



Spring 2022

We Care

Find out how
Ivana & other
patients are sowing
seeds of hope to help
combat their illness.

Page 4

IN THIS ISSUE!.. Find out how you can
help us celebrate our 35th anniversary!

CELEBRATING

35

Years of
Care

Hello...



Annie Webber
Chief Executive

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This is my first proper introduction to many of you as the new CEO at St Luke's and I am delighted to be here. In this issue we introduce to you our inspirational patient, Ivana, on pages 4 & 5. It is wonderful to hear about the benefits that she and other patients get from her garden therapy group at the Hospice.

Remarkably, this year is the 35th anniversary of St Luke's! Our co-founder, Ann Hatswell, welcomed in the first patient and her words still inspire us today, "Everybody that works at St Luke's has St Luke's in their hearts, and it is open to everyone. I knew right from the start that one of the most important parts of the care we gave was the little things. It is the little things that can make all the difference."

Some of the little things really are the biggest things – giving our patients hope and joy and rest. Which is why we are also dedicating much of this issue to the transformational Wellbeing team. Find out about the difference your support makes in this way on page 10.

We would like you to meet some of our longest serving members of staff. We are

starting with our volunteers Peter and Di on page 8.

As Covid restrictions have gradually eased we have been so excited to start welcoming familiar faces back into our shops again and we would like to say a huge thank-you to our customers, retail staff and volunteers for a record breaking year in 2021 – really an amazing achievement during a pandemic.

Our events team are thrilled to be running face to face activities again and our biggest fundraiser of them all, the Midnight Walk, will be back on 25 June so don't miss out. You can find out more on page 11.

We cannot wait to start welcoming more of you back into the Hospice again and celebrating all that you have helped us to do across the years. Do keep following us on social media to find out more.

A huge thank-you for all your continued support and Happy Anniversary St Luke's!



Call: 020 8382 8000

Email: info@stlukes-hospice.org

Visit: stlukes-hospice.org

Write: Kenton Grange, 385 Kenton Road, Harrow, Middlesex, HA3 0YG

Follow us:

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Remember your loved one in St Luke's Memory Garden

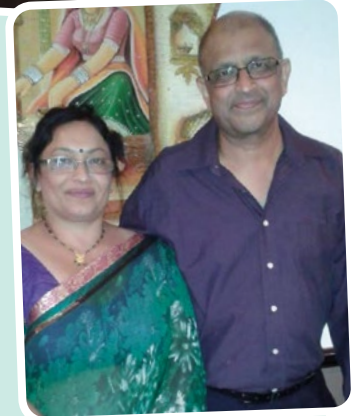
Honour your loved one's life by leaving a special tribute in St Luke's beautiful Memory Garden. It is a peaceful place where you can reflect and remember fond memories all year round at the front of the Hospice.

St Luke's supporter, Minaxi, has dedicated a permanent brick in memory of her husband and says, "My husband was admitted to St Luke's the day he passed away. His transition from hospital was seamless and the team were very supportive of his urgent needs. The Hospice staff were respectful and courteous, especially as we had family coming to see him before he passed.

Their consultant took time to speak to my children and explain the extent of the cancer before discussing the inevitable outcome. They were empathetic and had agreed for us to sleep overnight in his room as he was clearly deteriorating.

We have a brick in St Luke's Memory Garden, located next to my sister-in-law's brick. It is a wonderful garden and my husband always loved gardening. The tribute means that our family has a resting place to visit my husband that is close to home. We've also attended a few Hospice in-memory events and the staff have been kind and compassionate."

If you would like to find out how to dedicate a brick, rose bush or flowering shrub in St Luke's Memory Garden, please visit www.stlukes-hospice.org/inmemory or call our friendly Supporter Care Officer, Sheila, on 020 8382 8142.



Be a Hospice Hero and win **£1000!**



Did you know your chance of winning £1,000 in St Luke's Lottery only costs £1 per week?

Your winnings could be spent on a shopping spree, put towards a dream holiday or even just to pay off some bills - and we all know how much energy prices are rising!

Become a Hospice Hero and always feel good about playing because the money raised from

your lucky numbers will help provide compassionate end of life care to the people in our community.

Recent lottery winner, Deborah says, "It felt absolutely amazing to win St Luke's lottery jackpot! As soon as we can travel again, the money will be spent on treats while we are away. I know St Luke's is a very reputable charity, which is why I play."



