



Bolton Hospice
caring from the heart

AUTUMN 2021 NEWS



IN THIS ISSUE:



A day in the life of a hospice volunteer



Ramadan donations making a difference



Ian's Wellbeing Hub experience



SAVE THE DATE 2021

All events are subject to change. Please keep checking our website for latest events updates at www.boltonhospice.org.uk

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HELLO

Welcome to the autumn edition of our supporter newsletter. We have been working hard throughout 2021 to continue all of our essential services, and as restrictions have eased we are ready and looking forward to developing our Wellbeing Hub services for the community of Bolton.

In this edition of the newsletter, I'm incredibly proud to be able to share some of our recent fundraising stories – including my own challenge in July, where I braved the fastest zip wire in the world over Penrhyn Quarry in North Wales! The superb efforts of our supporters during 2021 has ensured the hospice has been able to continue to meet the needs of our patients and their families.



I would like to extend a special thank you to the Muslim community of Bolton, who donated almost £10,000 for the hospice during Ramadan – you can read more about this incredible effort on page 10.

You can also read on pages 4-5 about how our weekly lottery has supported the hospice for 20 years, with a great opportunity to win a prize by recommending a friend to join our lottery!

As we start to think about what the world may look like in 2022, the hospice will be celebrating its 30th anniversary in March. We are hoping to be able to plan events and activities to raise awareness of our services and the contribution we have made to the local community in a generation of care.

We have much to look forward to, and continue to be thankful for the support from the Bolton community. Our dedicated staff and volunteers at the hospice will continue to respond positively to the challenges posed by the pandemic, and we know that as a strong team we will always be caring and compassionate and value our place in Bolton's heart.

Judith

Judith Bromley
Chairman

Our charity lottery celebrates 20 years of giving!



Our weekly lottery was established back in 2001, in order to raise funds to provide day therapy at the hospice following the addition of a £1.5 million Day Unit extension to the hospice that year. This allowed us to offer a range of services for patients who either didn't need or want to be admitted to the Inpatient Unit for the first time. Since its inception, our lottery members have been critical in ensuring the hospice has a steady income stream, enabling us to provide vital care and support to our patients and their families. Giving a few pounds a month may not seem a lot, but collectively our lottery members have helped us generate almost £300,000 during the Covid-19 pandemic – THANK YOU for your incredible support!



Our staff in front of the Wellbeing Hub, celebrating the contribution our lottery players have made to funding day services at the hospice in the past, and for the future.

Our lottery costs just £1 a week to play and there are 28 cash prizes to be won every week, including our top prize of £1,000. We also arrange special draws each year during the summer and winter, with our 20th anniversary Summer Draw being our most successful to date - ticket sales and kind donations raised an incredible amount of over £52,500 for the hospice! Keep your eyes peeled for a very special draw next year, to coincide with the 30th anniversary of Bolton Hospice!

Picking up the phone and calling the winners every Friday during the pandemic has been the highlight of the week for our lottery team. It's an incredible feeling to let someone know they have won £1,000 every week, and has really helped spread some positivity during the crisis!

Over the last 20 years, more than 29,120 people have won a prize in our weekly lottery!

Playing for a reason and showing your support means the world to us here at Bolton Hospice. To find out more about the hospice lottery please visit www.boltonhospice.org.uk/play-our-lottery

"Thank you very much indeed for informing us of our success in the Lottery Summer Draw. Neither of us has ever been so lucky before, and we are surprised and delighted in equal measure!"

Recommend a friend and you could win £100!

To celebrate 20 years of giving, we have launched a 'Recommend a Friend' incentive – if one of your friends or family members signs up to join our lottery before 31st October 2021, you will be entered into a bonus prize draw to win £100 Love2Shop vouchers! Simply pop your name and postcode in the following form, then pass it to your friend to complete and send it to us. Alternatively, visit our website at www.boltonhospice.org.uk/play-our-lottery

Recommendation made by

Full name:

Postcode:

About You

Title:

First Name:

Surname:

Address:

Postcode:

Telephone:

Mobile:

Email:

I am aged 16 or over (please tick):

How many numbers would you like to play per week: 1 2 3

How often would you like to play?

Monthly at £4.34 per number

Every 13 weeks at £13 per number

Every 26 weeks at £26 per number

Every 52 weeks at £52 per number

How would you like to pay?

By Direct Debit

By Cheque



Instruction to your bank or building society to pay by Direct Debit



Please fill in the form and send it to:

Bolton Hospice Lottery Ltd. FREEPOST RTKB-LUZY-YKGJ
Queens Park Street, Bolton, BL1 4QT

Service user number

2 5 4 3 4 0

Name and full postal address of your bank or building society

To: The Manager Bank/building society

Address

Postcode

Name(s) of account holder(s)

Branch sort code Bank/building society account number

Reference

Instruction to your bank or building society

Please pay Bolton Hospice Lottery Ltd. Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Bolton Hospice Lottery Ltd. and, if so, details will be passed electronically to my bank/building society.

Signature(s)

Date

Banks and building societies may not accept Direct Debit instructions for some types of account.

Light up a Life

Let the light of your love shine as you dedicate in memory of your loved one

Like the scarves and hats that keep us from the cold as we enter autumn, the memory of our loved ones can also keep us warm; they are gone, but their light will shine on eternally.

