Our first patient arrives in Bosham
10 year anniversary of Hospice At Home
Welcome

Here at St Wilfrid’s Hospice we have always prided ourselves on putting the needs of our patients and their loved ones at the heart of everything we do, and the operation of the new Hospice is no exception.

In this newsletter we look at some of the new features improving the experience our patients have with St Wilfrid’s, and highlight the support we can also give loved ones and carers.

Over 84,000 residents in West Sussex stated that they were unpaid carers in the 2011 census. A carer is anyone who cares for their friend or family member who cannot cope without support, usually due to illness.

Caring for someone is an important and rewarding role but one which is often a 24-hour job that can be very demanding. Many don’t think of themselves as carers so often miss out on help that is available.

Here at St Wilfrid’s we recognise how important the support of loved ones is when facing terminal illness. Our Living Well Centre offers a Carers Support Group meeting on the last Wednesday of every month. It’s open to patients under the care of the Hospice and relatives, loved ones or friends who are caring for them.

Each month we have a guest speaker as well as our regular exercise class, creative arts group and advice session run by Carers Support West Sussex.

Carers Support can offer invaluable, practical information and advice as well as emotional support from others going through similar experiences.

In this newsletter we also celebrate the 10-year anniversary of the Hospice at Home team. Visiting patients and their families in their own homes, this team can often give as much or even more support to the family as they do to the patient.

On our recent open tours, we saw several hundreds of people visiting a Hospice for the first time, pleasantly discovering what a Hospice is really like – a place of laughter, love and support for the entire family. Whether on the ward, in our Living Well Centre or in your home, our services are here to help people live independently for longer.

Thanks to all our readers not only for what you may do in support for St Wilfrid’s, but also for what you may do to support your loved ones and the local community.

Alison
Alison Moorey,
Chief Executive
Patients arrived on Wednesday 3 July at the place set to become the future of end of life care in the community, at St Wilfrid’s brand new home in Walton Lane, Bosham.

David Carson was a teacher for over 30 years in the Portsmouth area and was proud to be the first patient to arrive, “It’s so light and spacious – you can see the simplicity and efficiency of the design is going to allow the dedicated team to deliver their exemplary care more easily.”

The new Hospice opened to new patients from Monday 8 July with many enhanced facilities:

- **Welcoming and calming family areas** enable family and friends to make the most of every moment with their loved one. Two of these rooms are larger still, to enable families with children to stay overnight.
- **An expanded Living Well Centre** offering a greater variety of therapeutic and social activities to boost wellbeing and enable people to live more independently for longer.
- **A chapel for personal reflection**, with the Hospice foyer set to open a volunteer run cafe soon.

There are also changes to the way our nurses care for patients in our new Hospice. Patients benefit from being able to chat through their care, including their medication now locked in patients’ personal care cupboards. This ensures that nurses have more time with patients. There is also a new call bell system with a button that patients can press if they want refreshments. This sounds only in the ward kitchens, which are manned by volunteers. These two new processes free up valuable nurse time enabling them to go where they are needed most and provide swifter care for our patients.
Many of our patients would like to spend their last moments in their own home. The Hospice at Home team support this choice and work 365 days a year to care for patients in their last few weeks of life.

People go through a lot of physical and emotional changes during this time and the team plan flexible visits reacting to ever changing circumstances. This consistency of care means they can be hands on with a series of visits from anything from a half hour making tea and aiding some light housework with the loved one who cares for the patient, to spending several hours administering pain relief and talking through symptom management and practical quality of life options.

Team leader Jane Cousins recounts how one patient in Bracklesham saw that their relationship was tested now he needed constant personal care due to his complex condition.

“Near exhausted from 4-5 bed changes a day, we were able to put in place 3 visits for this specifically, finding comfortable position changes and offering occasional night care so his wife could get a good night’s sleep, take the dog for a walk and do the shopping the next day.

The nurses have the training to assess symptoms and advise on syringe drivers (a small pump delivering medication at a constant rate through a very fine needle). This higher level of training and clinical responsibility is one of the ways in which the team are equipped for ever-changing patient needs.

Constant communication amongst the team means patients benefit from attention to detail at all times. This continuity of service of best care ensures the best chance for a more comfortable bereavement free from physical pain. One common issue is the difficulty for loved ones to pick up re-prescriptions whilst dealing with the present and pressing demands of being a carer. This is just one of the ways we can help carers to be better able to take care of themselves and the household too.”

Julie Ledger has been with the team since they began in 2009:

“One former patient in Felpham was very independent and had led a dynamic business career, travelled extensively and was now finding it difficult to be less active. Working with her and her two sons, we were able to reassure her that pain management was possible without compromising on her ability to look after her personal business.

We provide an invaluable role as delicate go-betweens for patients and family, to get affairs in order, resolving little issues and sparing hurt feelings whilst supporting patients and their loved one to discuss their care openly.

