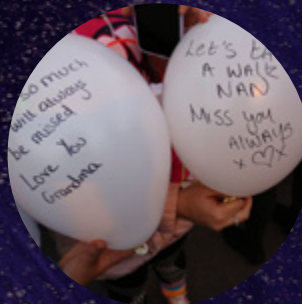


HOSPICE NEWS



September 2021



**More than 450 Glow Walkers turn the town
neon**

Welcome from the Chief Executive

As we start a new month it's really quite unbelievable that the year has passed by so quickly and we are now talking about Christmas.

This edition of Hospice News captures some of our plans and future developments ahead and there is certainly lots happening within and outside the hospice that we are part of.

As we move into Hospice Action week - please join us in celebrating our work by wearing 'yellow' and getting involved however you can!

Many thanks to everyone for their continued support.

Best wishes

Karen Griffiths



Fundraisers pound the streets to raise cash for Lindsey Lodge

More than 450 walkers helped turn the town neon when they stepped out to raise much-needed funds for charity on Friday 10 September.

Glow sticks, face paint and fairy lights were in order for Lindsey Lodge Hospice & Healthcare's 10-mile Glow Walk, which was the charity's first physical mass participation event to be held in 18 months, after last year's walk went virtual.

Musicians Bash and Glen, along with DJ Vaughan provided the right beats to help build the energy on the night, and in true Glow Walk tradition, local Zumba teacher Penny Goulding got everyone limbered up at the start line, before Lindsey Lodge Chief Executive Karen Griffiths, who was helped by a hospice patient and family member, officially started the 2021 event. Lindsey Lodge mascot Lindsey Bear also made a special appearance to offer his support. Read more [here](#)



Service development news

We are committed to re-shaping and developing our services to ensure we continue to meet the needs of our patients and families, here's news on our latest activities...

Bed expansion will support more patients

In response to increasing demand for our services and the ongoing pressure on bed availability within the NHS, we have been busy re-purposing our existing family rooms into two one-bedded patient suites, which will expand our inpatient accommodation from 10 beds to 12.



These were de-commissioned for family use during the Covid-19 pandemic, due to the Government's strict infection-control restrictions on visiting and movement around health settings.

In response to this we have enabled families to be close to their loved ones on the Inpatient Unit by providing them with sleeping facilities in our patient rooms, which we will continue to support into the future.



We already have a waiting list for our respite care, so this additional capacity will support these patients and their families. We also aim to use the accommodation

to support existing patients who require some rehabilitation and support in transitioning back into their home environment, and freeing up IPU beds into the system.

Bungalow works well underway

Following the purchase of our neighbouring bungalow, we are busy re-purposing this space into office accommodation in order to ensure we are utilising it effectively and efficiently. Work is well underway and our Fundraising, Marketing and Finance teams will be re-locating to the new space, to free up the upstairs office space for clinical staff and health partners.

Laundry set to move

We will shortly be starting development work on our external storage accommodation to re-locate our laundry. Due to enhanced Covid-19 infection control requirements, it is essential that we have separate flows for incoming and outgoing laundry, which is not possible in the existing setting. As well as the new location, we will be upgrading the equipment to ensure our laundry service remains as modern and efficient as possible.

Daybreak Service set to resume

We're delighted to reveal plans to re-launch our Daybreak Service, offering personalised respite care for North Lincolnshire adults who are unable to be left alone for long periods of time.



Staffed by a mixture of clinical staff and volunteer 'buddies', service users are invited to stay for the whole day, or places are bookable by the hour. We offer a range of mentally stimulating and therapeutic activities, which encourage interaction, exercise, socialising, both in our Wellbeing Centre and our beautiful gardens. Watch this space for more details...

Want to join our Catering Team?

We have exciting plans to further develop our catering function and are currently advertising a vacancy to join our team. With a thriving restaurant and outside catering offering, along with providing patient meals for the clinical site the catering team are an essential and growing service within Lindsey Lodge. Flexible working with weekend work and occasional anti-social hours is essential. More [here](#)

News

We've launched our Elf Yourself Run

We're so excited to reveal that Elf Yourself Run and Rudolph's Revenge are back! We've teamed up with Curly's again to bring you our 3k Elf Yourself Family Fun Run and this year it's going to be bigger and better than ever on Sunday 19 December! Curly's will also be holding their night-time 10k Rudolph's Revenge run.



