



Your Hospice, Your News

Autumn/Winter 2020



Dear Supporters

Welcome to our Autumn/Winter newsletter.

This year has been a challenging one for everyone in our community. This has been felt at the Hospice too but we have been working tirelessly to limit the impact on the patients and families in our care.

The pandemic has put huge pressure on the Hospice's finances but your support over the last six months has been inspiring. Your kindness has meant we have been able to support our NHS throughout the crisis, helping them by caring for our community in the special way that we do.

2020 will be a year to remember for many reasons but we will always remember it as the year we saw our community come together to support their hospice.

Please read on to find out how this support has made a difference to real people in Calderdale during this difficult year and why you truly are a Hospice Hero.

With heartfelt thanks,



Janet Cawtheray
Chief Executive



182

Virtual Day
Hospice sessions



334

virtual counselling
sessions held




122

admissions to the
Inpatient Unit



109

care home workers
trained in End of
Life Care



34%

of our patients are
discharged



44,660

face masks
used by staff and
visitors



Our Care

≧ During Covid-19 ≦

Your Kindness

£700,000

raised by you, our
community, during
lockdown



14 gifts left in
wills totalling

£193,000



**Thousands
of PPE items
donated**



247

Hospice Heroes
at home



76,000

items sold in our shops
since reopening in June



239

new sign-ups
to our Lottery



Mark's Story

Hi, I'm Mark and in June this year my wife, Maggie, spent her final days in the Inpatient Unit at Overgate Hospice. Maggie and I married in 1991 and since then have lived in Brighouse with our 23 year old daughter Hannah.

In January 2015 our lives were turned upside down when Maggie was diagnosed with breast cancer. Maggie was incredible and immediately started aggressive treatment including a partial mastectomy and removal of some of her lymph nodes. Months of gruelling treatment followed but soon Maggie was through the worst and recovering. We set about living our lives as fully as possible and doing the things Maggie wanted to do – enjoying holidays, creating memories and spending time with close family and friends. But in January 2019, we received the devastating news that Maggie's cancer had returned to her right lung and she was given a terminal diagnosis.

Whilst attending the cancer unit at the hospital, we met Liz, a nurse from Overgate's Day Hospice who told us about their Drop-In sessions that took place each Thursday. She invited us to attend to discuss how they might be able to support Maggie. We decided to go together the following Thursday. That first time was incredibly tough for both of us. Going to a hospice felt monumental and we both knew that one day soon Maggie might be going in and not coming out. We walked in and were immediately greeted by a lovely nurse called Carmel. She welcomed us with a smile and a cup of tea and sat with us for an hour as she found out all about Maggie and how the Hospice might be able to help and support her as she struggled with her cancer treatment.

We began attending the Drop-In session every Thursday together and we both looked forward to our time at the Hospice. Maggie enjoyed massage therapy and reiki which she found so beneficial and always said made her feel better. The Hospice's physiotherapist helped Maggie as she struggled with breathlessness, teaching her breathing techniques to help. Taking Maggie to Overgate each week was a huge benefit for her but it was also a huge help to me. The minute I walked in the door I knew the team were taking care of Maggie and I didn't have to worry about her for a couple of hours – I knew she was in the best of hands. And the simple act of someone making me a cup of tea and a piece of cake was just what I needed.

Whilst attending Day Hospice we also met Andy, the Hospice's Chaplain, who spent time talking to us both. We aren't particularly religious people but Andy respected this and helped us both with spiritual care and practical plans. Andy also suggested that I attend the Hospice's Carers' Group.

I attended the first session and found this to be beneficial. Talking to others about the challenges I was facing caring for Maggie was a huge help and listening to others talk about their experiences helped. The following week our daughter, Hannah, attended the Carers' group with me. This was a huge thing for Hannah as she has a fear of doctors and really struggles in clinical settings but the whole team welcomed her.

In January of this year, after celebrating Christmas, I was really struggling with Maggie's deteriorating health and the thought of what was to come. Overgate invited both Hannah and I to access their counselling and this has been such an incredible help to us both. Understanding the grieving process and why you are feeling how you are feeling has helped me massively and meant that I could support Maggie better in her final months.

