

ALL TOGETHER

MAKING EVERY DAY MATTER



We've certainly made every day matter recently! We enjoyed a very successful and sustainable Fashion Show, shared stories from our front line as part of Hospice Care Week and celebrated our Veteran Aware status.

First came our inaugural sustainable Fashion Show held in Truro Cathedral and featuring our own colleagues. The event went down a storm with 410 people coming along to see what our charity shops have to offer. It was for everyone involved, a night to remember!



You can read more [HERE](#) and watch a news report about the event [HERE](#).



Last week we launched our annual Hospice Care Week campaign with the theme of 'making every day matter'. We unveiled our new Impact Report that you can read [HERE](#) and shared stories from our front line team members.

We also had the privilege of meeting one of our patients, Leonie who we helped achieve her goal of getting to her brother's wedding. She was so delighted that she worked with us to make a short film about the role hospice care has played in her recent life. You can watch it [HERE](#).



Our Editor writes;

The words thank you never seem enough when people step outside their comfort zone to help tell our charity's amazing story, but I owe many a very big thank you.

To all those who shared their stories of when they made a day matter, thank you. To those of you who worked with me to write and design this year's Impact report, thank you. To our wonderful patient Leonie who willingly shared her very personal story, thank you and to Elaine who's our cover girl for this year's report, a huge thank you! It's always a privilege to work with each and every one of you. My very best wishes, Tamsin 😊





We've been celebrating Veteran Aware status



Our charity is celebrating being granted Veteran Aware status. We've also achieved a silver standard for the Defence Employer Recognition Scheme, the Armed Forces Covenant that encourages employers to support those who have served and inspire others to do the same.

The first of three launch events was held at St Julia's Hospice last Tuesday (8th October) where Helen Hurst RGN QN from the Veteran Covenant Healthcare Alliance (VCHA) said; "We want to reach in to the Armed Forces community to explain what hospice charities do and to encourage collaboration. I'm honoured and privileged to present Cornwall Hospice Care with their Veteran Aware status." She was joined by Councillor Louis Gardener, Cornwall Council's Armed Forces and Veterans Champion and a former Royal Navy Officer of 20 years, Commander Richard Turrell RN from RNAS Culdrose and our own Housekeeping Supervisor Mark Evans who's an RAF Veteran.

Also attending were Andy Craze and Mark Thomas from the 'We are with you' charity who're pictured here with Gina Starnes, our Clinical Director. She and Sara Long, our Head of HR, have worked tirelessly to achieve our Veteran aware status.





The second event took place at Mount Edgumbe Hospice on Thursday 10th October. Receiving the Veteran Aware status from Helen Hurst were our volunteer Trustees Jane Stubberfield and Dominique Roberts , pictured above left.



The third and final event was held at our warehouse and offices site in Daniel's Lane, Holmbush. Here veteran members of our team received the plaque declaring Veteran Aware status. They included Chris Starnes Education Lead who was a member of the Royal Army Medical Corp – Kev Rowden from the ICT team who was in the Royal Logistic Corp – Neil Rowe Processing and Distribution Assistant who was with the Royal Electrical Mechanical Engineers and volunteer PAT Tester Trevor Skuse who recently came out of the Army.



There were cakes of course, with edible toppers declaring our Veteran Aware status and a very special flag to unveil our certificate.



Gina Starnes explains; “The flag was flying on the Merchant Ship Port Brisbane when she was attacked by the German Surface Raider ‘Pinguin’ in 1940. Captain Harry Steele was on the bridge with the apprentice. The apprentice was killed. Harry put one Red Ensign over the apprentice’s body and said the Lord’s Prayer.

He then grabbed this flag, put it in his pocket and gave the difficult order to 'abandon ship'. He kept this flag right through his time as a Prisoner of War and presented it to his family one of whom, Tamsin, works for us. It's in the care of her and her brother Will Mitchell and we were very honoured to borrow it for this purpose."



A hobby that got out of hand

When Gavin from Bodmin (pictured left) started collecting football programmes it was a little hobby, but it mushroomed in to a massive collection. Dating from the 1950s onwards, a few programmes suddenly became thousands. "The greater number of programmes date from the 1970s, 80s and 90s," says Gavin who's been a patient at Mount Edgcumbe Hospice. "But I've decided now's the time to donate them to Cornwall Hospice Care and the retail team have already collected a van load."



A Plymouth Argyle supporter, Gavin says one programme has eluded him. When Argyle played Birmingham in 1961, someone from the crowd threw a banana at the referee and Argyle were given a one match home ban. Their subsequent game against Ipswich then had to be moved to Torquay at the last minute, so the programme was only one sheet. Alex Long our Donation Centre Manager at Holmbush, is pictured right with some of the programmes.