Previous year's sold out fast, so please don't be disappointed this year and sign up as soon as possible. Book now for just £10 [here](#)

Daisy and Erin walk their way to Hospice Hero status

Daisy and Erin have been busy during the school holidays, fundraising for Lindsey Lodge Hospice and Healthcare by stepping out on a ten mile walk together becoming Hospice Heroes.



Together they created their own sponsor forms and completed training walks before taking on the challenge. Read more [here](#)

Ready for your next challenge?

Did you complete our Glow Walk this month and now you're ready to take on another challenge? Join our Yorkshire Three Peaks Dusk till Dawn team and set off as the sun begins to set, hiking by head torch throughout the night, and complete the final peak as the sun rises. More [here](#)



Thanks to Scawby WI

A huge thanks to the ladies of Scawby WI and Humberside Federation Of Womens Institutes for inviting us to speak at their Climate Event this month.



Make a Will Week

We'd like to say a big thank you to all of our participating solicitors for supporting our Make a Will Week! Each participating solicitor donated 70% of their standard fee for a single or mirrored Will when booked during the week.

Thank
YOU

Messingham bike night boosts funds

A big thank you to everyone involved in the Messingham Bike Night, which raised £444 in aid of Lindsey Lodge.



Freightliner donate £500

We'd like to say a big thank you to Freightliner for donating £500 to Lindsey Lodge Hospice and Healthcare. Lindsey Lodge was selected after Freightliner employee Gareth Jones nominated the charity.



New Business Club member

We're delighted to welcome Enforce Electrical, Fire and Security to the Lindsey Lodge Business Club! Find out more about our Business Club [here](#)



The Mark Benevolent Fund donate £3,000

We'd like to say a big thank you to the The Mark Benevolent Fund, the official charity of the Grand Lodge of Mark Master Masons, on behalf of its members in our area, for donating £3,000 to Lindsey Lodge. More [here](#)



News

New venue revealed for Light up a Life celebrations

We're delighted to reveal our Light up a Life 2021 plans. Due to the growing numbers of people wishing to attend our service, which is open to anyone who has lost someone, our Light up a Life event will be held for the very first time at Normanby Hall Country Park on Thursday 16 December and will also be streamed live.



We're extremely grateful to Normanby Hall Country Park and North Lincolnshire Council for supporting our Light up a Life service this year.

Last years' service was held virtually due to the pandemic, so we are really looking forward to safely welcoming back our supporters at this very special evening of celebration and reflection in such a beautiful setting.

Find out more and make a dedication [here](#)

We'd like to say a big thank you to our Brand Partners who have made this year's Light up a Life possible DDM Residential, Gravelmaster, Jason Threadgold Funeral Director, Jotun UK & Ireland, Shift Traffic & Events, Singleton Birch & Symes Bains Broomer

Festival of Lights

As part of our Light up a Life campaign, we're also encouraging the local community to get involved in lighting up their homes and workplaces.

Simply decorate your Christmas tree or house with a light display and pledge your support of Lindsey Lodge and we'll virtually share your photos on our social media channels and on our website.

Calling all princesses and superheroes!

We're hosting a very special party on Thursday 28 October at Wortley House Hotel. Get all dressed up and meet a famous superhero or princess. Tickets cost just £5 per child (one free adult per child, additional adults £3), book your tickets [here](#)



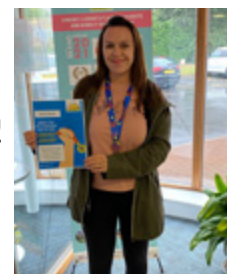
School reunion raises £867

A big thank you to Wayne Sanderson for holding a Riddings Comprehensive School reunion at Brumby Hall, raising an amazing £867.27 for Lindsey Lodge!



