

News



Autumn 2020

“They all care so much, and have made me realise what a special place the Hospice truly is.”



Lisa Evans and Inpatient Unit Ward Manager Elayne Todd wearing one of the headbands

Lisa Evans, who was diagnosed with ovarian cancer 12 years ago, knows how vital local hospice care is when she was admitted to the Inpatient Unit in March this year.

“I was in so much pain, I really didn’t think I was coming out and was going to the Hospice to die. My family all thought the same, and my Mum even travelled from Milton Keynes to see me, thinking it was the end.”

Within a few days of receiving treatment and support from the “caring” Hospice team, Lisa was able to sit upright in a chair, and incredibly, just a few days later, was creating homemade headbands for staff.

“I can honestly say it was amazing, I just couldn’t believe it. My family couldn’t believe it. My pain was considerably less, I had a lot more energy, I felt so much better in myself, I was eating more. I felt the best I had in a long, long time.

“The Hospice team really go out of their way to make you feel at home – even during this current pandemic which has meant visitor numbers have been reduced. Before lockdown, for Mother’s Day, it was arranged that I could sit outside with my family. Still, unfortunately, the weather on the day was awful, so instead the staff arranged for me to go home and see my family for an hour. It’s these special touches that really do make all the difference.”

Commenting on what advice she would give to anyone concerned about coming to the Hospice, Lisa said. “It’s an incredibly happy place. I have been receiving treatment at the Inpatient Unit since March and have been home three times during this time. It’s not a place simply to come and die. You can recover, you can go home and get on with your life. It has helped me to get back to normal day-to-day living. I can only thank every single person at Michael Sobell, they all care so much, and have made me realise what a special place the Hospice truly is.”

“Thrilled to be back!”

Patients and supporters will recognise the smiling face of Carol Weston, Matron at Michael Sobell Hospice. We caught up with Carol to find out when she first joined the Hospice, her thoughts on what has been happening since it reopened and plans for the rest of this year.



“Many of you may not know that I started work at Michael Sobell Hospice in May 1999. I began as a Volunteer and have had many roles within the Hospice. From Healthcare Assistant, Student, Registered Nurse, Team Leader, Ward Manager, and since the Hospice reopened under the direction of Harlington Hospice, now Matron. I am absolutely thrilled to be back!

During the pandemic, we have received plenty of donations including PPE, toiletries for patients, and meals, so I would like to say a heartfelt thank you to everyone who has kindly supported us during this difficult time.



“Since reopening in January, we have been busy in the Inpatient Unit and have seen over 100 patient admissions (including some coronavirus cases) from across the Hillingdon Borough and broader area.

“The Hospice has been redesigned with a modern look and feel, and we now have two new side rooms, three shower rooms and additional toilet facilities. The cafe area is bright and cheerful, and there are plenty of areas for patients and relatives to relax and enjoy the new environment (see pics).



“As we look ahead to the rest of the year in terms of fundraising activities, our Light Up a Life Appeal and Remembrance Ceremony is a significant time in the calendar to remember loved ones.

“We are still planning to hold this service on **Sunday, 6th December**. However, in a slightly different format should current social distancing guidelines remain unchanged. To find out more about the **Light up a Life Appeal**, please see page 4 of this newsletter. We hope you will be able to support us by making a dedication to a loved one, even if you are unable to make the Remembrance Ceremony.

“Thank you to all our supporters for who raise vital funds for local people facing life-limiting illnesses, we need you now more than ever.”

Carol Weston, Matron

Introducing Dr Ros Taylor, MBE, Medical Director of Michael Sobell Hospice and Harlington Hospice



Hello everyone!

I have been a Doctor working in Hospice and Palliative Care for the last 30 years. Most of my career has been as the lead at a Hertfordshire hospice, and it has been exhilarating to bring my experience to help Michael Sobell Hospice to reopen earlier this year. I was also lucky enough to be Clinical Director at Hospice UK for several years, supporting and learning from over 200 Hospices around the country. This has given me some knowledge, insight and connections that I hope will help the Hospice.

It has been wonderful to see the team at Michael Sobell grow from January until now. As soon as we opened, we had the challenge of COVID and the whole team has shown great resilience, creativity and dedication to cope with all the problems that have come our way over the last six months. We are now, again, a vital part of the local healthcare system and long may this continue with your support.



Over the years, I have learnt to ask what matters to people at a critical time in their lives. My mission has been to try and ensure that we can help people to feel well enough to achieve those goals however short their life may be.



Innovation at Michael Sobell Hospice

We are learning a lot during this pandemic. One key learning is that when people are really ill, they need instant access to critical medicines to help with symptoms such as pain and breathlessness. The Hospice will now be a “Hub” for essential medicines, particularly if there is a crisis at home overnight. This sounds simple and obvious, but we have had to battle a lot of red tape and are nearly there!

