



NEWSLETTER

Winter 2020

NEW CHARITY MANAGER

The need for the support that Hospice Hope provides has continued to grow year on year. With the Covid 19 outbreak and the growing situation regarding post Covid trauma, demand for our services is increasing.

The face to face services offered before lockdown have been transferred to online and telephone support. As well as maintaining contact with our pre-lockdown guests, new people are accessing our Counselling and Befriending services, our tablet loan scheme and online support groups.

The diversity of our services, increase in staff and volunteers, means that we now need a Charity Manager to further develop and lead our services into the future.

This is a significant decision for the charity, but with demand predicted to increase even more, the trustees feel that now is the right time to make this decision.

As I write, the process of recruiting a Charity Manager started in October and I look forward to introducing the successful applicant to you as soon as possible.

Keep well and safe.

Stewart Shepherd, Chair
stewart@hospicehope.org.uk

LIGHTS OF LOVE 2020

We can't be together for Lights of Love this year, but we can still remember our loved ones.

As a change for 2020, we will be inviting everyone to join us at 4pm on Sunday 6th December as we premier our Lights of Love service on You Tube, in remembrance of all of those we have lost. The online service will include an introduction from our Chair of Trustees, speakers and music. The link to our video will be widely circulated and is available for anyone to view at their convenience after this date.

In addition to the video, we have produced some very special 'In Memory' tags for you to complete and hang on your own Christmas tree at home. For people who receive a hard copy of the newsletter, a tag is included in your envelope. More tags can be sent out by emailing info@hospicehope.org.uk with your postal details or by calling 07935 800 658.

If you can, please make a donation to us to cover the cost of your tag. Every donation received enables us to continue to provide our vital and free services across North West Leicestershire. Details of how to do this can be found on the special 'Lights of Love' section of our website.



BRIGHT HOPE - UPDATE

Since our last newsletter, we are pleased to say that the new charity name "Bright Hope in North West Leicestershire" has been successfully lodged with the Charity Commission. Whitwick based marketing, sales and communications company Quiet Storm, have kindly offered to design our new logo and we hope to be able to unveil this to you soon. The full change over to 'Bright Hope' will take some time to implement, naturally we will keep you all posted with the progress on this exciting news.

CONTACT US

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Please also follow us on Facebook and Twitter



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COUNSELLING SERVICE & HOW TO MAKE A REFERRAL

At Hospice Hope, we know that being diagnosed with a life limiting condition or having a condition that limits the quality of your life, can be a huge shock and change your life dramatically. We are here to help you and can provide free, confidential counselling for you and your carer or partner at any stage of your journey, which does not require a GP referral.

Many people feel more comfortable and talk more openly to a trained professional rather than talking to friends or family. The counsellor is essentially a stranger that will listen to you without judgement. Their experience ensures that your counseling session will be guided to help you with your mental health so that you can get more from, and improve your quality of life.

How to access any of our services

At Hospice Hope we receive many referrals through local health care professionals and social prescribers. We keep in regular contact with all the GP surgeries in North West Leicestershire, LOROS, Macmillan and other community based groups through our community engagement work, to ensure that as many people as possible hear about the support we can offer.

It is also possible to self-refer, or refer someone you care for, by just picking up the phone and ringing any of the numbers at the bottom of these inside pages OR why not use our simple online referral form? This can be found on our website under the 'Referral Form' tab and is very easy to use.

For more information about our Counselling Service please contact Linda on 07516 505421 or email: linda@hospicehope.org.uk

HOPE HOUSE BEFRIENDING SERVICE

The Hope House Befriending Service supports people in the North West Leicestershire area whose quality of life or life expectancy will be affected by their condition, plus their carers and partners. Launched this summer, the service matches volunteers from all areas, interests, ages and personalities with local people who are maybe feeling lonely, isolated or would simply like someone new to talk to. A weekly telephone call or Skype/Zoom chat is then arranged for a mutually convenient time.

We've had a fantastic response to our advertisements for new volunteers to support this service - some are local, others live in other parts of the county or country. Here's a few words from two of them:

Meet two of our new Befriending Volunteers



I started telephone befriending a couple of months ago, when I was unable to do anything else on a voluntary basis during lockdown. I was paired with Paula, a lady very similar to myself. We seem to be a good match, having a lot in common, and there is always plenty to talk about during our weekly chats. I enjoy our conversations and, to be honest, I think it is probably doing me a lot of good in these strange times when life is so restricted! It is no trouble at all to pick the phone up once a week while I'm having a coffee and putting my feet up!

Lynda

Another volunteer befriender, Chris said "I am really enjoying helping with befriending, having been involved in a similar service with Vista (a local sight loss charity). I know the difference it can make to both the person making and receiving the phone call."

Following on from telephone befriending we now have a **pen pal service**. Who doesn't enjoy receiving a card through the door? Most of us don't even get bills coming through anymore because it's all done online! If you know of anyone who would like to join this service please see the contact details below.

For more information about our Hope House Befriending or Pen Pal Service please contact Carol on 07483 124 926 or email: hopehouse@hospicehope.org.uk

COMMUNITY ENGAGEMENT

Opportunities for community engagement have certainly not reduced during this global pandemic and I have been extremely busy implementing a calendar full of events and activities.

We have continued with our Children's Poetry Competition on "Gratitude". Whilst judging was taking place, we had an opportunity to work with two classically trained and established actor-musicians to produce a video performance using some of our poetry entries for Ashby Arts Festival's Creative Weekender. We've also had the wonderful talents of author Celia Rees on board to help provide judging. The winner was announced in conjunction with National Poetry Day on 1st October and all the details can be found on the back page. We hope to be creating a series of new opportunities to showcase our wonderful poets' work. This year a total of ten local schools got involved in the competition, with independent poems also being entered.

