



Your Hospice, Your News

Spring/Summer 2020

Lucie's Story

At the beginning of February, our healthcare landscape began to change in a way that none of us could have imagined. As the first cases of this new virus were emerging in our country, we were all unsure what that might mean for us. As a mum of four young children, whose husband also works in the healthcare sector, I was naturally apprehensive about what the coming weeks might hold for my family and for the Hospice.

I have been a qualified nurse for nearly 20 years. Despite having worked on an infectious diseases ward in a major teaching hospital, the current Coronavirus pandemic is something that none of us could have anticipated.

As the Senior Sister on the Inpatient Unit at Overgate, we have had to make clear and timely decisions about changing aspects of care, using PPE and managing the care of our patients and families.

At Overgate we feel very privileged to be able to support patients and families when they need us the most. The Covid-19 outbreak has meant that many of our face to face services have been reduced however we are innovating to provide those services in different ways. This includes setting up telephone support lines and virtual counselling and Day Hospice support. We are also supporting our NHS colleagues in the community who are providing end of life care. Our Nurse Practitioner is sharing her vast knowledge and expertise so that those people who are not well enough to be moved to the Hospice will still get our expert care.

I am so proud of my team who have adapted so well to ever-changing ways of working and continue to put the needs of our patients and their families first.

Throughout this whole crisis, I have been overwhelmed by our community's ability to step in and support the Hospice when we need it most.

Because you care, we can.

If you can support Lucie and our Nursing Team through this difficult time, please see the enclosed donation form.





**Keeping
everyone
safe**

Making final
moments as

special

as possible



**Putting
our
patients
first**



Ange's Story

My whole life has been dedicated to nursing. I have always been passionate about providing the very best care to the most vulnerable people in our community when they need it. I spent 36 years as a nurse, including 6 years as Director of Clinical Services at Overgate, before retiring in April 2019. I never thought that exactly 12 months after my retirement, I would be returning to nursing to help the country deal with an unprecedented pandemic.

On hearing the Government's request for former nurses to return to practice, I knew I wanted to help and I knew that the Hospice was where I wanted to be. Overgate is a special place and I couldn't think of anywhere better to offer my help and support.

This April I returned to offer my help with the new telephone line that the Hospice has set up to support those affected by Covid-19, alongside other experienced colleagues. Anyone who knows me will know I am a great listener, and I hope that I can offer some warm, friendly and kind support to those who need it.

At Overgate, every day we help families as they are faced with losing a loved one and then provide vital support as they grieve. We want to use our skills to help our community through this incredibly difficult time. We are here for you.

We also know the immense emotional strain the pandemic is having on our incredible NHS and Social Care colleagues. Our phone line is also open to them. A kind and understanding voice at the end of the phone to help on the most difficult of days.

I am so proud to be back at the Hospice and to see first-hand how they are doing everything they can to help our community during this time.



Call our support
line on

**01422
387172**



**A Covid-19
support line**
for Calderdale

7

Open

OPEN

**days a
week**

from 10am - 6pm



Craig's Story

Hi, I'm Craig. I was born and bred in Halifax, a proud Yorkshireman! Growing up here I developed a love of sports, particularly rugby, and enjoyed hobbies like cycling and hiking. Since leaving school my work in the RAF and Police Force has taken me far and wide, most recently working in London as a Firearms Police Officer at the Houses of Parliament.

But my life took a dramatic turn when one day I struggled to unload my gun and was advised to see a doctor. Not long afterwards I was diagnosed with Motor Neurones Disease (MND). My condition deteriorated quickly and less than a year after my diagnosis I retired from the police service and moved back home to Halifax with my wife, Ann.

The change that MND has brought to my life is huge. I used to ski with my wife and twin daughters, ride my motorbike in the Sahara, but now I am unable to walk and rely on a Grid Pad to talk to my friends and family. The change has been devastating but I try to stay positive; I am grateful for this time to put plans in place and say my goodbyes.

As my illness progressed I was referred to Overgate and this has been a huge help to me. Until the recent social distancing measures came into effect, I attended Day Hospice every week. All the staff are lovely, and the medical advice is really helpful and means I don't have to visit my GP as often. There is also lots of tea and cake; and a glass of baileys if the mood takes you! My favourite aspect is probably the complementary therapies though; the head massages in particular are really relaxing and a nice escape.

