



TRINITY

Hospice &
Palliative Care Services

News

Autumn 2009 Issue 5



Trinity's Mission - Compassionate Care on the Journey towards the End of Life



Take a look inside Brian House Children's Hospice

INSIDE

also find out more about:

- Trinity's exciting 'New' Lottery

- Martha's Story: - My life with Motor Neurone Disease

- Trinity's Light up a Life

- Trinity's Christmas Collection

- Keeping in Touch with Trinity

Our Christmas Message

I hope you enjoy your Autumn issue of Trinity News and find it both interesting and informative. This issue is particularly important as it features Brian House Children's Hospice and aims to reinforce that Brian House Children's Hospice is part of the Trinity family of services.

2010 - A special year ahead - We are 25 years old!

Some of you may be aware that Trinity Hospice & Palliative Care Services celebrates its 25th Anniversary next year and so we would love to hear from you with any momentos from the early days, stories you'd like to share and indeed anything which may help us to celebrate our special 25th anniversary year. Please send them to me here in the Fundraising department at the Hospice and I look forward to hearing from you.

Our next issue will have details of our fundraising and celebration events throughout 2010 - we hope you'll be able to join us.

Jane Molyneux

Acting Fundraising Director

jane.molyneux@trinityhospice.co.uk

Tel. 01253 359362



Merry Christmas

In order that we minimise costs and reflect the support we get from the community, we have decided once again, not to send a corporate Christmas card.

As our next newsletter is not out until early 2010, the staff and volunteers of Trinity Hospice and our family of services "Wish all our supporters a very Merry Christmas and Peaceful New Year".

Trinity Christmas Cards

Our Christmas cards are now available for purchase from our main hospice reception and also our hospice shops (see back page for locations).

We also have some fabulous Christmas merchandise including our special 25th Anniversary 2010 calendar, featuring local scenes from across Blackpool, Fylde & Wyre.

If you are unable to visit the hospice to purchase your cards or merchandise, we have a Christmas catalogue available for you to look at and place your order by telephone or post.

All profits from our Christmas cards and catalogue go directly to patient care here at Trinity.

We also have a separate leaflet for people who may be interested in personalised Christmas cards. Not only will you receive high quality printed cards but for each card you purchase, Trinity Hospice will receive 50p, i.e. up to £5 per pack that you buy. If you are interested please contact me for a leaflet.

If you would like either the Christmas Catalogue or the Personalised Christmas Card leaflet, please contact me on Tel: 01253 359355 or email julie.swift@trinityhospice.co.uk or alternatively have a look at the selection on our website www.trinityhospice.co.uk and contact me to order.

Deadline for ordering is 4th December for postal deliveries so please don't delay.

Julie Swift

Events Co-ordinator





Harry Grayson
(Lottery Manager)
tells us about Trinity's
exciting NEW Lottery
initiative.

I am delighted to be joining the fundraising team at Trinity in the capacity of Lottery Manager and may I take this opportunity of thanking you for allowing me to give you a brief overview of how this new fantastic initiative will work.

'The Trinity Hospice Lottery' will be launched in January 2010. By becoming a member you will get the chance of winning major cash prizes whilst making a small but regular vital contribution towards the operational costs of all Trinity Hospice and Palliative Care family of services (including Brian House Children's Hospice). Please see below how you can support the hospice and be in with a chance of winning major cash prizes.



The Lottery

Is a membership or ticketless lottery where members can play. **It costs just £1 per week.** This entitles the player to be entered into a weekly draw with an opportunity of winning major cash prizes.

Prize Fund

There are **13 prizes on offer each and every week;** 1st Prize £1,000 2nd Prize £300 3rd Prize £100 and 10 consolation prizes of £10. **Winners of the top three prizes are notified by phone and consolation prize winners will receive their cheque by first class post so, there is no need to make a claim.**

Payment Methods

Members can pay by Direct Debit or by Debit or Credit Card, Cheque or Cash in advance all, at a payment frequency to suit your pocket. Annually, half yearly, quarterly or monthly, the choice is yours. (Direct Debit is the most effective method of payment as it puts you in control and reduces our administration costs)

Lottery numbers

When you join you are given a Unique Lottery Number which is a 5 digit, randomly selected number that is generated by the lottery dedicated software. (Similar to Ernie: the Premium bond scheme) this number remains with you all the time you are a member as long as you have at least £1 in credit.