Just after my first two counselling sessions at the Hospice, the whole world stopped as the Covid-19 pandemic arrived. Overgate's Day Hospice closed and our counselling sessions went from face to face, to via Zoom video call. Despite the Day Hospice being closed, the team still kept in touch with Maggie. This meant so much to know they were still there for her if she needed them. They also reassured us that the Inpatient Unit at the Hospice was still open and there for Maggie should she need it. This was a huge thing for us as Maggie wanted only two things for her final days; not to be in hospital and not to be in pain.

At the beginning of June, Maggie was very weak and very poorly and we reached out for help. On Monday 8th June, Maggie was admitted to the Inpatient Unit at Overgate into a room with patio doors that opened up onto their beautiful gardens. After Maggie was settled in she asked for my help to get ready for bed but one of the nurses said, 'we will do this, now is the time for you to be Maggie's husband again and we'll take care of everything else'. We both knew that Maggie was now in the best place for her and that she would get the care she needed.

Over the coming days Maggie's health deteriorated but the team did everything they could to make her as comfortable as possible. Being cared for by staff that she already knew meant so much to Maggie. The faces behind the masks were ones she already knew and it was as if she was being cared for by friends, not strangers. Throughout lockdown we had taken part in a Virtual Pub Quiz with our extended family and that Thursday the Hospice Team helped me to set this up so that Maggie could still take part. I brought in a beer and a friend prepared a cheese board for Maggie, her favourite! We had the most wonderful evening and it felt like we'd had a proper date night.

The next day Maggie's condition deteriorated and we made arrangements for other family members to visit her. We



spent time chatting to Andy and making plans for Maggie's funeral. She was very organised and knew exactly what she wanted and Andy was able to tell us what restrictions were in place and what we could and couldn't do. We also asked Andy if he might conduct the service as we had gotten to know him during our time at Overgate. He said he would feel privileged to do this for Maggie.

On Saturday 13th June, at midday, Maggie passed away peacefully at the Hospice aged 51. Carmel, the lovely nurse who had greeted us on our very first visit to the Hospice, was there with us at the end.

On 26th June we held Maggie's funeral with just ten of her closest family and friends. Andy conducted the short service and made sure all of Maggie's wishes were followed as much as possible.

Hannah and I are still receiving counselling from the Hospice team and this has helped me on some of my darkest days. I am in a good place and I have no regrets. We lived our lives to the full and Maggie was in the very best place when she needed it. The whole family and I will never be able to thank the Hospice team enough for that.

**Supporting
the family
as well as
the patient**



Remembering the

**little things
that matter**

**Taking
care**

of emotional, not just
physical needs



David's Story

Hi, I'm David and I am the Shop Manager at Overgate's Furniture and Vintage Shop in Hebden Bridge.

I have worked in the retail industry for 30 years but when I joined the Hospice team in November 2019, it was my first experience of managing a charity shop. My first few months were a whirlwind as I familiarised myself with the intense variety of work that happens at the shops but I knew I had found my niche.

In March this year, after just a few months at the Hospice, all of our charity shops were shut in line with the government's response to the Covid-19 crisis. Along with the other shop staff, I was furloughed to save the Hospice as much money as possible. This was incredibly difficult for me as I am very passionate about my job and I wanted to be here, helping the Hospice during this crisis, not sat at home.

After 11 weeks away, I returned in June to help the Hospice reopen the first of their shops. We worked tirelessly to implement all of the new measures to keep our volunteers and customers safe. Some of our volunteers are shielding and so have been unable to come back just yet but we look forward to a time when we can all be back together again, keeping the tills ringing to keep our Hospice open.

I love my job, no two days are the same and the shop is a busy, but welcoming place to be. Please do come and visit one of our shops, they are brimming with such an incredible array of donated items – you never know what you might find!

Measures in place to

**keep you
safe**



202 items sold on ebay
during lockdown raising

£9,022



Grateful for the

**incredible
donations**

we receive



Karen's Story

Hi, I'm Karen and I'm the Clinical Educator at Overgate Hospice. I have worked at Overgate since 2004, starting as a staff nurse before becoming Senior Nurse and then taking on the Educator role.

My role is very varied but my focus is to share the knowledge and skills we have at the Hospice for providing the very best palliative and end of life care. By sharing our knowledge we can ensure that the whole of our community receive the best care from everyone involved in their journey.

I normally spend my days working with colleagues from across the whole health and social care sector, holding training days on a range of specialist skills such as symptom control and communication skills.

As the pandemic reached its peak, my role changed dramatically. Local care home staff were desperate for help as they provided more clinical care to their residents than ever before. This was as medical professionals were redeployed to deal with the crisis and many services moved online to keep vulnerable people safe.