The past 18 months have been challenging but we have come through it regardless, showing strength and courage along the way. As a community we should be proud of how resilient we are and know that whatever life throws at us we stand strong in the face of adversity.

We would like to invite you to dedicate a light in memory of your loved one this year, and join us as we get together to remember all our loved ones lost. Last year we were with you online and via the radio, which proved to be a wonderful thing as we reached people far and wide. This year we would like to invite you to join us in this way again, by attending our Light up a Life online service on **15th December 2021 at 7pm**. We hope that 2022 will see the return of our face to face services in more safe and certain times.

We hope that remembering your loved one in this way will provide you with comfort and love. Your support is also helping us to continue to provide free specialist care to people who need it the most across Bolton.

“My father passed away 22 years ago, aged 48. The hospice were a great help to our family at this time. My father always loved Christmas, so Light up a Life seemed a fitting way to remember him.”

You can make your dedication online at www.boltonhospice.light-up-a-life.org or you may shortly receive a mailing in the post inviting you to take part. When you make your dedication we will send you a personalised card, print your dedication name in the Bolton News, and upload your loved one's name to our online dedication page.



You can also purchase our special candles at the hospice and at all of our charity shops throughout November and December, and then light them during our service. We look forward to welcoming you to our Light up a Life service and joining together to remember our loved ones.

We hope to bring you something extra special too this year...keep an eye out for updates on our social media channels and website!



Shining a spotlight on our charity shop volunteers

We have ten charity shops covering the borough of Bolton, our general shops sell donated goods such as clothes, accessories, toys, books, homewares and bric-a-brac. At Furniture Plus you can pick up an array of furniture, bikes, nursery equipment, mobility equipment, electricals, some white goods and much more! The aim of the charity shops is to provide a regular and sustainable source of income that supports the work of the hospice, which would not be possible without the support of our amazing volunteers and donors!

We are committed to maximising resources and involving members of our community in support of the Hospice, and to encourage the participation of individuals representing the diversity of Bolton.

NASRIN'S STORY

“I enjoy the routine of my volunteering shifts. The staff and volunteers I work with are like family.”

Meet Nasrin Akhtar, who has been volunteering at our charity shop on Chorley Old Road for almost 6 years! Nasrin originally started at the shop as part of her College course, as volunteering alongside the studying was encouraged by tutors; but she enjoyed it so much that she carried on, and now volunteers twice a week! Her daughter has also spent time volunteering at the shop over the years.

Nasrin's regular duties include sorting clothes, bric-a-brac, and homewares into saleable stock, pricing goods for sale, displaying items on the shop floor and in the window, arranging rags and recyclable items, and operating the till and dealing with customer enquiries. No two shifts are the same, and the camaraderie amongst the staff, volunteers and customers helps to create a very welcoming environment.



We need more volunteers!

We are urgently seeking more volunteers for our charity shops. If you can put your hand to sorting goods, customer service, operating the till, shop floor display, joinery, PAT testing, moving furniture, checking bikes and prams, or just good general all-round experience, please do not hesitate to contact us. You can help to make a massive difference to the hospice while gaining retail experience.

Volunteers are needed Monday - Sunday, 10am-1pm or 1pm-4pm.

If you enjoy meeting people, helping others and have a few spare hours a week then we need you - volunteering is a fantastic way to gain retail experience, learn new skills, build your CV, and meet friends for life!

Please contact us on 01204 663063, sign up online at www.boltonhospice.org.uk/shop-volunteering or call in to any of our shops for an application form.

Welcoming patients to our Wellbeing Hub



Our Wellbeing Hub is a relaxed, calming space that offers flexible, drop-in support with access to specialist services such as symptom management, legal and benefits advice, outpatient clinics, and wellbeing sessions such as yoga and mindfulness. It aims to be an inclusive space to support all adults living with a life-limiting illness in Bolton.



Although we officially opened our doors in November 2020, unfortunately we have not been able to run the services as we had hoped due to the pandemic restrictions. However, we are now offering a limited service and introducing new sessions gradually. One of the first services we launched was part of our continued partnership with specialist cancer centre, The Christie.



Did you know?

Lymphoedema is a long-term condition that can cause swelling of the body's tissues and is frequently disabling for patients, affecting their quality of life. It is caused by problems with the lymphatic system and can be associated with treatment for cancer. The lymphoedema clinic at Bolton Hospice, provided by the physiotherapy team at The Christie, was established in 2015 when a number of health commissioners in Greater Manchester recognised that the needs of lymphoedema patients in their local areas were not being met.

Bolton resident Ian Hopps, who attends The Christie's Lymphoedema Clinic at the Wellbeing Hub, shared his personal experience: "I live locally so it's a lot more convenient for me to come to the Wellbeing Hub and use the expertise of The Christie for the lymphoedema clinic. Lymphoedema causes swelling and the clinic has been a real big help to me because I'm given advice on what to do, how to keep it under control and how to prevent it from getting any worse. I'm hoping to return fully back to normal life within the next 6 months, with the help of clinic."

Senior Lymphoedema Physiotherapist Elaine Sibbit added: "Having the clinic at the Bolton Hospice Wellbeing Hub works really well, because we have a lot of patients in the area.