Exciting 'New Lottery' will be launched to commemorate 25 years of Hospice care in Blackpool, Fylde & Wyre.

The Draw

The draw will take place every Friday morning and will be conducted by a different person each week either a member of staff, volunteer or visitor at the Hospice.

Winners' Lists

Winners' lists will be posted on the Hospice website, e-mailed to those that want them and the numbers will be printed in all local press and media and will also be available in our shops.

Launch Dates

Week commencing 4th January is the scheduled date for the launch. It is anticipated that we will have three high profile launches, one in: Blackpool, Fylde and Wyre. All will feature celebrities, civic personnel, hospice personnel, patients and the media.

First Draw

There will be 12 week selling period to generate the membership going into the first draw this will mean, that the draw will be conducted on Friday 26th March 2010. We are hoping for 4,000 members this will be the target of members we need to achieve in draw one, therefore: by becoming a member you will be helping towards this goal.

In the next issue of our newsletter in early January 2010 (Our 25th Anniversary year) we will include a lottery leaflet which will allow you to join and play in the Trinity Lottery. We will also set out how you can join and play by visiting our website.

We need people to help us now. If you think that you could help us in raising awareness and passing leaflets onto family, friends, community groups, church groups, work colleagues etc then please contact me and I will supply you with more information:

harry.grayson@trinityhospice.co.uk
01253 359387

Your Hospice needs you!

Ensure the future of local hospice care for adults and children.



In this article on Brian House Children's Hospice



Lorraine Cundy
(Clinical Manager - Brian House)
tells us about Brian House
Children's Hospice

Brian House Children's Hospice provides care in a 'home from home' environment for infants, children and young adults from within the Blackpool, Fylde and Wyre communities who have life threatening and/or life limiting conditions. These are our patients and they and their families have multiple complex needs and Brian House provides support for the families and care for the children and young adults who may not be cured of their serious illness.

Respite care, provided at regular intervals, gives the family the opportunity to experience times of 'normality'.

To give 'mum' a break from the 24 hour demands of a child with multiple complex needs, to give 'dad' a chance to see his wife as more than just a nurse and to give 'brothers and sisters' a time to be the centre of attention for a change.



These things, we take for granted are something special for our patients and their families.

The advantage of having this service locally is that we not only provide respite care but also much needed day-care. In the event of a sudden or unexpected emergency then our care can be available.

Bereavement care can also be accessed via Brian House. Experienced staff from Brian House work closely with colleagues from the Linden Centre, support/counselling for grief and loss. Siblings are also supported via CASCADE (Children and Adolescent Support Around a Death Experience) providing specialist support at traumatic times for children and young people.

A bereavement suite is available to all families in the Blackpool, Fylde and Wyre areas on the death of a child, whether previously known to Brian House Children's Hospice or not.

we try and give a feel for what we do & offer.

Brian House is committed to caring and to facilitating access to specialist knowledge. We exist to support children and young adults who require that special care - Palliative Care - as it is known. We work with their families and friends in an open, honest and sensitive manner. The support is designed to enable each child and their family to live in comfort, with the dignity, independence and control that is appropriate for them. This will be influenced by their age, racial origins, cultures and beliefs.

Every detail of Brian House has been planned to create a child centred environment, from the layout and design of the House to the highly trained staff and volunteers caring within it. 'Home from Home' is the key requirement; the lounge recreates the family environment and atmosphere with the little touches that mean so much.

The spacious fitted kitchen and dining area, where special diets and even the most fastidious tastes can be catered for, confirm that special 'home from home' feeling.

Electric beds and all other kinds, television and sound systems are features in all four bedrooms, together with the 'twinkling' fibre optic lights over each bed. The fully equipped multisensory room is further confirmation that every need is catered for.

The conservatory doubles up as a music room and small library overlooking the children's garden. Here the children and young people have the opportunity to access various musical instruments and there is a range of books for all ages and interests and staff and volunteers with time to read from them.

