

Snapshot



**St Oswald's
Hospice**

Spring | Summer 2025
News and updates

Meet the Stars of our new Focus on Living Centre Film

*"It's about living the best life that you can,
with the diagnosis that you've been given.
It's about focussing on living." Alison*

As Alison says in our new film, Hospice care is about 'focussing on living'. But for many people, especially in low-income communities, hospice care can feel out of reach due to health inequalities and persistent myths and misunderstandings about what hospices can offer.

To help challenge this, we've created a short, powerful film featuring real patients from our Focus on Living Centre – which provides holistic care and practical support to help people to live well with palliative conditions.

Watch the film to hear patients openly share their personal stories. Hear them chat about the care they get and therapeutic activities they take part in – from blood transfusions to peer support groups, as well as exercise, relaxation sessions, massage, reiki, acupuncture, and more. You might be surprised by what happens at the Focus on Living Centre – but even more so by the impact these experiences have on people's lives.

Scan to watch film



or visit [www.stoswaldsuk.org/
focus-on-living-centre](http://www.stoswaldsuk.org/focus-on-living-centre)



Nathan

"As soon as you walk through that door, everybody's wonderful. They help you get the guidance, ideas and discuss side effects. There are about 4 of us in men's group who have been here nearly all the sessions, it's nice to see them. They like to have conversations...it's really helpful."



Kylie

"My stress levels were extremely high before coming here. I was not eating, not sleeping. As soon as I started to talk to the staff, I was relaxed... I look forward to coming every week. It's a place where you can just relax. I come for massage – usually my legs and shoulders. It helps my pain more than anything."



With your continued support we can change perceptions about hospice care and open our doors even wider to help more people to live well with palliative conditions – thank you!

Home sweet 'almost home' for our Young Adults

We're delighted to announce that construction of our new self-contained, two-bedroom Young Adults Accommodation is now complete! We're currently working hard to fit out the space and get it ready for our young adults to settle in and make it their own.

Jane Hamblin, Head of Facilities, said: "This new accommodation is a great addition to our Children and Young Adults Service – made possible by the generous funding of the Winifred Futter Will Trust.

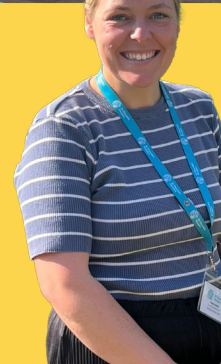
"We're now working closely with Holly Smith, Matron of our Children and Young Adults Service, and the clinical team. We're making sure that the internal space meets all the care needs of those who will use it – while also providing a grown-up environment where young adults can really thrive."

Watch this space as we begin to welcome our first residents!



A message from Matron, Holly:

"Thanks to incredible donations from you – our supporters, we raised an amazing £45,000 to furnish the accommodation, making sure it's not just a place to stay, but a real home-from-home. Our young adults are going to love it! Thank you!"



Spotlight on Lymphoedema

Lymphoedema and Lipoedema are conditions that can cause daily pain, swelling, and make moving around tough. Thanks to our Lymphoedema Service (called a 'lifeline' by many), people we care for are feeling better, moving more, and getting more quality time to do the things they love.

Malcolm and Ivanna share how their lives have changed since seeking support – read their inspiring stories...

Malcolm could barely walk a few hundred yards without being in agony. Countless visits to his GP left him frustrated, until he was diagnosed with Lymphoedema and venous eczema.

These conditions caused painful swelling and limited his movement – but a visit to our Lymphoedema Service changed his life. **Malcolm said: "The staff were amazing. The nurse figured out the problem with my legs and prescribed new creams and compression stockings to help care for them."**

"If I hadn't been referred to St Oswald's Hospice, I don't know where I'd be. The care and support I've received have made a huge difference in my life."

Growing up, Ivanna struggled with Lipoedema, a condition that causes abnormal fat build-up, pain, and difficulty moving. Despite staying active with sports, doctors repeatedly told her to lose weight, leaving her fed up.

At 19, Ivanna was finally diagnosed with Lipoedema. Since then, receiving care at St Oswald's Hospice has been "life-changing." **She said: "Since getting the right support, it feels like I've been given a whole new lease on life. I feel stronger, more confident, and in control."**

We'd like to thank Malcolm and Ivanna for generously sharing their stories with us.

Want to know more about our Lymphoedema Service? Visit our website at www.stoswaldsuk.org/lymphoedema-service or scan the QR code



Freya and Amelia take their first steps into research!

Did you know? We don't just provide compassionate care; we also deliver ground-breaking research to improve palliative and end-of-life care for everyone who needs it.

Right now, we're leading innovative research projects across the hospice. And two members of our incredible team have just embarked on their own research journeys!

Freya Hepburn, a Junior Sister in our Adult Inpatient Service, and Amelia Davies, an Occupational Therapist in our Lymphoedema Service, recently joined a Clinical Research Internship with Sheffield Hallam University.

The programme – aimed to get more people involved in clinical research – will equip Freya and Amelia with the skills, knowledge and confidence to develop their own research projects.

Freya said: "We had a great first day at Sheffield Hallam back in February. It was exciting to get started on developing our research projects and learning the skills that we will share and put to good use within our teams at the hospice."