I have been able to provide a variety of training to equip these staff with the skills they need to care for their residents in their home, if that was their preference, rather than being taken to hospital. I have also provided training on producing Advanced Care Plans for residents, giving each person the chance to discuss the care they would prefer at the end of life. This means that the right care can be given by the right person at the right time and in the right place, which means so much at the end of life.



**Sharing
our skills**

Standing

**shoulder to
shoulder**

with our health and
social care colleagues



**Empowering
patients**

to choose their care

SEPTEMBER

Kindly sponsored by

ROSEMOUNT
ESTATES

Andy & Kate Thornton
Spike Bagshaw
Fred Standbrook

September

Due to Covid-19 we had to make the difficult decision to cancel our flagship event this year, the Overgate Hospice Midnight Walk. Over the past 13 years thousands of you have taken to the streets to support the Hospice and remember your loved ones, so we knew that we couldn't let 2020 pass without doing something to replace one of our best-loved events.

September invited you to take on one or more of our previous Midnight Walk routes in your own time during September. We provided the maps (all 19 of them!) and you, our amazing supporters, provided the effort and enthusiasm. We missed seeing you set off, cheering you on and welcoming you back across the finish line but we were with you in spirit and it was fantastic to see the photos and videos of your efforts across the month.

Over 400 of you took part and so far over £28,000 has been raised to support us during this difficult time. Thank you so much! We hope to be able to bring our Midnight Walk back next September and would love it if you could join us. Thank you again for taking a walk down memory lane with us this September.

A walk down

**memory
lane**

Save the date

**Saturday 11th
September 2021**

The Midnight Walk has
raised over

£525,000

since it began in 2008



Angela's Story

Hi, I'm Angela and I'm a volunteer at Overgate Hospice. Anyone who knows me knows I am incredibly passionate about hospice care and ensuring this is available for my community; my neighbours, friends and family. That's because I know just how important it is.

In February 2007, my husband Nigel began to have problems with his eyesight. In the weeks that followed he made many trips to the doctors and opticians and got no answers until one day his eyesight worsened and he took himself to the hospital. In one phone call my whole world fell apart. At 39, Nigel was diagnosed with a very aggressive form of cancer. In the months that followed, he was in and out of hospital and I cared for him at home until it became too much and he was admitted to the Inpatient Unit at Overgate Hospice. Immediately he felt at home and I was able to get a good night's sleep, knowing he was there and in good hands. It never felt awkward to be at the hospice and I was able to cry and be supported in a way that felt comfortable.

In the months following his death I struggled desperately. I didn't want to live a life without Nigel in it. Eventually I reached out and began bereavement counselling at Overgate. To say this saved me would not be an exaggeration.

As I learnt to live a life without Nigel I knew I needed to live my life to the full. I began fundraising for the Hospice and was amazed by the support I received from my friends, family and the wider community, including many local businesses. I established the Brighouse Friends of Overgate group and massively appreciate their ongoing support; together we hold numerous fundraisers each year to support the Hospice. I volunteer in the Hospice's Elland shop and love my time there. In 2014 I started volunteering on the Hospice reception. This kept me connected to the Hospice, seeing the families that were in their care each week meant that I always remembered where the money we raised went.

In March this year, this huge part of my life suddenly ground to a halt. The Elland shop was forced to shut and the Hospice asked their volunteers to stay at home to keep them safe. I felt so frustrated that the ways in which I support this amazing charity were suddenly made impossible, at a time when I knew the Hospice would need my help more than ever. So I have spent the last six months wracking my brain, coming up with fresh and new ideas to fundraise whilst following the restrictions in place. I have become an expert on running an online raffle and I recently took on their Yorkshire 1 Peak Challenge with a small group of friends.

The Hospice needs our support and even with the restrictions in place, with a bit of creativity, we can all make sure this vital service is here for Calderdale. It doesn't matter how crazy the idea, if you've got one, just do it. I know personally that it will make more difference to a local family than you'll ever know.



We have

**4 friends
groups**

**Over
750**

volunteers across the Hospice



We can help bring your

**fundraising
ideas**

to life!



Overgate HOSPICE

HEROES AT HOME

Day after day we are overwhelmed by the support of you, our wonderful community, who go above and beyond to support us. The current pandemic has presented difficulties for us all, but your unflinching support has enabled us to continue caring for those suffering the most.

