

YOUR *local* HOSPICE NEWS



Find out how
one teenager is
supporting end
of life care

Raise money
and go to free
Wembley concerts –
find out how inside

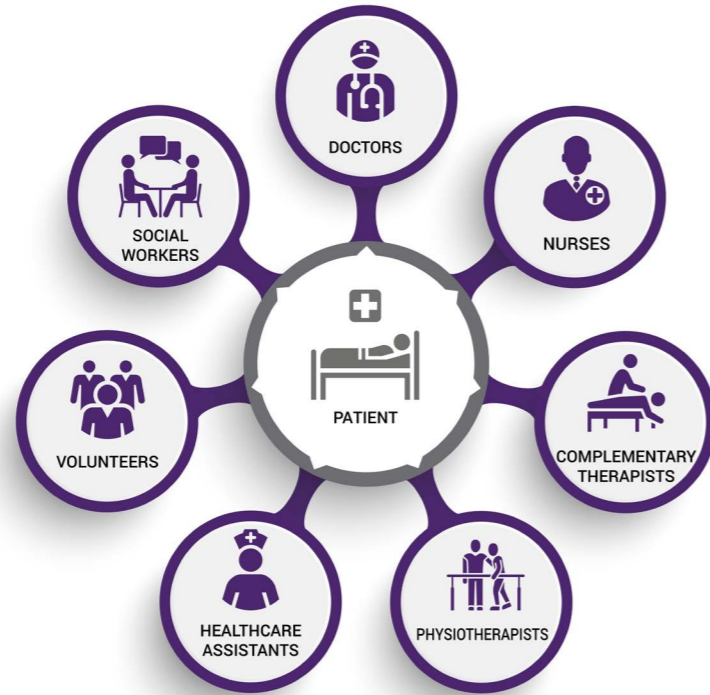
Ways you can
help care for
local people
in 2020

We aim to give the people we care for the best possible quality of life, each and every day. Supporting local people and their families is at the heart of what we do – focusing on what matters most to them is always at the centre of our care.

Two thirds of our care is now provided in the comfort of peoples' homes, as we respect this is where most people would like to be looked after. The care we give is free of charge, available to all, and respects the cultures, religions and beliefs in our richly diverse community.

Securing the future of our care during 2019 was a challenge and an accomplishment. Following two years with financial shortfalls of over £1million each year, we are very pleased to have reduced our shortfall by two thirds in 2019 and aim to close it completely by 2021. This is great news for people in Harrow and Brent, and has only been possible because of the incredible support of our local community – thank you!

Our local community is a vital partner in our care, kindly supporting us through their donations and fundraising alongside the dedication of over 800 incredible volunteers who



freely give their time to support the best possible end of life care for local people. We receive around 40% of our funding from the NHS and the rest is given out of the amazing generosity of the organisations and people who make our care possible.

The expert care we provide has been recognised by a recent invitation to take part in the prestigious Parliamentary Review, which shares best practice amongst policymakers. Two of our innovations in care were showcased at the national Hospice UK Conference and in 2020 we will also be undertaking a pioneering research project with the University of Cambridge.

More than all of this, it is the experiences of our patients and their families that drives everything we do. In 2020, with your support, we can expand the care we provide earlier on in people's illness, using our expertise to keep more local people independent, mobile and living the best possible life.

Thank you so much for your help in securing the future of end of life care in Harrow and Brent,

Yours



Alpana Malde

"I was 12 when I was told that my grandma was being cared for at a special place called St Luke's Hospice. I had never visited a hospice and I didn't really understand much about what a hospice was.

When I visited my grandma at St Luke's for the first time, it was a lovely summer day, it was also a really big day for me as it was the day of my bat mitzvah, a massive party celebrating me becoming a young women in the Jewish religion.

I was so excited but also extremely upset that my grandma was not able to share my special day. All through the day, I was thinking of her and desperate to surprise her by visiting wearing the gorgeous blue dress she had helped pick out for me!

As soon as I arrived at St Luke's, I was very nervous, as I knew my grandma was very poorly and didn't like imagining seeing her so ill. From the very moment I walked in, I was greeted by warm smiles from the friendly staff. All the staff were so kind and made me feel a bit less anxious. They told me how my grandma was such a strong, brave character and what a funny and amazing woman she was.

"Although I knew she was very ill, her death hit me very hard and I have found it extremely difficult to cope with. Now, 3 years later, I still miss my grandma every single day - not only was she my relative, she was one of my closest friends."



15 year old Sasha

After seeing my grandma I felt so happy that she was being so well looked after by the incredible staff at the hospice. A few days later, I was hit with the news that my beloved grandma had passed away.

Although I knew she was very ill, her death hit me very hard. Now, 3 years later, I still miss my grandma every single day - not only was she my relative, she was one of my closest friends.

I learnt so much from her, which inspired me to carry on her legacy by making handmade jewellery and other small cute items, to raise money for the hospice.

So far, I have already sold lots raising over £1,000 for the Hospice. I am so glad to be fundraising and will continue to keep going to help keep my grandma's spirit alive and to support the amazing care from St Luke's - I know she would be proud!"

