

We Care



**Celebrating
love at St Luke's –
Harsukh's joyous
anniversary party
with family at
the Hospice
Page 4**

IN THIS ISSUE!.. Discover how your support helped patient, Michelle, have one of the happiest days of her life.

Hello...



Lindsey Bennister
Chief Executive

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Joy and celebration are a wonderful and essential part of a life well lived which is why they are as important to us at the end of life as they are at the start – perhaps even more poignantly so. Laughter, love, family, friends and the smiles of staff and visitors are never far away as we help our patients live their lives to the full and truly make every moment matter at St Luke's. Our staff were only too happy to recently help two of our families celebrate their precious moments in style. Find out how, with your support, they helped to bring enormous joy to the lives of Michelle on page 3 and Harsukh on pages 4 & 5.

In the spirit of joy, we have loved discovering what some of our volunteers most enjoy about their roles at St Luke's. Turn to page 8 to hear what they had to say.

We've also had a celebration of our own and are excited to let you know we have now opened the doors to a brand new Superstore & Donation Centre in the heart of Harrow. A wonderful, one stop shop for all things pre-loved, the Superstore offers a way to support St Luke's by shopping

from a huge and enticing array of affordable goods while the Donation Centre provides a fully accessible, hassle-free way to donate items and furniture for our shops with free parking right outside. You can find out more on page 10.

As I write this, our events team are busy putting together our autumn and winter events. If you've never experienced the thrill of conquering a Firewalk or the exuberance of the Santa Dash, please think about joining us to create some happy memories this year.

We'd also love to see you at our free Light Up A Life event where there will be bigger and brighter lights this December as an extra special way to celebrate the lives of those we have loved and lost.

We hope you will enjoy reading about all of this and more as this magazine is also a celebration of you and all that you help St Luke's to do.

Thank you for your support.



Call: 020 8382 8000

Email: info@stlukes-hospice.org

Visit: stlukes-hospice.org

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

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The difference your support makes

Michelle made it to her son's wedding

Michelle was very sadly diagnosed with ovarian cancer in October 2011. After her hospital treatment stopped she was admitted to our Inpatient Unit this summer. Michelle shared, "There's just nothing else the hospital can do now. The cancer has spread. It's inoperable and untreatable and the symptoms were becoming unmanageable".

Michelle was referred to the palliative care team at St Luke's but was initially resistant. "I thought we could just manage at home and that's where I wanted to be but I was advised that a short stay here would help me to get on top of my symptoms".

Michelle told us that the Hospice's medical response has been extraordinary, "You've got specialist doctors, nurses and other staff who know exactly what needs to be done and when, so I am in very good hands. I feel I am being looked after extremely well and so do my family. I've had carers who come in at home but being in the Hospice gives my family a break. It's nice for them to know I'm being looked after well and it's a massive source of comfort and relief for everyone."

"I would not have been able to go to my son's wedding without the Hospice. I was just not in a fit state. My son has had his wedding plans turned upside down. They brought it forward. They cancelled the party, they cancelled their honeymoon in case they had to come back. Should they go? Should they not go? Just the fact that I could go to the wedding was so special. My son really wanted that."

"When one of the nurses saw my dress she went searching for a matching bag to carry my syringe driver. Isn't that just beautiful? What a lovely, kind and caring person. That was a real moment for me. I was just delighted to be able to go. The wedding was at Old Marylebone Town Hall which was wonderful. I loved every second of it. To see

him get married was one of the happiest days of my life".

Medically they ensured that I could sit upright and didn't give me drugs that would make me sleepy. They controlled as many symptoms as they could before the wedding so

that I wouldn't spend the entire time in the toilet because of my stomach issues. Medical decisions made it possible for me to be there.

"The first thing I noticed about the Hospice was that wonderfully warm reception you get when you arrive. You almost feel as though you are being hugged! You are welcomed, wanted, listened to and treated with dignity. That was my first impression.