Laura joins our Heroes Wall of Fame

Thanks so much to our latest Hospice Hero Laura Baxter for raising £174 for Lindsey Lodge with a collection at her wedding! Find out more about our Hospice Heroes [here](#)



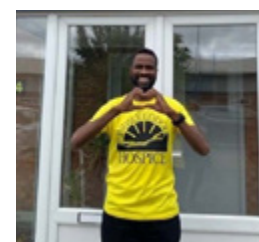
Healthcare assistant Tracy boosts funds

Thank you to Lindsey Lodge Healthcare Assistant Tracy Strong who completed the Pittaway Beverley 10K in aid of Lindsey Lodge, raising over £165 and counting.



ESM Power's charity challenge

ESM Power's Electrical Design Engineer Mohammed Ibrahim took on an incredible charity challenge raising funds for Lindsey Lodge. Mohammed ran 60 miles in September, which he did during lunch breaks and after work. A huge thank you Mohammed and ESM Power for their fantastic support.



News

We're getting ready for Hospice Action Week

#HospiceActionWeek is almost here and we're busy getting ready for a jam-packed week of fundraising and awareness to support Hospice UK's national Hospice Care Week.

Our Wellbeing patients have been creating yellow crafts over the past few weeks and have a number of different yellow themed activities taking place throughout the week.



The Fundraising team will be out and about across North Lincolnshire so please pop and say hello if you see them - just look out for all the yellow.



We're planning a bike-a-thon here at the Hospice, with an aim to cycle 100 miles in total every day. Staff, volunteers and visitors to Lindsey Lodge are encouraged to hop on and help us achieve our goal.

Our Golf Day, Big Quiz and car boot sale also take place during #HospiceActionWeek and there are still spaces available - book now via our website.

Volunteer Jill has been busy creating and selling yellow aprons to raise money for Lindsey Lodge and fundraiser Sharron has been baking and selling cakes.

It's not too late to get involved - whether it's signing up to one of our events, becoming a Hospice Hero or simply wearing it yellow, we really hope people will get behind this special week.



Come and say hi to our fundraising team!

#HOSPICEACTIONWEEK

MORRISONS SCUNTHORPE
THURSDAY 30 SEPTEMBER

DUNELM SCUNTHORPE
SATURDAY 2 OCTOBER

MORRISONS SCUNTHORPE
MONDAY 4 OCTOBER

BARTON 'WALK AND TALK'
TUESDAY 5 OCTOBER

TESCO SCUNTHORPE
WEDNESDAY 6 OCTOBER

ASHBY 'WALK AND TALK'
THURSDAY 7 OCTOBER

ASDA SCUNTHORPE
FRIDAY 8 OCTOBER







Retail news

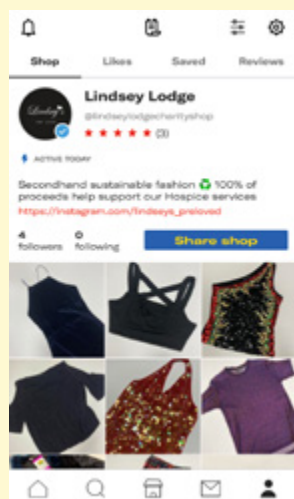


Christmas is coming!

Christmas is on its way and our shops are busy getting ready for the festive season, we have lots of brand new Christmas goods to help you decorate your house, and plenty of pre-loved fashion to help you get in the Christmas spirit. Christmas cards are already available in our shops. Keep an eye out for Christmas stock arriving soon.

Follow us on Depop

Lindsey Lodge is now officially on Depop! Download the app and follow us for our top pre-loved fashion picks. Our Depop is updated weekly and all items have free delivery - so if you're looking to grab a bargain be sure to take a look [here](#)



Where to find us

Not sure where your closest Lindsey Lodge retail store is located? Take a look here to check out where you can find us. We're delighted that all of our shops are now open six days a week (excluding Lindsey's Messingham). We're now accepting donations at all of our shops, but please bear with us as we sometimes get full and can't accept large amounts of donations.

Shop online with Lindsey Lodge

Have you checked out our official eBay page recently? We have a large selection of unique items and one of a kind finds for you to peruse from the comfort of your own home. Our Christmas cards are also now available on our eBay page.