The addition of a craft room and play area has been designed so that children with the most complex needs can be creative and express their natural instinct to play with the help of dedicated playworkers, the staff and dedicated volunteers

The computer room is filled with the very latest computers, games machines and state of the art television and media equipment to give older children and young adults the high tech environment they thrive on.

The innovatively designed garden area is a paradise for children of all ages. First floor accommodation with two en-suite bathrooms and lounge offer a relaxed and comfortable atmosphere for parents.

At Brian House we constantly strive to improve our services and have recently included an Outreach Service whose aim is to provide high quality palliative care and support to children and young adults and their families in their home. The Outreach Service works alongside the Brian House Children's Hospice inpatient team and other members of multi-disciplinary teams from health, social, education and other voluntary sector members to provide holistic individual care to our patients and invaluable support for their families in their own home.

We hope this gives an insight into the care and support Brian House is able to offer. **Brian House Children's Hospice does not receive any statutory funding and relies on the community to enable us to provide specialist care to local children, entirely free of charge. Thank you for that support.**

Lorraine Cundy (Sister)

Clinical Manager - Brian House

lorraine.cundy@trinityhospice.co.uk

Tel. 01253 359352



Molly and Rusty visit Trinity

Both the adult and child patients here at Trinity and Brian House Children's Hospice were treated to a visit from not just one Donkey Sanctuary donkey, but two! 17 year old Molly and her son Rusty, who is 8 are from the Elisabeth Svendsen Trust for Children and Donkeys and had travelled all the way from Abbey Hey in Manchester for the visit. The EST specialises in providing donkey therapy to children with special needs and disabilities.



Molly and Rusty's arrival was highly anticipated by the children at Brian House Children's Hospice and some of their families had even come along for a chance to meet the donkey duo. The children had the opportunity to meet the pair and touch, stroke and cuddle them. The donkeys were then led into the hospice gardens where the children all took turns to lead Molly and Rusty round, even the children in wheelchairs.

'The visit was a wonderful experience for everyone involved and seeing the joy on the children's faces was a real pleasure, some of the children just couldn't get enough of stroking them' said Sue Pelling, Playworker at Brian House Children's Hospice.

The donkeys then made their way to the Day Therapy Unit, stopping to visit patients in their rooms as they passed the in-patient unit, some patients even making their own way out of their rooms to meet and stroke the pair.

Day Therapy Unit Sister, Sue Binns said 'The visit was a wonderful success, one of our day patients even decided to sketch a very curious Molly during the visit, it was truly a pleasure to have them here.'



As Christmas approaches we turn our attention to our Light up a Life campaign.

Light Up a Life is a time for thinking of the loved ones who can't be with us for whatever reason this Christmas. We invite you to dedicate a light in their honour and in return for each dedication you make we will send you a personalised Light Up a Life card and also add their name to our Book of Honour.

We also hold a special Light Up a Life service in the hospice grounds where we illuminate our three Christmas trees with all your lights of dedication. This year's service will be held on 13th December at 4.30 pm.

If you have not taken part before and would like to do so, please complete the enclosed form and send with your donation to the Fundraising department at the Hospice.

Julie Swift Events Co-ordinator
julie.swift@trinityhospice.co.uk
Tel. 01253 359362

light
up a
life

2009

Martha's Story - My life with Motor Neurone Disease

Trinity Hospice and our family of services provide a "needs led" specialist palliative care service to patients with advanced progressive life limiting illnesses.

Our service has changed over recent years to better reflect the needs of our patients, regardless of their diagnosis. Whilst the majority of the patients we care for have a cancer diagnosis we now also care for patients with a variety of other diseases such as Motor Neurone Disease, chronic respiratory and heart conditions. This change has been gradual but the benefit for those patients cared for has been significant as demonstrated by Martha's story (right).

The change will mean an increase in referrals to our service and there are implications in terms of staff training and ensuring we have enough funding to maintain the quality of the care we deliver. However, this change means that even more people are able to benefit from the services that Trinity Hospice and its family of services has to offer.

The following article was written by Martha, a Motor Neurone patient who was keen to share her experience of Trinity Hospice. This is Martha's story...