The building and decor are lovely and the gardens are beautiful. One nurse went out and picked flowers and put them in a vase for me. It's all calm – it's beautifully done and I feel at peace, comfortable and soothed by the surroundings, by the water, by the people and by everything.

You are listened to here. You are guided through and there is always someone by your side with whatever support you need. There is nothing not to like here.

I am so grateful that St Luke's is here and that you work in the way you do. We all have different needs, emotional and clinical but you manage to hit that nail on the head each and every time."

It costs just over £5,000 per week to provide specialist end of life care for one patient in our Inpatient Unit. Thanks to your support we can help patients like Michelle every week of the year.





Celebrating love at St Luke's

Harsukh and his wife, Anjana celebrated their 51 year Blue Sapphire wedding anniversary in Hospice gardens this summer

Despite significant challenges posed by his health, Harsukh and his wife, Anjana, joyously celebrated five decades of marriage with their family in the gardens of the Hospice this summer. On that day, the terrace of Harsukh's hospice bedroom was livelier than ever, with colourful bunting, a beautiful cake, and children happily running around – a perfect celebration of their 51st wedding anniversary.

Having spent only 3 days being cared for in our Inpatient Unit, Harsukh and Anjana were determined to mark the occasion and to celebrate their love during one of the most

challenging times they have ever experienced. Surrounded by the love of his wife, children and grandchildren and close family, the day was a beautiful way to create some extra cherished time together. Anjana told us: "It's a memory to treasure, especially within our family."

The recollections of the afternoon, together with many other precious family moments, hold a special place in their hearts. They shared this with us during an intimate conversation by Harsukh's bedside. Ever since they started their family over five decades ago, they made it a priority to create moments like these.

As a family, they loved to travel the world and it was soon after one of those unforgettable trips that things changed. Following a holiday in Mauritius in December 2022, dental problems prompted a sequence of medical check-ups for Harsukh. Despite the absence of any apparent issues or pain, he was shockingly diagnosed with cancer in his jaw in the middle of February 2023. Harsukh's daughter, Reena, vividly recalls the moments leading up to the devastating news, "We were really, really worried, and with the multitude of appointments, we had to cancel everything." This included a family trip to Zanzibar intended to celebrate her birthday.

Reena told us how their strength as a family saw them through that terrible time. "We told ourselves we've got this. Even though everyone is upset and falling apart, we will do whatever it takes to support each other." It was with this determination that they navigated the emotionally draining phases of radiation and two serious incidents that led to a stay in hospital. After spending some days at hospital, the family then received the heart-breaking news that there was nothing more that could be done to fight the cancer and Harsukh was referred to St Luke's.

Although hesitant at first, Anjana describes how they were comforted by the warmth they all felt from St Luke's staff, "They are all so kind and compassionate. You can sense the love and dedication of those who genuinely care for you."

“ They are all so kind and compassionate. You can sense the love and dedication of those who genuinely care for you. ”



Reena, was immediately captivated by the serene environment, noticing how peaceful it is at the Hospice, "There are no loud machines and no chaotic commotion like in a hospital she explains, no-one is in a rush, and they go out of their way to help". "Nothing is too much trouble", her mother adds.

At St Luke's we always do what we can to bring joy to our patients' lives, so after a few days in the Hospice, when the idea of a party arose, the St Luke's team, along with the family, swiftly initiated the preparations. The result was an afternoon of joyous celebration, commemorating 51 years of a loving marriage, with all the family together, celebrating "just as we always did".

Harsukh very sadly passed away just over three weeks later and Anjana told us she felt that St Luke's was the right place for him to be. "The comfort of having the children close by, seeing them play with him, is something that may not be possible in other places, and even their grandson asking the nurses for ice cream," she says all helped to create moments to remember from that sunny afternoon. She added, "Just all being together with him at his end... that's the memory I want to keep."