This vital work wouldn't be possible without the incredible generosity of our supporters – people like you who fundraise, donate and champion our cause. Your are helping us to drive innovation, ensuring the very best care for those who need it most. Together, we're shaping the future of care.



Bringing compassion closer to home

At St Oswald's Hospice, we believe that no one should face bereavement alone. That's why we're proud to announce an exciting new partnership with Northumbria Primary Care (NPC) – helping to equip GP practice staff with the skills to provide meaningful bereavement support within their communities.

NPC, part of Northumbria Healthcare NHS Foundation Trust, provides essential primary care to 134,000 patients across 12 GP practices at 20 locations.

Recognising the vital role that GPs and their teams play in supporting grieving people, NPC has chosen St Oswald's Hospice as its formal charity partner for 2024/2025—a collaboration that aligns with our shared commitment to compassionate care.

Laura Barrett, Community Projects Lead – Bereavement, and Brenda Clayton, Bereavement Support Coordinator, are leading the way, working closely with NPC to design a bespoke training programme.

This initiative will empower frontline healthcare staff to provide comfort, guidance and practical support to local patients and families to help them navigate the complex emotions that come with grief.

With your support, we're extending our services beyond our hospice and out into the community.

Funding boost helps keep the lights on – literally!

It was recently announced that St Oswald's Hospice had received £250,000 Government funding part of a £25m national investment in UK hospices.

Our Chief Executive, Steph Edusei, said: "We are very grateful for the government funding, for us and other hospices. This funding will help to ease some of the financial pressure we're under at the moment so it's very welcomed.

We're using this money to carry out essential rewiring in our Adult Inpatient Unit and other areas. Our building, which is nearly 40 years old, has needed this upgrade for a while, so this financial boost is invaluable.

The improvements include new dimmable lighting in key areas such as patient's rooms, our Family Room and our complementary therapy rooms, making these spaces more relaxing for patients and guests. We'll also be upgrading our outdoor lighting for safety while new energy-efficient LED lights will help us to save costs and give our hospice a fresh, modern feel.

Our rewiring project is one example to how we must keep our building fit for purpose, and we are hugely grateful for any support we receive from the government or our supporters.



Look who's hopping into town next summer!

In April, we were excited to announce that the star of our fourth art trail will be Peter Rabbit! Taking place in Newcastle and North Tyneside from Wednesday 15th July – Monday 14th September 2026, the trail will see around 50 large Peter Rabbit sculptures take to the streets, parks and public spaces of our region, each one uniquely designed and painted by an artist.

Businesses can get involved by sponsoring a large sculpture on the trail, while school and youth groups are invited to paint their own little Peter Rabbit which after the trail, will be returned to them to keep. The trail is free, accessible and suitable for all ages. We hope it will raise not only funds for, but awareness of St Oswald's Hospice and the work we do with local families.

Want to join our Peter Rabbit: Tales on the Tyne mailing list? Or find out more about sponsorship opportunities? Hop over to our website here for all things Peter: www.talesonthetyne.co.uk



Retail Round-up



Jesmond's best kept secret turns 10!

This June, Boutique by St Oswald's Hospice, our specialist charity shop in Jesmond is celebrating its 10th birthday! Since opening its doors in 2015, the shop has wow-ed customers with designer second-hand items including Prada sunglasses, Mulberry handbags and Barbour jackets.

Across their birthday weekend the shop are offering 10% off all donated items – we'd love to see you there!

Saturday 28th June (9am – 4.30pm) - Sunday 29th June (10am – 3pm).

Address: 5 Hazelwood Avenue, Jesmond, NE2 3HU

Telephone: 0191 281 3773

Instagram: @boutiquebystoswalds



Open in Ouseburn – Updates from our Retail Hub

Our Ouseburn Retail Hub - home to our Donation Point and event venue - has been buzzing with activity!

Thanks to your generosity, our Donation Point has received over 10,500 bags of second-hand items, with an amazing 69% of those Gift Aided! The Donation Point is open Monday to Saturday, 9:30am – 3pm, we'd love to see you there soon.

Please note, furniture donations must be arranged via our Collection Line. (Contact retailhelpdesk@stoswaldsuk.org or call 0191 246 8123)

Meanwhile, our event venue – **the space** – located next door has played host to some fantastic events, including a £2 Kilo Sale, Christmas Market and Toy Sale! So far, these events have helped rehome over 10,000 items and raised more than £25,000.

Want to know what's coming up next at **the space**? Find our event schedule here www.stoswaldsuk.org/the-space or scan the QR code.



The big Car Raffle



Enter at any of our charity shops or on our website here: www.stoswaldsuk.org/big-car-raffle
Winner drawn on Sat 23rd November.

Free Wills

Don't forget, we offer a range of free Will writing services, both online, by telephone or face to face. Visit www.stoswaldsuk.org/free-wills to find out more.

Have you or your child got a place in the 2025 Great North Run?

Great! Choose to run for us and receive a St Oswald's Hospice running vest – and we'll cheer you all the way.

Sign up now at www.stoswaldsuk.org/great-north-run-2025



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