NHS The Christie NHS Foundation Trust

For them to get to The Christie can be very difficult, so it makes sense for me to come here and be nearer to the patients than for them to have to make that journey over to The Christie in Manchester. Covid has made it quite difficult, I've still been working over at The Christie and patients have all been given the option to be seen there which Ian has chosen to do, however some patients wished to wait until the clinic at the Wellbeing Hub re-opened. Quite a lot of the patients have been on hold whilst we have reopened the clinic, so it does work much better now that we are able to resume.



Everybody at Bolton Hospice is so welcoming and the Wellbeing Hub facilities are lovely. The team are helpful and very supportive, and the patients really do appreciate the fact that we can have the service here at the Wellbeing Hub."

Ian's story

Patient Ian is also a fundraiser and charity shop volunteer for Bolton Hospice, and explained his personal connection with the hospice.

"I've seen the hospice developing over the years which has been fantastic. Patients wouldn't have had access to these services without the hospice. The hospice services are very important to the local community and further afield. There are some things that you can only get treatment for at hospitals, but now with the Wellbeing Hub you can access the expert services of somewhere like The Christie - plus you can park here which is so convenient for patients. The facilities are second to none.

My father had prostate cancer in 1998, shortly after the hospice first opened where he had treatment and palliative care in the last few weeks of his life. Ever since then I've been involved in one form or another with the hospice. I've seen a lot of changes and the development has been unbelievable over the last 5 years especially."



You can find out more information about our Wellbeing Hub by visiting www.boltonhospice.org.uk/wellbeing-hub or calling 01204 663 066. You can also speak to your GP or healthcare professional to be referred to our services.

Ramadan donations



Donations from the local Muslim community, at the end of fasting in the Islamic holy month of Ramadan, have amounted to an incredible £8,873 (and counting!) for Bolton Hospice.

Supporters of Bolton Hospice, Muntazir Dipoti and Siraj Patel, arranged Lilah collection points during Eid at various mosques across Bolton.

“We appreciate the work of Bolton Hospice and all the help they give to all communities, which is why every year we raise money during the month of Ramadan for this worthy cause. Our plan is to hold a fundraising event in the next year to raise more money for the Hospice.”

Abdurrazzaque Munshi, President of Masjid E Goshia mosque.

In addition to mosque collections, Muntazir and Siraj arranged collections in a number of local shops across the borough. Muntazir says: “My goal is to raise awareness of the free services that Bolton Hospice provides, as well as raising funds for this wonderful cause. My father passed away and my family were not able give their well wishes as they would have liked; in a non-Covid situation the hospice practices within our spiritual framework.”

Siraj also has personal experience of the hospice, saying “I have been fundraising for the hospice for the past six years after they cared for my sister so well. Each year I have been collecting in the mosques and am so grateful to be able to support this local charity. Next year we hope to raise more money and more awareness.”

The Blackburn UK Trust (BUKT) also generously donated £1,000 to the hospice, and has pledged to continue to regularly support the charity.

There are plans for the hospice to run a service awareness day for the local Muslim community next year. We are incredibly grateful for the Ramadan donations and for the continued support of our local mosques, and we look forward to building on this relationship in the future.



Celebrating 30 years of caring from the heart



2022 will be the 30th anniversary for Bolton Hospice, after first opening our doors to support the local community on 3rd March 1992.

We have certainly seen many changes here at the hospice over the last three decades, and we will also be using this opportunity to look forwards to the future of the hospice.

Whilst it is still difficult to plan events and activities in the current climate, we are hopeful that we can arrange a number of different ways to celebrate this milestone next year, including new fundraising events and activities, a public exhibition of our history, commemorative merchandise and much more!

We are also going to be hosting a very special ‘Bow Ties and Pearls’ Ball at Whites Hotel on 5th March 2022 - keep your eye on our website and social media channels for ticket details later on this year!

SAVE THE DATE

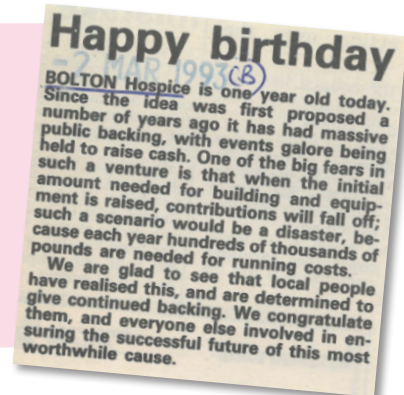
**Bow Ties and Pearls Ball
5th March 2022**

Can you help us celebrate 30 years?

If you are a local business or individual who would like to support our special celebrations, either through sponsorship of our anniversary activities or donation of a prize for our special events, or you want to share your special memories of our 30 year history, please get in touch with us by emailing marketing@boltonhospice.org or calling 01204 663055. Thank you in advance for your support.

Share your hospice story!

We are looking for stories from the heart about the hospice from 1992-2022 from patients, families, staff, volunteers and supporters - telling your story helps us raise awareness of what the hospice does! We hope to print these stories in a commemorative book to mark our special occasion. If you would like to contribute a story, please contact us by emailing marketing@boltonhospice.org or calling 01204 663055.



Caring across our community

Lisa is a Senior Staff Nurse and since November 2015 has worked across our services here at Bolton Hospice – from the Inpatient Unit to the Wellbeing Hub and as part of our Hospice at Home Team. Here Lisa shares what life has been like for the team over the last 18 months.