Four days after his passing, both of Harsukh's children Reena and Neerav despite their loss, approached our Fundraising team to take part in the 9 mile Midnight Walk that Friday to help give back to St Luke's which they said had become "home from home", and to create awareness within the local community.



Christmas Tree Recycling

We are happy to announce that we will be launching a new green community project this year. We will be holding our very first Christmas Tree Recycling, where we collect your real Christmas Tree from your home after Christmas for it to then be recycled in many environmentally friendly ways to be reused as wood chips or compost. We know it's a little early to be thinking about Christmas but if you keep the details ready for when you need them, you'll be helping the environment and St Luke's at the same time - and that really will be a great way to end the year.



St Luke's HOSPICE

Christmas Tree Recycling

Let us recycle your real Christmas Tree for you. We can pick it up from your doorstep while you stay warm inside.

We will collect your tree on the following dates:
6th & 7th January

Register your collection now by going on to our website or scanning our QR code.

www.stlukes-hospice.org/events/christmas-tree-recycling-2024

REGULATED BY THE CHARITY COMMISSION

Registered Charity Number 208555

Your **FREE** Will Offer!



Look after your loved ones. Get your free Will.

During October, St Luke's Hospice will be hosting another two free evening seminars around the importance of making and having a Will, Lasting Power of Attorney and Inheritance Tax.

Come and join us in person on either **Monday 16th**; or **Wednesday 18th October** at **6.30pm** and learn all you need to know about

securing peace of mind for your future. They will be held in the Woodgrange Centre at St Luke's Hospice in Kenton Road. **The sessions are free and everyone is welcome.**

Please book your space here by emailing remember@stlukes-hospice.org with your details and session of preference.



For more information please visit our website at www.stlukes-hospice.org/supporting-us/make-a-will-free or scan the QR code.

Could you be a St Luke's winner?

Have the chance to win our weekly jackpot of £1000 by joining St Luke's lottery for only £1 a week. Your lucky number makes you our community Hospice Hero as every time you play, you are giving the best end of life care to local people and their families.



Find out more at www.stlukes-hospice.org/lottery

Annual Walk 2024 Information Evening

Each year, St Luke's Hospice hosts the Annual Walk on the first bank holiday weekend in May and every year we get the most wonderful feedback from those who have taken part. We are very happy to announce that our 2024 Annual Walk will be held in Church Stretton, situated in the beautiful Stretton Valley, Shropshire from Friday 3rd to Tuesday 7th May.

We have over 55 places available and the information evening will take place at 7pm on 7th November at the Harrow Masonic Lodge, Northwick Circle, Kenton, HA3 0EL. If you would like to know more, please see our website for details: www.stlukes-hospice.org/events/annual-walk-shropshire-2024



At the information evening we will discuss the walk, go through the different trails and discuss the route for each day. There will be an opportunity to sign up to the walk on the day, although we will open registrations online a couple of days before.

“ This was the most friendly walk I've ever been on! ”

Light up your loved one's life



You are invited to remember the people you have loved and lost with St Luke's special Light Up A Life. Share what your loved one means to you and see your dedication proudly hung on our beautiful remembrance tree and see lights shine in their memory for the month of December.

Come along to the Hospice on Sunday 3rd December at 4.30pm for our annual community remembrance event. Hear St Luke's staff share the positive impact your loving tribute makes to families coping with end of life. Take a

moment to reflect on precious memories whilst listening to musical performances.

The event will culminate with bigger and brighter lights in our memory garden this December to mark the lives of everyone being remembered.

St Luke's supporter, Carole attended for the first time last year and says, "The Light Up A Life event is a wonderful way of allowing people to remember their loved one. I found the event very moving and felt a huge empathy with the many others attending that night. I found walking in

the memorial gardens after the service and lighting a candle there a very comforting experience.

