

Issue 2 2017

Pembridge *Life*

The Newsletter of Your Local Hospice



Inside this Issue

How you helped in 2016
Providing better care for people stuck at home

Free Will Fortnight
Make your will and make it count from 1 - 15 May

Fundraisers assemble!
Incredible stories from our fundraisers and how you can help in 2017

Caring for more than 1,000 patients and their families every year

We're Social!  /PembridgeHospice  @PembridgeLife

Pembridge Hospice Charity is part of CLCH Charity (registered charity no. 1120231)

Helping more families at home than ever



Every year we are looking after more and more people in the community. Naturally, many people want to be cared for at home and we provide a wide range of services to support families and make this happen.

Thanks to your support, in 2016 we launched new massage and art therapy outreach services for people who have difficulty visiting us. The feedback from families about these services has been fantastic.

The Pembridge team have showed their true colours in the last few months and they were decidedly purple! From community nurse Clare swimming the Serpentine to chief executive Andrew coming along to local collections and our lead social worker Selwyn signing up to do the London Marathon.

With your support, together we can secure Pembridge as a cornerstone of the community and support families coping with a terminal illness for generations to come.

Cathy Saraby
Senior Nurse Manager

Introducing the new Oasis room

The Oasis room is for use by people visiting their loved ones to refresh themselves and have some quiet time. Gifts to the charity enabled us to fit out the room and open it in December 2016.



Tanya with Shenaz in the massage room

Massage and art outreach in the community

Thanks to your support, in Spring 2016 we started offering massage and art therapy visits at home for patients.

The highly skilled complementary therapy team at Pembridge can now reach everyone we care for, whether at the hospice or at home.

“When my husband has a massage it is the only day of the week he is not in pain”

“The massage helped my circulation after chemotherapy”

The team provided more than 100 therapeutic massage sessions every month:

- ✓ 60 in the day hospice
- ✓ 27 on the inpatient unit
- ✓ 20 home visits

Our art teacher provided 73 art sessions every month:

- ✓ 53 through group sessions in the day hospice
- ✓ 17 one-to-one contacts on the inpatient unit and day hospice
- ✓ 3 home visits

“The art sessions keep me going”

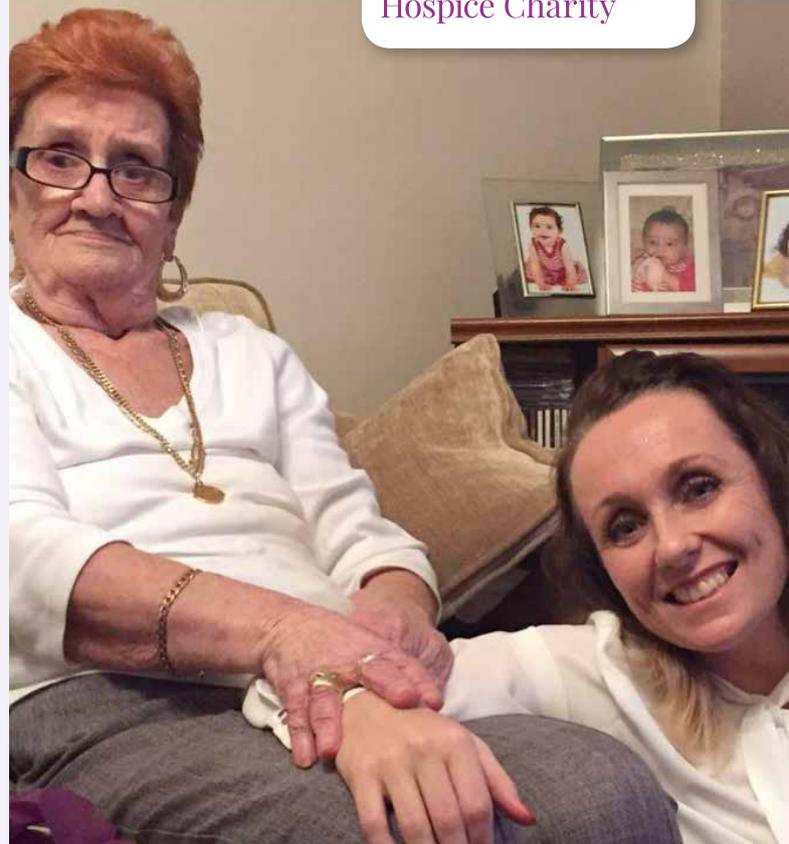
“Working on art gives me confidence in my ability to stay well”

