



The Hospice
of st francis

COVID UPDATE

“We are facing the reality of the biggest reduction in our income that we have ever seen in our 40 years as a Hospice.”

Kate Phipps-Wiltshire, CEO

LET NO-ONE DIE ALONE

PROUD OF OUR HOSPICE

Proud to be your Hospice



When the time comes to look back and take stock, one thing is certain, our connections with each other are what sustain us and makes us who we are. This has enabled The Hospice of St Francis to be a constant, to be a hand in the darkness and to deliver the best possible care in these unprecedented circumstances. Together, staff, volunteers, supporters, and the wider Hospice community, all of you have made this possible.

Your innovation, compassion and determination is inspiring, this will take us forward in the days to come. In this edition of the newsletter you can see some of what has been achieved and find out about our plans (as government guidance allows) to welcome the wider community into the Hospice once more and spend time together.

Coronavirus is a new virus and we have had to learn quickly. We have had to make many difficult decisions and there will be more to come. Some of our staff have contracted this virus and recovered. Patients too have recovered, tragically some have not. Friends and colleagues have lost loved ones. At The Hospice of St Francis with all of our expertise in ensuring people have a good death, at times we have been pushed to our limits. We have had fantastic support from the NHS locally to ensure we could get access to testing as soon as that became available.

For our nursing and clinical teams, there has been no let up. There has been no such thing as a weekend. Working countless extra shifts, we have been able to ensure that local people are discharged from hospital. To nurse parents so they can die at home, spending precious time with their young families. To care for people who would usually receive their treatment in hospital. Our Wellbeing and Family Support teams, staff and our volunteers have adapted to deliver virtual sessions via phone and video link. They have worked

with new partners to ensure people could receive food and essential supplies every week. We have been overwhelmed by the support we have seen pour in from across our community. Support that means we could get personal protective equipment and specialist medical supplies. We have had incredible gifts of food and flowers. We have gratefully received the scrubs made by talented volunteers and we have given to 957 patients and families the time that is needed to make a difference.

At this time of year many of you would have been in our shops, taken home boxes of joy from our Markyate Plant Sale, be planning for our flagship Garden Party at Ashridge or the legendary Dacorum Steam Fayre. You would have been fundraising in cake sales and sponsored challenges. None of which can take place this year and we have truly missed you.

You, our community, are at the heart of what we do. We are here for you and because of you. We love your support and we rely on it. Thank you to all of you who have made donations.

For the first three months of the pandemic all Hospices had financial support from the government. We have also been incredibly grateful to landlords who have been able to

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OVER 2,000

support calls made since the pandemic began

defer or reduce our rental payments whilst our shops have been closed. We are nevertheless facing the reality of the biggest reduction in income we have ever seen in our 40 years as a Hospice.

I need your help right now to fund our Community Nursing team. For this dedicated team, who are continuing to work those extra shifts, the pace

is unrelenting. They are alongside people who would normally have been cared for in hospital who now need to be cared for at home, and people who are having to contend with treatment delays because of the Coronavirus. These consequences will continue for many months. Please, if you can, make a donation to support The Hospice of St Francis today.

By donating to support our Community Nursing team you will be helping to ensure that this month on any of our shifts no-one will die alone, and no-one will be left isolated. My hope is that through your generosity we can mount a campaign month on month to fund the Community Nursing team for the rest of this year.

I know you will help in whatever way you can.

Thank you

Kate Phipps-Wiltshire

CEO

COVID-19 UPDATE

957

people supported since the pandemic began

LET NO-ONE DIE ALONE.
LET NO CARER BE LEFT ISOLATED.

Whilst everything around us has changed, our roles are still the same. The truth is that this situation is not going away, but neither are we.