“Just before the COVID pandemic broke out I began a new role in the Hospice at Home team, working in the community providing hospice care within a patient’s home and supporting families and carers in the last days of a loved one’s life.

As COVID admissions rose in the hospitals, patients with the infection were coming into the hospice and it was becoming extremely busy. I returned to the Inpatient Unit and noticed that the role of the nurses had really changed. Wearing full PPE was very difficult; you felt claustrophobic and breathless, became dehydrated and normal duties became more time consuming and tiring. We were unable to have the invaluable support of our volunteers which impacted on our time with patients. Restricted visiting for relatives and loved ones also had a large impact emotionally and physically on both patients and staff. Saying final goodbyes via Facetime was the opposite of our usual practice and difficult for all concerned.

During the early months one of our colleagues died from COVID, this affected us all. Apart from grieving for our friend, we were scared and unsure of the future, of putting our families at risk. But as a team we pulled together and gave each other the support we all needed and our Chief Executive, Leigh Vallance, gave uplifting

weekly Staff Briefings - keeping us updated and encouraging us to carry on.



“As the pressure eased on the hospital wards, the community became inundated with patients being treated at home. I moved back to the Hospice at Home Team and we were seeing more patients than ever before. Patients were frightened of letting you in their homes, they were scared you would take the virus to them and they were emotionally drained from the isolation they were feeling. We worked hard to support our patients, families and our colleagues in continuing to provide a Gold Standard Service.”

However, with the support from our wonderful community of Bolton, we got through it. The community made us PPE scrubs, button bands (to protect soreness behind the ears), scrub wash bags and beautiful cards and pictures full of rainbows and sunshine. We received skincare for our hands and faces, edible treats from individuals and supermarkets alike.

Virtual contact became our way of connecting with each other and thankfully our community continued to fundraise virtually, enabling us to continue to provide our fantastic hospice care.

What can I say to you our community of Bolton other than THANK YOU, THANK YOU, THANK YOU.”

How you can help Can you sponsor a Bolton Hospice nurse today?

Your regular donations will help the hospice and our nurses, including Lisa, to provide more care for our community - now and into the future.

To sign up visit www.boltonhospice.org.uk/SAN or contact Martina from our Fundraising Team on 01204 663065 or Martina.Horrigan@boltonhospice.org



Showing your support for Bolton Hospice

Ways you can help the hospice with your workplace, school or local community this Autumn/Winter

Elf Run

Last year our local schools raised a massive £36,393.15 by organising their own Elf Run events. We are asking Bolton schools this December if they could sprinkle some Christmas sparkle once again and join the Bolton Hospice Elf Run any date in December, helping to create treasured memories for patients with life limiting illnesses and their families this Christmas.

To sign up your school and take part, please visit: www.boltonhospice.org/elf-run

Elf hats will be supplied for each participating child



Cleavelands School taking part in our 2020 Elf Run

Jolly Jumper Day

Why not dig out your favourite festive knit and join us on Friday 17th December (or choose a date which best suits you) and ask your staff, school or workplace to wear their jolliest Christmas jumpers in return for a small donation to the hospice this December!

Look out for more information on our website for details on how you can sign up and host your own Jolly Jumper Day in support of Bolton Hospice at www.boltonhospice.org.uk/jolly-jumper-day



Carrs Pasties celebrate Jolly Jumper Day 2020

Every work place makes a difference!

Will you join our Workplace Raise-A-Thon today?

We are asking the Bolton business community to come together and join our Workplace Raise-a-thon doing what you can, anytime from 1st October to 31st December 2021, collectively helping us to raise £36,000 which will pay for inpatient care from one of our beautiful en-suite rooms for 3 months. If you are able to, we would be incredibly grateful if you could choose to either:

1. Make a company donation
2. Plan a fundraising event for your team, or
3. Become a patron

When you sign up you will receive the following benefits:

- ✓ Your logo will be displayed on the Workplace Raise-a-thon page on our website.
- ✓ Your stories and support will be shared on our social media channels
- ✓ We will provide Bolton Hospice branded assets for you to share online.
- ✓ Incredible team building opportunities
- ✓ An invitation to an exclusive event at our Wellbeing Hub in the New Year for all participating businesses to celebrate your achievements and be the first see this brand new facility

To sign up or for more info visit www.boltonhospice.org.uk/workplace-raise-a-thon, call 01204 663 065 or email fundraising@boltonhospice.org





#500Faces appeal

Fundraising throughout a pandemic has proven to be our greatest challenge to date, and the challenge is set to continue throughout 2021. So early this year we launched our #500Faces appeal, looking for 500 of our supporters to be our Hospice Heroes and pledge to donate or raise £100 each for us this year.

We already have so many supporters who have joined our campaign, with people taking part in activities as varied as sponsored running, rowing and weight loss challenges, organising raffles at local businesses, completing a 24 hour golf challenge, craft sales, donating money in lieu of birthday gifts, and much more!

To celebrate our heroes, we have framed photographs of them all, using donated photo frames from our charity shops! These were recently on display in the hospice gardens for our staff and volunteers to admire, but will shortly be available for public viewing in our Furniture Plus charity shop (at Unit 3 Morston Point, Manchester Road, BL2 1HB). Pop in between 10am – 4pm, any day of the week, to view our #500Faces hall of fame (and maybe pick up a bargain whilst you are there!)