Please sign up today at www.stlukes-hospice.org/lottery or call 020 8382 8097

Sowing Seeds of Hope



Ivana was first diagnosed with breast cancer in 2014 at the age of 40 and at the height of her physical ability as a competitive dancer. She was referred here by her oncologist in 2017. She was on crutches because of reduced mobility and could hardly walk because of her treatment.

Now, although her cancer is at stage 4 and incurable, it is not currently progressing any further and she is determined to do all she can to make it stay that way. Passionate about gardening, Ivana tells us about how she came to set up our patients' group 'Gardening for Hope' and how it is helping her and others to combat the symptoms of their illnesses by living well.

"I was referred to the Hospice as an outpatient after my updated diagnosis of secondary breast cancer. It was a very tricky time and the Hospice greatly helped me. I was attending all sorts of different services here by 2018. I had therapies like reflexology and physiotherapy. Then I started going into the day services and the sound therapy and, for me, this was a lifeline because my immediate family does not live in UK. It was really important for me to have a place to go where I felt understood. I came from an environment where I was physically extremely able. I was very self-sufficient and was looking after other people when they needed me. But now it was completely the other way around."

"Then I started going to St Luke's Art Therapy classes and I began talking to the other patients.

I love the gardens here and I was drawing plants and I started having the idea that there should be a little gardening therapy group. The Hospice liked the idea and we started last August."

The second diagnosis was a shock for Ivana. "I was thinking what is going to happen to me? The fact that I was now unable to work was a massive, massive thing for me."

"So this baby of mine leading the gardening group therapy has been fantastic. It's kind of a job and a way for me to feel included but it's also fun and it's a way to be giving back. And when you are in a limited situation that is priceless".

“The hope is that when you plant a seed into the soil, you need to make a plan to see it through. And that sometimes is what is emotionally needed for patients. Because we all need something to live for.”



Ivana explains that her physical health, mobility and energy levels are unpredictable and a challenge that she needs to face and deal with daily. "You have to be very creative about how you go about things. It's all about how to use and sustain the energy that you have. You have to put it into something that nourishes you and gardening is like that."

Ivana talks about the other patients in her group and how the gardening makes them feel that they are doing something really worthwhile. "That is probably the most valuable thing I could have achieved."

We asked Ivana why the group is called 'Gardening for Hope'.

"When you're ill and because you need help from other people, you feel like you don't have control over things. There is the shock, horror, pain and you don't understand what is happening and even if you do understand, it's difficult to face. But the gardens here are therapeutic. The place is so beautiful and it gives people things they don't even realise they need. It is quiet and it is very healthy."

"The hope is that when you plant a seed into the soil, you need to make a plan to see it through. And that sometimes is what is emotionally needed for patients. Because we all need something to live for. Having that shred of

control back and feeling like you are the one who is helping is a massive thing psychologically and emotionally. We've got all families and we love them but sometimes you need something outside of the usual - something that you can feel physically grateful for and really look forward to."

"I am one of those people who will do everything they can to get better and whilst I'm on that journey I want to help other people and I still want to be me. And that is why I am so grateful to St Luke's."

Ivana is passionate about growing edibles and about the healing properties of eating totally fresh home grown produce and would like to share her knowledge with our supporters. If you would like to learn about gardening and how to grow your own salads, please follow her on Instagram @outgrow.your.cancer

St Luke's gardens are award-winning and looked after by an incredible group of volunteers who work tirelessly all year round to make them a place of solace and healing for those who really need it.

You can help Ivana and others make every moment matter by giving a regular gift today. Please visit www.stlukes-hospice.org/donate or call us on 020 8382 8030. Thank you!



Fundraising Awards 2022

We are delighted to announce the winners of our annual fundraising awards. Now in its second year, these are awarded in special recognition of people and organisations who have gone above and beyond in their support for St Luke's Hospice over the last year. Thank you and well done!"

COMMUNITY GROUP OF THE YEAR

Shree Kutch Satsang Swaminarayan Temple – Kenton
Our neighbours in Kenton celebrated their 25th Anniversary in 2021. Organising the Trikon Trifecta run, walk and cycle challenge in August, their community came together and raised an incredible £14,000 for the Hospice.

