

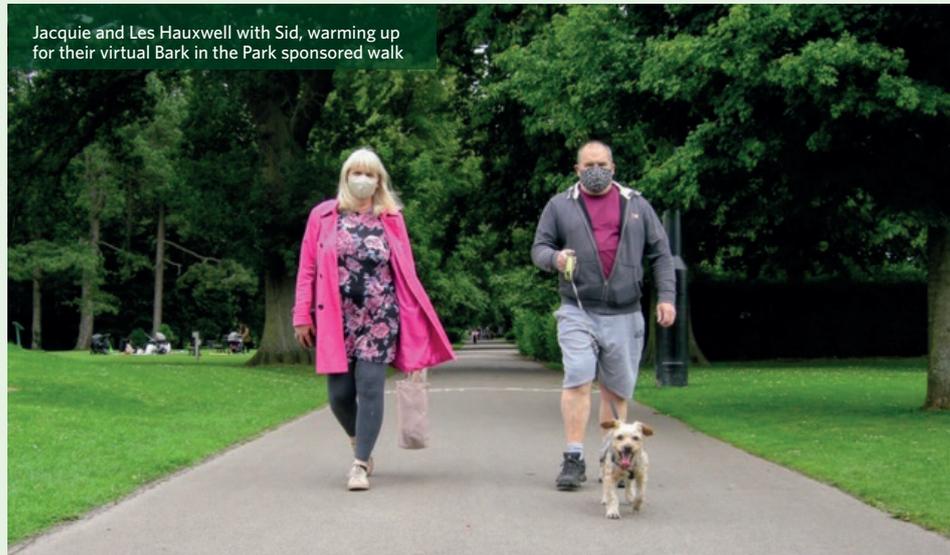
Good News

Prepared for you by the team at **St Teresa's Hospice** | Issue #6 | **Positive news update**

Hello, and welcome to Issue #6 of Good News.

I continue to be amazed at the extraordinary lengths people go to for their local Hospice, whether it be fundraisers like Muriel Joy having her head shaved, or staff like our Family Support Team working hard to think of new ways to reach those in need – featured this issue. I'd also like to take this opportunity to thank the Senior Managers, Team Leads and administrators here at St T's, all of whom have donated many additional volunteer hours during this pandemic to keep things running smoothly in support of our beloved patients. For previous issues please visit darlingtonhospice.org.uk

Yours in hospice friendship, **Jane Bradshaw, Chief Executive**



Jacquie and Les Hauxwell with Sid, warming up for their virtual Bark in the Park sponsored walk

Time for Walkies!

Dogs and owners have started to register for our first Virtual Bark in the Park!

Last year the dog walk in Darlington's South Park raised £10,000, but like a host of other fundraisers it fell victim to the COVID-19 pandemic. One of the first to sign up was Sid and his owners Jacquie and Les Hauxwell. Jacquie has been a seasonal fundraiser and regularly volunteers for the Hospice.

Jacquie said: "I appreciate how difficult fundraising must be at the moment because

of Covid-19. I will continue supporting St Teresa's because I know how hard end of life care is – I've done it – and what a difference it makes."

St Teresa's Hospice Chief Executive Jane Bradshaw said: "Our nursing and counselling teams have continued to work tirelessly to give care and support to terminally ill people and their families.

We need help more than ever because of the ongoing impact of COVID-19."

Go Walkies!

1. Register at www.darlingtonhospice.org.uk/virtual-bark-in-the-park/; Entry £6 per dog and a suggested sponsorship target is £15 per pet.
2. We'll send your kit and challenge ideas.
3. There's a Doggy Bandana for all pooches.
4. Get your Goody Bag! When your walk is complete courtesy of Jollyes The Pet Superstore Darlington.

WOOF!

If you had previously signed up to take part in Bark in the Park 2020 you can have your place transferred to the virtual event.

Please contact us on (01325) 254321 or events@darlingtonhospice.org.uk if you are taking part, so we can send a sponsorship pack!

Hospice Heroes

We're grateful for the continued donations of PPE and other practical items that have helped us to respond to COVID-19.

Thank-you to the following for their recent donations: Ruck Engineering, Scrub Hub North East, Wilton House Nursing Home and The Clinkard Group Ltd.



Visit www.ebaystores.co.uk/St-Terasas-Hospice-Shop to find hundreds of interesting items each month. You can also donate to St Teresa's Hospice when you shop at Amazon. Head to smile.amazon.co.uk to find out more.

Joy by name, Joy by nature



Muriel Joy presents St Teresa's Hospice Chief Executive Jane Bradshaw with a cheque for £1,000

Muriel Joy made a lockdown pledge to shave off her hair to raise funds for St Teresa's Hospice and has so far raised over £1,700! Muriel wanted to support the Hospice in memory of her husband and two of her children, David and Carol. Muriel decided to take the brave step to shave her head 5 years since Carol passed away, and she decided to raise funds in recognition of the care and support the Hospice gave her. Muriel even committed to wearing the same wig Carol wore following her treatment for breast cancer.

Within days of announcing her plans Muriel had received donations from friends and family from as far away as Spain, Malta, Australia, and even the Falklands.

Muriel was one of Hospice supporter and hairdresser Nigel Dowson's first clients when his salon, Jigsaw, re-opened in July once lockdown measures were eased.

Local media including The Northern Echo reported on the head shave, and Muriel's inspiring effort was eventually picked up for national coverage by the Daily Mirror.



Virtual Well-being Group

For anyone living with a life-limiting illness

This online group offers:

- A friendly and informal space to talk with others and share your experiences
- Ideas and simple techniques that can help you improve your general well-being
- Support and advice from Hospice staff

For more information or to register for a place, please contact the Family Support Team on **01325 254321** or via Facebook Messenger



St Teresa's
Hospice
Giving to life

Family Support Team Zooms in to help

Our innovative Family Support Team has adapted to Covid-19 restrictions by launching two new online support groups to maintain contact with patients and carers remotely.

Virtual Well-being Group For anyone living with a life-limiting illness.

- Time to talk with others and to share your experiences
- Ideas and simple techniques that can help you improve your general well-being
- Support and advice from Hospice staff

Virtual Carers' Café An informal and friendly group for those who care for someone with a life-limiting illness.

- Opportunity to meet others in a similar situation
- Safe space to talk about how you are feeling
- Optional relaxation session at the end of each meeting

Feedback has been very positive. Cheryl Chester commented on the Carers' Café: "I just had a fantastic carer meeting via Zoom with Deborah. Just the same as when we met in person. Was great to see someone's face again and interact as normal. I also joined in with the mindfulness session. It was very relaxing at home. Highly recommend and looking forward to seeing new and current people via Zoom."

For more information or to register for a place, please contact the Family Support Team at St Teresa's Hospice on 01325 254321 or enquiries@darlingtonhospice.org.uk



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**Please send a #hugtoStTeresas!
Donate at [www.justgiving.com/
campaign/HugToStTs](http://www.justgiving.com/campaign/HugToStTs)**