Gavin's managed to sell some of his collection for good money. "I got £150 for a programme for a World Cup tournament that was played in Germany in 1972. It was in a box of 250 programmes I got from a guy in Teignmouth."

Gavin's wife Wendy sadly passed away at Mount Edgcombe Hospice in June of this year. "She received such amazing care and it's my way of saying thank you. I'm being cared for by the team now so there's double the reason for giving away my collection to this wonderful charity." We say a huge thank you to Gavin for his generosity.

Admissions to our Hospices

A message from Gina Starnes, our Director of Clinical services; "Clinically we're always very keen to ensure that our precious bed resource is used appropriately. Our clinical teams review all requests for admissions on a daily basis to ensure that the right pathway is provided for those requesting a bed.



It's really important that we have that dialogue with our Community and Hospital colleagues to ensure that the needs of the patient and their family are appropriately met. Sometimes their care is supported at home; sometimes hospital is the right place if for example investigations are ongoing, and sometimes the Hospice is appropriate.

This means that not all of our beds are full all of the time. The hospice team must also be mindful of staffing numbers and inpatient dependency and any patients on the admission list that may affect the ability to safely admit others.

If you're aware of someone local to you that appears to be struggling with care or with their symptoms, then please advise them that their GP is their first point of support.

I'm always happy to help with a conversation if you've been approached by a friend or neighbour asking for your help with a loved one because you work at the hospice. We can advise you and share information that will be of help."

It takes a **TEAM**

You might not be aware but yesterday (Monday 14th October) was Allied Health Professionals day, an opportunity to celebrate the benefits of multi-disciplinary team-based care.



It's a moment to remember our Physio's, our Occupational Therapists, bereavement counsellors, Lymphoedema practitioners and complementary therapists.

Yesterday we welcomed Lisa Ledger, Chair of the AHP Council in Cornwall, who's role it is to bring all healthcare staff together, in hospitals, hospices and in the community. As you can see from the picture, she visited Mount Edgumbe hospice where she was welcomed by Michelle Fenton Therapy Assistant and Jamie Best Physiotherapist.



Our ONE TEAM news

An introduction first; please meet Denise Douglas who's our Clinical Resilience Facilitator.

Denise has a background in nursing, having worked in District Nursing and then in palliative care at various hospices. She also worked in Uganda for 3 years supporting the care of patients with HIV/AIDS. It was while she was at Havens Hospice in Southend, Essex that she undertook training in Resilience based Clinical Supervision (reflective practise) and subsequently implemented it across the hospice to support staff. Denise is now in the process of implementing the model at our charity.



“My role is to embed this model of restorative supervision accessible for all our patient and family facing staff,” explains Denise. “Initially it’ll be aimed at clinical staff, then we’ll move on to supporting staff and volunteers who’re patient and family facing. We’ll then offer it to our shop staff and volunteers. It’s about supporting and identifying people’s emotional reactions, helping them by providing tactics to cope with their work .”

The idea is to bring small groups together. “We can reflect and share experiences and skills and learn about how to recognise what you can control and what you can’t. The plan is to build a resilient workforce and encourage our compassionate community.”

Denise is working three days a week and is running taster sessions first; “I believe in this model of restorative supervision and can see how staff are transformed. It puts tools in their pockets to enable and encourage them to be able to reflect and if necessary, to behave differently.”



Let's also welcome...

Nicole Allen- Registered General Nurse at Mount Edgcumbe and
Simon Jones- Deputy Retail Manager.

Movers and shakers ...

Celebrating being a 'mover and a shaker' are Michelle Mobbs now Retail Manager Truro and was Deputy Retail Manager. Belinda Santos Cunha who is now Head of Finance having been Interim Head of Finance and Grant Jones, Head of Retail after holding the post of Interim Head of Retail Operations.

Leaving us are...

We say farewell to Dave Johns, Samantha Buckingham-Cook, Paul Newsum, Amy Lewis and Aimee Edmond.



I can see a rainbow

Our thanks to Dr Sarah Ashley who captured this wonderful panoramic view of a rainbow over St Julia's Hospice. Remember we're always keen to receive your pictures and stories. Just send them in to communications@cornwallhospice.co.uk



Bye bye Dr Beth



Cake, balloons, gifts and flowers were the order of the day at Mount Edgcombe Hospice last week when Dr Beth Dick went on maternity leave. A special gathering was held in the patient lounge where she was challenged to work out which of her colleagues were represented by a series of baby pictures (she identified some).