Our care will never come at a cost to the patient or their loved ones. We are there when others cannot be only because of your support. No-one can put a price on a good death, but everyone deserves one – and together we can achieve this.

stfrancis.org.uk/let-no-one-die-alone



NEWS IN BRIEF

#WeLoveYourSupport

We have been incredibly humbled by the lengths that our community has gone to support the Hospice at this time. In recent weeks we've received numerous donations of vital face masks, visors, scrubs and other protective equipment for our Inpatient Unit and Community Nursing teams. Other donations have included fish and chip suppers for staff still working onsite, food for our kitchen, and flowers for our IPU - to name a few!



Hello to...

Lynne Hunt and Dr Rama Vancheeswaran, our two new trustees. Lynne is a qualified accountant recently working as the Director of Finance at Bicester Village whilst Rama is Consultant Chest and General Physician for West Herts NHS Trust and also a British Lung Foundation Ambassador and both bring vital expertise to our Governance team.

Innovative Fundraising

COMMUNITY SUPPORT WHEN IT MATTERS MOST...

Our brilliant community continues to amaze us, and although our own fundraising events are currently on hold, we have been blown away by your innovative ways to raise funds!

Our friends at Markyate Plant Sale organised takeaway cream teas and a socially distanced small-scale plant sale to raise £4,000!



9 year-old Georgina made and sold cakes and jewellery to raise £551! And the wonderful members of Rotary International, supported by our local clubs of Berkhamsted and Hemel, have nominated us to receive a generous grant. Feeling inspired? We would love to hear from you so please do get in touch; what could you do from home or in your immediate community? email fundraising@stfrancis.org.uk



Our 1,500 volunteers are at the heart of the Hospice. During the pandemic many have had to take a short break from their roles, and we have missed each and every one of them.

A few have been able to continue volunteering, and we have been humbled by the amazing aptitude, resourcefulness and offers of help during lockdown. We could shine a light on so many but take for example our Family & Carer Support volunteers who have for the past few months been **delivering meals to over 37 of our families who have been shielding or vulnerable and unable to get to the shops. Whilst our Bereavement Telephone Supportline volunteers have made over 475 calls from home**, our talented craft ladies have been busy sewing scrubs and masks and our gardeners have continued to care for our stunning grounds whilst observing all the guidelines.

Steve, a volunteer driver, shares his experience of volunteering in lockdown...

“When the pandemic came along, I initially offered to run the vehicles occasionally to keep them serviceable. Prior to lockdown, I was mostly involved with driving the van for retail and the catering teams. That has all stopped of course, but I’ve been pleased to be available for other needs. Instead I have been delivering lunches from our kitchen to the nursing team at NHS Gossoms End and supporting the Inpatient Unit.”

As well as delivering food, Steve has also been transporting Covid-19 tests and blood samples so we can get the all-important results back as soon as possible.

Want to know more about volunteering for the Hospice? Visit stfrancis.org.uk/volunteer or email volunteering@stfrancis.org.uk

“It has really felt too much at times”

GITA KADIRGAMAR, REGISTERED NURSE ON OUR INPATIENT UNIT

During the Covid-19 pandemic, what have been the main differences to how you normally deliver care?

Sadly, some of our staff, or their family members, have experienced this awful virus, so there has been a lot of shifts to cover - which as an amazingly supportive team, we have been able to do. Also, not being able to immediately call upon some of our Wellbeing and Family Support colleagues to help has been noticeable.

What has been the biggest challenge for you?

It has to be lack of touch - we in palliative care are used to holding patients’ and relatives’ hands, embracing them when there’s been bad news or a death. Also, not having volunteers on the unit, who are vital support, has added to our workload.

How have you found caring for patients whilst wearing PPE?

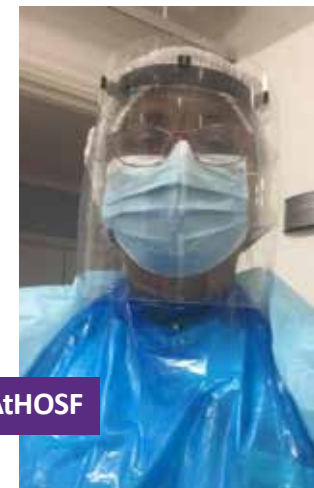
It’s so hard for me and my colleagues to hear each other, so even harder for our patients who have hearing issues and rely on lip reading. I have tried to smile or empathise using my eyes. It’s very hot when

you’re wearing a mask and have the full PPE on. Still it’s been reassuring having the PPE above and beyond what is required.