The other learning is that much more education about palliative and hospice care is needed everywhere. Family carers need more support and information to care at home, and hospital doctors and nurses need more education on the wards. Our local GPs and care homes are also asking for more links with the Hospice. So, we are leading a project to find different ways to share useful knowledge to empower carers and health professionals in all settings – from care homes to hospital to home.

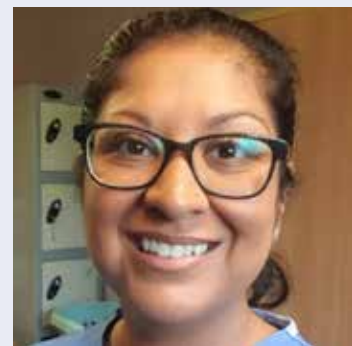
Introducing Bhavini Pandya, Occupational Therapy and Physiotherapy Assistant

Hey, I'm Bhavini Pandya, I am a full-time Rehab Assistant working at Michael Sobell Hospice. I've worked at the Hospice for over five years and have loved every minute!

I cover the Inpatient Unit and Day Therapy Unit, and at the moment, I keep in touch and support our Day Therapy patients through telephone and Zoom calls. My role is varied, and I am lucky enough to be able to help patients with a wide range of Occupational Therapy and Physiotherapy needs.

I hope to make a difference to our patients by seeing and advising them on their day-to-day activities, exercise, relaxation techniques, fatigue management, shortness of breath and general help with sourcing equipment they might need at home to remain independent and mobile. I've also made a relaxation CD that we provide patients with to manage their anxiety.

Patients have given us feedback to say how grateful they are to receive support from our team and how happy they are to return home with a more positive outlook, being more mobile and having skills to manage their day better.



Light up a Life 2020

Sunday 6th December

*Michael Sobell Hospice Charity, Lecture Hall
Ceremonies: 4pm & 6.30pm*

As the festive season approaches, and we reflect on this unforgettable year, families around the world will be filled with sadness, many due to Covid-19.

Our Light up a Life ceremony will be a poignant way to remember loved ones and celebrate their lives

a special way to celebrate the life of a loved one





@MSobellHospice



/MichaelSobellHospice



/MichaelSobellHospice

The disruption to our regular fundraising and retail activities due to COVID-19 has resulted in a Charity-led Hospice appeal to address the shortfall in income expected this year. Understandably, many of our events had to be cancelled or postponed. Details of all our fundraising events are updated regularly on the Charity's website and via the social media channels.

Hospice Care Week Coffee Morning with Friends Monday 5th – Sunday 11th October

You may feel like the current pandemic has completely taken over your life, but don't let that stop you hosting your own coffee morning fundraiser in Hospice Care Week! So, get out your best china, dainty cake stands and teapots, bake some delicious scones and Victoria Sandwich sponges, put up the bunting and hold the best coffee morning ever amongst family and friends. We can supply donation collection boxes/tubs and balloons! Don't forget to upload your pics to our social media pages using #HospiceCareWeek too!



Store Collections Help Needed

We are appealing for volunteers to help support upcoming store collections in the run-up to Christmas at Waitrose, Northwood, on Saturday 5th December, and further dates for collections at Waitrose, Ruislip and Tesco, Pinner Green. Please contact Ophelia on **020 3826 2362** for details or email your interest to mshevents@michaelsobellhospice.co.uk.

Halloween Quiz Night

Friday 30th October, 8pm

A Question of Spook Halloween Virtual Quiz – will it be TRICKY or TREATY?!

There will also be a raffle at the end.



Make a Will Month 2021

A gift in your Will costs you nothing now but can make a difference in years to come.

Make a Will Month brings together a group of respected solicitors, who offer the opportunity to have a simple Will written. Please register your interest in receiving further information when it becomes available by sending an email to: ochambers-henry@michaelsobellhospice.co.uk.



Christmas Cards

Support Michael Sobell Hospice by purchasing Christmas cards! We have a festive selection available - a great way to keep in touch with people you haven't seen for a while due to the lockdown measures.

Order online at our website or buy from one of our three Charity shops. Alternatively, see the back page of this newsletter to place an order and send it back to us in the FREEPOST envelope provided



This December, we are taking part in the UK's biggest online match funding campaign - **The Big Give Christmas Challenge**. It kicks off at midday on the 1st December and ends a week later at noon on Tuesday 8th December. During

the week, online donations made via our page on the Big Give website will be doubled until our matched funding pot is empty. Put the date in your diary and please consider donating to Michael Sobell Hospice between these dates. For further information, please contact Lynne on **020 3826 2367** or visit **www.thebiggive.org.uk**.