Your stories: Zoe Sparks & Family

Zoe tells us why she was so happy that Pembridge cared for her Nan

"Nan was diagnosed terminally ill in May 2016. Her biggest request was that she stay at home, which we all dug in together to make happen. When the time came that she needed extra help, the Pembridge team stepped in. They were amazing. When Nan was in pain and anxious they were there to help. They did everything possible to make Nan's last few weeks as comfortable and pain free as she needed, but more importantly, deserved.

Not only did the Pembridge team help Nan but the support and care they gave to us as a family at such an emotional and scary time was invaluable. Be that a phone call, a visit, night care or helping organise medequip supplies. Whatever we or Nan needed they made sure we got it. Given the chance we know Nan would want the team to benefit from any donations, no matter how big or small, so that other people and their families may have the dignity, care and support they need as they face one of their toughest journeys."



Zoe Sparks with her Nan, Ellen Cannon

Remembering loved ones

Thank you to the 100+ family members, friends and carers who were able to join us on Sunday 4 December for a special and moving remembrance ceremony next to the hospice. Pembridge spiritual care advisor Martin McGonigle guided guests through the ceremony, accompanied by 32 children from the St Charles Primary School Choir.



Light
up a life



As the day's light faded and the ceremony drew to a close, the school choir held a candle each, sang 'Silent Night' and led guests away to witness the switching on of the Christmas lights outside. Guests were invited to sponsor a Christmas light and a dove bearing the name of their loved one to take home afterwards. The generous contributions came to £1,500 in total, which will help the hospice team to support local patients living with a terminal illness and their families.

Senior Nurse Manager Cathy Saraby said:

"Donations make a big difference to the support we can offer people. The £1,500 given at the event is enough to fund 41 massage therapy sessions to relieve pain and anxiety and to provide a week of rehabilitation therapy sessions. These help people to do the everyday things many of us take for granted, like getting out of bed by ourselves, washing in the morning or walking to the local shops."

Light up a Life 2017

We look forward to organising a larger Light up a Life event in December 2017 so that we can invite more people.

If you would like to ensure you receive an invitation in October, please contact the fundraising manager Nick using the details below.

T: 020 8102 5407

E: support@pembridgehospice.org

Run, Cycle, Swim or Skydive to support our patients

Join our teams at these big events in 2017, or get in touch to let us know about your own plans



RideLondon-Surrey 100

This 100 mile cycle challenge starts in the grand Olympic Park before traveling through rarely closed roads in the capital and heading out to Surrey's stunning country roads and hills. The final stretch takes in iconic London landmarks before a spectacular finish on The Mall.

Royal Parks Half Marathon

Starting and finishing in the stunning Hyde Park, this event takes you on a 13.1 mile route through the spectacular sites of central London and four of the beautiful Royal Parks.

Last year we were very lucky to have Angela and Dermot running in the event for us. Angela is a former Pembridge community nurse and Dermot's sister Paula was cared for on the inpatient unit in early 2016.

Dermot said "I lost my wonderful big sister Paula to a long and courageous battle with cancer in May 2016. In the final weeks of her life she was cared for by the good people at Pembridge Hospice. The medical care and spiritual support that Paula received was both moving and reassuring for us all."



Swim Serpentine

This event is a pretty unique opportunity for a one or two mile open-water swim in the Serpentine, Hyde Park. You will be swimming in the wake of London 2012 Olympic triathletes and open water swimming champions!

Our brave community nurse Clare Bentote swam the Serpentine last year

Clare said "I wanted to give something back having worked at Pembridge Hospice for the past 21 years on both the inpatient unit and now in the community. It has been very rewarding and a privilege to look after people and support their families at what is often a very difficult time in their lives."

Pembridge Flyers Skydive Team

Freefall at 200kmph from 10,000 feet! Bookings are now open for tandem skydiving either on a date of your choice or with the Pembridge Flyers team on Saturday 17 June. Our airfield of choice is Chiltern Park Aerodrome, which is 1hr15mins by car from West London.