Here are just a few examples of your kindness over the past few months.

We're so grateful to Christine Walmsley who crocheted these beautiful rainbows and raised **£130** for the Hospice.



Prestige Gifting donated all the baskets and some of the goodies for our Easter Hampers, which went on to raise **£6,000**. Thank you!



Helen and Darren walked 130km (the distance from Lukla to the Everest Base Camp) and raised **£490** in memory of Darren's dad Keith.



Our thanks go to Ben Collins who took on the ultimate challenge of a 24 hour sponsored silence, raising over **£300!**

We would like to thank Scott and Oliver who donated a car to help us further support our community, in memory of their mum Elaine. Our thanks also go to the team at Custom Designs who added our branding to the car, which has been affectionately named 'Elaine' by our team.



Madison Smith raised over **£100** by growing and selling tomato plants and sunflowers. Thank you Madison!



Zane Ridley challenged himself to run 26 miles and raised an incredible £500!



Vickie has hosted a stall outside her house since the beginning of lockdown and raised over £4,000. Wow, thank you Vickie!



Ideal Autolease has pledged to donate £70 to Overgate for every 70-plate vehicle they lease until March 2021, and Hepworth Motor Group have pledged to match the donation for every vehicle they supply within the initiative. Thank you so much!



One of our wonderful volunteers Wendy donated a bear (ultimately called Peter!) who we raffled on Facebook, raising over £400. Our thanks go to Wendy and to everyone that has supported our online raffles.



We were unable to host our Colour Run as usual this summer, however over 400 of you took on our Virtual Colour Run, raising over £15,000! Thank you so much.

Chloe Richmond took on the challenge of cycling 20km a day for 100 days, raising over £1,700!



Isla set up a lemonade stand outside her home and raised a wonderful £70 to support the Hospice. Thank you so much Isla.







Steph Bray from RSA Group had the fabulous idea of donating £1 and passing on the request to do the same via social media. With an initial target of £200, **over £3,300 was raised in total!** Our thanks go to Steph and everyone involved.



Over 70 of you took on our 1 or 3 Peak Challenges in September, raising over £8,000 with sponsorship still coming in! Thank you so much.

Frankie Brooksbank challenged himself to cycle 26 miles in 30 days, and raised over **£1,000** for the Hospice!



Countless companies, individuals and organisations like the Community Foundation for Calderdale have supported us by donating protective equipment to help keep our staff, patients and visitors safe during the current pandemic. We are grateful to each and every one of you.



The Great North Run was cancelled this year but that didn't stop our Hospice Hares from taking on the challenge, albeit closer to home! Our thanks go to everyone that took on the challenge.



This incredible team of five local business people set themselves a challenge in April to help the Hospice during the crisis. Together they have united the Calderdale business community to raise over **£171,000!** We are so grateful for this incredible support from all the businesses who have donated and a special thanks go to the group for bringing their idea to life; Richard, John, Jessica, Chris and Richard.



Judy, at the fantastic age of 83, cycled 60km to thank Overgate for looking after her daughter Kerry, raising an amazing £2,500. Thank you Judy, your support means so much.



Christine Finch has been making and selling masks since lockdown began, and has raised over £7,200 to help us continue caring. What an incredible achievement!

We'd like to thank Chloe and her family who took on a sponsored walk from Mytholmroyd to Elland, raising £235.



We were unable to host our Mountain Bike Challenge this summer so Mike Nichols and his cycle group 3RT took on their own, donating what would have been their entry fee to the Hospice. Thanks guys!

One of our volunteers Adrian has worked with other volunteers to produce a book of wonderful poetry and images which is on sale on our website. What a lovely way to support the Hospice!



Our thanks go to Richard, Laura and Rob who ran all 50 miles of the Calderdale Way, raising £2,379!

We're so sorry that we can't thank everyone but we are extremely grateful for all the support we receive.

Because you care, we can.





Pauline's Story

Hi, I'm Pauline. I've lived in Halifax since I was 17, before marrying my husband Graham and bringing up my two children here. Despite not being born here, I am a bit of a local expert having spent many years running the Tourist Information Centres in Halifax and Hebden Bridge.