We always strive to find common ground and show interest in the smaller things, a hobby, the garden, holidays - when asked by the youngest son of one patient ‘Will my daddy get better?’ I had to tactfully think to ask ‘Is that what you would like daddy to do?’ This led to a conversation about a long planned trip to Isle of Wight they had been looking forward to, which allowed both sons to open up about what they were going through. These can be precious little moments that can take the patient and family out of their situation for a time.

We can’t change the outcome but we are there for patients to support them to make sure the time they have left can be more comfortable whilst giving patients and loved ones the space to enjoy and laugh together again.

The closeness you quickly develop with a patient and their loved ones allow you to give 100% to that patient. Whether there for 15 minutes to make tea or 3 hours to talk medication and symptom management we can bring peace to the situation. Throughout the ten years we have shared many laughs with families because ultimately at this most difficult of times we all find these shared human moments all the more valuable.”

Below left and top right: The Hospice at Home get ready to make house calls.
Below right: Volunteer calligraphers ensure the names of everyone who dies under the Hospice’s care are recorded.
Over 1400 patients have been referred to Hospice at Home in the past four years with conditions ranging from respiratory issues, cancers, heart and kidney failures, to Motor Neurone Disease, Parkinsons and Dementia. Here’s what just some of the families supported had to say about the support and friendship they received:

Thank you for making it possible for our father to die at home, which is what he wanted, and for ensuring his comfort, controlling his pain and allowing him a peaceful and dignified end to his life. Thank you for your encouragement and sensitive support when we needed reassurance and for caring for the welfare of the whole family at this emotional time.

Eric’s Family, June 2015

It was a real comfort to see the way Derek was treated with such compassion, care and respects for which we are hugely grateful.

May 2019

I would like to thank you so very much for the rather wonderful and welcome help your magnificent nurses performed in the last two days of my wife Stella’s life. The nurse who sat through the final two nights was so reassuring, for days we had not slept properly but suddenly your team of nurses took over with such caring and loving assistance. They comforted and gave Stella the dignity and respect she always gave others throughout her own life. Although I am bereft I am grateful and comforted by the supremely efficient manner and abilities of your team. Thank you so very much.

R.S, October 2014

The Hospice at Home were superb with mum, handling her with such care and dignity, for which we will be eternally grateful. Their help enabled us to spend more quality time with mum given the short time we had left with her. Your team gave me complete confidence that mum was as comfortable as possible and created a calm and peaceful environment for all involved. We wanted to personally acknowledge the care received and the invaluable advice about handling the situation with young children, particularly my three-year-old. Once I took their advice and involved my daughter in everything, a huge stress was lifted from my shoulders. My daughter turned out to be a fantastic nurse at only three. This was definitely the right approach so thank you for that.

Sara, April 2013

Words can’t really describe how grateful I am to you for all the help and support you gave in the time leading up to my Dad Michael’s death. When he died yesterday morning in his own house with his family around him I knew it was all right. I feel very comforted by the fact we carried out his wishes and you played a very big part in us being able to do that. I really felt Dad’s presence when I woke up this morning and we had a little ‘chat’ which was very comforting. God bless you and thank you.

Jo, January 2011

I’d never kept vigil before – let alone for someone as precious as my mother and at times I wondered if I was strong enough to see it through. But for your kindness, professionalism and humanity I might not have made it I think now. The way you thought to place our little bunch of flowers on Ma was perfect. A very big personal thank you, I shall remember always.

Jo, July 2019
Teamwilf’s first Cowdray Cup
St Wilfrid’s Hospice was delighted to be invited as Lady Cowdrays’ charity of choice to the Cowdray Polo Gold Cup final on Sunday, 21 July. With thousands descending on the picturesque estate to enjoy some relaxing sunshine and first rate sporting hospitality, St Wilfrid’s took the opportunity to tempt passers-by with Inca Trail themed games in their marquees. The Summer raffle, wine raffle and Inca Trail treasure hunt managed to raise over £800.

Woods travel have committed to a year-long partnership with us aiming to raise £10,000 and have already taken part in Moonlight Walk, Staff quiz night, Bognor 10k and have graciously laid on coaches for our Sussex Trail Walkers on 1 September.

Edwin James Choir have raised over £1000 for St Wilfrid’s with a series of events including the recent Magical Musical Prom Concert at St Mary’s Church in Felpham.

The Coal Exchange Pub’s summer BBQ cooked up £1254.49

Midhurst Rother College textile students gifted St Wilfrid’s Hospice an array of colourful carryall’s on 16 July, handmade with love.

Each member of the group made their own version of a syringe driver bag over the course of a term. A syringe driver is a small battery-powered machine the size of a pencil case, which administers a continuous dose of painkiller or other medication.

Deputy Ward Sister, Tracey Callingham told the group the bags make an enormous difference to the well-being of her patients. Tracey said, “It means that everyone is totally mobile, enabling a walk in the garden, refreshments with friends and family, and trouble-free trips to the loo!”

The bags were made from a pattern created by Liz Greenfield who ran ‘Sew Something’, a haberdashery shop in Storrington before she died. She had found the bags invaluable whilst undergoing treatment at St Wilfrid’s.