Thanks to Dr Lucy Davies who took the picture above for us as Dr Beth thanked everyone for their kind wishes.

Wellbeing Therapy dates



Our next Wellbeing Therapy dates are Thursday 21st November at Mount Edgcombe Hospice and Monday 4th November at St Julia's Hospice. If you think you need a bit of therapeutic tlc, drop a line to hr@cornwallhospice.co.uk and you'll go in to the draw for a session.



Freedom to Speak Up Guardians



Speaking up about any concerns you have at work is really important. In fact, it's vital because it'll help to ensure improvements are introduced where needed for our patients, staff and volunteers.



Jane Stubberfield

Trustee and Freedom to
Speak Up Guardian

jstubberfield@cornwallhospice.co.uk

You can raise a risk about malpractice or wrongdoing with any of the three colleagues featured right. It doesn't matter if your concern proves to be mistaken, as long as you're genuinely worried about something.



Dr Colin Philip

Trustee and Freedom to
Speak Up Guardian

cphilip@cornwallhospice.co.uk



Frazer Hopkins

Director of Income Generation and
Freedom to Speak Up Guardian

fhopkins@cornwallhospice.co.uk
07920 535981

Welcoming Corporate volunteers



Erica Vitai, our Philanthropy Manager, writes; "Last Friday a team of 15 people from Cornwall Council and Lorne Stewart Facilities came in to our Daniel's Lane warehouse to give us a helping hand. They got stuck in painting the walls in the main warehouse and sorting through some

of the donations, finding treasures including some rare collectible football cards and a brand new phone! Lorne Stewart Facilities were generous enough to donate the paint and equipment too, and they came armed with some homemade cakes, which complemented the pasties we provided for lunch.

It's a huge thanks to the whole team for their enthusiasm and to our own warehouse team for supporting the day."

Our Song for Christmas



Paul Kingdon, one of our Mount Edgumbe Hospice reception volunteers and Morwenna, known as 'Sapphire Ice', have recorded a special song for Christmas.



You can download a copy [HERE](#) scroll down to the bottom of the page and make a donation. Paul says; "I am now in my second year of volunteering and it was during one of my volunteer shifts when I was reading the fundraising updates, I started to think about whether our recording of Star of Wonder might be something that could benefit our charity in some way. When I discussed this with Morwenna she said yes with no hesitation!

The time I spend volunteering is so rewarding. I can't describe how it feels when I walk through the doors of the hospice at the start of my shift. It is the most peaceful and mindful environment I have ever experienced, and it really benefits my mental health. The staff and other volunteers are so friendly, and it feels like an honour and a privilege to be helping patients and their families and friends, at times which are often difficult and very emotional for them.

I easily get as much out of volunteering as I give to it, and until you volunteer you just don't realise quite how rewarding and wonderful it is. I would urge anybody who is thinking about volunteering to just go for it – as well as helping to support the hospice, it will have such a positive impact on their own life."





It's nearly time for our Reindeer Roundup!



Aimed at schools, colleges and nurseries, our Reindeer Roundup provides a festive opportunity to celebrate the run up to Christmas while raising funds for our charity.

You can find out more [HERE](#) so spread the word to all those budding Reindeers. This picture was from last year's Roundup at Bodmin College.



New Year fundraising

Once the excesses of Christmas start weighing on your mind, how about getting on your bike with a reason? Our Cycle France event will be taking place in

September of next year and promises to be a fantastic adventure. Find out all about the challenge [HERE](#).

Shout out to our Young Farmers

We're often supported by the Young Farmers Clubs of Cornwall and love the opportunity to say thank you. This is Probus Young Farmers who recently handed our volunteer Elen £1,000 to go towards the care we provide.

THANKYOU



Here's Johnny...!



A very successful evening with Johnny Cowling took place at St Mawes Memorial Hall recently, with support from Mark Bower as the warmup man. The event was organised by Shirley Turner and Paula Brown, with tickets sold by Harbourmaster Chris Turner and his staff from the Harbour Office.

Sponsors included the St. Mawes Pier & Harbour Company, The Parc Golf Club and Steph, Paula, Shirley and Barbara who sponsored the bar. Chris and Mary supplied the hampers and Caroline ran the raffle. Jenny and Phyllis were allocated advertising and 'stage management', i.e. putting out chairs and tables!

The event was a sell-out, and a great time was had by all and look at this – the event raised a mammoth £4,061 for our charity.



