

HOSPICE NEWS



December 2022



*Merry Christmas
and Happy New
Year from Lindsey
Lodge!*



Welcome... from the Chief Executive

As we end our 30th birthday year, we reflect on what 2022 has meant for us.

There are so many good things for us to celebrate and be proud of : Six new inpatient beds in our Butterfly Wing; the launch of our 24/7 Specialist Palliative Care Advice Line - the Butterfly Line; a fantastic year of fundraising events and activities, and the opening of more retail outlets to name but a few.



I am extremely proud of all our teams who are so very loyal to our cause and I take this opportunity to thank you all for remaining strongly committed to our charity. The feedback from our patients, families and carers is always very powerful and positive, and it's lovely to receive the feedback and see patients valuing their time in our care.

Thank you to everyone in our local community for their continued support, it's been lovely to see so many people getting back together at our events this year.

May you enjoy this Christmas with your loved ones and have some down time and rest.

My sincere thanks and best wishes - Happy Christmas!

Best wishes

Karen Griffiths



Have you signed up for Jog on January?

Over 50 people have already signed up to say goodbye to the January blues by taking part in our month-long Jog on January challenge! Sign up [here](#)

Walk, jog or run your way to 5, 10 or 15k. New for 2023, we're inviting participants to take part in a Jog on January park run on Saturday 28 January. Whether you've never run before or want to get active again, Jog on January is the perfect way to build up to 5k, 10k or 15k.



Booking includes t-shirt and fridge chart for you to track your progress. Raise £1 per day to earn your Jog on January medal.

LIGHT UP A LIFE 2022



Light up a Life Service rounds off 30 years of care

Over 200 people attended Lindsey Lodge's annual Light up a Life Service at St Hugh's Church on Thursday 15 December, with over 1,000 viewers joining the service online.

Lindsey Lodge Chief Executive Karen Griffiths said: "We were delighted so many people could join us for the Service, after we had to change the venue due to the extremely cold weather.

"This event plays an important part in the hospice calendar nationally, and offers families an opportunity to join together and light up a life on our tree of lights during the service to remember their loved ones at Christmas."

The event raised over £10,000 for Lindsey Lodge, and marks the end of a busy year of celebrations to mark its 30th anniversary, with highlights including a 'Big Birthday Bash' in its grounds in June, which gave it an £8,000 boost, and its biggest ever Glow Walk in September, raising over £46,000.

During 2022, the Burringham Road-based Hospice also underwent its biggest ever expansion project in 20 years, which saw it opening six new beds in its Butterfly Wing, and launching a 24/7 specialist palliative care advice line called the Butterfly Line.

Karen said: "There is a growing demand for our specialist end of life care, and we have responded to this by expanding our services, so we thank everyone who has supported us over the past 30 years!

"From supporting our events, shopping and donating to our retail activities and dining in our Meet and Eat Restaurant, the North Lincolnshire community recognise that we are a truly local charity, supporting local people."

She added: "We recognise that times are hard for all of us, so we are extremely grateful for people's continued support. Here at Lindsey Lodge, we're also seeing a huge increase in our costs like everyone else, so these much needed funds are having to stretch even further for us at the moment.

"On behalf of everyone at Lindsey Lodge, I offer our sincere thanks and hope that our community will continue to support us to enable us to provide care to local patients and families for the next 30 years!"



CHEERS! FOR 30 YEARS



News



We've got a new Lending Library

Our Wellbeing patients now have a new Lending Library - thanks to our Volunteer Nick Kostiuk!

Nick has very kindly upcycled a book case and has stocked it with a wide range of interesting books from our Ashby Bookshop for our patients to pick up and enjoy while they are at the Hospice, or lend and take home to return on their next visit.



We'd like to say a huge thank you to Nick for everything he does to support Lindsey Lodge!

Well done Jo!

We'd like to say a huge well done to our Complementary Therapist and Advanced Assistant Jo Price, who has recently completed her training to become an accredited Reflexologist!



