

YOUR *local* HOSPICE NEWS



Your incredible support improves the day to day quality of peoples' lives

'I used to think people go into a hospice to die. I don't think that now'

Helping people to live well with their illness

Thank you for helping to deliver the best possible end of life care with compassion and dignity in our community. I feel privileged to lead a charity, dedicated in improving the quality of life of hundreds of local people.

In this issue, Stella shares how our team of specialists supported her from a very early stage of her illness and gave access to a number of our free services both at the hospice and

in her home. The care you helped to provide in her journey, reduced Stella's pain and gave the rest she needed to live well in the time she has left.

It is only because of your continued generosity, a new Wellbeing Centre offering a wide range of treatment, therapies and information sessions will soon open. The Centre will give more local people access to our expert care out in the community, and increase the choices of support available to them.

Thank you once again for enabling people to live well and provide the much needed care when and where they need it.

Free end of life services for local people could not continue without your help.



Alpama Malde

Your support makes free end of life care possible

Because of the support of our local community, St Luke's team of professionals can give free expert end of life care to local people. The NHS only fund a third of the cost of our care. It is only because of your generosity, our free services continue to be made possible in Harrow and Brent - Thank you so much!



Stella Beamon has been cared for in different ways by St Luke's and shares how our team of specialists have improved the quality of her life.

"When I got cancer, I tried to phone the doctor a lot of times but then put the phone down because I was too worried. I was quite scared because I have looked after people with cancer in my family.

A nurse from St Luke's came a lot to visit me at home. I was so frightened about what was going to happen and who was going to look after me. They had a long chat with me, they were wonderful. The hospice used to be in touch with my doctor which pleased me, because when there are a lot of doctors at a practice, it is difficult to know who to speak to. I relied more on St Luke's than anything else.

When I came to the In-Patient Unit I was in a lot of pain and the



"Coming to St Luke's In-Patient Unit was like a weight was lifted from my shoulders. The staff said I was not to worry about anything. This is a place I can relax and I don't have all these things going around in my head like which tablets to take and when, as there were so many of them. To come here for some rest, really is the best place in the world."

nurses wanted to put a catheter in but I didn't want anyone to touch me or anything. But the staff talked me into it and told me I would only be in a little bit of pain and then I would feel better – and they were right and it did help. I felt safe here, really safe.

I also used to come up once a week to the Woodgrange Centre and I really used to look forward to that. It used to hurt me when I tried to walk and I felt trapped. I had weekly physiotherapy sessions with Dalton, which really helped. I can also get the medication here in IPU to help with pain relief as well. I am not

in agony anymore and it's a wonderful feeling.

I used to think people go into a hospice to die. I don't think that now because they got me up and at home. Now they are lifting my spirits and altering all my medicine to help me feel more comfortable. This lifts a great strain.

I know I can't cope on my own now. My family are all very good and help me but the hospice is wonderful. If I could rent a room here I would, for the rest of my life. We are very lucky to have a place like this."

20%

More than 20% of people staying in our In-Patient Unit return home after receiving treatment for their symptoms.

SANTA DASH

Dress up as Santa for a 5k dash

Sunday 8 December at 11am
Nower Hill High School, Pinner

Early bird prices from £7

Book online now

www.stlukes-hospice.org/santadash



LONDON MARATHON

Sunday 26 April 2020



Take part in London's most iconic challenge event with a St Luke's Hospice race place!

Apply for a place online
www.stlukes-hospice.org/londonmarathon



Voices for Hospices

Saturday 19 October at 3pm

9 Harrow choirs perform music ranging from classical choruses to songs from shows, gospel and popular music.

Tickets: £12.50

Harrow School Speech Room
www.stlukes-hospice.org/VFH

To sign up and for a full list of St Luke's events, visit www.stlukes-hospice.org/events

Providing expert care in St Luke's Woodgrange Centre



Woodgrange Centre Team Leader and Nurse, Caroline Cullen says, 'The Woodgrange Centre is often the first community end of life care service that people are introduced to. We provide a warm and friendly environment where we support people to live well.'

For some, this will be the first time they will have experienced this type of support during their journey of numerous appointments and treatments.

Knowing I have made a difference to someone's day fills me with great satisfaction. My role can be anything from a first assessment, talking with a person about their symptoms, feeding them their lunch or just sitting and listening to their fears about the future.

I have learnt how culture can be influential in how people talk about and deal with a life

"People are given the time and space to talk, ask questions and express themselves. This helps them to regain some control of their life, feel valued and prioritise what is important to them."

limiting illness. I supported a lady who had metastatic breast cancer. She first arrived emotionally distraught as she had been told by someone in her community that cancer was contagious. She wouldn't touch anyone as she was convinced she would pass the cancer onto someone else.

With the support of St Luke's she was able to address and overcome this fear. It enabled her to have the confidence to give talks about her experience to a community group she attended. Through our support, education and confidence building, she has been able to live well and share her experience with others."

Your support means more nurses like Caroline can continue to help people to live well – thank you!

How your gifts make a difference to local people approaching the end of their life – thank you!

£10 could fund a specially designed book to help children cope with the difficulties of having a parent approaching the end of their life.



£22 could fund 1 hour of our 24/7 helpline for patients, families and healthcare professionals, providing expert advice and support whenever it is needed.



£35 could fund a home visit to a patient from a Health Care assistant to give practical support and a friendly face to chat with.



£72 could fund a physiotherapy session within St Luke's Woodgrange Centre, enabling people to remain safe, mobile and independent in their own homes and improve their quality of life.



www.stlukes-hospice.org/donate



Remember **someone special** and **support** the work of St Luke's



It can be a difficult time when you are missing someone special. St Luke's Hospice would like to give local people a meaningful way to remember or celebrate their life. Whether they were cared for by our team of experts or is someone else close to your heart, we would like to invite you to pay tribute to them through Light up a Life.

Send us a personal message in their memory and see your tributes shine on our hospice tree on Sunday 1 December, by making a donation. Supporting the hospice in this special way, will help provide the best end of life care to the people in our community.

www.stlukes-hospice.org/lul



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