Update on diaries and calendars

Our Lindsey Lodge branded diaries and calendars were once a popular purchase in the run up to the festive season. Unfortunately, we have seen sales of calendars drop significantly in the past few years, so, we have decided not to produce one this year.

Large national charities work to economies of scale, which allows them to keep prices low for their pocket diaries. However, after our local supplier ceased trading, we have been unable to source a diary supplier to provide the small number of diaries we sell, at an affordable price for our supporters. We will therefore not have a diary offering this year - sorry.

Your Opinion Counts...

If you'd like to share your experience with us, please contact us on llh.enquiries@nhs.net, leave a personal message on our social media channels, or phone Jenny Baynham or Lizzie Orwin on 01724 270835.



We thought we'd share a few more with you, so you can see—your opinion really does make all the difference to everyone at Lindsey Lodge! Here is a lovely poem written by one of our Wellbeing patients...

Verse 1

In through your snout and out through your gob,
Sit up straight, not like a slob

Verse 2

Lips all pursed, ready for a kiss,
Do it in public, you might attract a Miss

Verse 3

Breathe in and out, steady as you go
Use the 2-4 rule to control the flow

Verse 4

Two pillows for your head, bring another to your knees
Laid down you'll breathe better, help reduce any wheeze

Verse 5

Place hands on chest, just below rib cage
Index fingers just touching, it's the first stage

Verse 6

Start a breathe cycle, lungs to inflate
Our aim at this stage is for fingers to separate

Verse 7

People say they know how to breathe, it's just a natural thing
People say they know how to croon, just listen because not many can sing.

Verse 8

Gulping for air, can't get enough in
Breathe in gently, you'll get plenty in

Verse 9

To do it right, is the moral of this tale
The end result for a better life, is for our lungs not to fail.

Written by breathlessness patient Jim (Francis) Green
05/08/2021

step into

Christmas

ELF YOURSELF RUN

We've teamed up with Curly's Athletes to bring you our third 3k Elf Yourself Family Fun Run at Normanby Hall Country Park on Sunday 19 December! Curly's will also be holding their Rudolph's Revenge Nighttime 10k Festive Run. Previous year's sold out fast, so please don't be disappointed this year and sign up as soon as possible. Book now here for just £10.



GIVE A CHRISTMAS GIFT OF CARE

Send a gift with a difference by purchasing one of our Gifts of Care. Choose from the following three options and you'll receive a postcard to gift to your loves one.

Gift of Christmas dinner for a patient – £5

Gift of a nurses tea and mince pie break – £10

Gift of one hour of counselling or therapy – £25

Gifts of Care are available to buy [here](#).



LETTERS FROM SANTA

He's making a list, he's checking it twice! Bring a glimmer of Christmas magic to your door and find out whether your child is on the naughty or nice list.

Submit your child's details between 1 November – 5 December to receive a deluxe personalised letter from the big man himself. Optional extras include a postcard to send the North Pole, door hanger and Christmas wish bracelet. Order your letter [here](#).



step into

Christmas

REAL CHRISTMAS TREES & TREECYCLING

If you're planning on buying a real Christmas tree this year, be sure to buy yours from Lindsey Lodge. Not only will you have a beautiful tree to decorate, but you'll also be making a difference to our patients and their families this Christmas. Prices start from £34.99 (delivery excluded).

Register for our Treecycling service and we'll come and collect your real tree between Wednesday 5 and Monday 17 January 2022 for a small suggested donation of £10. Order your tree [here](#) and book Treecycling [here](#).



CHRISTMAS CARDS

Choose from a handpicked selection of Christmas cards to send your loved ones during the festive season. With nine designs to choose from, there's something for everyone.

Christmas cards are available to purchase on our eBay page [here](#) and from our shops.

WIN A CAR FOR CHRISTMAS

We're giving away three incredible prizes that could make your Christmas! Tickets cost just £5 and you'll be in with a chance of winning a brand new Suzuki Ignis, Lay-Z Spa hot tub or a 43" 4K Smart TV thanks to the support of Baden Powell, B&Q Scunthorpe and Euronics Johns Electrical. Get your tickets [here](#)