Martha is a fifty-something, former nurse. Four years ago she first noticed that she was having problems with walking. It wasn't until two years later when, after various investigations, Martha was finally given the devastating diagnosis of Motor Neurone Disease (MND).

MND is a degenerative disease of the nervous system, which causes muscle weakness, loss of mobility and difficulties with speech, swallowing and breathing.

For Martha one of her biggest problems has been pain in her legs caused by spasticity. It was this that prompted a referral to the palliative care team at Trinity Hospice, from her MND nurse.

Martha tells her story - to her friend Katie Upton - about life with MND and how Trinity Hospice has helped to provide respite, an assessment of the issues and a chance for the family to take a break.

"By June this year I needed 24 hour care - I thought losing the use of my legs was wretched, but even more devastating is not being able to use my arms and hands to carry out even the most simple tasks.

Like most carers, my husband was exhausted and it was clear to my children and I that some respite was needed. It was also felt that it would be useful for me to spend some time in the hospice so that my complex combination of medicines could be reviewed. I was still struggling with severe pain and a good night's sleep was getting harder and harder to come by.

I knew I didn't want to go anywhere else but Trinity - I was sure that the nursing care would be second to none. Any anxieties I may have had before my stay were left as soon as I was greeted at the door.

They say first impressions count and just seeing the small vase of fresh flowers in my room was enough to reassure me that I had come to the right place.

My room, which overlooked the garden, was a haven of peace, not just for me but for all my visitors too.

The nursing care was even better than expected and the emotional support provided by the whole team was exceptional. Their choice of words and that freedom to laugh, or cry, without need to apologise for either was such a comfort.

It was apparent to me that the nurses were very well equipped to deal with the demands of someone with a terminal illness. The support they receive shines through in the support that they pass on to their patients.

Although caring for patients with MND is relatively new at Trinity Hospice, it seemed second nature to the nurses caring for me. But at the same time they were keen to learn from me - about the disease and the complex care MND patients demand.

My various needs were met by all of Trinity's "family". My medication was reviewed by the medical team, I received emotional support from the Clinical Psychologist, I had physiotherapy treatments and I was even able to enjoy that much needed, and wanted, good night's sleep. And then there were the little luxuries, like that vase of flowers; of a Reiki massage, a big bath and how could I forget, the custard pie, baked at my request by the superb chef. I looked forward to mealtimes each day, knowing that whatever I chose to eat would be of outstanding quality.

Knowing that I was comfortable, safe and happy at Trinity, my husband and children were able to enjoy their well-earned break without feeling they had "abandoned" me.

Although there's no place like home, I felt sad to leave Trinity but comforted knowing that should I need their services again I will be more than happy to return.

In fact, my family - in the kindest way possible of course - are already asking "When are you going again?"!!

What's On Guide

For more details or if you're planning to have an event in aid of Trinity Hospice or Brian House Children's Hospice speak to our Fundraising Team on 01253 359362 or visit our website at www.trinityhospice.co.uk

17th, 18th and 19th November 2009

Number One Flower Design Supper Club
Fabulous 4 course meal, champagne supper, live entertainment and flower design demonstration. For more information call Jessica on 01253 724100 or email jessica@flowerdesign.co.uk.

21st November 2009

Christmas Market at the Bridge Club, Poulton, opposite the library. 10am - 1pm. Organised by Poulton Friends of Trinity Hospice.

21st November 2009

Bucket collection at Burnside Garden Centre, New Lane, Thornton Cleveleys. Organised by Thornton Cleveleys Friends of Trinity Hospice.

21st November 2009

Christmas Craft Fair Sea Cadets Bispham 10am - 3pm. Father Christmas to attend, cafe, stalls. For further details contact Sheila on 01253 867276. Organised by Blackpool Friends of Trinity Hospice.

21st November 2009

Tombola at Arnold School. Organised by Blackpool Friends of Trinity Hospice.

22nd November 2009

Collection at Dobbies Garden centre. Organised by Blackpool Friends of Trinity Hospice.

25th November 2009

Mayor's Charity Indian Meal
Indian 4 course meal with tea/coffee at Michael's Restaurant, Fleetwood Road North, Thornton Cleveleys, 7 for 7.30pm in aid of the Mayor's Charities 2009, Trinity Hospice and Fleetwood RNLI. Tickets cost £15. For further info contact Andrea Mullin on 01253 887257 or email amullin@wyrebc.gov.uk.