There is still time to sign up to become a Hospice Hero this year and be represented as one of our #500Faces. You can raise your £100 as an individual, a family, a group, a school or a company, and you have until the end of the year to complete the challenge you set yourself!

To find out more call us on 01204 663055 or visit www.boltonhospice.org.uk/hospiceheroes500faces where you can check out our fundraising ideas and download your sponsor forms too!

Dorothy is a Hospice Hero!

Dorothy Tonge has signed up to our #500Faces appeal and is showing her support by knitting 100 items for the Baby Unit at the Royal Bolton Hospital during 2021. Dorothy, from Kearsley, has been knitting for the hospital's neo-natal and post-natal wards for more than 3 years, making and donating around 200 beautiful baby hats, cardigans and blankets. Dorothy is hoping her handmade items will not only help the hospital, but her pledge to create 100 items this year as part of our #500Faces appeal will also support and raise vital funds for the hospice during these challenging times.

Dorothy says, "It's important for me to support my local charity who are caring for vulnerable people during the pandemic."



Help loving memories live on

Tree of Life

Our Tree of Life is a beautiful, handcrafted metal sculpture located in the hospice's main reception that allows you to add your very own personalised engraved leaf to its branches to create a stunning and poignant collection of memories and special messages.

To find out how you can add a Copper, Silver or Gold leaf to our Tree of Life please see www.boltonhospice.org.uk/tree-life



Mary Stubbs, our Creative Therapist remembers her loving brother Fran and sister-in-law Aila with leaves on the tree.



The Alan Mather Tribute Fund was set up by sister Kath, Wife Helen and family in his loving memory.

Tribute Funds

Tribute funds are a unique way to make a lasting tribute to a loved one, keeping their memory alive and helping with loss. Your online dedication page can be filled with special photos, music and memories shared by family and friends.

All contributed gifts will help us continue to care for people with life-limiting illnesses and act as a lasting tribute to your loved one.

“The tribute page has been a source of much comfort, inspiration and positivity where friends and family have done a wonderful job of logging their photos, music and memories of a life well lived.”

Helen Mather - Alan's wife

Gifts that give back

Birthdays, weddings, wedding anniversaries and even retirement celebrations are another way to raise funds in memory of a loved one, by asking your friends and family to make a donation to Bolton Hospice in lieu of giving a gift.

We have special Giving In Celebration envelopes that you can circulate with an invitation to your special celebration, share with loved ones at an event itself, and we can also help you set up your own online giving page.

Supporter Barbara Mulrooney chose to celebrate her 80th birthday in an extra special way, asking friends and family to swap gifts for donations dedicated to both her Brother Alan and her Sister in Law who were cared for at Bolton Hospice. Barbara raised an amazing £465 with her 80th Birthday donations in memory.



If you would like any further information or help with giving in memory, please contact Martina from our Fundraising Team on 01204 663055 or email Martina.Horrigan@boltonhospice.org

A tribute to your loved ones

We understand that the loss of somebody close is a deeply personal experience. Tribute Funds are a special way to keep the memory of your loved one alive and to make a lasting tribute.

How does it work?

Once your fund is created photos, memories and donations can be added to it at any time. You may choose to celebrate a special day or anniversary by contributing, whilst others may hold their own fundraising event or take part in one of our events such as the Memories Walk. You will also have an online giving page where family and friends can contribute to the fund online. There's no limit as to how little or often you can donate. We will write to the tribute fund holder once a year with an update on how much has been raised and the work that it's supporting.

We will send you a tribute fund pack as well as a link to your tribute fund page. The fundraising team are always on hand to offer support and guidance and we can provide materials to help with your fundraising too.

To find out more about creating a Tribute Fund please visit www.boltonhospice.org.uk/tribute-funds, call our team on 01204 663055 or email fundraising@boltonhospice.org

The Jackie Green Tribute Fund so far:

Shining a spotlight on Dr Peter Green

Tribute Fund holder

Two days before Dr Peter Green's wife Jackie Green sadly passed away on 19th December 2019, the couple discussed the idea of setting up 'The Jackie Green Tribute Fund' to raise funds for the hospice with the original goal of raising £1,000.

Now almost 2 years later the Tribute Fund today stands at over £10,500. Here Dr Peter Green shares his touching hospice story and how his family are keeping Jackie's loving memory alive with their very own Tribute Fund and online page.



"On 14th November 2019 my daughter Claire and I were at our Church helping to prepare for our Christmas Market. My wife Jackie arrived and Claire immediately noticed her skin looked yellow. Although she felt ok I took her into the Emergency Unit at Chorley Hospital. They kept her in overnight carrying out various tests and the following day a junior doctor informed her she had terminal Pancreatic Cancer, which was a bombshell. Jackie underwent surgery to try to relieve the blockage caused by the tumour, however she quickly deteriorated, so much so that she was not well enough to attend her mother's burial,

who had just passed away at 99 years old. Heartbreakingly Jackie continued to deteriorate over the next two weeks and it became apparent that nothing could be done.

