



# NEWSLETTER

Winter 2021

## BRIGHT HOPE HOUSE

Our new day centre and charity headquarters 'Bright Hope House' in Swannington, is still progressing well. After some adjustments, planning permission is currently being considered and we are hoping for a positive response any day now!\*

Bloor Homes, who are constructing the building for us, are estimating a 12 month building project, weather permitting, with completion in early 2023, so a busy and exciting 2022 is ahead for us all!

Bloor Homes have also appointed a specialised interior design company to help with the layout, design and supply of all interior fixtures and fittings. Their advice is invaluable and we look forward to a good working relationship with them.

North West Leicestershire District Council have supplied our solicitors with a draft copy of the proposed lease between Hospice Hope and the council. Just to remind you, this is for a 150 year lease at a cost of only £1.00 per annum to the charity, which we are sure you will agree is a fantastic offer.

We will keep you up to date with developments regarding Bright Hope House throughout 2022 via our quarterly newsletter and more frequently on our website (there is a dedicated area for Bright Hope House updates) and social media pages.

\*This information was correct as the newsletter went to print in late October.



Artistic impression of proposed Day Centre development  
Bright Hope House, Swannington

BLOOR HOMES

## LIGHTS OF LOVE 2021

Join us from the comfort of your home at 4pm on Sunday 5th December for our Lights of Love service on YouTube\*, in remembrance of those we have lost and in support of the services we offer to people in the North West Leicestershire area.

This year we have again produced special 'In Memory' tags for you to complete and hang on your Christmas tree at home. If you receive a paper copy of this newsletter, a tag is enclosed for you to use. Full details of how to donate and to receive your tag can be found on our website, Facebook page or by ringing 07935 800 658.

\*The video will be available on YouTube for anyone to view at their convenience from this date until mid-January.

Ashby's Santa Fun Run and Walk is also back on Sunday 5th December. The Rotary Club of Ashby Castle, have chosen Hospice Hope as one of three charities to benefit from this event, so please join in or sponsor someone to walk/run.

More details at:  
[ashbysantarun.com](http://ashbysantarun.com)



## CONTACT US

Tel: 07935 800 658

Email: [info@hospicehope.org.uk](mailto:info@hospicehope.org.uk)

[www.hospicehope.org.uk](http://www.hospicehope.org.uk)

Please also follow us on Facebook and Twitter



Registered address:

23 Ashby Road, Ravenstone, Leicestershire LE67 2AA

CIO Number: 1169561

## THERAPIES & HOW TO ACCESS SERVICES

### Complementary Therapy

In late September, Hope House, Griffydam was re-opened for complementary therapies on Mondays and Thursdays. Whilst day care at Hope House remains closed (though this is regularly under review), we were able to open this much-loved service to existing guests, who had previously received therapies at Hope House prior to lockdown.

During lockdown, our therapist Glen provided many of our guests with telephone therapy consultations, including supplying individually blended aromatherapy oils to be used for self-massage of hands and arms, plus aroma-sticks. However, an in-person therapy treatment is hard to beat and it has been wonderful to see our guests benefit from an indian head massage, reflexology treatment or aromatherapy massage.

This service is now available to new or existing service users. For further details please contact Glen at: [therapist@hospicehope.org.uk](mailto:therapist@hospicehope.org.uk)



### 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 our area, 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 offer.

Many people also self-refer, or refer someone they care for. This is very easy to do by just picking up the phone and ringing 07935 800 658.

Alternatively, 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. We then get back in touch with you to discuss our services in more detail with you.

We would like to emphasise that you do not need a GP referral to access any of our services.

## RE-OPENING OF OUR SUPPORT CAFES

### Its great to be back!!

Early in July, we re-opened three of our popular Support Cafés: Ashby, Ibstock and Coalville/Whitwick.

A great deal of planning and new Covid-19 precautions were all implemented before the doors were finally re-opened since we closed in March 2020.

During lockdown, guests were supported via the telephone and many joined our variety of online groups and support services, all of which continue to exist as they fulfil a need that is still present.

Although changes had to be made to room layouts, spacing, plus the presence of sanitisers and track n' trace documents, the wonderful atmosphere and ethos of the Cafés shine once again in our communities.

Our Leaders and their team of volunteers provide a warm welcome, a place for chat, support, where guests can engage in light conversation or talk through their situation in confidence to a sympathetic ear. Tea, coffee and biscuits are plentiful and always on hand.

If you, or someone you know, may benefit from attending one of our Cafés, please do encourage them to contact us.

All our Support Cafés run from 1.30pm until 4pm on their stated day. They are run on a drop-in basis for guests and carers and it's free to attend. Please find below the details for each Café. If you require any further information please call 07935 800 658 or email [info@hospicehope.org.uk](mailto:info@hospicehope.org.uk)



#### Ashby de la Zouch Support Café

Every Friday 1.30pm – 4pm

##### Legion House

South Street, Ashby de la Zouch  
Leicestershire LE65 1BQ



#### Coalville & Whitwick Support Café

Every Wednesday 1.30pm – 4pm

##### Methodist Church

Hall Lane, Whitwick,  
Leicestershire LE67 5PF



#### Ibstock Support Café

Every Tuesday 1.30pm – 4pm

##### Methodist Church

Melbourne Road, Ibstock,  
Leicestershire LE67 6JS

# BEFRIENDING & COUNSELLING SERVICE

## Counselling Service

From mid-October we are delighted to announce that counselling will be offered by Jacqui on a face to face basis at Hope House, Griffydam.