In 1998 my life was turned upside down when I found myself falling, losing my balance and dropping things. I was forced to take early retirement from the job I loved and adapt to living with Multiple Sclerosis (MS). In the first two years my condition deteriorated rapidly and I lost the use of my legs and feet. This had a huge impact on both myself and Graham who became my full time carer. Although I am fortunate to have other carers who visit me, including Bev who has cared for me for nine years, I also know I am lucky to have such a devoted, caring and protective husband but I know it is tough for him.

I have been using Overgate's services for over ten years on and off as my condition has deteriorated, attending their Day Hospice as well as utilising their Respite Service. Before the Covid-19 crisis, I attended the Day Hospice Drop-in sessions where I would chat to the staff who have become friends and others who are living with a variety of illnesses. This, along with two other groups I attend, were a lifeline for me and gave me the much-needed social interaction I lost when I retired. As the pandemic hit, these outlets disappeared overnight. The Day Hospice team kept in touch, calling me each week to see how I was doing which I really appreciated. To know that they actually cared about me despite not seeing me was so special.

After a few weeks, they invited me to the newly launched 'Virtual Day Hospice' which takes place via Zoom! This has been a lifeline for me and provided the social contact I love whilst keeping me safe at home.

This week I am enjoying a stay in Overgate's Respite bed. This is a service that local people can book, free of charge, to allow their carer a bit of time off. I've used this service for a number of years and it makes a huge difference to both mine and Graham's lives. Knowing that he can have a break from his care of me, and the worry this brings him, is a huge relief and one I am so grateful for. The nurses are wonderful and take the very best care of me.

For many, the word 'hospice' means a place where people go to die but for me it means something so different. I was asked today to describe the Hospice in three words... that was easy: Happy, Welcoming and Refreshing.

2020 has been a tough year for so many of us but I am so incredibly grateful that Overgate has still been able to provide their vital services to people like me.



**We don't
just care
for cancer
patients**



One bed on our Inpatient
Unit is available for

**respite
stays**

This

**vital
service**

is continuing despite Covid-19





Virtual Day Hospice

Day Hospice has been an important part of the care we offer at Overgate for many years. Prior to the Covid-19 pandemic, it was open five days a week and saw over 50 patients and carers each week. Our Day Hospice service aims to improve quality of life for patients by helping them maintain their independence whilst offering personalised care in a relaxed environment. It also offers the opportunity for patients to meet other people who are going through a similar experience, meaning they can share their concerns in a supportive environment.

However, in March this year, as the effects of the pandemic reached our community, Overgate Hospice was forced to close the doors of its Day Hospice. With so many of the patients who normally attend being in the 'vulnerable' category, it was important that they self-isolate to keep themselves safe. In the first few weeks of lockdown, the Day Hospice team kept in touch with each of their patients via telephone to check on them and their general wellbeing. However, it soon became clear that many of these people were missing the social interaction of Day Hospice and beginning to suffer from isolation and increased anxiety about their illness.

The team decided that they would pilot a Virtual Day Hospice service, utilising Zoom to bring their patients together in small groups to offer them a range of virtual therapies as well as improving their general wellbeing through social interaction.

The service launched in June 2020 and sees the Day Hospice team holding two 2-hour zoom sessions each day, offering practical advice and support for living with an illness during this difficult time as well as relaxation therapy, craft therapy and physiotherapy.

The feedback from these sessions has been fantastic with one patient saying 'As someone who is classed as vulnerable the Zoom meeting is invaluable. It really opens up the ability to safely interact with other people. I enjoy the Zoom meeting with the Overgate Staff and fellow patients. Actually, it creates conversation that can't always occur when in Day Hospice.'

As the future remains uncertain and it is difficult to see a time when Day Hospice can return to their usual service, your support will ensure the virtual sessions can continue to provide a lifeline for people in Calderdale who are living with a life-limiting illness.

Supported by

**The National
Lottery
Community
Fund**

**We are still
here for our
community**



Up to

**10 sessions
a week**



Sarah's Story

Hi, I'm Sarah and I recently decided to leave a gift in my will to Overgate Hospice.

I have lived in Calderdale my whole life and grew up knowing of the Hospice and the care they provide, however my first personal experience of Overgate came 12 years ago. My Auntie Chris was admitted to Overgate at the end of her battle with cancer and she spent her final days in the warmth and comfort of the incredible team. I was amazed by the care she received and immediately felt inspired to support the Hospice to ensure this care was available to all local families going through a similar experience. My family and I began to take part in a variety of fundraising activities for the Hospice including their annual Midnight Walk and organising our own Mediterranean Night.