This follows an intensive three month training course, as well as completing her Ofqual Level 3 Diploma and/or Certificate in Anatomy, Physiology and Pathology, which is a pre-requisite qualification for becoming a Reflexologist.

Jo, who has worked at Lindsey Lodge for over six years said: "I've worked really hard over the past six months to gain both of these qualifications, so I'm delighted to now be able to offer this therapy to our patients at Lindsey Lodge." Read more [here](#)

Victor Finance give us a £2,000 boost

A huge thank you to Victor Finance for donating £2,000 to Lindsey Lodge! We are extremely grateful for your generous support.



Christmas Craft & Gift Fair success

Thank you to all of our stall holders and everyone who supported our Christmas Craft & Gift Fair on 26 and 27 November at John Leggott College Sports Hall!



Business Club meets

We had a great Business Club meeting in November, thanks so much to everyone who came along, it was great to see so many local businesses there! Thank you to Scunthorpe United FC for kindly hosting the meeting.



Festival of Trees success

A huge thank you to Rotary Club of Scunthorpe for their support from this year's fantastic Festival of Christmas Trees, which raised a total of £1,845 for Lindsey Lodge. We are extremely grateful for their continued support.



Barnes send gifts for patients

Thank you to Barnes cash & carry for donating chocolate to Lindsey Lodge for our Christmas party week for our patients to enjoy!



News



Thank you to our Retail Team!

2022 has been such a busy year for our Retail Team! As well as opening a new shop in Brigg, we also started trading from our Shop and Donate Warehouse in the past 12 months.



Our teams work tirelessly to ensure your donations are thoroughly checked, steamed and in the best possible condition for you to purchase, before they hit the shop floor, or online.



They make a huge effort into creating beautiful visual displays and ensure all of our customers are given a warm welcome. They also throw themselves into supporting events and activities throughout the year.



We are extremely proud of their hard work and the past few months have been extremely busy.

The shops will close on Friday 23 December and re-open on Tuesday 3 January, so we thank everyone for their custom during 2022 and look forward to welcoming you back in 2023.



We are always in need of good quality donations, so if you're having a clear out over the festive break, please save your donations for Lindsey Lodge and bring them to our Warehouse, or any of our shops, when we re-open - and please remember to sign up for Gift Aid if you're eligible, just ask a member of our team, or visit our web page [here](#)



By donating to Lindsey Lodge, you're directly supporting the local community and supporting recycling and re-use, which ultimately reduces local landfill and helps the environment - so thank you for your support!

Our Festive lunches were a sell out!

Well done to Andy Poole and our Catering Team for providing a sell-out week of festive lunches!

With two sittings of three courses every day, that's a lot of cooking! So we are extremely grateful to all the team and our customers for making it such a success!

The team always make the Restaurant look so welcoming and decorate for every occasion, so we thank them for all they do!



Our Meet & Eat Restaurant goes from strength to strength and is now a very popular place to enjoy lovely food, good company and a nice cuppa! So please join us in 2023. We will close at 2pm on Friday 23 December and re-open on Tuesday 3 January.

News



Local family donate £6k bladder scanner

A kind-hearted family have donated a bladder scanner in memory of their loved one.



Peter Cooper and his daughter Amanda Bazley donated £6,000 in memory of Jean Cooper, their much-loved wife and mother, who passed away at Lindsey Lodge Hospice and Healthcare, to purchase the much-needed equipment.

Amanda said: "During Mum's time at Lindsey Lodge, she could have benefited from the use of a bladder scanner, so we decided as a family that we would donate one in her memory.

"Mum would be so pleased to know that we've donated the bladder scanner and it will help other patients during their time at Lindsey Lodge."

She added: "We truly cannot thank everyone at Lindsey Lodge enough for the support they've given us. They not only looked after Mum, they were there for the whole family.

"The team went above and beyond, meeting every need and they still offer us support, even now." Read more [here](#)

Thank you Elsham Golf Club

We held our fantastic Golf Day at Elsham Golf Club in the summer. Now the seniors from the Club have raised £775 for Lindsey Lodge by holding a raffle - thank you.