My daughter, Bev, had been in touch with Bolton Hospice and we asked Jackie whether she would prefer to stay in Preston Hospital or be transferred to Bolton Hospice. She immediately said Bolton Hospice with which I fully agreed. Although the doctors warned us that she may not survive the journey, arrangements were made and Jackie travelled to the hospice, accompanied by my daughters and I - she arrived at Bolton Hospice in excellent humour.

From the moment we arrived, Jackie, and all of us, received the ultimate in care and attention; from the Senior Consultants through to the volunteers and cleaners. The nursing staff were wonderful, nothing was too much trouble. Everyone offered care and support to us all, not just Jackie. It is truly a wondrous place... everyone was superb.

I was having a coffee in the reception area one day and struck up a conversation with a member of the fundraising team, discussing ways to support the hospice in its work. One of the things was the setting up of a Tribute Fund which could then run continuously with regular events. In one of Jackie's conscious breaks the girls left us to talk and I discussed with her what the Tribute Funds were and how they worked.



As she had always been a supporter of Bolton Hospice she immediately agreed and we should set the first event as our Wedding Anniversary, which was four days away.

It was so easy to set up I went in to the lounge area with my iPad and set it up there and then. At this time Jackie was deteriorating quickly and in another of her conscious moments later that day, we were talking and I said to her, "You're waiting for our Wedding Anniversary aren't you?" With a great big smile she said "yes" and nodded twice.

This all happened on Monday the 16th December. I always will remember it so vividly. On Thursday the 19th, our Wedding Anniversary, the hospice laid on such a wonderful buffet complete with Anniversary cake, drinks and flowers. It was fantastic.

However later that evening, true to her word, she passed away peacefully with our daughter Karen at her bedside. We all then returned to see her and spend our final moments with her, helped superbly by the hospice staff.

Beverley, Jackie and Peter's daughter shared

For me the idea of Mum's Tribute Fund was the sense of giving something back to Bolton Hospice, but at the same time keeping Mum's memory alive. The hospice staff not only cared for Mum as the patient but all of us as her immediate family too. The thought of other families being able to benefit from their care in their most difficult time gives all of us an incentive to help raise funds to enable Bolton Hospice to continue its wonderful work. I know that Mum would be chuffed to bits to have the Tribute Fund helping others to be supported along their journeys.

From the hospice kitchen

Our in-house catering team prepares and serves traditional homemade food, using good quality fresh ingredients sourced locally.

Every week they prepare a number of special meals for patients and their families to celebrate special occasions, including delicious afternoon teas, special anniversary dinners and even popping out to pick up a patients favourite takeaway!



Flapjack

- 500g large oats
- 250g butter
- 180g soft brown sugar
- 180g syrup

Put the oats into a mixing bowl.

Melt the butter, syrup and sugar VERY gently so it is warm, not hot – this has a huge impact on the cooked flapjack, if it's overheated the flapjack will be hard.

Pour the melted ingredients into the oats and mix well.

Put into a greased tray and smooth. Place on middle shelf in a pre-heated oven, cook for 15-20 mins at 160 degrees or until lightly golden – if you over cook flapjack it will be hard and not the soft sumptuous oaty delight it should be!

When the flapjack has been out of the oven for 5-10 minutes, carefully cut into your chosen size (do not attempt to remove from tray, you need to wait until it's cool/set.) Enjoy!



You can add fruit and nuts, and coat in chocolate if you like - add the fruit/nuts/chocolate drops during mixing in with the oats. Add the chocolate coating when cool - melt chocolate carefully in microwave (if you over heat the chocolate will burn). Once just melted drizzle or pour the chocolate on to the flapjack – let it set before trying to handle.

Make a Lasting Difference

Did you know that 1 in 5 of our patients are cared for by Gifts in Wills?

Our mission is to provide the very best hospice care for everyone in need now and in the future, enabling people to live well with a life-limiting illness. However Government funding only covers a fraction of our costs, with over 70% of our funds coming from people like you donating, taking part in community events, buying in our shops and leaving a gift in your Will.

Every gift in every Will however large or small makes a difference. When the time is right for you to remember a charity in your Will, please remember Bolton Hospice. Even a gift of 1% in your Will to Bolton Hospice makes a difference and ensures that those closest to you receive the remaining 99%.

It's so easy to leave a gift in your Will – the ONLY information you will need to give your solicitor is our registered charity number (518704) and address.

To find out more about leaving a gift in your Will please visit www.boltonhospice.org.uk/leave-gift-your-will

A Gift in your Will

Make a lasting difference



Make a Will Month

Most of us would like to think that the people, places and causes that we care about will be looked after long into the future. One way to make sure of this is to leave a will so that your wishes are followed after you've died.

But, it's estimated that 53% of adults in the UK don't currently have a will in place, and many of those who hold a Will haven't updated it in the last three years. Are you one of them?

During November each year we offer a reduced rate will writing service in partnership with local solicitors. By making a suggested donation of £25 to Bolton Hospice, you will be able to make or amend a will at participating firms for only £25 + VAT - a significant saving on the usual cost.

We hope that when using these services you will consider leaving a gift to Bolton Hospice in your will, but there is absolutely no obligation to do so.