A number of years later I visited my solicitor to update my will and at the end of the process I was asked if I would like to leave a gift to a charity. I had never thought about this before however I loved the idea that I could leave a gift to the charity that had cared for my Auntie Chris so well in her final days. I have two children and as I hope to still be here for years to come, I was unsure how much to pledge to Overgate however my solicitor informed me that I could leave a percentage to the charity to ensure that my family were taken care of first, and then a percentage would go to the Hospice. I signed up to leave 1% of my estate to the Hospice.

This may not seem like much but it means that I can be sure my children will receive the vast majority of anything left when I die but it also means that I can leave a gift to another family who need loving care and support from Overgate, helping them at the most difficult time.

I now work at the Hospice as the Volunteer Services Coordinator and have the privilege of seeing the work of the whole team here on a daily basis. I am now more sure than ever that I want my 1% to come here and I know that how little or how much that may be, it will be spent in the best possible way.

As little as



1%

of your estate can be
left as a gift

1 in 5

of our patients are cared for
thanks to a gift left in a will

A lasting legacy



to help your community
after you've gone

Kindly sponsored by

nu-swift
working to keep you safe



Helen's Story

My name is Helen and I have dedicated a light on the tree at Overgate each Christmas since losing my mum, Linda, seven years ago. Mum volunteered in the Housekeeping team and always spoke about the amazing care that was given not only to patients, but to their families too. We experienced that care first hand when Mum became ill, and I will always be grateful for the love and warmth that surrounded us all in her final days. What struck me most was that the care didn't end when Mum's life ended; they were there for us throughout the whole journey and, through events like Light Up A Life, continue to be there for us today.

Every year since losing Mum we have dedicated a light in her memory, and attended the service to add our messages to the tree. My children Ellie and Toby have memories of their Grandma but Gabbie, pictured here at her first service, has none of her own and so Light Up a Life is made all the more special because it gives us the opportunity for the whole family to come together and share our stories. Gabbie still talks about Mum despite never having known her, and that all my children have a place they can come to remember their Grandma means so much to me.

For me this photo captures exactly what Light Up a Life is all about; loved ones coming together to keep the memories of those they have lost shining. We will be watching the service from home this year, and although we will be sad not to be able to come together with the community, we will be sharing our memories and watching as the beautiful tree is lit as a tribute to those we all love and miss.

Keeping your memories

**shining
bright**

Join our

**virtual
service**

on Sunday 13th December

Over

1,000

lights on our tree last year





Aphra's Story

We got engaged in August last year in Rome. We had been sightseeing and my partner, Dan had carried the ring around with him all day. He waited until the evening and proposed at the top of the sweeping ancient staircase at Hotel dei Barbieri.

The original wedding should have been at Newton Hall in Northumberland in May this year, with 100 of our closest family and friends attending. However when coronavirus hit, we were forced to postpone the wedding to August 2020. We thought we would be out of lockdown at this point but by mid-July, we realised that wasn't going to happen. This was particularly difficult as my dad has stage four cancer, and his dream was to walk me down the aisle, so we decided to hold a family wedding blessing as soon as possible. My dad was admitted to the Inpatient Unit at Overgate to help him to manage the symptoms of his cancer and while we were there, the Hospice offered to help us to make our wedding blessing happen. We chose 5th July and had just a few days to organise everything.

The whole team at the Hospice got involved and we held a small and intimate wedding blessing in their Day Hospice space with just 15 family members present. Andy, the Chaplain, conducted the small service and we were able to make it as personal as possible including having the photographer we had originally booked there to capture the special day.

It wasn't until my dad first saw me in my dress that I got emotional. The enormity of everything just suddenly hit me. But this was soon replaced with pure joy and happiness. My dad was smiling from ear to ear and very proud that his daughter was marrying the man of her dreams.

I will never forget the look on his face and I am so grateful to the Hospice for helping us to make it possible and for the care they continue to give to my dad.

Everyone

**working
together**

as one team for our
patients



Making

**special
memories**

when time is short



**Helping
last wishes
come true**





Meet Our Chaplain

Hi, my name is Andy and I'm the Chaplain at Overgate. A Huddersfield lad by birth and a passionate Terriers fan, I joined the Hospice in January 2019, after 28 years as a Church of England Parish Priest, serving the majority of those on the beautiful Channel Island of Jersey.