SCHOOL SUPPORTER OF THE YEAR

St Robert Southwell Catholic Primary & Nursery
Pupils and staff raised an incredible £3,000 organising their own Bunny Hop event last spring and a Santa Dash in December.



COLLEGE SUPPORTER OF THE YEAR

St Dominic's Sixth Form College
After winning an award last year, St Dominic's students and staff organised more walking events all year round including a Bunny Hop walk in spring and doing Santa Dash in December, raising over £6,000.

FUNDRAISING VOLUNTEER OF THE YEAR

Annual Walk Committee
Our dedicated committee members (current and retired): Lucy Patten, Janet Clow, Hugo Hodge, Sue Allett, Peter Moss, Hansa Jadvapati, Douglas Dodd, Patrick Wyman and Olwen Moss organised the 25th Anniversary Annual Walk – a multi-day walk in Devon and Somerset with 60 participants last year and raised £50,000.

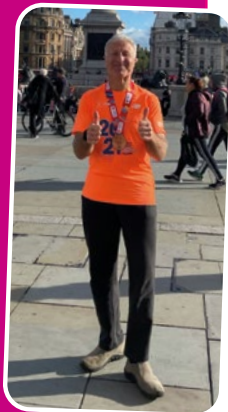


BUSINESS SUPPORTER OF THE YEAR

Toureen Group
Toureen Group hosted, sponsored and brought together all of their contacts to make their St Luke's Hospice Golf Day the biggest and most successful ever last year – raising an incredible £60,000.

CHALLENGE FUNDRAISER OF THE YEAR

Moises Del Paso
Moises took the place of another injured fundraiser on our London Marathon team and in just two months, he trained for the marathon and raised over £7,000 in memory of his wife Donna.



TEAM FUNDRAISER OF THE YEAR

Away with the Fairies
The incredible Away with the Fairies have taken part in every Santa Dash for the past decade. Last December the team, comprising 20 Santa's, raised a record-breaking amount of £12,000.

STAFF AND VOLUNTEER FUNDRAISER OF THE YEAR

St Luke's Fire Walkers
Volunteers, staff and a trustee all joined together to challenge themselves to walk over red hot coals and raised over £3,000 at our annual Fire Walk event in September.

Harrow & Brent Business Network



2021 marked the launch of the St Luke's Hospice Harrow & Brent Business Network where we held two fantastic events at Kenton Grange and at Brent Civic Centre, bringing together local businesses across the two boroughs from a wide variety of sectors. This year, we want to grow the group even further!

The Business Network was created as a thank you to local businesses who supported us during the pandemic and has been designed to stimulate the local economy under a common goal of supporting St Luke's.

The Benefits

- Annual certificates demonstrating how your business' support has helped St Luke's deliver end of life care to the community.
- Your company logo will be displayed on our website, across our social media and in the Hospice reception area.
- Discounted entry fees to St Luke's Fundraising events which are great for team building!

And many more!

If you would like to attend our next event please email partnerships@stlukes-hospice.org or call Corporate Partnerships on 0208 382 8063.



35th Anniversary Appeal

St Luke's Hospice turns 35 this year! Please help us raise £35,000 to celebrate our anniversary and meet our mission of reaching even more people this year.

Since 1987, the local business community in Harrow and Brent has continually supported our work. This year we are calling on 100 local businesses to donate £350 to allow St Luke's Hospice to continue providing expert end of life care to our community.

This total could help us fund 150 nurse shifts on our

Inpatient Unit – providing personal end of life care, helping to manage patient pain, ensuring their needs are met and providing vital support to their families and carers.

You could make a straightforward donation or there are lots of fun ways your staff could help raise the funds. From cake sales to sports days, auctions and sponsored activities, it's entirely up to you.

All supporting businesses will be thanked in local publicity and invited along to a special



thank you event this summer to mark our anniversary celebrations!

Find out how your company can be involved here: <http://www.stlukes-hospice.org/st-lukes-celebrates-35-years>

Volunteering Corner

At St Luke's we are incredibly grateful to have nearly 500 volunteers helping us at the Hospice and in our shops. We simply could not do what we do without them. And some have been with us for many years. In this issue we would like you to meet two of our longest serving volunteers.



