



East Cheshire Hospice News Review

Spring 2009

New wing opens to patients

Phase one of East Cheshire Hospice's building development continued to move ahead throughout the winter months and December saw the completion of the new extension to the rear of the hospice building.

This brought into operation five new individual en-suite patient bedrooms, a warm and welcoming family room for overnight stays and a new patient lounge; all looking out onto a lovely, private garden.

"We are all thrilled that at last our building can offer patients and their families the privacy and dignity to which they are rightly entitled," said Chief Executive Jayne Bessant as the first patients were welcomed into the new facility.



Peaceful surroundings: The outlook of the new patient bedrooms



A warm welcome into the new wing

The development brings the number of individual, en-suite patient bedrooms up to seven. "In addition to our two four-bedded wards, which have also been refurbished, this really transforms our In-patient services at the hospice, enabling us to provide even better care."

However, the full development is a three phase initiative and the work to date only represents phase one. This went ahead through a generous legacy left to the hospice, funding from the Department of Health and gifts from a number of kind-hearted trusts.

"In 2008, we launched our Caring for our Future Appeal to raise the money needed to complete the remaining phases," explains Jayne. "However, looking ahead, the worrying state of the economy means now we need to broaden the Appeal. We need to consolidate and protect what we have recently gained, ensuring we can fund the everyday service. The Caring for our Future Appeal will go on but for the present this means our plans to proceed with phases two and three must go on hold."



Preparing one of the new bedrooms



See inside for more on our Caring for our Future Appeal and our plans for the future.





Santa's record gift!

This January, Santa worked really late and brought the hospice an extra something in the shape of a record breaking Xmas gift.

Every year, a marvellous team of volunteers comes together and braves all weathers to collect the season's discarded Xmas trees from homes across the hospice catchment area. Led by two intrepid supporters, Pete Chapman and Richard Raymond, this great team had before this year's collection raised over £100,000 for the hospice.

But this year, over a single weekend, the team really pulled out all the stops and delivered a truly magical Christmas gift – collecting over 4,600 trees and

raising a stunning pre-Gift Aid total in excess of £44,000!

"This is a substantial increase over last year's collection, which is amazing when so many people are clearly worried about what 2009 will bring," commented hospice Chief Executive Jayne Bessant. "Because of these worries, we rely more so than ever on the generosity of our friends throughout the community. We really want to thank everyone who donated, Richard, Pete, their families and all the wonderful friends who worked so hard before and over the weekend to bring us such a smashing gift. You're all complete stars and we truly can't thank you enough."



First the daily briefing . . .



Then to the trees . . .



. . . Raring to go



. . . Finally, chips and a pint!

You can now make a gift to the hospice online at www.eastcheshirehospice.org.uk
Thank you for your support.

East Cheshire Hospice Art Fair: The Art of Caring

Between 10th and 18th October 2008, in Macclesfield Town Hall, the hospice was proud to stage Cheshire's premier affordable art event, the bi-annual East Cheshire Art Fair.

This year, boosted by an exciting new brand identity, The Art of Caring, the exhibition and sale featured the work of more than 70 established and new artists and included a wide range of paintings, sculptures,

photography and ceramics suited to every taste. Prices too were aimed to match all budgets.

Featuring a schools outreach programme and backed by a targeted publicity campaign, the week long event attracted record attendance and raised a wonderful £17,565 for the hospice.

"Everything about this marvellous event was of top quality," said hospice Fundraising Manager, Phil Robertshaw. "And as well as the funds raised directly, it introduced the hospice to lots of new friends. A tremendously dedicated committee worked so very hard over many months to make the Art Fair a real prestige event. We do thank everyone very much indeed and hope they feel as thrilled as we do with the result."



The Chair of the Art Fair Committee Michael Field with fellow member Christiane Van Doorn



Put your best foot forward: Midnight Walk 2009

Our first Midnight Walk in 2008 attracted over 570 entrants and raised a huge £72,000. The hospice is now calling on all supporters to put their best foot forward and make our second Midnight Walk even more successful.



This year's Walk will be on Saturday 12th September. Numbers will be limited so do act now to ensure your place. Contact our fundraising team and we will send you this year's registration pack when it becomes available.

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A day in the life of Lymphoedema Nurse Joy Stevenson

In each News Review we aim to tell you a little more about everyday life at the hospice. In this issue we take a look at the service provided by Lymphoedema Nurse Joy Stevenson.

We began by asking Joy what exactly Lymphoedema is. "Lymphoedema is a complex condition with a number of different causes," she explains. "At its simplest, it's the swelling of the limbs or part of the body due to the accumulation of lymph fluid." The condition is not life-threatening in itself and, although it's not curable, with proper treatment thankfully it can be controlled and people can carry on with their lives.

At East Cheshire Hospice, we treat secondary Lymphoedema brought on by either cancer or by the treatments used to tackle cancer.

Joy has worked at the hospice since 1996, initially as a night nurse and then on day duty. In 2002 she took up the post of Lymphoedema Nurse and has been running the service ever since. "I work 3 days a week, seeing patients on the In-patient Unit, in Day Care and on an Out-patient basis," she explains. "Out-patients account for a large proportion of my work with around 60 new referrals each year, so my caseload continues to grow."

The hospice follows national guidelines and treats patients using the four cornerstones of care. These are: advice and help with correct skin care; exercise advice and regimes where required; compression garments or initial bandaging treatment; and finally, specialist massage where appropriate or teaching patients self-massage to help drain affected areas.