As Chaplain, I provide spiritual support, reassurance, and encouragement to patients, their families, and importantly also to staff and volunteers.

Whilst not everyone has a religious faith, all have a spiritual core. It is the essence of who a person is, including the ability to form and value relationships; to experience emotions; to appreciate beauty and be creative. Consequently, my care is for all.

Naturally, for some that involves religious support, including bedside prayers and communion, ministering at funerals and occasionally celebrating wedding blessings.

My role is fundamentally about relationships; offering a listening ear when joining others on their journey, providing whatever support is required. Whether that is reminiscing about the past; learning about favourite hobbies or interests; addressing fears or planning funerals, it is always good to talk.

During the current pandemic I helped to launch and manage Overgate's 'Hear For You' support line for Calderdale. I have also mastered Zoom for the Bereavement and Wellbeing groups that I lead and recently launched Sacred Space, for Day Hospice patients and carers.

It is a privilege and joy to play a part, alongside many others, in providing holistic care to patients and their families during times of illness, around the time of death and afterwards through bereavement care. It is an honour to meet so many interesting and lovely people, some of whom I only know for a short while, but all of whom touch my heart.



**My
care is
for all**



Offering a
**listening
ear**



Providing
**spiritual
support**

Katy's Story

Hi, I'm Katy and I'm a Staff Nurse on Overgate's Inpatient Unit.

As for many of you, this year has been a tough one at the Hospice.

Wearing full PPE (mask, gloves, apron and visor) is a vital step to ensure our safety and that of our vulnerable patients and their loved ones but it isn't easy. Our shifts are often incredibly emotional and the addition of PPE can leave us feeling exhausted. It goes against my nature to not give a bereaved relative a hug or a shoulder to cry on and this feels so far removed from the care we normally give. But the toughest challenge we have faced is the restrictions on visiting. Whilst we are proud that we have been able to continue to allow visits, these need to be time-limited to keep numbers within the Unit to a minimum. This means that patients who are often frightened aren't able to have their loved ones with them as much as they would like. But we are still here.

We have learnt new ways to communicate and now know that a smile can still be seen from behind a mask. We speak more to loved ones over the phone to keep them updated and we make sure that in those final days and hours of life, every patient has their loved one with them as much as they want. We also make sure that we spend more time with our patients so they don't feel alone. We chat to them, laugh with them and comfort them.

Despite the crisis, I know that our patients are still receiving the best possible care in these difficult circumstances. Giving our patients the most dignified and loving care is still at the core of what we do. And whilst it can be tough, we know our struggles are nothing compared to what our patients are going through, or to the grief of losing a loved one.

As we face a challenging winter living and working with Covid-19, with no clear sign of when normal fundraising activities can resume, I ask that you please continue to support your local hospice. I am incredibly proud to work at Overgate and as a team we have supported each other so well during this crisis. Even on the most difficult days, my colleagues bring a smile to my face and this makes such a difference. But without doubt, the biggest thing that got us all through this time is YOU. Your support means the world to us. Whether it is a donation to the Hospice, taking on a challenge, a child's drawing posted through the door or freshly baked goods arriving, every single kind gesture is appreciated by not only us, but by the patients and families in our care.

Because you care, we can.

Proud to

**care for our
community**



£11,600
each day

to continue this care



**Dedicated
to giving
the very
best care**

How you can support your local hospice

SUPPORT US ONLINE

- Follow us on social media
- Host a Facebook Fundraiser
- Visit our website to learn more about us



HELP SAFEGUARD OUR FUTURE

- Join our monthly lottery
- Set up a monthly gift
- Ask for more information about leaving a gift in your Will



BE A HOSPICE HERO!

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



SUPPORT OUR EVENTS AND CAMPAIGNS

- Add a light to our tree as a tribute to someone you miss
- Take on our Winter Mountain Bike Challenge on Sunday 15th November
- Dress up in the big red suit and take on our Santa Dash on Saturday 5th December
- Take part in our Christmas Jumper Day on Friday 11th December



SUPPORT OUR SHOPS

- Donate your preloved items
- Shop with us and get all you need for Christmas
- Volunteer at your local shop for a few hours each week



LET US RECYCLE YOUR TREE!



For a suggested donation of just £10 we will collect your Christmas tree and recycle it for you.
Book your tree in today!

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

*Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org

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

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

...thank you for all that you do



Because you care, we can

www.overgatehospice.org.uk

01422 387121

Registered Charity Number 511619