Diane Owen has been a Fundraising Volunteer for 22 years

What first inspired you to volunteer for St Luke's? It was an old people's home before it was St Luke's and I used to work around the corner. I had retired in 1999 and wanted to do something locally. Glebe School, where I worked for 25 years, had always supported the Hospice so it seemed like a good place.

What is it that has made you stay so long? Because I enjoy it! I enjoy the work and the people. There has always been a good group of people here and I have always enjoyed helping with the lottery.

Highlights of working at St Luke's Doing some of the walks – I once walked all around The Isle of Wight. That was particularly satisfying for me. I also really enjoyed the fire walk. It was something I never thought I would do and now I have done it twice!



Peter Ralph has been a Fundraising Volunteer for 19 years

What first inspired you to volunteer for St Luke's? My late wife was admitted to the Inpatient Unit in Jan 2001. Jennifer was terminally ill with cancer and was under the care of Dr Daniels. In the May of that year I took selective voluntary redundancy from my career and, wanting to stay active, looked for voluntary work opportunities. A close acquaintance suggested that it would be a nice idea to consider applying to St Luke's. This I did and was accepted as a fundraising volunteer in Nov 2001.

What is it that has made you stay so long? St Luke's is a great place to work with staff who are always friendly and helpful. My role offers a most varied and enjoyable range of tasks – good for both the mind and body. It structures the week which is good for you as you get older and at 77 it works well for me. I don't look and act my age and that is a major contribution to wellbeing!

Highlights of working at St Luke's From my perspective voluntary work at St Luke's cannot be bettered. It makes me feel valued and I am doing something of value – this is vitally important for my psyche.

Generous donors boost Ebay sales

Thanks to our generous donors we are able to sell the items offered to us online as well as in our 18 shops, raising much needed funds for the Hospice.

Our online sales department has already seen steady growth of sales in the first quarter of this year. We mainly sell on the eBay platform but are also looking to expand to other platforms this year.

We sell anything from shoes, jewellery or perfumes to collectables and antiques and our team has seen and researched all kinds of weird and wonderful items.

One of the highest sales we had so far this year was this Royal Geographical Society London World Clock – it sold for £721 and was picked up from our office by local collector. Huge thanks to both the donor and the buyer!



Please help!

Pandemic has almost halved our volunteer numbers



Currently one challenge that we are facing is lack of volunteers. Sadly, due to the pandemic, we lost nearly half of the volunteers who help out with the retail side of the charity taking our numbers from 868 pre Covid to 396. Yet as our volunteers will tell you, it is a hugely enjoyable thing to do.

And the more people we have helping with listing and researching or helping customers in our shops, the more money we can raise.

We need volunteers for the daily tasks of researching, listing and packing. We are also always on a lookout for specialist volunteers. If your passion is old books, jewellery, clocks and watches, records or anything else – we would love to hear from you.

We also need friendly people to help with all aspects of working in our shops.

Please contact us via email ebay@stlukes-hospice.org or contact directly on 0208 2069923 to speak to Carlo – our Online sales manager.

Or to volunteer for the shops, please email volunteering@stlukes-hospice.org.

You can see what it is like to volunteer in our shops in this online video <https://bit.ly/retailroles>

The difference your support makes



Why Wellbeing Matters

Sharmila was devastatingly diagnosed with ovarian cancer last year.

When we first met her, she was very unwell and her hands were in so much pain that she couldn't move them enough to touch her shoulders. It was recommended that she try Complementary Therapy at St Luke's.

"A few days before my chemo I didn't know what was happening to my hands. They were fully stuck." She told us that Deirdre, our Complementary Therapy Lead, did a massage to free up her movement. "I was able to make my chapatis with the rolling pin

again! I was crying thinking I would never make them again and now it was possible. I was so happy when I made a chapati for the first time."

The wellbeing services that are offered at the Hospice can be crucial to a patient's enjoyment of life and it wasn't just the help with her mobility that Sharmila needed.

When she first came to us, Sharmila was really scared and not sleeping. On her first day she took part in our sound therapy with Alan and became so deeply relaxed that she slept in the chair. And that was without any sort of medication.

Alan's relaxation techniques were so powerful that Sharmila asked him to send them to her mobile phone so that she could use them at home. "Ever since then I've done it all the time."