This will be offered to new people accessing our counselling service, if they feel it is right for them. Counselling via the telephone or Zoom will still be available with Jacqui for those people who prefer to access this service from the comfort of their own home.

At Hope House we have had a dedicated, comfy counselling room and this service will be offered on Wednesdays. We have chosen this day so that the building is as quiet as possible, as complementary therapies take place on Mondays and Thursdays. All necessary Covid-19 precautions are in place at Hope House, so you can rest assured that we are making the venue as safe as possible for you.

Our counselling service has been very popular since it was launched in March 2020. We have received some wonderful feedback from people who have accessed this service.



## Befriending Service

Our befriending service continues to support a significant number of people in North West Leicestershire. Some service users have returned back to our Support Cafés and the weekly support from the telephone befriender has therefore come to a natural conclusion, but for many it continues to offer very valued support on a regular basis and we would like to say a huge thank you to all our befriending service volunteers.

With the long, dark winter months ahead, we are predicting an increase in demand for this service, so if you would like to know more about volunteering, please head over to our website or call 07935 800 658.

# NEW 1-1 LONG COVID SUPPORT



This brand new service launched in September offers 1-1 support for people who are experiencing the documented debilitating effects of Long Covid.

The support is provided by local fitness and nutrition coach, Laura Mackie, who is also qualified as a Long Covid rehabilitation coach.

Hospice Hope is offering a 10 week course of 1-1 meetings with Laura (either via Zoom or at a community space) tailored to the needs of the individual.

## About Laura

Laura spent 20+ years, successfully mentoring high performance colleagues in the commercial sector, then retrained in nutrition and fitness to put her coaching talents to more meaningful effect. Laura



follows an inclusive, whole of life, mind and body approach by providing tailored 1-1s giving the chance to reflect, rethink and refocus. Coupled with her professional background, Laura's own "surviving to thriving" journey (as

a working Mum, with a history of chronic pain) allows her to genuinely understand and mentor transitions.

## Funding

Following the identification of the need locally, the charity funded this service by your kind donations and successful funding applications to the Shire Community Grant Fund and the John Salmon Fund (via the Leicestershire and Rutland Community Foundation).

More details about this service can be found on our website or call 07935 800 658.



## TRUSTEES

Since our last newsletter, we are delighted to welcome three new trustees to the charity: Dr Lesley Notghi, Anna Shutt and Dan Woodall. Together they bring experience in marketing, healthcare and the legal field to the charity.

We would also like to say thank you to Dr Bill Spiegler and Linda Mould who have recently stepped down from their trustee positions. Bill brought a wealth of experience to our charity, having run his own GP practice in Ashby for many years and was well known to many of our service users. Linda was our Treasurer for nearly six years, as well as being instrumental in the initial running of Hope House and more recently, our counselling service.

Thank you to all of the Trustees who work in the background to develop and promote the charity.

## REBRANDING - UPDATE

Our charity's planned rebrand to 'Bright Hope' has unfortunately been delayed due to the extra work involved in re-opening our services post lockdown. We hope to bring you more information on the rebrand in early 2022.

## VOLUNTEER WITH US

With the re-opening of our Support Cafés, Hope House, growth in our Befriending Service and a significant increase in service users over the past 18 months, we are currently looking for more volunteers from in and around North West Leicestershire, who can demonstrate a genuine desire to help people.



The planned opening of our brand new building in Swannington in early 2023 will be an exciting milestone in the charity's history and our volunteer team will be at the heart of its much anticipated success.

You do not have to commit many hours (it could be weekly or fortnightly), but every hour you do commit has great value to those receiving it.

For more details about volunteering for our charity, please email [info@hospicehope.org.uk](mailto:info@hospicehope.org.uk) or ring us on 07935 800 658.

## FUNDRAISING NEWS

We are delighted to be back providing services face to face in our communities, as well as continuing the success of our online groups and newer services we have developed. As you will see elsewhere in the newsletter, things are gradually getting back to normal, and we are helping many more people than ever across our communities.

With an increase in demand for our services comes an increase in costs to keep providing them. Fundraising out and about in our communities has been returning slowly and we are hoping to be able to return to the events we all love attending in 2022.

You may be aware that the online giving platform, "Virgin Money Giving", is due to close in November and so all our online donations will be moved to JustGiving. The fundraising sector has been hit incredibly hard by the pandemic and as is often the

**JustGiving™**

case, the result is organisations and individuals who need the most help are affected

more. We have always been immensely proud of all our services and the help they provide. To continue providing these we are looking for more help with volunteering and with donations.

If you are interested in supporting our work on a regular basis or are involved with a business who would like to support us, then please do get in touch for a chat!

For those who already support us, donate regularly, give their time volunteering and use our services – thank you, you really are making a difference!



Jim Vickrage, Charity Manager

[jim@hospicehope.org.uk](mailto:jim@hospicehope.org.uk)

Tel: 07921 915 633

## 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](mailto: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.