Super slimmer donates to Lindsey Lodge

A big thank you to Paul Douglas who has raised £100 for Lindsey Lodge with his Man v Fat challenge! Paul lost 6 stone during the 14-week challenge. Read more [here](#)



Thank you to all our Mini Elves!

Over 1,000 pupils took part in Mini Elf this year to raise funds for Lindsey Lodge! Thank you so much to each school and all the children for taking part!



Thank you Hospice Harmonies!

Thank you so much to our wonderful Hospice Harmonies Choir for their ongoing support! They raised £472 for Lindsey Lodge with their summer concert, provided our Wellbeing Centre with a festive performance and performed at both the Festival of Trees and our Light up a Life Service.

They also held a Christmas Concert - so they have been extremely busy, but always in fine voice - thank you all!



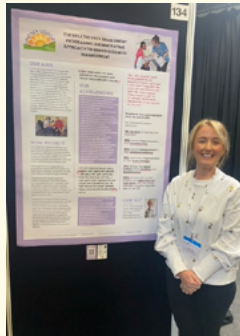


We went national at the Hospice UK Conference!

We were greatly honoured to not just have one, but two poster presentations at the Hospice UK Conference in Glasfow in November...

Breathe Easy Enablement Programme

Lindsey Lodge Advanced Care Practitioner Sarah Hodge's poster presentation demonstrated how the evidence based intervention - BEEP - is supporting people living with a range of conditions including Chronic Obstructive Pulmonary Disease (COPD), Pulmonary Fibrosis, Bronchiectasis and Cancer.



The eight-week Programme is a collaboration of professionals based within the Hospice and externally with consultants, complex care matrons and psychological services.

Patients complete an hour of exercise in Lindsey Lodge's Re-enablement Gym, which are led by the physiotherapist, or advanced care practitioner occupational therapist and advanced assistant (referred to as the programme's dedicated practitioner).

In parallel to this, the patient's carer will be able to access a separate session focusing on relaxation, counselling support, or an hour of respite. This is followed by an hour of education for both patient and their carer.

The education sessions include breathing control and management strategies, exercise, and disease management including: Smoking cessation, fatigue and energy optimisation, sleep, pain, managing anxiety and stress and future/advanced care planning.

Sarah said: "100% of the carers who've taken part in BEEP felt that it helped them to cope better with their family member's condition, and they would be less likely to call 999, which obviously reduces the number of hospital admissions and A&E attendances for the acute trust." Read more [here](#)

Innovative training on faith and culture at the end of life

An innovative training approach to increase knowledge and understanding of cultural and faith issues at end of life across health and social care, aimed at over 3,000 local professionals was shared by Lindsey Lodge Quality and Education Lead Sally Watson.



The 'Faith and Culture at End of Life' training video was devised to support North Lincolnshire health and social care professionals in having conversations about spirituality, culture, faith - or no faith - with patients and families.

Sally said: "We implemented a new end of life strategy within the locality, to support the delivery of patient centred end of life care in 2021.

"We brought together a diverse range of local faith leaders for a roundtable discussion of the experience of death and dying from their different point of views, with a focus on how health and social care professionals could enhance patients' end of life experiences.

"This discussion was filmed in the format of a training video as a resource for all health and social care professionals. Adopting this innovative approach maximised the opportunity for learning from a diverse range of religious and non-religious groups.