We will support you with your fundraising!

To book your place at an event like the ones above, get in touch:

**T: 020 8102 5407 E: support@pembridgehospice.org
www.pembridgehospice.org/events**

Meet our one-in-a-million London Marathon 2017 runner

On Sunday 23 April our lead social worker Selwyn Noel will join nearly 50,000 other people running 26.2 miles around central London for the 37th annual Virgin London Marathon.

Selwyn has been the lead social worker at Pembridge for the last three years. The social work team helps patients and their families think through their concerns and gives practical advice on a range of issues. Questions like 'how will I cope?', 'what should I tell the children?' or 'how will I cope financially?'

Selwyn said "I am proud to be part of the team at Pembridge. I know why support of the charity is so important and having the opportunity to run the London Marathon to support our work is a real honour. The benefits that my fundraising will bring to our patients and their families gives me extra motivation to take this challenge on!"

Selwyn is reaching out to the local community for support. If you would like to help him with his fundraising or training, pop us an email. Read more about Selwyn's journey to the start line and sponsor him at www.virginmoneygiving.com/selwynnoel



Three easy ways to support your local hospice

- 1** www.easyfundraising.co.uk
Do you shop online? Do it through Easy Fundraising and raise a free donation for our patients every time you shop!
- 2** **Collect loose change at home**
Keep one of our foldable collection boxes on the kitchen table to put your loose change in, instead of losing it down the back of the sofa!
- 3** **Organise an event during hospice care week**
During hospice care week (2 - 8 October), we will be holding a tea party at Pembridge from 5pm on Wednesday 4 October. This is your invitation to come and join us and organise your own event at work, at school or with friends.

We have plenty of inspiration in our fundraising pack, available on our website: www.pembridgehospice.org/get-involved or by post if you call **020 8102 5407**.



Local Sainsbury's choose Pembridge

The big Willesden Green and Ladbroke Grove stores have been championing our work in the community and hosting fundraisers since August.

A huge thank you to the staff at the stores for helping us to fundraise more than £3,000 so far. We will have more events from April onwards. We always need help at the events so if you can spare a couple of hours one weekend please get in touch.

If you work for a local company and would like to get them to start supporting Pembridge patients, please get in touch and let us know if we can help.

“Volunteers help people at a difficult time”

Our new volunteer manager Dil joined the team in January and has big plans for developing volunteering at Pembridge.

Dil said “Hello, I am the new Volunteer Manager for Pembridge Hospice. They say ‘new year, new start’ and it certainly was for me. I come from a background of working in social housing and have extensive experience in volunteer management. Pembridge is a beautiful place to work and volunteers can do so much to enhance the amazing service that is already provided for patients and their families.”



Dil and Jonathan on the inpatient unit

Volunteers view...

Jonathan Albutt started volunteering on the inpatient unit in January 2016. Dil sat down for a chat with him to find out about his experiences at Pembridge and how he came to join the team.

What inspired you to start volunteering?

“I looked on a volunteering website and the advert for volunteering on the inpatient unit jumped out at me. I thought it sounded interesting and the healthcare service is something I would like to support. It was the first volunteering opportunity I looked at after retiring from my job at a bank.”

How do you feel about your time here?

“I enjoy it and a really like Pembridge. It is fairly small and you are quickly taken in to the team, which is really nice. It is great that you get to work directly with the staff. Sometimes patients aren’t able to communicate with you but you know they appreciate what you are doing and that you have time for them.

I enjoy helping with mealtimes too and I must say the food the patients get looks really good!”

How would you sum up volunteering at Pembridge?

“The biggest reward is improving the environment for patients and their family, friends or carers. I think volunteers make Pembridge a more welcoming place at a really difficult time.”

Volunteer roles available include:

Volunteer drivers who transport patients to and from the hospice if they can’t make the journey themselves.

Admin volunteers to provide a professional and responsive administrative support service.

Inpatient volunteers working under the direction of ward staff, assisting them in providing care and support to patients, families and carers.

Gardening volunteers to assist with the maintenance of the green spaces and patios.

Spiritual volunteers who will provide a support service to ward and day hospice patients to ensure their spiritual needs are met.

Fundraising volunteers to assist the fundraising manager in looking after supporters, making connections in the community and organising fundraising events.