And she now comes to the Hospice whenever she can. "I can feel dizzy as a side effect of the chemotherapy and I don't often go out of the house, but I make sure that I come to St Luke's. Every person I've met here has shown me lots of love. They all look after me."

Sharmila still has nine more chemo treatments to go but she is feeling positive and importantly, the wellbeing treatments are helping her to feel well.

She adds, "Thank you for helping me to feel positive again. I love it here. When I feel better I want to volunteer at a charity shop or make some food to bring to the patients. I'll do textile work, I'll make my sarees and dresses. You give me the positivity to do this again."

All our complementary therapies are tailored to suit patients' individual needs and are offered free of charge thanks to your donations. They include Aromatherapy, Massage, Reflexology and Reiki, with group activities such as art, sound therapy and gardening. They help to relieve a range of patient symptoms such as anxiety, pain, immobility and insomnia. We provide these therapies to everyone including outpatients, inpatients and community patients as part of our home visit support. The treatments are extended to carers too as many of them also need our help.



Midnight walk 2022

"In loving memory of my Uncle Manji Patel. He was looked after by St Luke's Hospice where he received amazing care. He passed away peacefully on 30 June 2021. It was a very emotional journey for the whole family. In his loving memory, family members took part in the Midnight walk 2021. It was a beautiful experience to be part of. I truly had an amazing experience."

This year we are hoping to have over 1400 people from the area take part in the 2022 Midnight Walk, building on the success of last year's smaller COVID friendly walk. Starting at a fun and lively outdoor event village, there will be music, food and entertainment provided from 9pm. The 5km or 9km walkers will leave Kenton Recreation Ground at 10pm.

We are pleased and excited to announce that this year's event is being sponsored by HSBC. Not only have they supported the event with a generous donation but staff from local branches will be taking part and joining our team of volunteers to make the event happen. We are really looking forward to working with them to make this an extra special year as we celebrate 35 years of providing care in the Harrow and Brent area.

Join Us

Look out for the early bird discount on our website, grab some friends and family, make a team and have some fun creating great memories together.

www.stlukes-hospice.org/midnightwalk

Thank you to our sponsors



HSBC UK

Thank you for easing people's pain

We would like to give our heartfelt thanks to everyone who has kindly donated to our Patient Comfort Appeal. We are incredibly grateful for the overwhelming generosity from our community.

The appeal has raised over £25,000. This is enough to fund our vital new syringe driver (pictured here with Nurse Louise) for our Inpatient Unit, and provide over 952 hours of specialist end of life care to our patients, and give support to their families. This is amazing!

Thank you to everyone who has helped make people's end of life journey the best it can be and for making moments matter when time for our patients is very precious.



Getting to know our staff



Deirdre Rice, Complementary Therapy Lead

1 Tell us about your role at St Luke's

I joined St Luke's 17 years ago as a volunteer Complementary Therapist, whilst self-employed with my own clinic and working with The Disability Foundation. Then 7 years ago, the opportunity arose for me to join St Luke's as Complementary Therapy Lead. It was an easy choice for me as I have always enjoyed working here and I have not looked back. It has helped me to develop as a therapist and as a person with something new happening all the time.

2 What is a typical day like in Wellbeing?

We offer a wide range of services, from one to one therapies to group sessions. Our patients come from a diverse cross-section of cultures, careers and life experiences, which makes each one of them interesting.

Each day starts with checking emails, schedules, and attending referral meetings for both Wellbeing Services and the Inpatient Unit. I supervise and

mentor volunteers, agreeing appropriate treatments for new referrals, in addition to treating patients myself. I also support the Physiotherapy team.

3 What is the most rewarding thing about working in Wellbeing?

The most rewarding thing is being able to ease a patient's symptoms. We are very fortunate to have nice treatment rooms which offer tranquillity to our patients and carers, a safe haven where they can chat if they wish or if they simply want to close their eyes and relax.

It has been very pleasing to see the development of the new services I have introduced such as; Art, Gardening, Moments in Life and our Virtual Remote Support activities which were vital for our patients during Covid restrictions.

I feel privileged to work with so many inspiring patients at a time in their lives that can be very challenging. My job is very grounding and often puts smaller problems into perspective. I work with a great team and especially our Wellbeing Volunteers who give us their valuable time and commitment. We would not be able to run the service without them.

4 What is the one thing you could not live without?

That is easy, the love and support of my family and friends.