Have there been any moments when the challenges have seemed too hard?

It has really felt too much at times, especially when our younger patients have had bad news or died. And not being able to offer that hug or hand to hold. The whole team have pulled together and been working to provide the support that has been needed. Lots of WhatsApp-ing!

I’d like to thank all my work colleagues and the wider hospice family, and the kindness of the public, for making it possible for us to continue providing the best care we can under these terrible conditions.



#ProudToWorkAtHOSF

Give something extraordinary - Leave a Legacy

Making a Will is an opportunity to leave a gift to the Hospice that can transform the care that we can give, and ensure it continues long into the future. 1 in 5 patients, receives extraordinary care from our specialist team thanks to gifts in Wills.

When you make a Will, you can not only secure the future of those you love, but also help to secure our future by leaving us a gift. If you can’t wait for our Make a Will Month in October, we have teamed up with an online Will writing company Kwil. Visit stfrancis.org.uk/legacies for more details.

If you would like to discuss leaving a gift to the Hospice in your Will, please contact Fiona Watson on **01442 869 555** or fiona.watson@stfrancis.org.uk



DR SHARON CHADWICK MEDICAL DIRECTOR AND DEPUTY CEO

How has the team been able to deliver the outstanding care to patients who require particularly complex care?

hospital's beds were needed for people with Coronavirus.

As a doctor, what have you found most challenging?

I have found it difficult having to restrict visiting when one of the hallmarks of our care as a Hospice is our completely open visiting arrangements. We have tried to manage this as compassionately and safely as possible. It has also been hard to ask staff to do so many extra shifts, it has felt as if they have been constantly on duty. It has been very tough, that despite our best efforts our staff and patients have become unwell with this virus and this is difficult to come to terms with.

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330
Patient caseload per month

Our team will always go the extra mile to make sure that people with the most complex disease get all the care, interventions and support that they need at home and on the Inpatient Unit. They are highly skilled and courageous in their preparedness, with appropriate training, to take on new interventions that we have not previously delivered. The calibre of our senior team, doctors and nurses, means we have been able to ensure palliative patients previously receiving treatment in hospital could have their treatment at The Hospice of St Francis when locally our



Dedications help the Hospice to grow

Our Memory Tree has been quietly nurtured for 5 years since it was generously gifted to us. It stands in the Hospice Chapel and carries the engraved names of 72 beloved people. Each name came with a gift to help the Hospice to continue to flourish.

The In-Memory team work towards helping people find their way to keep connected to the Hospice and support our work. Leaves can be placed on our tree virtually whilst we have to stay at home. By dedicating in memory of your loved one you can help keep positive memories at the forefront of our minds, particularly in these strange and sometimes difficult times. Email inmemory@stfrancis.org.uk for information.

DAVE'S STORY

During the pandemic we have supported several patients who have required particularly complex care. One such patient was David Smales. Dr Chadwick shares his story...

Dave was an amazing 39-year-old man who bore his illness over the last three years with great fortitude and humour. During the time that I knew him he had numerous complications due to the treatment and the disease itself. I never heard him complain. He was deeply loved by his family and friends and was determined to do everything that he could to get as many days as possible to spend with them.