Two London Marathon Charity Places up for grabs!

We are ecstatic about having not one, but TWO, London Marathon places for Sunday 25th April 2021. If you or someone you know would like to take part in one of the biggest challenge events on the Charity and running calendar, would love to run for the Hospice, and can raise a minimum sponsorship target of £3,000, please call Ophelia on 020 3826 2362 for further details.



Thank you to all our supporters for your continued support. Don't forget to visit the website for a full 'thank you' to our supporters list and details of all upcoming fundraising events.

Charity Shop & Warehouse Volunteers Urgently Needed

A little bit of your spare time could make all the difference.

We are appealing for Retail Volunteers to support our three Charity shops in Northwood, Ruislip and Eastcote and Warehouse Team based in Harefield.

You don't need any experience; there's no minimum commitment, and we accept ages 14+ for those completing their Duke of Edinburgh Awards. It's a fantastic opportunity to support your local Hospice and a great way to meet new people.

If you've been made redundant, are on furlough, are thinking about returning to work or are seeking a new career in retail and fashion, this could be the role for you! It's also an excellent way of improving your CV by learning new skills and gaining excellent customer service and merchandising experience.

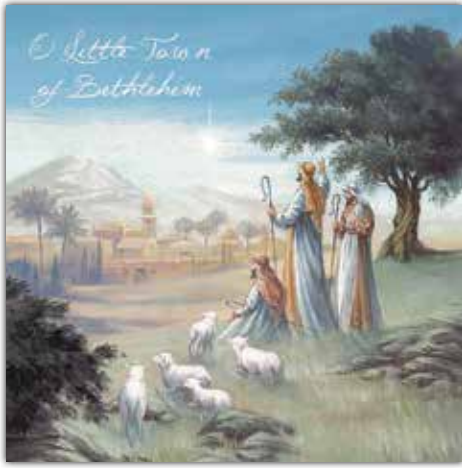
For more information, please contact **vmansell@michaelsobellhospice.co.uk** or call **020 3826 2369**.

£4,750 raised by Book Stall Team

A huge thank you to our wonderful Book Stall volunteers. They have raised a fantastic £4,750 since returning to the Amersham and Chesham markets in June. Simply fantastic!

Would you like to come on down and help support our Book Stall on a Tuesday at the Amersham Market or on a Wednesday in Chesham (8.30am-2.30pm)*? If so, we would love to hear from you. Please contact David Brameld on 07900 342778 or email vmansell@michaelsobellhospice.co.uk for more details. *Flexible hours to suit/no need to commit to volunteering every week.





1. O Little Town of Bethlehem
Greeting A - £3.75



2. St Paul's
Greeting D - £3.75



3. Santa's Friend
Greeting A - £3.75



4. Snowman and Friends
Greeting B - £3.75



5. Christmas Choir
Greeting B - £3.75



6. Flying Dove with Olive Branch
Greeting C - £3.75



7. The Magi - Greeting D - £3.75



8. Santa's Friends - Greeting A - £3.75

Card Greetings

- A** - With Best Wishes for Christmas and the New Year
- B** - Wishing you a Merry Christmas and a Happy New Year
- C** - With every good wish for Christmas and the New Year
- D** - Season's Greetings and Best Wishes for the New Year

Christmas Cards 2020 Order Form

- Each packet will be posted as a Royal Mail large letter, 2nd class for approx. £1.40 per pack
- Each pack contains 10 cards and 10 envelopes

Card No.	Card Name	Price per Pack	No. of Packs
1	O Little Town of Bethlehem	£3.75	
2	St Paul's	£3.75	
3	Santa's Friend	£3.75	
4	Snowman and Friends	£3.75	
5	Christmas Choir	£3.75	
6	Flying Dove with Olive Branch	£3.75	
7	The Magi	£3.75	
8	Santa's Friends	£3.75	

Keeping in touch

We would like to keep in touch with you to share news and events, Please tick to OPT IN:

- Post
 Email
 Phone

* I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Michael Sobell Hospice Charity. I am a UK tax payer and understand that if I pay less Income Tax/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Registered Charity No.1079638

* *giftaid it*

Postage
 Optional Donation
 Total

PLEASE USE BLOCK CAPITALS

Title: First Name:

Last Name:

Address:

Postcode:

Email: Tel:

I would like to pay by: Card** Cheque (Payable to Michael Sobell Hospice Charity)

Visa Mastercard Other:

Name on card:

Card no.

Start: / Expiry: / 3 digit number on back:

Signature: Date:

Please tear off this page and send it to us using the FREEPOST envelope enclosed. If paying by cheque, please include that as well. Thank you for your continued support.

**All credit card details will be destroyed once payment has been received