Alongside this we continue to roll out our Tablet Loan Scheme in partnership with Enrych Connect, to enable anyone who is digitally excluded to access online support services. We continue to work hard to promote this across the community, through local organisations and community groups.

We are also just about to pilot a series of virtual reality experiences in collaboration with Viarama, offering the service to people from the comfort of their own homes, all in a covid safe and secure way. We are very excited about the opportunity to bring the world to people's doorsteps, who can't otherwise travel at this time.

In other news, we plan to host a fabulous community networking event online for all services in the area who provide support to anyone living with a long-term condition. This will be an opportunity to share information, strengthen partnerships and work towards providing the best services we can for our communities, at what is a challenging and uncertain time.

Liz Waters

For more information about our Tablet Loan Scheme and Community Engagement in general, please contact Liz on 07591 952 027 or email: liz@hospicehope.org.uk

ONLINE SUPPORT GROUPS



In September, we welcomed Catherine Johnson to our staff team as the charity's new Online Groups Coordinator, funded by the National Lottery's Community Fund. Catherine's main task is to work on how we can best help and support our client groups online during the impact of the COVID-19 outbreak and beyond. Catherine has had an immediate impact and we are now offering the following online support:

Regular Online Support Groups

We are offering service users (new and existing), carers, family members and Hospice Hope volunteers, the opportunity to meet up and chat virtually by Zoom – see old friends, meet new ones, have some fun, relax, enjoy or listen.

If you're not familiar or confident with Zoom, we can help you get online and access the groups via our partnership with Enrych Connect or useful online tutorials.

A varied programme of activities will be on offer and there will be time to chat, quizzes, talks, music, word games, gentle seated exercises and opportunities to learn new relaxation techniques. Zoom links are emailed out weekly and all the latest details can be found on our website and social media pages.

Our current programme is as follows:

Crafting Mondays 11am to 12 noon / 12.30

An 8 week programme of fun crafting activities, places must be pre-booked

Tuesdays 2pm - 3pm

Ibstock Online Support Café

Thursday Talks (times can vary, please contact Catherine or see our website/social media pages)

Interesting talks/presentations on a variety of subjects and themes

Fridays (fortnightly) 2pm - 3pm

Ashby Online Support Café



For more information about our online support groups, please contact Catherine on 07511 324 968 or email: catherine@hospicehope.org.uk

VIRTUAL FUNDRAISING

You can still support us even if we can't be together. Online fundraising can be a great way to raise funds for Hospice Hope. There are lots of ideas on our website. Do you have a skill that you can share online, can you knit, paint, play an instrument? You could start an online movie or book club, hold a quiz night or a murder mystery event. Take a look at our ideas and if you need any help organising or promoting your online event, then let us know.

Don't forget, you can still raise funds for us whilst you shop online by using two popular sites!

First there is Amazon Smile, which donates to Hospice Hope every time you shop with Amazon. Secondly, there is the Easy Fundraising website, which has thousands of retailers registered with them and again every time you shop a donation is made to Hospice Hope. Please visit our website's fundraising page for more information.

AGM POSTPONEMENT

As you are aware, Covid-19 is having a major impact on Hospice Hope events, including our AGM, which was due to take place this summer.

The government's health advice, plus guidance from the Charity Commission, means that the Trustees have decided to postpone our AGM until it is safe to hold such a meeting.

We hope that you understand and appreciate this decision. Once an AGM date has been set, we will be in direct touch with our members and advertising all the details to our supporters online.



CHRISTMAS WISHES

This is the last newsletter of 2020, which has turned out to be a very difficult and uncertain year for us all.

On behalf of the Trustees and staff at Hospice Hope, I would like to wish all our many service users, volunteers and supporters throughout the area, a peaceful Christmas and hopefully a brighter 2021.

Stewart Shepherd
Chair of Hospice Hope



POETRY COMPETITION

In conjunction with National Poetry Day on 1st October, we were delighted to announce the winners from the Children's Poetry Competition for primary school children in North West Leicestershire. The competition which was themed "I am grateful" or "Gratitude", produced poignant, sometimes funny, and often warm reminders of what is important to us all, during a unique and challenging time in history. The winner was selected with high praise from judges.

Huge congratulations go to Olly Mottram aged 11, for producing the winning poem.

Sam Girdham, of Century Theatre said of his winning poem "Such rich imagery and textured language and emotion". A stand-out winner

The Poem of Gratitude

*The birds singing softly in the waving trees,
The sky brings out its glorious colour.
The wind softly speaks the words of nature and wildlife.
As we see, hear, and feel these wonderful things,
We simply say a few words of gratitude.
These words, as they are spoken,
Whisper through all life as we know it.
These words, as they travel through the roots of trees,
And the leaves above those roots too,
Can mean more than anything.
Small and compact they might seem,
But they can mean something more than how they look.
As looks are not everything,
These words will sound more powerful than the strongest steel.
Even only said once...
Thank you.*

Our 2nd prize spot went to Maryam Idrees aged 9, for her wonderfully descriptive poem called "A Wonderful Day Out". 3rd prize went to Marcy James aged 9, for her poem called "Gratitude". Well done to all our entrants for creating such beautiful, thoughtful poetry. Thanks also to our panel of judges: Celia Rees, Victoria Barton, Susan Browne, Sam Girdham and Rad Gregory - your support has been invaluable.

DATA PROTECTION

You are being sent this newsletter as in the past you have supported the charity in some way, requested information or accessed our services. If you would prefer us not to contact you in the future, please let us know by telephoning 07935 800 658 or emailing info@hospicehope.org.uk

Alternatively, you can contact the Fundraising Preference Service in confidence on 0300 3033 517.

When you have finishing reading this newsletter, please pass it on to someone who may be interested in our work.