Lymphoedema Nurse Joy Stevenson

"Each patient is assessed individually regarding their specific problems and needs and is given information about Lymphoedema so that they can manage their own condition. Together, we develop a treatment plan and it's very satisfying when patients become empowered to manage their condition."

When asked to describe a typical day, however, like so many of her clinical colleagues, Joy responds that no one day is quite like another. "Each patient has their own plan of care," she says, "and these can vary greatly from being seen daily or weekly for intensive treatment to being seen 3, 6 or even 12 monthly for follow-ups and reviews."

"I thoroughly enjoy working at the hospice," says Joy. "The patients make my job very rewarding. Often, the Lymphoedema service is people's first introduction to the hospice. They can come in apprehensive, not knowing what to expect. But once people have visited the unit for the first time, they see it as a place of friendliness and support, where they can share their hopes and fears in a safe environment. It is tremendously satisfying."



East Cheshire Hospice: a place of friendliness and support

The hospice is 21 this year! Celebrate with us and hold your own 21st birthday party. Ring the Fundraising Team on 01625 433477 to find out how we can help.

A glowing report for the hospice from the Health Care Commission

Helen Knight, Clinical Services Manager

On 7th January, the hospice received an unannounced inspection visit by an assessor from the Health Care Commission (HCC).

The HCC is the body which regulates our sector, setting standards and monitoring the performance of all health care providers. One way in which it ensures the highest standards of care is to carry out unannounced visits by their qualified inspectors.

These represent very thorough and detailed checks covering all aspects of care provision and I'm delighted to

report that all care standards were met. Our assessor was very positive about the care we provide and on how the hospice has moved forward since the previous inspection three years ago.

"It is a real credit to all staff right across the organisation," commented Roger Payne, Chair of our Council of Trustees, "that in the midst of all the building work, we have continued to deliver excellent care to our patients and their families. The Council of Trustees thanks and congratulates everyone for this significant achievement."



Helen Knight, Clinical Services Manager

Macclesfield Bikeathon

We are delighted to announce that the 2009 Macclesfield Bikeathon is to be held in support of East Cheshire Hospice.

The Bikeathon is to take place on Sunday 17th May and features attractive 13, 26 and 52 mile routes, suited to cyclists of all abilities.



"The Bikeathon is a marvellous, well established family event, which last year attracted over 1,500 riders," says Fundraising Manager Phil Robertshaw. "We are thrilled that this year the Bikeathon will benefit the hospice and we're calling on all supporters to dust off their



wheels and get themselves sponsored in this fun, community event."

Registration costs £9 per rider or £32 per family (2 adults and 2 children) and includes a full event pack, a souvenir T-shirt, snacks and medal. There will also be entertainment on the day.

To register, visit www.macclesfieldbikeathon.co.uk or telephone 01625 859497.

Join our weekly hospice lottery today and support one of our most important sources of income. Who knows, you could be the next £2,000 winner! **Ring Lara or Eric on 01625 433477.**

Caring for our Future

It is now understood that the UK is in recession and, looking ahead, the economic forecast is gloomy.

Our Council of Trustees, which has a duty to protect the hospice over the long as well as the short term, has recently reviewed the situation and concluded that the economic climate not only makes a major capital appeal for our continuing building development unrealistic but also poses a threat to our fundraising for our everyday services.

In these circumstances, it has decided that it would not be sensible to continue a major capital appeal at the possible expense of our core income. Our priority must be to truly care for our future and guarantee the service for years to come, protecting what we have already gained through phase one of the development.

The Caring for our Future Appeal, therefore, which has already achieved so much, will now become



Jayne Bessant: Please support us and help Care for our Future



the face of all hospice fundraising, with the money raised being directed towards maintaining the service we provide rather than specifically for phases two and three of the development.

"This will give us the flexibility we need in today's difficult conditions," says Jayne Bessant. "We still remain committed to the need for phase two and three and look forward to the day when we can recommence our plans but we are unable at this time to say when this will be."

"I want to stress that this is a structured and planned response to a radically changed environment," says Jayne, "and one made to protect our long-term future. Our services are not under any immediate threat. We are however making a strong request to all supporters and people of goodwill in our community. The economic climate is undoubtedly a worry for the hospice and we therefore urge everyone to please continue supporting us and, by so doing, help Care for Our Future."

Celebrate with us – we are 21!

This May, it will be 21 years since the hospice opened its doors to our first patients. It is a mark of the difference we make that such a small charity has gone from strength to strength, offering its excellent care to so many people. This is due in no small way to the amazing support we receive from the local community through your donations of money, time and effort. What a great excuse for a party!

A hospice birthday garden party is being held from 1pm-4pm on Saturday, 23rd May at Mottram Village Hall to celebrate and we hope you can come and join us.

Tickets, which include afternoon tea provided by Prestbury Parties and Spinners and entertainment by The Vernon Building Society Brass Band, cost £10. For more details, please contact Kate on 01625 433477 or email kreading@echospice.org.uk

Hold your own party!

Everyone loves a reason to get together with friends, so why not hold your own 21st party to celebrate our birthday?

Hospice supporters, Ed and Annabel Beattie are having a birthday Pimms Party for the hospice in their garden during our birthday month of May. They are inviting friends to join them and instead of bringing a present are asking for cash gifts for the

hospice. Said Ed, "The hospice provides a fantastic service not only to the patients but also to the family involved. It is such a worthy cause and one that is very close to our hearts. We're delighted to support such a wonderful place that makes an incredible difference to the lives of so many people."

No matter how old you are, have a 21st birthday party this year! If you would like to take part, please contact Kate using the details

above and we'll help in any way we can.



Ed and Annabel Beattie, partying for the hospice