Overgate doesn't feel how I expected a hospice to feel; everyone is all smiles and it's more like a social club, but I can fall asleep and no one will bother me!


Above all Overgate is friendly, caring and supportive. It has been tough to be unable to visit since lockdown measures were implemented but the staff have kept in touch and are still providing advice and support. I miss my weekly visits but I know social distancing is necessary and that now, more than ever, they need our support.

Creating a
Home 
from Home

2982

attendances at Day
Hospice last year


**Friendly,
caring &
supportive**



Marie's Story

The coronavirus outbreak has caused the whole of the Health & Social care system to look at different ways of working to tackle this unprecedented crisis. At Overgate, we remain committed to playing our part in the fight against Covid-19, ensuring that the people in our community get the very best care when they need it.

Overgate were approached by the local Clinical Commissioning Group (CCG) for some help and advice in setting up additional care beds in a local residential home to help cope with the surge in demand. As the number of cases was increasing rapidly, these beds needed setting up quickly and my extensive experience in service development meant I was able to offer my skills to ensure the fast and efficient implementation of these facilities. I spent my time working with the manager of the residential home and CCG nurses, ensuring that they had the full training and support required including extensive training in infection control and ensuring a robust referral process was in place.

This was an incredibly positive experience for me. Despite all the worry and concern, all the staff and partner organisations pulled together to work as one team. Overgate Hospice has a strong history of working for everyone in Calderdale and fully supported me to share my skills and expertise. This collaborative working ensures that we truly get the best outcome for our patients and their families, in the Hospice but also in the community.

**Sharing
our
skills**



Working as
**one
team**



Ensuring the
best care for

Calderdale



THE Overgate VIRTUAL COLOUR RUN

KINDLY SPONSORED BY



The Overgate Hospice
Colour Run is going

VIRTUAL!

Due to the current crisis we are unable to host our brightest event of the year this summer, but we're inviting you to help us paint a rainbow of colour across Calderdale by taking on our first ever Virtual Colour Run!

We will send you everything you need, including the iconic powdered paint, to create a colour party in your own back yard or garden. All you need to do is get a bit messy and have some fun!

If you want to take on a challenge in place of our 5km run we have come up with some great ideas for the whole family; and we also have lots of colour party ideas ready for you. On top of all of this our usual host Bazz will be hosting a Colour Party live on Facebook!

The Colour Run is always such an amazing event and it saddens us to be unable to share it with you properly this year, but to see you getting colourful across Calderdale will be the next best thing, and as always your support will mean the world to our team and the patients we care for.

If you would like to join us on Saturday 11th July (or a date of your choice) please visit www.overgatehospice.org.uk or call us on 01422 387121 to register today.



Since it began
in 2014 the Colour
Run has raised over

£280,000

SAVE THE DATE

Saturday 11th July 2020



Over

8,000

people have taken part
over the past 6 years

Overgate HOSPICE **HEROES AT HOME**

We are always amazed by the support of our community, but never have we felt more humbled and privileged than over the past few months. Your kindness, generosity and creativity is endless and we would like to sincerely thank you for enabling us to continue caring during the Covid-19 crisis.

Here are just a few examples of the kindness expressed by our community over the past months.

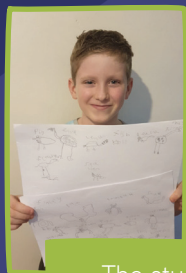


Charities across the UK lost vital income when the London Marathon was postponed and so the 2.6 challenge was created to take its place! Whilst adhering to social distancing rules local running group the **Stainland Lions** took on 26 minutes of hula hooping, 26 miles of running and walking, 26 laps around the park and so much more. They have raised an incredible **£8,500!**

Over **£3,000** was raised by **Lee Shaw** when he entertained Calderdale by playing a 24 hour DJ set. With a mix of music and over 1000 views and comments he put on a great show. Thank you Lee for your dedication, it can't have been an easy challenge!



Our first ever **Dance-A-Thon** took place in March and it sure was a day (and night!) to remember. It was a fabulous event and over **£3,000** was raised! Thank you to Lightcliffe Sports Academy for hosting the event and for inviting us back again next year.