The Light Up A Life evening felt very touching and it was really nice to mingle and talk with other people in a very warm and sympathetic way. I would definitely encourage people to attend this year's event. The atmosphere is very friendly and welcoming. It is a true celebration of the lives of those who have passed away."



Find out more at www.stlukes-hospice.org/lul or call 020 8382 8030.

What I enjoy...

We caught up with some of our volunteers recently to ask what they find most satisfying about what they do for St Luke's and here's what they had to say!

Kim Elizabeth Brown **Bereavement Volunteer**

I consider it a privilege that people are able to trust and share with me precious memories of their loved ones and also of themselves at such a vulnerable and difficult time in their lives. Volunteering gives me the chance to make a difference in someone's life no matter how small, and knowing that I have made a difference inspires me to do even more. Volunteering brings me joy, appreciation, friendship & a whole lot more.



Janet Clow **Annual Walk Committee**

I have been taking part in the Annual Walks since they started in 1996, and was asked to join the committee in 2013. It is a joy and a privilege to be part of such a dedicated group of people, helping to plan and organise multi-day walks in all parts of England, and beyond. Nothing beats the sight of 60 or so walkers setting off on a new challenge, all with the same goal of raising as much sponsorship as possible for St.Luke's.



Brendan O'Boyle **Midnight Walk Committee**

To be healthy and fit is a precious gift. My joy in volunteering for St Luke's Hospice comes from helping an organisation that provides end of life care and comfort for very ill people. Being part of this team is a privilege.



Ivana Chobotova **Gardening Volunteer & Teacher**

I get to say the words "I am off to work" which after becoming disabled I did not think I would say again. I can teach and preach about my favourite subject in the world (gardening) to willing listeners and to my heart's content - finally my knowledge of plants can be put to good use and I have the most beautiful 'office/classroom' I have ever worked at - it is a pure joy to hold my class in the award winning garden space at St Luke's.



Angela Zeller **Midnight Walk committee**

I volunteer at St Luke's to give other patients and families the opportunity to receive the care, kindness and compassion my family and I received when my loved ones were cared for by them. It is so important to me to give back and help to raise the funding they need to be able to do this. St. Luke's holds such an important place in my heart and to them I will be forever grateful.



Parin Patel **Bereavement Volunteer**

I find being a bereavement support volunteer a humbling privilege. It is inspiring to see the courage people show when they open up their inner thoughts and feelings, and just by listening and seeing them as a human who is grieving is often the solace they need in that moment. It reminds me of the healing affect human connection provides.



Are you brave enough to bare your feet on our Firewalk?



One of St Luke's hottest experiences is back! Join us for an exhilarating and unforgettable Firewalk event at 7pm on Thursday September 28th at the Harrow District Masonic Lodge.

Ignite your courage as you step onto the scorching coals and conquer your fears. Every step you take will raise vital funds towards supporting your local hospice. Get ready for an unforgettable evening of empowerment and community spirit.

Together, let's spark hope and make a difference.

Hurry, as we are kicking off with an unbelievable offer! If you book a place you will be able to gift a free place to a friend or family member.

To find out more or to book your place, please visit www.stlukes-hospice.org/firewalk, call 020 8382 8000 or email Nicole Silver at nicoles@stlukes-hospice.org

Join Our Santa Dash – It's Snow Much Fun!

Lace up your running shoes and get ready to spread holiday cheer at our Santa Dash 5k event! Join us on Saturday 9th December, at Nower Hill High School in Pinner, where the warm up begins at 10.30am. Embrace the festive spirit as you dash through the streets of Pinner dressed as Santa, raising vital funds for our Hospice. Whether you're an experienced runner or just looking for some jolly fun, this event is perfect for all ages and abilities. Feel the joy of giving back this festive season and don't miss out on this merry occasion.



We are offering Early Bird tickets and your registration will include a Santa suit, medal, mince pie and hot drinks!

To find out more or to book your place, please visit www.stlukes-hospice.org/santadash, call 020 8382 8000 or email Nicole Silver at nicoles@stlukes-hospice.org

NEW DONATION CENTRE & SUPERSTORE!