Our Editor (Tamsin) adds; I had the pleasure of attending this event as Shirley's good friend and what a time we had. I haven't laughed like that for ages and it was a pleasure to see the determination in the room to raise as much as they could for our charity. It's a huge thank you from me for a cracking night out – even if my husband spent the whole night worrying that Johnny might pick on him!! 🤪

Fundraising Group news

Our Roseland Fundraising Group supported the event above and our other groups have been busy too. The Marazion group served tea and cake in the beautiful home of Gill and Chris Burlton. The house overlooks Mounts Bay and with a great turn out and home made cakes, the event raised a fabulous £385.

Our Falmouth group recently held a Coffee Morning at St Marys Hall. It was attended by Helene Llewellyn who came along to demonstrate her handmade jewellery, made with Murano Glass she's collected on her trips to Venice. Everyone was intrigued and the event raised £335.



The St Agnes fundraisers held a Baked Potato Lunch in the Church Hall at St Agnes. It was extremely busy and they sold out completely of everything they had cooked. Excellent result, raising £540...we just hope the ladies didn't go home too hungry with none left for them!

Bingo @ the Brit



Our Community Fundraiser (East), Kelly Tregaskes, practised what she preaches recently. Along with friends and family (Andy Tregaskes, Nick & Dilys Vincent, Julie Rickard and Michelle Smith) she hosted their second Bingo @ The Brit evening.

The event raised a fantastic £1,090.00 which could fund 45 hours of nursing care at our amazing hospices. Kelly and the team would like to thank everyone who attended at evening, the Britannia Inn for once again allowing them to use their fantastic facilities and all the businesses that supported the event and donated amazing prizes.

find out more about events happening for us [HERE](#).

Loving our Lottery

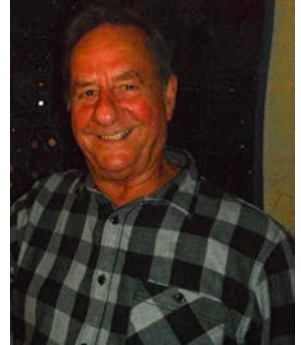
When Nick Rammond from Penzance (pictured) won a thousand pounds on our lottery he told us; "I was over the moon to hear I had won £1000 in your draw. If I ever won anything substantial, I always promised myself I would give half to each of my (grown up) children. They will be delighted too! At last its happened."

Mr Rammond has been joined by three more £1,000 winners since the last edition of All Together.

They are Mr Stevenson of Redruth, Mr Rivers from Hayle and Mr Ward who lives on the beautiful Isles of Scilly. Our rollover stands at £800 for the next draw this Friday (18th October).



A chance to win a way to care
• Mount Edgcombe Hospice • St Julia's Hospice •



Triumph for Truro



Congratulations to our Truro City Centre shop team who've won first place in the Truro in Bloom competition. Helen Finch, who was covering as Shop Manager, says the window was designed by volunteer Christine who also oversees the displays inside the store. A big well done to everyone – what an achievement!

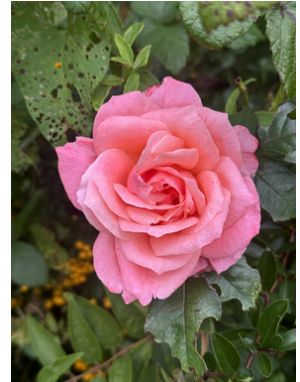
Double Delight



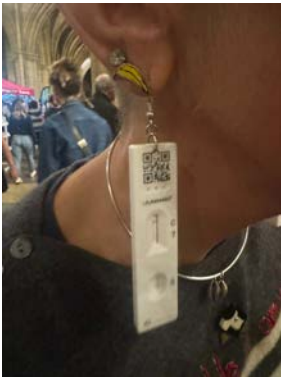
Two charities are benefitting from the extraordinary challenge our colleague Chris Starnes took on to walk the entire South west Coast Path and he's just announced the final totals each will receive. Thanks to his extraordinary efforts, our charity and STRIDE will receive £1,887.05 each! That represents a fundraising total of £3,774.10. Chris and Gina say they're amazed and thank everyone for their support, which was very much appreciated.

Sir Cliff Richard's Rose

It quietly blooms in the grounds of Mount Edgcombe Hospice but very few people know it's story. This is the rose that was planted by Sir Cliff Richard on a visit, we think back in the 1980s. It's just bloomed once again and was magnificent.



And finally....



We loved these earrings made from old Covid Tests that were being worn by an exhibitor at our sustainable Fashion Show! Like all the people selling their wares at the event, it was about recycling and reusing clothing and other items. Another stall was selling earrings made out of old cutlery - inventive and fun.

ALL TOGETHER

Cornwall Hospice Care's staff and volunteer newsletter

Please send your stories and pictures to
communications@cornwallhospice.co.uk