The students at **Cliffe Hill School** have created a zoo as part of the 2.6 challenge. Their teachers set them the task of creating a picture of a zoo with 26 animals in 26 minutes and they have raised **£425!**



Lynn usually volunteers at our Elland charity shop but as the shop is closed has decided to support us by making and selling beautiful cushion covers and donating the funds to the Hospice. **Thank you so much Lynn!**

Once lockdown started we had to come up with new ways to fundraise and you have been with us every step of the way, even when we asked you to shave your heads! No one can get out to the salon or barbers so we asked you to consider shaving your head in return for sponsorship or a donation. Over 20 of you have braved the shave so far raising over **£13,000!** Thank you so much for being **Haircut Heroes**.



One of our nurses Sarah decided to walk 13,000 steps a day to raise money for Overgate during lockdown. Her Just Giving page has raised over **£1,200!**
Thank you Sarah.



Lightcliffe Golf Club kindly let Overgate set their facilities alight in February with the **Overgate Hospice Firewalk**. Special thanks go to Beth Robinson for leading the event, which raised over **£3,500** for the Hospice.

Jacob and Joseph Henderson have turned green fingered for Overgate and have been growing and selling plants to their friends and neighbours, raising over **£200**.
Thank you so much boys!



Thank you to everyone that volunteered their time and services to make our Christmas tree recycling campaign such a success in January. Thanks to you and the festive people of Calderdale over **£11,000** was raised – a record year!



The Melody Belles are a choir from Halifax and to celebrate VE Day they recorded a 1940's medley, with all audio and footage recorded independently by each choir member then merged together to form a wonderful commemorative video raising funds for the Hospice. Thank you for raising our spirits ladies.

Hospice Heroes go online!



Dale Castell is a DJ and he took to Facebook Live recently to perform a set especially for Overgate. With over 5,000 people tuning in he raised over **£10,000** to help keep his mum, who is one of our wonderful nurses, and the clinical team providing essential care to the people of Calderdale. Thank you so much Dale!

The Brodstock Festival is sadly cancelled this year but the team have hosted **The Brodstock Lockdown Line Up** live on Facebook and raised over **£1,450!** Thank you to all the performers and to all who have made a donation.



Lizzy and the Crescendos should have played at our Garden Party in May, but as it was cancelled they created a music medley video as a fundraiser and have raised over **£350** so far! Thank you for your ongoing support.



Our first ever LIVE **Quarantine Quiz** took place in April with our two hosts Laura Golding and Claire Howard. They may have gotten tongue-tied at points but they certainly entertained for a couple of hours! Thank you to everyone that joined in the fun and helped us raised over **£500**.



Orry Main hosted a wildly entertaining show as drag queen Miss Orry on Facebook live in April and raised over **£3,000** for Overgate. Thank you so much Orry.



Businesses across Calderdale raffled **Easter Hampers** for us this spring, with many getting creative once lockdown set in and selling tickets online. A total of **£2,900** was raised and we cannot thank you enough.



Scarlett Kinsey has been making happy clouds and selling them to her

neighbours, family, friends and anyone that is need of a little bit of happiness.

Scarlett appeared on Look North recently but also has her rainbow painting up in Downing Street! She has raised over **£1,300** and spread a lot of happiness, thank you for being a Hospice Hero Scarlett.



Geraldine Caverlery and Chris Seton created an **Online Art Auction**, with over 130 pieces of art donated by local artists. They created a Facebook page and the whole community placed bids, raising over **£6,000**. Thank you so much for your support.



Schools across Calderdale have sent countless drawings and positive messages to our staff and patients and they look amazing on our walls and really cheer everyone up when things get a little tough. **Thank you so much for thinking of us.**



Our frontline staff really struggled to obtain protective equipment, such as face masks and visors, at the beginning of the Covid-19 crisis but the Calderdale community were there for us once again and countless companies and individuals donated the items needed to keep our staff, patients and visitors as safe as possible. **Thank you so much for your kindness.**



Shibden Mill Inn have visited us several times since the lockdown began and donated food for our staff and patients. **Thank you so much.**

We're so sorry that we can't thank everyone but we really are grateful for all the support we receive. Because you care, we can.



Rachel's Story

As the Medical Director at Overgate, the coronavirus outbreak has brought additional responsibility. As the crisis unfolded, working with the other members of the Senior Leadership Team, we spent hours interpreting the ever-changing guidance from the Government and adapting our care accordingly.

The whole team has had to adapt to wearing PPE whilst caring for patients. We have all found it challenging to wear masks, but we know it's even harder for the patients. Usually, our faces communicate as much as our words do, so we have had to adapt the ways we connect with our patients and each other.