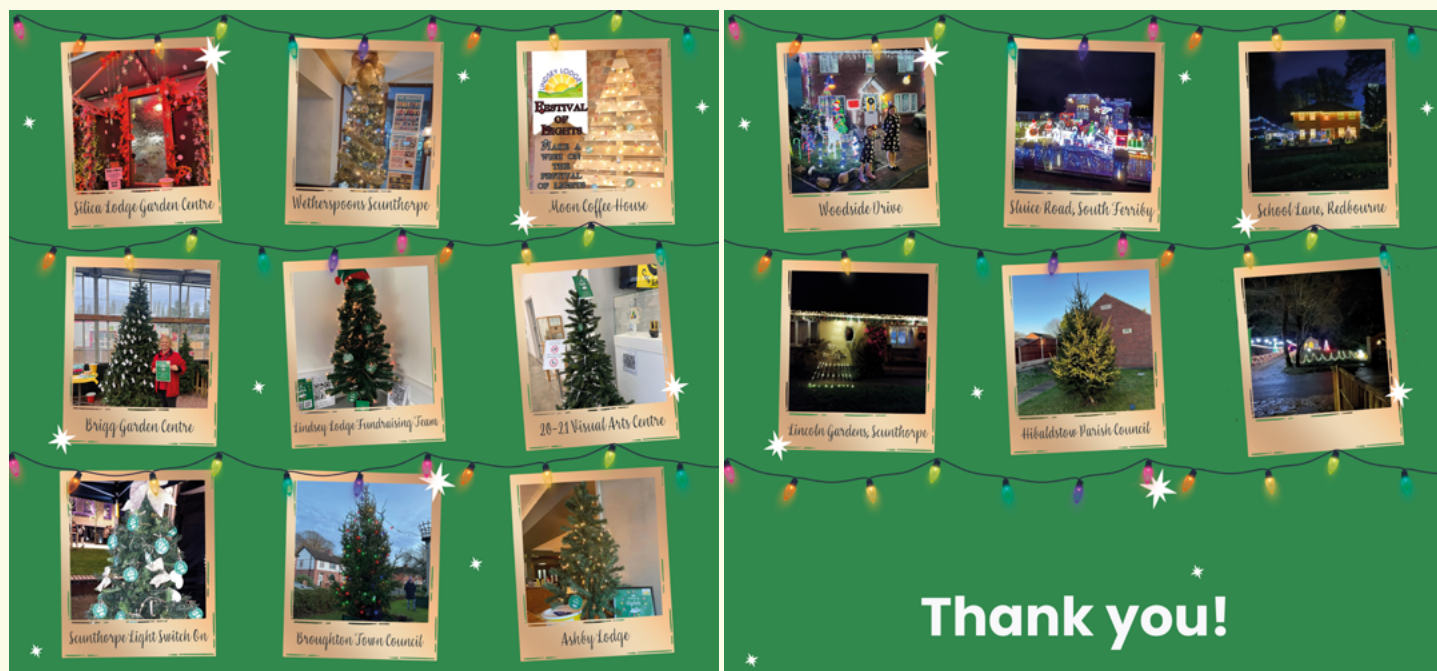
"The video clearly demonstrates that dignity, respect and being sensitive are important to all faiths, it is thought provoking and provides important information about different rituals at end of life."

Sally said: "As part of our poster presentation, we shared the QR code link to the video on YouTube, as it's a valuable free resource to all health and social care professionals, and we're delighted it's already had over 200 new views." Read more [here](#):



Our Festival of Lights campaign lights up the community

We're delighted to have so many homes and local businesses sign up for our Festival of Lights! Thanks so much to everyone who has taken part, you've made December sparkle!



Autumn Fair success

Bottesford Town Council have raised a fantastic £498 with their Autumn Fair. A big thank you to Cllr John Davison, Lesley Liddle Clarke, all of the Councillors, stall holders and residents of Bottesford who helped to make the event a success!



Corporate Christmas Care Appeal

Thank you to all of the local businesses and individuals who supported us by purchasing one of the 25 days in our Christmas Care Advent Calendar this year. Instead of buying gifts for staff, customers or suppliers, they donated towards the gift of Hospice Care this year. Every day we have opened a new door on our calendar to reveal the day's sponsors, which have been displayed on all of our social media channels, and on a screen in our Hospice Reception, restaurant and shops - thank you all for your support!

Have you signed up for Treecycling yet?

Our Treecycling service is back for 2023! Register [here](#) and we'll come and collect and recycle your real Christmas tree for a small suggested donation of £10. A huge thank you to North Lincolnshire Council for their support again this year.

Wreath making

Our Christmas wreath makers got into the festive spirit under the expert tuition of experienced florist Maryanne Aitken and created some beautiful bespoke Christmas door wreaths, so thank you to everyone for their support.