"THIS IS NOT AN INTERVENTION THAT THE HOSPICE USUALLY OFFERS BUT IN THESE EXCEPTIONAL TIMES IT FELT RIGHT TO MOVE OUT OF OUR COMFORT ZONE AND OFFER THIS TREATMENT"

When the Covid-19 pandemic arrived, he was at difficult point in his illness. He had already had extensive treatment and his options were limited. His oncologist was keen to continue treatment for as long as possible and in order to support this Dave was referred for assessment to receive nutrition directly into his blood. This required admission to Northwick Park Hospital which at that time was being hit particularly hard by the virus. Following a short stay, the optimum formula that would be required to support Dave in order to enable him to have more time was established. Usually this would be given at home by an NHS team to support the production,

delivery and administration of the bags of nutrition that he so desperately needed. Unfortunately, this was not possible during the pandemic and as Dave was not able to eat, he seemed sure to have a short prognosis. However, working together with the consultant at Northwick Park we were able to support Dave to come to the Hospice three times a week overnight to receive this life-sustaining treatment. This is not an intervention that the Hospice usually offers but in these exceptional times it felt right to move out of our comfort zone and offer this treatment. We knew we could do it safely.

The feeding gave Dave extra energy and a bit more time with his family before sadly he died in the Hospice a few weeks ago. The close and loving relationship between Dave and his family was clear to see and we are truly grateful to have had the opportunity to give them some more time together. We are also grateful to his wife Katie for giving permission for his story to be shared.



BERYL WANTED TO BE AT HOME, AND THE HOSPICE MADE THAT HAPPEN

Beryl Milnes, from Felden near Hemel Hempstead, was 80 when she passed away at home in mid-April during the lockdown. After being diagnosed in 2017 with breast cancer, and receiving chemotherapy and radiotherapy, Beryl was given the all clear in 2018. But sadly, despite only a 10% chance of it coming back, in February 2019 she felt pain in her left arm and the cancer had returned. Since then she was supported by the Hospice. Her husband, Richard, shares their story...

"I contacted the Hospice for support and they responded so quickly. Everyone we met there was just so wonderful and caring. Dr Ros Taylor helped Beryl with the pain, and because she was losing movement in her arm she worked with one of the physiotherapists, Marie-Jeanne. Even during the summer, when the Hospice had building work, the team were able to use Egerton Rothesay School to hold support sessions. Soon Beryl had lost all use of her left arm and hand, and one of the nurses began to help us. We would receive calls from the doctors at the weekend, and out of hours, just to see how Beryl was."

"As her condition worsened we were supported more and more at home by the community nurses, including Juliet and Claire. They sorted everything, from the wheelchair, to the loo seat – they even arranged for a hospital bed to be delivered, even though Beryl only used it for one night. We looked forward to their visits. The lovely carers (from the Hospice's Rapid Personalised Care Service) came every morning and it was such a help. I can't thank them enough."

As the Covid-19 pandemic progressed and the lockdown was announced, Richard describes how the team still visited, "The nurses had to wear the masks and protective equipment, but it was ok.

I still felt safe. My main worries were of course for Beryl, and also for the Hospice carers who had young families at home. There were endless telephone calls to check how we were doing. It was just wonderful to have that support."

BERYL LOVED OUR HOME. AND THE NURSES MADE SURE IT STAYED THAT WAY – IT STILL FELT LIKE HOME

"Beryl loved our home. And the nurses made sure it stayed that way – **it still felt like home**. Beryl always said that she only wanted to leave our home at the end of her days, and her wish was granted. She wanted to stay out of hospital, and the Hospice made that happen. She passed away peacefully at home, with me and our two sons by her side, along with the support of two Hospice carers. I cannot emphasise how very special it was for us to have Beryl at home. Under the current circumstances I couldn't imagine Beryl being in a hospital with the chance of us not being allowed to be with her. For this we are truly, truly grateful."



COVID-19 UPDATE

90

New referrals

"It was a privilege to have been married to Beryl. She was desperately trying to hold on for our 50th wedding anniversary this summer. Everyone who met her, never forgot her. She was opinionated, but so, so very kind, loving and caring. Beryl was hugely active in the community with the Church, the local primary school and local politics. Although we couldn't have the funeral service we would have had under normal circumstances, on the day of the funeral we drove by our Church, Holy Trinity in Leverstock Green, and **there were so many people, who couldn't attend but who wanted to pay their respects**, standing along the roadside and in the Churchyard. My 8 year old granddaughter stopped counting at well over 100. **Beryl touched so many hearts.**"

"My sons and I decided that rather than flowers, we'd ask for donations to be made to the Hospice. When it's safe to hold a larger service we plan to have a celebration of Beryl's life, but by creating a Hospice Tribute Page it meant people could, if they wished, make dedications at this time."

