) North East & North Cumbria.



## Be inspired!

Did you know that our Heaton store now has its very own Instagram account? Our Heaton shop is home to some of our most gorgeous items with a range of pre-loved clothing available at pocket friendly prices.

Browse our stunning collections and creative displays by following **@stoswaldsheaton** and visit **www.stoswaldsuk.org/shops** to find out more about our shops.



## Puzzle Corner

Take a break and have a go at our Sudoku.

	2	6		3				8
9			6			1		
				1	9		4	
		7	3		2			
		4		7		8		
			8		6	7		
	5		7	2				
		9			5			4
4				6		2	1	

## Shaun the Sheep is coming to Newcastle

For ten weeks next summer, a baa-rrilant new art trail will be taking over the public spaces of Newcastle, to raise funds for St Oswald's Hospice.

For now, we are looking for artists to decorate the flock, businesses to sponsor the large sculptures and schools and youth groups to get involved in the creative learning project. All the details are on our website, **www.shaunonthetyne.co.uk** and you can join the mailing list to be kept up to date. Search 'Shaun on the Tyne' on Facebook, Twitter and Instagram to be the first to hear our news!



## Coming soon!

### The return of the Christmas Market

**Saturday 26th November**  
at the Hospice.

Tickets & info: **www.stoswaldsuk.org/christmas-market-2022**

### light up a life



Celebrate the life of a loved one this winter.

See enclosed leaflet or visit **www.stoswaldsuk.org/light-up-a-life**

### The big Car Raffle



Enter on our website **www.stoswaldsuk.org/big-car-raffle** or at any of our charity shops.

**Thank you for all the support you have shown St Oswald's Hospice so far in 2022. With love from our whole team of staff and volunteers.**

**0191 246 9123 | supporter@stoswaldsuk.org**  
**www.stoswaldsuk.org**

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**St Oswald's Hospice**