Look out for our list of this year's participating solicitors and how you can Make a Will this November at www.boltonhospice.org.uk/make-will

Make a Will Month



HOSPICE HEROES

After a challenging 18 months for us all, our Hospice Heroes stepped up to show their support in 2021 and continue to dedicate their time to help raise vital funds for Bolton Hospice through fantastic fundraisers, taking on challenges and so much more. The help of our Hospice Heroes means more than ever, and seeing their love and support for Bolton Hospice has been humbling for each and every one of us here at the hospice. Here are just some of the many Hospice Heroes we'd like to celebrate along with the wonderful ways they have supported us.



Cathy Wright

Cathy Wright

Cathy Wright our Head of Retail and her family decided to turn their love of walking into a charity challenge with a 21 mile journey in our home town, to help raise funds for the hospice. Together Cathy, her son Harry

Wright, brother David Mills and Sister in law Joanna Callaghan raised an amazing £510 with their walk, completing Rivington Pike, Winter Hill, Great Hill and Jubilee Tower.

Janet Smith

Janet Smith completed the Yorkshire Three Peaks Challenge after being inspired to turn her lockdown walks into support for the hospice, raising an incredible £1,500! "My mum passed away in December 2020 and although she was never in the hospice she was always a supporter and donated money over the years, so it seemed fitting that I should help in her memory. I'm definitely not going to stop my walking and maybe set myself another challenge for next year!"



Janet Smith

Lisa Openshaw and Olivia Openshaw

Mother and Daughter Lisa and Olivia Openshaw, along with their friends & family, took on 'Gary's Walk' raising an incredible £1,100. 29th May 2020 marked 10 years since the family lost Gary and together they decided to celebrate his life and in his memory walked Rivington to raise funds for the hospice. "We walked an extended version of one of Gary's favourite walks, 'Dad's Walk' and at the end stopped off at Rivington Brewery to raise a drink to a man greatly missed and loved, a man we were lucky to meet and so very sad to lose."



Lisa and Olivia Openshaw

Louise Bentley and Susanne Szczyrba

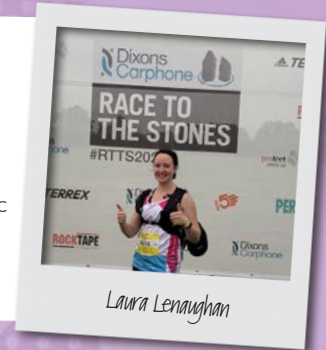
Sisters Louise Bentley and Susanne Szczyrba completed a special Scafell Pike Memories Hike in memory of their Dad Joe Bentley, who was cared for at Bolton Hospice. Last year the sisters reached the summit of Snowden and this year set out to complete Scafell Pike – England's tallest mountain. Louise and Susanne climbed up and down Scafell Pike in 6 hours and 16 minutes, walking over 8 miles and climbing a total height of 978m to raise an amazing £1,000 for Bolton Hospice!



Louise Bentley and Susanne Szczyrba

Laura Lenaughan

Laura Lenaughan completed the 'Race to the Stones' challenge, taking on the 100km trail race and raising an incredible £770 for Bolton Hospice! "It was certainly a rollercoaster of emotions and at times I didn't think I could go on, but the crew and supporters along the route were fantastic and they really did help to keep everyone's spirits up. Everyone has been so supportive and I'm pleased I could raise some money for Bolton Hospice in completing this challenge."



Laura Lenaughan

Chloe Cuming, Jack Farnworth and Alex Turner

Golfing trio and friends Chloe, Jack and Alex took on a 24-hour golf challenge to raise funds for the hospice; hitting 930 shots and completing 7 rounds, 126 holes and 91,000 steps to raise an amazing total of £2,115. The friends used light-up golf balls, illuminated flags, glow sticks and head torches to help them play through the night!



Chloe Cuming, Jack Farnworth and Alex Turner

Isaac Haslam & Grandad

11 year old Isaac Haslam completed a 10 mile sponsored cycle challenge around Bolton with his Grandad to help raise an incredible £310.18 for Bolton Hospice. Isaac took on the challenge in memory of his Great Grandads, who were both cared for at the hospice.



Isaac Haslam & Grandad



Chris Byrne

Margaret Williams

Michael Caine

Darren Eatock

William Hayman-Brown

Chris Byrne, Margaret Williams, Michael Caine, Darren Eatock and William Hayman-Brown

Chris Byrne, Margaret Williams, Michael Caine, Darren Eatock & William Hayman-Brown took on the IronMan Triathlon challenge and raised a combined total of £7385.95 for Bolton Hospice! Each of these hospice heroes completed a 2.4 mile swim, 112 mile cycle and a marathon to earn them the title of IronMan!

Education and Training

Did you know we provide a range of courses and study days?

We offer a selection of learning opportunities that address many aspects of clinical, communication and care issues.

The range of study days is available for a variety of healthcare professionals and we can always look to tailor our delivery to meet your particular requirements so please do not hesitate to contact us to discuss your needs.

We also offer a range of free resources on our website and have created a Palliative Education Network on Facebook for you to join – all to support healthcare professionals and people working in palliative and end of life care across different settings. You can find out more about our resources and joining our professional network at www.boltonhospice.org.uk/training-and-education.



In the current climate we are pleased to be offering a variety of virtual short courses that you can complete from home or at work. Please visit www.boltonhospice.org.uk/training-and-education.