Having set up a Tribute Page in memory of Beryl, family and friends have donated an amazing £16,832. At a challenging time, these donations are incredibly important to help fund our Community Nursing services.

"**I'd do anything to help the Hospice, so that other families can have the incredible support and affection we've had.** They may not like me saying this, but the nurses are true angels. I simply don't know what we would have done without them."

Remembering the life of a loved one with our Tribute pages

We have been able to help friends and families connect and share memories to celebrate the life of loved ones remotely, with the help of our in-memory Tribute Pages. By sharing the Tribute Page of someone important to you, you can raise vital funds to help us provide care during this time for other families. Find out more at stfrancis.org.uk/tribute-pages or email inmemory@stfrancis.org.uk





VIRTUAL Garden Party

If you're missing our annual Garden Party at Ashridge House as much as we are, then have a look at our DIY Garden Party pack free to download from our website. Full of inspiration for hosting at home (following government guidelines of course!) and including some of our most loved elements from the day at Ashridge, you'll be sure to capture the magic with your nearest and dearest. Keep an eye on our website and social media throughout the week of 22nd – 28th June for lots of fun ways to join in our Virtual Garden Party; did someone say online dog show...?! stfrancis.org.uk/gardenparty



New for 2020! We are excited to launch a brand new challenge event which allows you to explore this ancient walkway, Britain's oldest road right from your doorstep!

On Sunday 20th September, join us for a marathon adventure at your own pace. We have worked hard to ensure that full social distancing measures are put in place for this special event allowing you to safely take part in smalls groups of family and friends. There is no time limit and with regular checkpoints and support along the way, what better way to put all your latest lockdown exercise routines to good use! To find out more and register your interest visit: stfrancis.org.uk/ridgeway



What's hot on depop!?

Depop is a fashion community marketplace with unique, pre-loved and vintage clothes. We are selling a selection of hand-chosen donated items. Take a look at our other online shops for more hidden gems: ebay, AbeBooks (used, rare and out-of-print books) and Discogs (vinyl, including LPs and singles) stfrancis.org.uk/online



CHAPTER TWO FOR CHESHAM



Lockdown measures meant our new community bookshop Chapter Two in Chesham had to have a virtual opening instead of a real one – but we're delighted to open our doors for real!

The shop, which has sustainability at its heart, sells pre-loved books, gifts, vinyl, craft, cards and stationery and shoppers are invited to browse the ever-changing collection. Once the restrictions ease customers will be able to enjoy a cup of coffee whilst browsing our book collection, join in our exciting workshop programme, book club and storytelling activities, plus community activities and groups. In the meantime look out for some virtual events and workshops. Chapter Two is open seven days a week at 10 High Street, Chesham. Donate your precious books and follow us on social media. stfrancis.org.uk/chaptertwo



All our shops closed their doors on the 21st March, which has been a financial challenge. As lockdown restrictions are eased, things are a little different, but we're sure that you'll understand.

The health and safety of staff, volunteers and customers underpins everything. Here's our promise to you...

YOUR DONATIONS ARE OUR LIFEblood – we know many of you have been putting aside your 10 best items. However managing what we anticipate will be a high volume of donations with fewer staff and volunteers does mean we will need your help. Please think about what you donate and if you can, limit the amount you bring at any one time.

Meet our Bookshop Manager – Mark

Pictured, Mark Jackson-Hancock, who has over 30 years' experience in the book world, with some of his favourite books from the over 14,000 which have been donated (thank you so much if you have contributed!). Passionate about reading he says, "One of the biggest favours we can all do for ourselves is to read for pleasure, an activity that can make us wiser, smarter, happier and healthier!"