News



Our patients have enjoyed some festive fun!

Christmas at Lindsey Lodge is always a special time. Our clinical team work extremely hard to ensure our patients have lovely entertainment and this year was no exception - crafts, quizzes, choirs, musicians, and bell ringers brought some festive joy, and we thank the team and all of the entertainers for their wonderful support!



We had some raffles!

Our clinical team also held two raffles in the run up to Christmas, which were drawn by our lovely patients. Well done to our IPU Team for raising £674, which will be used to support memory making work and the Wellbeing Team who raised £434 for crafts. Brilliant efforts by both teams!



Well done to our Superdraw winners!

Thanks to everyone who bought a ticket for our Christmas Superdraw!

The winning tickets have been drawn here are the winning numbers:

- 0049367 - 1st Prize - £2000 cash
- 0003525 - 2nd Prize - One week in a caravan in Filey
- 0056696 - 3rd Prize - 43" TV
- 0055577 - 4th Prize - One year gym membership at Energie Fitness
- 0025948 - 5th Prize - One year supply of dog food
- 0083623 - 6th Prize - 2 dog grooming sessions
- 0090538 - 7th Prize - Hall Farm Park Tickets
- 0064777 - 8th Prize - Boiler Service
- 0080275 - 9th Prize - MOT
- 0091182 - 10th Prize - MOT
- 0095684 - 11th Prize - Shepherds Place Farm Tickets



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.



Jacqui's story

Jacqui (63), who has cancer of the spine, was admitted into hospital on 30 October 2022, suffering from issues with her mobility and feeling generally very poorly. While she was there she underwent a number of tests, as well as a course of planned treatment and needed support to manage her pain.

Jacqui was transferred to Lindsey Lodge's Butterfly Wing on 9 November after it was suggested by her Macmillan Nurse.

The Butterfly Wing is Lindsey Lodge's new six-bedded unit which supports patients like Jacqui, with nurse and therapy-led care from its Advanced Clinical Practitioners (ACPs), after being discharged from hospital, or from a community setting.

"I've never been to Lindsey Lodge before, and when it was first suggested to me, I was a little worried, as I thought a hospice was somewhere people only came to at the end of their life."

"I felt quite stressed about my condition and lack of mobility before I came, but agreed to come to the Butterfly Wing, and really didn't know quite what to expect."

"I arrived by ambulance, and as I entered Lindsey Lodge the sun was shining and I began to feel calmer."

"When I got to my room it was beautiful and it felt more like a five star hotel! It was so lovely to have a door leading out onto the garden and such a nice environment for family and even pets to visit."

"The staff were all so calm and positive, it's really opened my eyes to what hospice care is all about."

"Dr Lucy has supported me to get my pain under control, and the whole team have been wonderful, they even provided me with complementary therapies to help me relax. I've loved spending time here whilst I've been recovering, and really never expected to pick up as quickly as I have!"

After just under two weeks of care at Lindsey Lodge Jacqui was well enough to return home on 22 November.

"Thanks to the lovely staff I'm now back on my feet. They've supported me every step of the way and I'm now confident in getting around again. I'm so grateful to everyone for everything they've done, it's all been amazing - thank you!"



COMING IN 2023!



JOG ON JANUARY 2023

JOG YOUR WAY TO 5, 10 OR 15K!

Whether you've never run before or want to get active again, Jog on January is the perfect way to build up to 5k, 10k or 15k

Sign up & receive your Jog on January 2023 t-shirt & fridge chart to tick off

Be active every day in January and build up to your chosen target of running, jogging or walking 5k, 10k or 15k

Join us at our Jog on January Park Run on Saturday 28 January to earn your medal

SIGN UP ONLINE
LINDSEYLODGEHOSPICE.ORG.UK

SPONSORED BY
energise fitness
energise fitness are offering Jog on January participants an exclusive discounted membership of £17.99 per month. They are also offering free use of their treadmills for participants during bad weather

SUPPORTED BY
SCINTHORPE PARK RUN

Charity number 702871
www.lindseylodgehospice.org.uk
01724 270835

**Starts
1 January**



Lindsey Lodge Christmas Treecycling 2023

Register for our Treecycling service and we'll collect your real Christmas tree between Monday 9 and Friday 13 January (week 1) or Monday 16 and Friday 20 January (week 2) for a small suggested donation of £10*. Please note we cannot give a specific slot for when it will be collected.