29th September

An Introduction to Symptom Control in End of Life Care

6th October

Enhanced Communication Skills

7th October

Complementary Therapy in Palliative and End of Life Care

13th October

Syringe Driver Training

20th October

Advanced Care Planning and Communication Skills

5th November

Palliative Care Emergencies

11th November

Supporting Teenagers through Loss, Grief and Bereavement

2nd December

Opening the Spiritual Gate

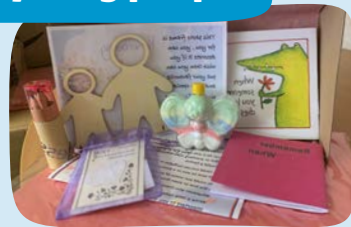


Memory boxes to support bereaved young people

Due to the pandemic, children have not always been able to visit their loved ones at the hospice due to the necessary visiting restrictions in place. The last year has been a very difficult time for our patients and their families, and for our staff, as hospice care is not only about caring for the patients who have been diagnosed with a life-limiting illness, but also supporting their families through a very difficult time in their lives.

Now, thanks to a very generous donation from national charity Cash for Kids, we have been able to enhance the support we can give to children and teenagers. We have used the funding to create memory boxes that can be gifted to children and teenagers when they have experienced the death of someone very close to them. They contain items and activities that the young person can use to ease the pain of loss and bereavement, and to help them to work through how they feel and eventually be able to have nice memories of the person who has died.

For any questions about bereavement support, please contact our Spiritual Care and Bereavement Support Lead, John Hall, by calling the hospice on 01204 663 066.



Upcoming events

October

1st October - 31st December
Workplace Raise-a-thon



Will your team join other Bolton businesses & organisations and support our Workplace Raise-a-thon? Do what you can, anytime from 1st October to 31st December 2021, collectively helping us to raise £36,000 to pay for inpatient care from one of our beautiful en-suite rooms for 3 months.

November

Make a Will Month

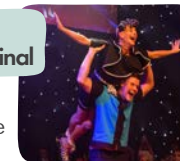


During November we offer a reduced rate will writing service in partnership with local solicitors. By making a donation to Bolton Hospice, you will be able to make or amend a will at participating firms with a significant saving on the usual cost.

6th November

Strictly Learn to Dance Grand Final

Our couples will step into the spotlight to show off their dance training from A Touch of Class dance studio in front of a live audience!



December

Elf Run

Schools across Bolton can sprinkle some Christmas sparkle this December and join the Bolton Hospice Elf Run! Choose the date and route of your own Elf Run for pupils and staff to enjoy and take part in our festive sponsored fun run. We will provide each child with their very own elf hat and sponsor form.



4th/5th December - Hike the Pike

Our annual and much loved Hike the Pike is back! We'll be sharing how you can take part in our 2021 event soon so keep an eye out for updates on our website!



Light Up a Life Appeal

We would like to invite you to dedicate a light in memory of your loved one this year, and join us as we get together to remember all our loves ones lost. Last year we were with you online and via the radio, which proved to be a wonderful thing as we reached people far and wide. This year we would like to invite you to join us in this way again, by attending our Light up a Life online service on **15th December 2021 at 7pm.**

17th December - Jolly Jumper Day

(or feel free to choose your own date to celebrate)

Why not dig out your favourite festive knit and join us on Friday 17th December (or choose a date which best suits you) and ask your staff, school or workplace to wear their jolliest Christmas jumpers in return for a small donation to the hospice this December!



January

29th January - Kevin Jones Comedy Night

Dr Kevin Jones is a practising consultant physician who has been on the comedy and after-dinner circuit for 30 years. Although semi-retired, Kevin has continued to work at the Royal Bolton Hospital. This one-off, one and half hour special performance will be poignant, insightful, bizarre and gut-wrenchingly funny, celebrating the dark comedy inherent in hospital medicine. Kevin is kindly donating all proceeds of this event to Bolton Hospice.



March

5th March - 30th Anniversary Ball at the Whites Hotel

2022 will mark the 30th anniversary for Bolton Hospice, after first opening our doors to support the local community on 3rd March 1992. We are going to be hosting a very special 'Bow Ties and Pearls' ball at Whites Hotel on 5th March 2022



so keep your eye on our website and social media channels for ticket details later on this year!

All events are subject to change. Please keep checking our website for latest events updates at www.boltonhospice.org.uk



The Old Bank Café serves a delicious range of speciality tea and coffee, freshly prepared breakfasts, light lunches and delicious cakes – all to eat in or take away.

Plus there's free Wi-Fi and parking for customers making it the perfect place for a working lunch, meeting over a coffee, lunch with the family or an afternoon treat.

The café is open 7 days on Hillview Road next to ASDA in Astley Bridge.



**The Old Bank Cafe is open:
Monday to Saturday 10.00am – 3.30pm
Sunday 11.00am – 2.00pm**

Keep up to date with us on Facebook by liking The Old Bank Cafe page and follow us on Instagram and if you do pay us a visit, please leave us a review to let us know what you thought - we really appreciate your feedback!

Our Astley Bridge charity shop next door stocks a great range of quality clothing, homewares, bric-a-brac, books, toys and games so why not pop in and pick up a bargain while you visit the Café.

Bolton Hospice, Queens Park Street, Bolton, BL1 4QT
Tel: 01204 663 055 Email: fundraising@boltonhospice.org



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www.boltonhospice.org.uk