We adhere to government advice on social distancing so the layout of the shops may look a little different. We also have to limit the number of people in the shops at any one time.

- Each shop has cleaning stations and staff have their own PPE equipment.
- Stock is isolated for 72 hours, double steamed and all bric-a-brac washed.
- Our changing rooms will be closed and to reflect this our shops refund policy will change.
- We have separate opening times for donations so they can be managed safely.

MY STORY DURING COVID-19 AS A COMMUNITY NURSE

Claire Jakeman – Community Nurse Specialist

There's been nothing 'normal' about recent weeks and months, there has been no such thing as 'core' working hours, or weekends. Our patient caseload has doubled and so have our efforts.

April was a particularly difficult month, with the equivalent of a death a day for patients under our care. The patients that died, deteriorated very quickly and with little warning, so often by the time we saw them they were entering the last days of their life. It was really tough emotionally. We questioned ourselves, wondering whether, because of the enforced alterations to our care, we were not able to notice the more subtle changes and gradual decline in patients. I cannot understate how tough this was. But through it all 'together we were caring'.

Our early morning team meetings have continued and the team support has been more vital than ever, but even with careful planning our days can be flipped by just one incoming call. More than ever we are dealing with emergency referrals - if it is urgent and they need to be seen that day, we change our plans.

The sun has seemed to shine almost daily – as we make our patient visits, at least there are few if any other cars on the road so travel time is more efficient. We schedule in our planned phone calls around the visits, discussing with our Hospice doctors or the patient's GP if we have any concerns or need medications changing.

Since the pandemic we have learnt that we can do more over the phone than we ever thought possible, including initial assessments and Advance Care Planning conversations. This has allowed us to reduce the number of non essential face-to-face visits. It has felt different and some patients have found it more difficult to explain the symptoms or concerns over the phone...but it's become easier over time as we have all adjusted to this 'new normal'.

Whenever we have visited patients we've worn full PPE (gloves, apron and masks) regardless of whether the patient has tested positive for Covid-19. It is a barrier

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419

Community visits since the pandemic began

which as much as possible protects those we are caring for and the team from the virus. Families have been reassured that we have been taking steps to protect everyone involved. **Despite this I think I can speak for all the team that we all have concerns about catching Covid-19 and then taking this home to our families.** It has been immensely difficult.

"IN APRIL THERE WAS THE EQUIVALENT OF A DEATH A DAY FOR PATIENTS UNDER THE CARE OF OUR COMMUNITY NURSING TEAM"

PPE is a barrier in another sense, and wearing it has been hugely challenging for all. For patients and family members it is unsettling to see a person, who you may know well, looking incredibly different. It can feel like a stranger entering their house. It can be a struggle to gauge our expressions especially when having difficult conversations. For patients who suffer with hearing difficulties that mean they normally would lip read, conversations can get lost. We are not able to use touch as we are used to; **we are not able to hug a grieving relative or an upset patient.** Touching or holding someone's hand with a glove on does not feel the same as when we were able to do this without this barrier.

As a whole, the experience over the last few months has taken its toll on the team, emotionally and physically. We continue as always to support each other. It has made us realise how resilient we are, but at the same time realise when that resilience is being tested. **We have been pushed to our limits.**



COVID-19 UPDATE

550

Community Nurse calls to patients since the pandemic began

It is with pride that I can confidently say that the families were never aware of the pressure or strain we were under as a team and that is credit to us all.

It means so much to know that the community are behind us. Supporting us. Sustaining us. Whether that is through donations, or being able to provide us with PPE and making us scrubs, visors etc. The generous gifts including food, flowers and pictures have definitely helped with morale in these very difficult and challenging times.

THANKS TO THIS SUPPORT, WE WILL ALWAYS BE THERE – OFTEN WE HAVE BEEN THE ONLY ONES THAT CAN.