We had to make the difficult decision to limit visiting to the Hospice and it has been distressing to see the effects this had for so many. However we have remained committed to ensuring that our patients have a daily visit, and a loved one with them at the end.

As one of only a few Palliative Medicine Consultants in Calderdale and Huddersfield, I knew I could offer my skills and experience as part of the wider response to the crisis.

Along with my NHS colleagues, we have doubled the time we are on-call to the community and, have rearranged our working week to offer seven day support to patients dying in hospital from Covid-19. We help make sure they're comfortable and we support their families.

Even though there is a lot of change, things that felt strange four weeks ago feel normal now. What hasn't changed is the compassion shown by all our staff, and I am in awe of their resilience and dedication to caring for our patients.

**Adapting
how we
care**



The patient
always comes

first



7
day
support





Unsung Heroes

True heroes are the people who do what has to be done, when it needs to be done. There are so many heroes in the Overgate family, from our nurses who are on the front line of our care, to you, our incredible supporters but we have many heroes here who sometimes go unnoticed.

As so much focus in the media is on the nurses and medical teams who provide the hands-on care, we want to celebrate the other individuals in our team who make this care possible.

From our Catering Team providing home cooked meals for our patients, to the housekeepers who help to ensure infection control. From our fundraisers looking at new ways to keep our doors open, to the people in our Finance Team counting every penny raised and ensuring the bills get paid. From our Admin Team helping visitors to put on their PPE to our HR Team who are supporting our volunteers and furloughed staff. Each one plays an important part.

There are so many people who make Overgate the incredible place that it is and that includes **you**. Thank you.

#TeamOvergate

Volunteers
outnumber
staff



7 to 1

Our Catering Team
continue to provide

delicious
homemade food



Our housekeepers are
on the frontline

**every
day**



13



Overgate
Little Stars

f OvergateLittleStars

Pre-loved items for bump, baby and beyond

Shops

On March 23rd, at 4pm, the doors of our 14 charity shops closed with no clear idea of when they would reopen.

Over 400 volunteers who give up their time each week to keep our shops running, were suddenly asked to stay at home.

Overgate's first charity shop opened over 25 years ago and since then, customers have raised millions of pounds to care for local people at the end of their life. The shops are such a huge part of life at the Hospice and it's incredibly sad to see them closed.

We know that many of you regularly donate to our shops and we ask that you save any donations for us where possible, ready to fill our shops with amazing donations when they reopen.

The financial impact of these closures will be felt for months to come but we are working hard to ensure that this is not felt by the patients and families we support and that they continue to receive the very best care.

We hope to reopen our shops as soon as the Government advises it is safe to do so. We are working hard to ensure that we are set up so our customers can shop safely and we hope to see you in one of our shops very soon.



**Please
save your
donations**

14

shops temporarily
closed



**We're
missing
our
customers**

How to support us from home



HELP SAFEGUARD OUR FUTURE

- Join our monthly lottery
- Set up a monthly gift to Support our Nurses (form enclosed)
- Save your preloved items to donate to our shops when they reopen
- Ask for more information about leaving a gift in your will

DOWNLOAD OUR ACTIVITY PACK

Share your drawings with us to cheer up our nurses and patients



FOLLOW US ON SOCIAL MEDIA

- For Hospice updates and news about our events
- To show your support to our frontline workers
- To help us thank you and the community for all that you do



BE A HOSPICE HERO AT HOME!

You're all heroes in our eyes, but if you have your own fundraising idea let us know!



To learn more about any of the above please visit www.overgatehospice.org.uk, call 01422 387121 or email fundraising@overgatehospice.nhs.uk

It is only with the support of our community...

...that we can continue caring throughout this crisis...

...thank you for all that you do

SUPPORT US ONLINE

- Through our 'Donate your Commute' campaign
- Purchase a virtual gift from our website
- Host a Facebook Fundraiser



MAKE A ONE-OFF DONATION

- Visit our website or call our team
- Enter our summer raffle (tickets enclosed)
- Donate £5 by texting **HOSPICE** to 70970*



TAKE ON A CHALLENGE!

- Join our Virtual Colour Run
- Brave the shave and be a Haircut Hero
- Take on our Lockdown Fitness Challenge
- Take a break from technology and Lock the Tech!





Overgate
Hospice
Sister

Because you care, we can

www.overgatehospice.org.uk

01422 387121

Registered Charity Number 511619