Drop & Shop

Drop off your donations of all sizes, seven days a week. While you are there, browse our exciting new superstore.



Convenient location

Located in the heart of Harrow with easy transport links, we offer hassle-free visits, thanks to the availability of free parking right outside our Centre.



Superstore

Enjoy a brand new shopping experience with a wonderful range of pre-loved clothing, accessories, furniture, toys, vintage, collectibles, and other exciting items.



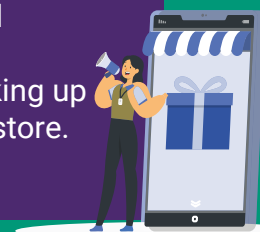
Events

Our goal is to create a thriving community hub in Harrow and Brent, where knowledge and skills are shared. Exciting plans include hosting sustainability events and workshops to benefit and engage the local community.



Ebay

See firsthand the fantastic items on sale on our eBay store, beautifully displayed and ready for you to explore. Save on postage by picking up your purchase from our store.



**NOW
OPEN!**

Call 020 8206 9926

10am-5pm Mon-Sat & 10am-4pm Sun

Unit 7, Waverley Industrial Park, Hailsham Drive, HA1 4TR, Harrow

Join us for the Harrow & Brent Business Network Event at St Luke's Hospice!



Calling all local businesses. The marketing experts at Hubspot suggest that 79% of professionals believe that career success depends on networking. So why not give your brand a boost, expand your local contacts and increase your company's visibility? Join us at our next business networking event on Wednesday 13th September from 6.30-8pm.

It's a great opportunity to expand your knowledge and make new connections. Places are limited so please register your interest via partnerships@stlukes-hospice.org

The event will be held at St Luke's Hospice in Kenton Road.



Partnership with Charterhouse Accountants

Caring about our community is of the utmost importance to St Luke's Hospice so we are delighted to have formed a new partnership with Charterhouse Accountants, who also have community values at their heart.

Having been in Harrow for more than 50 years, they have always supported local



charities and we are delighted that, this year, they have made us their Charity of the Year! Together they will help us to reach even more people who need our support.

Their financial contributions will offer a welcome boost to the Hospice but the support does not stop there. Offering to roll up their sleeves and get stuck in with much needed volunteering assistance, their staff are already becoming familiar faces having taken part in and marshalled at our recent Midnight Walk event.

Their staff will be taking part in further events across the year and they will be doing what they can to support St Luke's at their own corporate events.

Getting to know our staff



Nicola Munnelly

1 Tell us about your role at St Luke's

I manage a team of highly specialised nurses in our Brent Specialist Community Palliative Care Team. We provide information and advice on the treatment of symptoms and work closely together to ensure that our patients in the community are as comfortable and well looked after as possible.

This has been a new role for me in the last 9 months and I am finding it really rewarding to work with and help others deliver the best possible care to people in their own homes.

2 What is a typical day like for you?

Every day varies. I start my day at 7.30am so that I can make sure all patients are contacted and seen in a timely

manner and to support with any calls that have come in overnight on our PALL24 telephone service. I also go out to visit patients in their homes to see how we can best help them and to see how they are getting on.

I meet with GPs and other health professionals both within the Hospice and externally to support with any queries that may arise and to ensure the smooth delivery of care to all our community patients.

3 What is the most rewarding part of your role?

The satisfaction of knowing and seeing that our patients and their families receive high quality care and support and that we are able to help them achieve their wishes and goals.

It is lovely to read the positive feedback we receive about the lasting impact we have made and this in turn motivates us in what we do.

4 If you could learn to do something new, what would it be and why?

Learn to play the accordion because I have always wanted to do it and love music.

5 If you had a superpower what would it be and why?

If I had a superpower it would be to be able to fly as I could fly back to Ireland to see my family whenever I needed.