Read more about volunteering at www.pembridgehospice.org/volunteer. To have a chat with us contact Dil, our volunteer manager, on **020 8102 5406** or volunteer@pembridgehospice.org



Martin chats with our patient Eileen on the day hospice

Free guided meditation and relaxation recordings

“It has been said that the mind is like a thousand chattering monkeys: and the more we order them to be quiet the louder they become!”

Everyone at Pembridge is trained in listening to and caring for the spiritual needs of our patients, their family and friends. We also have our own dedicated spiritual care advisor Martin McGonigle, along with a growing number of volunteer spiritual carers.

At Pembridge we believe that spirituality is concerned with:

- What gives you strength
- What brings you joy
- What gives you meaning
- What gives you comfort
- What brings you peace

Martin recently launched a new section on the charity website to provide guided meditation and relaxation audio recordings.

“When our mind becomes overactive and tense, so does our body. When the body becomes tense, the mind follows. These exercises are designed to help both physically and mentally. All of the exercises use as an anchor for the mind, that which we always have with us - our breath.”

The Relaxation Album

Contains exercises to assist you with physical relaxation, anxiety and asleep.

The Meditation Album

Contains exercises to assist in bringing your body and mind into the same place; loosening our need for control and finding ourselves a space just to be as we are. Meditation is not exclusively religious, but many people across the religious and spiritual traditions use it as a part of their practice.

The recordings can be downloaded or played directly from our website at www.pembridgehospice.org/spiritual

Palliative care training

The Pembridge team run several training sessions for healthcare professionals every year.

Foundations in palliative and end of life care

This course teaches the principles and practice of palliative and end of life care. It is open to staff from CLCH NHS Trust and staff from local care homes. Registered nurses undertake three days of training, while healthcare assistants do one day. The team run this course three times a year, with the next one planned for June 2017.

Syringe driver training

The inpatient unit at Pembridge run T34 syringe driver training for staff of CLCH NHS Trust every other month. The aim is to update staff's theoretical and practical knowledge of the use of T34 syringe drivers and of the drugs commonly used for symptom management in palliative and end of life care.



If you are a member of CLCH staff you can book these courses through ESR learning. If you are a local healthcare professional contact the admin team on CLCHT.PembridgeUnit@nhs.net

Events for the year ahead

Sunday 23 April London Marathon

We have secured a place at the biggest run in Europe!
Our very own social work lead Selwyn Noel is running for Pembridge.
Please sponsor him at www.virginmoneygiving.com/selwynnoel

1- 15 May Free Will Fortnight

Make your will. Make it count. Many of us put off writing our will because it seems complicated or there is too much else going on. To help you and your family get your will in order, local solicitors and will writers are kindly offering their services for free.

All we ask is that you leave a gift to Pembridge Hospice Charity in your will, helping us to provide the best possible care for our families for years to come. Contact Nick on **020 8102 5407** or support@pembridgehospice.org to book an appointment.

Limited appointments are available outside the fortnight too.

Saturday 17 June Pembridge Flyers Skydive

Freefall at 200kmph from 10,000 feet! Bookings are now open for tandem skydiving with the Pembridge Flyers team on Saturday 17 June. You can also book on a date of your choice throughout the year.

Sunday 30 July RideLondon-Surrey 100

We have two places for the largest annual cycling event in London, which covers 100 miles from the Olympic park out to Surrey and back for a spectacular finish on The Mall.

Saturday 16 September Swim Serpentine

Places are available for the one and two miles swims at this festival of swimming in the Serpentine, Hyde Park.

2 - 8 October Hospice Care Week

Celebrate the incredible hospice care provided by caring people up and down the UK by spreading the message, holding a fundraiser or joining us for our tea party at Pembridge from 5pm on Wednesday 4 October.

Sunday 8 October Royal Parks Half Marathon

We have four places at this half marathon taking in London's most famous sites on closed roads.

www.pembridgehospice.org/events

Pembridge Hospice Charity

Pembridge Hospice, St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ

For patient enquiries, please call the inpatient unit on 020 8102 5000

For the charity, please contact Nick T: 020 8102 5407 E: support@pembridgehospice.org

pembridgehospice.org



Life.
To the fullest.

Pembridge Hospice Charity is part of CLCH Charity
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