25th November 2009

Ladies Exclusive Xmas Gift Evening at 7pm - The Edge Poulton, £1 entry. Lots of local companies attending.

26th November 2009

Ladies Lunch at Singleton Lodge. Organised by Thornton Cleveleys Friends of Trinity Hospice. Contact Christine on 01253 899619 for details and availability.

27th November 2009

Silent Auction & Hotpot Supper in the main hall at Fleetwood United Reformed Church. Entry £4. Organised by Fleetwood Friends of Trinity Hospice. Call Joanne for tickets on 01253 874870.

28th November 2009

Bag Pack at M & S Cleveleys. Organised by Thornton Cleveleys Friends of Trinity Hospice.

2nd December 2009

Christmas Concert North Fylde Brass Band Christmas Concert, Thornton Parish Church. Tickets £5 includes tea/coffee and hot mince pie. For information and tickets contact Julie on 07878780203.

4th December 2009

Charity Night at Highfield Road Social Club. Contact club for details on 01253 342389.

4th/5th December 2009

Bucket collection at Booths, Poulton. Organised by Poulton Friends of Trinity Hospice.

5th December 2009

Bucket collection at Booths, Highfield Road. Organised by Thornton Cleveleys Friends of Trinity Hospice.

12th December 2009

Christmas Fayre in Members Lounge, Civic Centre, Breck Road, Poulton-le-Fylde, 10.30am - 1.00pm, in aid of the Mayor's Charities 2009, Trinity Hospice and Fleetwood RNLI. Tickets cost £2.50. For further info contact Andrea Mullin on 01253 887257 or email amullin@wyrebc.gov.uk.

13th December 2009

Trinity's Light Up a Life at 4.30pm
Trinity's annual memorial service held in the Hospice gardens. For more details contact Julie on 01253 359362.

19th December 2009

Bag packing at M & S Cleveleys. Organised by Thornton Cleveleys Friends of Trinity Hospice.

20th December 2009

Bag pack/Store collection at Sainsbury's Bispham. Organised by Blackpool Friends of Trinity Hospice.

21st December 2009

Collection at Morrisons with Ray Rudge on the organ. Organised by Thornton Cleveleys Friends of Trinity Hospice.

25th January 2010

Quiz at the Red Lion, Bispham. £2 to include Hot Pot. For tickets contact Sheila on 01253 867276. Organised by Blackpool Friends of Trinity Hospice.

29th January 2010

Store collection at Morrisons, South Shore. Organised by Blackpool Friends of Trinity Hospice.

Keeping in touch

It is our intention to not only communicate more regularly with our supporters thereby keeping you up to date with our latest events and news but in doing so ensure we do it more efficiently, cost effectively and in a manner which suits you.

The cheapest, fastest and most efficient way of keeping in touch is by email. Please let me know (via email of course) your email address. Just email me at

beverley.whittaker@trinityhospice.co.uk

I look forward to hearing from you.

Beverley Whittaker
Fundraising Administrator

Trinity Hospice Shops:

Highfield Road: 01253 346693

(Christmas Cards available here)

Collins Avenue: 01253 351613

(Christmas Cards available here)

Devonshire Road/Brian House
Children's Hospice Shop:

01253 301279

(Christmas Cards available here)

Red Bank Road: 01253 591147

(Christmas Cards available here)

Waterloo Road Furniture Shop:

01253 405777

(Christmas Cards available here)

Lord Street, Fleetwood:

01253 870175

(Christmas Cards available here)

Clifton Street: 01253 292924

Poulton Street, Kirkham:

01772 671904

(Christmas Cards available here)

www.trinityhospice.co.uk

The Trinity family of services:

- **Linden Centre** Support/counselling for grief and loss
- Clinical Nurse Specialists
- Lymphoedema Service
- In-Patient Unit
- Complementary Therapy
- Day Therapy Unit
- Learning and Research Centre

Low Moor Road, Bispham, Blackpool FY2 0BG Tel: 01253 358881