Liz’s daughter, Lorraine Coram said, “It’s a really exciting legacy for Mum to have left. For the short time she wore it the bag gave her dignity and the ability to move around without the machine and her illness being on show.”

All the bags were made from a selection of fabrics kindly donated by Falcon Fabrics, Chichester and Silk Road, Haslemere, and individually styled by the students, each featuring a printed ‘Hand Made with Love’ patch which the maker signed.

Tracey Garland, Head of Art and Technology at the school, said: “Without exception the students were totally committed to this project and its purpose and I think it is one which we have all felt was particularly heart-warming and rewarding.”

Midhurst Golf Club have been an outstanding supporter of St Wilfrid’s with Sandy Walker presenting a fantastic cheque for £1679.65 from this years’ ‘Stevie B’ cup.

Midhurst to Selsey, our supporters do extraordinary things to support St Wilfrid’s work in the community. If you have an idea for an event you can email fundraising@stwh.co.uk or call 01243 755827 for advice, material and promotional help from the fundraising team.
On 20th July 2019 at 6.12am, the Nuffield Health team (Chris Hall, Glenn Alford, Max Bell & Curtis Poole) set off from the base of Ben Nevis, with one goal in mind. Conquering the three tallest peaks in Scotland, England and Wales in under 24 hours – all in aid of St Wilfrid’s Hospice. Through mist in Fort William, sunny Scafell Pike and through pitch black at Mt Snowdon, they persevered to eclipse their original fundraising target of £1500.

“The feeling of accomplishment after 55km of trekking distance, 3408m ascending height, and 71,000 steps was just unbelievable. It was mentally and physically the toughest challenge we had ever faced, and we are thrilled to say we did it all for a fantastic charity.” Chris Hall, Deputy General Manager at Chichester Nuffield Health.

Harvey and Paul Terry of HT Supplies Ltd drove from Lille to Barcelona in the Wacky Rally – a banger race in which their £300 car was covered in artificial grass and gold balls and drove through 7 countries. Thanks to sponsors Gravel Lane Garage, Rew Autos, Chichester MOT Centre, Goodwood Golf Club, Cowdray Golf Club and Bognor Regis Golf Club for helping them raise £1407 for St Wilfrid’s.

The Bosham Clay Shoot on 1st June raised £8,050 for St Wilfrid’s Hospice with a Raffle, Tombola, Auction and Stand sponsorship. Over 80 businesses and organization generously supported the team to make the shoot so successful, with Panther Truck Rental particularly instrumental by providing a van for the whole weekend. Gosport 7th Scout Group came up trumps again with their tents to protect spectators from the constant sunshine on the day.

The Living Well Centre offers therapeutic and social activities to enable local people to live independently for longer.

It has a three day per week drop in service where patients may access clinical advice and join in with social activities that lend them peer support from people going through similar situations.

Now boasting four treatment rooms as opposed to one, we’re able to offer one-to-one occupational and physiotherapy at the same time as running group exercise classes. Two treatment rooms enable us to deliver our wide range of therapeutic treatments such as hand and foot massage, reiki and reflexology. Now more patients than ever can experience the stress-relieving benefits of these treatments.

Garden party

On 8 and 9 June, 62 volunteers helped to get hundreds of plants into the ground. Beds may be wheeled directly from patients’ bedrooms into the calm tranquil garden, allowing patients to enjoy the fresh air whilst being amongst nature. Our thanks to Angela Palmerton and her team from Lady Penelope Gardens and all the volunteers who put their green thumbs to work.

Above: Young students from the Summer School Programme join the art group in the dedicated art room.
Ready to walk the walk?

On Saturday 26 October we are offering the opportunity to walk on the wild side at Bognor Football Club. Choose a 4 metre stroll over hot coals or a 2 metre amble over lego bricks, or if you are feeling particularly brave – do both!

Food and refreshments will be available before and after the challenge with a Halloween themed Disco for all the family including face painters, fire breathers and more.

Take it to the next level at 15,000ft

Leap4love returns on 7 March with a tandem skydive at Salisbury, Wiltshire – the country’s premiere skydiving site for first time divers. We are excited to announce a new 15,000ft jump option, granting you a full minute of free fall experience with which to savour the view.

‘Light up a Life’ Cathedral service

Our traditional annual remembrance event will be held on Sunday 8 December at Chichester Cathedral. Starting at 6pm this service of traditional carols and readings involves lighting a candle in memory of your loved one, which you can take home if you would like to.

Xmas trees

Register your interest for a collection

In partnership with Chichester District Council we are offering Christmas tree collection and recycling and collection this festive season. Details on areas covered and suggested donations will be shared soon. To be the first to know, register your interest in a collection at stwh.co.uk/christmastrees

Marathon places now available!

Make a difference in 2020 by running the London Marathon or Brighton Marathon for St Wilfrid’s Hospice. Apply for one of our charity places in the London Marathon or sign up instantly for a place in the Brighton Marathon. Registration starts from just £25 and you’ll have access to professional training advice from a local running coach and fundraising support. We’ll be here to support you every step of the way!

For further details of all these events and many more visit stwh.co.uk/events or call 01243 755827