THE SUPPORT HASN'T STOPPED, it's simply adapted

PRIYA DASOJU, MACMILLAN SPECIALIST PHYSIOTHERAPIST

There has been so much change, but we are right here for those who need us. We continue to support rehabilitation for IPU and out-patients, in addition to receiving new referrals. As well as a huge amount of telephone support and video consultations, we are now delivering live online classes including; Balance and Strength and Yoga. So many of our patients have had to self-isolate at home, so it has been a pleasure to be able to create new opportunities to continue to keep active safely. Our volunteers are continuing to support us with this. We're even fitting in online Yoga and Mindfulness sessions for staff and volunteers as we recognise the importance of supporting our colleagues too.



MICK

Mick Pascoe, 68, from Studham, has been receiving support at our Spring Centre since his diagnosis 18 months ago with Stage 4 prostate cancer. Since returning

from a successful holiday to India in early March, Mick explains how things changed during the Covid-19 pandemic, "I had one session at the Hospice before the lockdown started. But the support hasn't stopped, it's simply adapted. I've joined the virtual online Yoga sessions run by Priya, which have been magnificent. As I'm on slow release morphine to manage bone pain one of the nurses, Viv, regularly calls me to check how I'm managing my medication. The pain used to be

relentless, like nagging toothache, but it is now under control and I always have somebody to contact when it gets worse. They are an incredible bunch of people."

Prior to the pandemic, Mick was receiving an intravenous bone strengthening drug at Luton & Dunstable University Hospital, but this was stopped due to the lockdown. "The Hospice stepped in. Dr Chadwick and the team spoke to the oncologist and agreed to administer the drug to manage my increasing pain. I come up to the Hospice Inpatient Unit for a few hours at a time. It's strange as the Hospice is so much quieter than usual, and the nurses are wearing the protective face masks, but they instantly help you relax and put you at ease. Nothing is a problem and the patients always come first."

COVID-19 UPDATE

576 counselling and supportline calls since the pandemic began

"The support of the Hospice has been unbelievable and so motivating. They are very special people and without their help and encouragement I would never have got to India. There's always something there that's positive – I know there may be bad days, but these could also be the best times."

"YOU MAY HAVE A LIFE-LIMITING ILLNESS AND IN NEED OF SUPPORT, BUT THERE IS SO MUCH YOU CAN DO – AND THERE ARE PEOPLE TO HELP YOU ACHIEVE THAT."

To read Mick's story in full visit stfrancis.org.uk/ourstories

ABIGAIL

"Since the lockdown began I have not been to the Hospice, for obvious reasons. Over the last few weeks we have started to do one to one physiotherapy sessions by Zoom and we have also started a weekly virtual Yoga class. Physiotherapy has been a really critical part of my wellbeing for some time now.

We work together to try to build some strength in my body where it is otherwise being weakened. I am so grateful to have the support of the Hospice and my physiotherapist is an absolute superstar."



COVID-19 UPDATE

1,816

meals prepared by the kitchen team since the pandemic began



LOVING THE LOTTERY

The Hospice Lottery has just launched its annual Summer Superdraw to help raise money for The Hospice of St Francis and other local hospices.

By taking part, you could be in with a chance of winning a top prize of £2,000, as well as helping patients and their families who are in need of hospice care and support.

Tickets cost £1 each and are available to buy online at hospicelottery.org.uk/superdraw between now and the 25 August.

The Hospice of St Francis has received over £2 million of funding from The Hospice Lottery Partnership since 2003 and this fantastic sum has only been made possible thanks to all of the wonderful supporters that take part in the weekly lottery draw and bi-annual Superdraws. Thank you for your continued support and good luck in the draw!

**LET
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ISOLATED**

Our care will never come at a cost to the patient or their loved ones. We are there when others cannot be only because of your support. No-one can put a price on a good death, but everyone deserves one – and together we can achieve this.

To fund our Community Nursing team it costs us:

£40 per hour

£950 per day

£6,653 per week

£28,828 per month



stfrancis.org.uk/let-no-one-die-alone

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