208

208 people were cared for in our In-Patient Unit in 2019

Adventure of a lifetime Sahara Trek

30% off
New Year
Offer



6th – 13th February 2021

Rediscover true adventure in the awe-inspiring Sahara Desert. This five day trek covers 100km; passing through Morocco's forbidding landscape punctuated by peaks, gorges, dunes and oases. Experience traditional Berber hospitality in fabulous accommodation and enjoy three delicious meals a day.



- Date:** 6th – 13th February 2021
- Venue:** Morocco
- Registration Fee:** £150
- Minimum Fundraising:** £2,345
- Travel:** All flights and transfers included

www.stlukes-hospice.org/saharatrek

Fundraising with the **Wembley Arena** collecting team



The SSE Arena, Wembley is a world famous venue that has hosted artists from the Beatles to Beyoncé. As the crowd flies it is just 2 miles from St Luke's Hospice and it plays an important role in raising funds through collections at events.

With a full group of volunteers at each event we are hoping to raise as much as £12,500 in 2020 which could fund our outpatient clinics for a year! Our outpatient clinics give people approaching the end of their life specialist care from a consultant, without going to hospital.

When Eastcote resident Mark Philips' father was approaching the end of his life and in hospital, Mark was desperate for him to get the end of life care he really needed.

Mark's first-hand experience drives him to make a difference to peoples' lives having seen his father, Malcom being cared for in our In-Patient Unit last year. Mark says: 'It was amazing for me to see how St Luke's improves the quality of life for patients in its care. This was a huge relief to my whole family at what was one

of the most difficult times of our lives.'

Mark now coordinates a team of volunteers to collect in aid of St Luke's Hospice. He said, 'People on a night out at Wembley Arena are often generous in supporting St Luke's Hospice and we raised an incredible £6,500 in 2019'.

To request more copies of this newsletter to share with your community group or organisation, please email info@stlukes-hospice.org

After collecting, volunteers can even watch the performances for free 90% of the time. If you would like to help raise funds with Mark's collecting group please contact the fundraising team at St Luke's Hospice – fundraising@stlukes-hospice.org

Wembley Arena Events
Salman Ali Saturday 15 February
Lewis Capaldi Thursday 12 & Friday 13 March
Simple Minds Friday 17 April
Andre Rieu Saturday 25 April

www.stlukes-hospice.org/volunteer



EARLY BIRD 20% OFF

Midnight Walk is back for 2020!

Friday 26th June | Harrow Leisure Centre | Walk 5 or 9 miles

TICKETS ARE ON SALE NOW

www.stlukes-hospice.org/midnightwalk



Royal Parks Half Marathon
Secure your place in the best half marathon in London

- Sunday 11th October
- Only 10 places available! Get yours now!
- Registration Fee £50

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

WALK THE UK IN 2020
100km, 50km, OR 25km...
WALK IT, JOG IT, OR RUN IT



Thames Path Challenge
12/13 September 2020
www.stlukes-hospice.org/thamespathchallenge

London 2 Brighton Challenge
23/24 May 2020
www.stlukes-hospice.org/london2brighton

Local students making end of life care possible



St Gregory's Catholic Science College in Kenton is passionate about working in collaboration with the local community and supports the end of life care at St Luke's Hospice. Former Deputy Head Teacher, Matt Fletcher says, 'I am always amazed at the ingenuity shown by teachers and pupils in developing novel and fun ways to raise much-needed funds for the Hospice. Pupils from across year groups raise money for patients and their families as part of St Gregory's affiliation with the Hospice. In 2019 this amounted to an incredible £3,270 and took the total for the decade to a whopping £19,000!'

they can make a real difference for local people'.


Assistant Head Teacher Toby Knights is excited about the future, 'I'm really keen to continue to strengthen the ties between St. Gregory's Catholic Science College and St Luke's Hospice and to help to fundraise with pupils.'

With only 40% of care funded by the NHS, St Luke's Hospice relies on the support of local community organisations. From raising awareness of our services to recruiting volunteers and donating the use of facilities to host events, there are lots of ways for all types of organisations to help support our care in Harrow and Brent.

If your school, community group or business would like to work with us to secure a future for hospice care in Harrow and Brent please contact the fundraising team on fundraising@stlukes-hospice.org or call 020 8382 8018.

How your fundraising makes a difference


£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.



£200 could fund a nurse for a day providing specialist care for people in our 24 hour In-Patient Unit.



£350 could fund 10 home visits to patients from a Health Care assistant to give practical support with washing, getting ready for bed, dressing, preparing meals, as well as a friendly face and an opportunity to chat.



£750 could fund a one night stay for a patient in our In-Patient Unit



£12,500 pays for our outpatient clinics for a year, enabling people approaching the end of their life to receive specialist care from a consultant, without going to hospital.

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

www.stlukes-hospice.org/how-you-can-help



**Harrow Hill
10k Sunday
16 February
2020**

**Grand Union
Canal Half
Marathon
Sunday 5 April
2020**

**Hatch End
Triathlon
Sunday 10
May 2020**

**Ride London
Surrey 100
Sunday 16 August
2020**

MAKE 2020 COUNT

Get active and set yourself a challenge by signing up to a local run, cycle or triathlon

www.stlukes-hospice.org/events



St Luke's Hospice, Kenton Grange, Kenton Road, Harrow, HA3 0YG
w: www.stlukes-hospice.org t: 020 8382 8000 e: info@stlukes-hospice.org

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Charity No. 298555