Postcodes collected from: DN9 1, DN15, DN16, DN17, DN18, DN19, DN20, DN21 3, DN21 4, DN38, DN39

BOOK ONLINE: LINDSEYLODGEHOSPICE.ORG.UK

**Collections
9 to 20
January**



JUNIOR JUMBLE & BABY BARGAINS

THE PERFECT OPPORTUNITY TO BUY AND SELL YOUR PRE-LOVED KIDS CLOTHES & BUNDLES

21 JANUARY 2023

AT BOTTESFORD TOWN SPORTS HALL

STALLS COST JUST £8 TO BOOK VISIT
LINDSEYLODGEHOSPICE.ORG.UK

**Saturday
21 January**



LIVE MUSIC at THE WORTLEY HOUSE HOTEL

POINTBLANK COVERS BAND

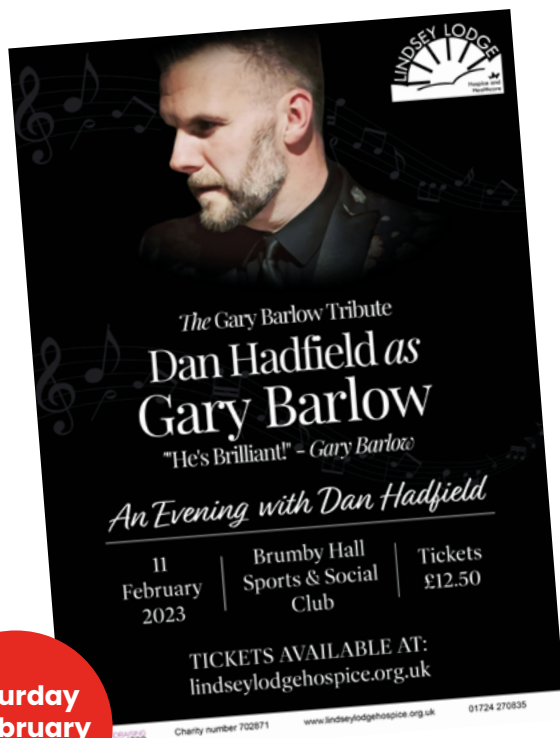
SAT 28 JAN • DJ • 7PM - 12PM • TICKETS £7

BOOK ONLINE: LINDSEYLODGEHOSPICE.ORG.UK

Charity no. 702871
lindseylodgehospice.org.uk
01724 270835

**Saturday
28 January**

visit lindseylodgehospice.org.uk



**Saturday
11 February**



**National Three Peaks
Challenge**

**12 to 14
May**



Skydive

**3 June
23 August
&
14 October**



Flat 100 2023

**Saturday
10 June**



**Friday
23 June**



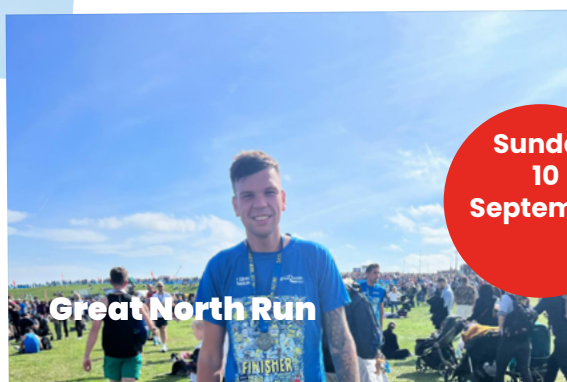
Wing Walk

**Saturday
8 July**



Glow Walk

**Friday
8
September**



Great North Run

**Sunday
10
September**