



MARY ANN  
YOUR LOCAL HOSPICE



WINTER  
**NEWSLETTER** 2020

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In the Day Hospice we are feeling sad, we are missing all of our lovely patients, the building is very quiet, only staff that are needed to enable the hospice to carry on providing services have actually been in the building.

The Day Hospice staff have been working with the Hospice at Home team, at the start of the pandemic some colleagues were furloughed, others have been working from home, it's been a very strange seven months.

We have missed the hustle and bustle of everyone being here, the volunteers who are here to help both the patients and the staff, volunteer and ambulance drivers who bring patients in. Heather would always look after drivers with tea and biscuits, and if they are very lucky they would get cake in the afternoon, in fact she looked after all of us and we have certainly missed our hot lunches.

Our patient caseload increased overnight as we contacted everyone including the patients on their programme break. It was very important that we kept in contact with everyone, some of our patients live on their own and the Day Hospice may have been the only social contact they had each week. We have made thousands of telephone calls, offered advice and support where we could and signposted to other services if there was a need.

Now that we are trying to get back to some sort of normality, we have set up some virtual day services, we are helping some patients learn new computer skills and we are having Zoom meetings so patients and staff can interact with each other. We have Zoom sessions on craft work, on how to handle any symptoms that they may have, we have afternoon tea, which Heather prepares and they get delivered by volunteers in time for everyone to have tea together. We have Complementary Therapy sessions where Ali talks about meditation and relaxation.

We are very excited with how the new services are progressing and look forward to building on them for the future.

If you would like to get in touch with the Community Day Service Team please call on 02476 865433

It has been a very busy year for the Hospice at Home team. The pandemic has changed so much for us all. With patients not able to visit the hospice, the staff in the Day Hospice have joined us in the Hospice at Home team and we are now a much busier team - we are seeing double the number of patients to pre-pandemic levels.



We are still visiting all the patients that are referred to us for help with their personal care. Respite visits were a little more difficult as many of our patients were shielding because of their age and medical issues, and early in the pandemic they preferred not to have anybody visiting their homes.

This meant we also made a lot of phone calls to make sure all of our patients and their families were coping, we supported them as much as possible. It was important that they felt they were still part of our hospice family. We have known some of them for a long time, we hated that we couldn't visit and support them as we have in the past. We are a team of huggers and we all found it very difficult keeping a social distance.

Things have settled down a little now, even though we are wearing a lot of PPE. We are now providing all aspects of our service again and everyone is happy that they can now speak with us face to face. Even though they can't actually see our face, (some would say that's a blessing!), we still want to hug everyone we visit but hopefully we will be able to do that sometime soon.

The team have been working hard to develop new skills, taking on new roles across the community and working with the new virtual Day Hospice programme. We have had a lot of support from our friends, family, from our patients, their families and from the wider community. We have had some lovely gifts to help keep our spirits up. We will never be able to say thank you enough for all the support we have received.

If you would like to get in touch with the Hospice at Home Team  
please call on 02476 865441

Rapid Response Days and Nights continue to see high volumes of patients with both teams averaging over 175 contacts a month. The night team offers support for the new Rugby team, as well as the team for Rapid Response in the south of the county. The daytime team has a new member of staff called Amy, she has extensive palliative experience both in the community and an inpatient hospice setting. We welcome Amy on board to join Sarah and Aqeela. The Rapid Response daytime team will continue to cover the whole of northern Warwickshire on a permanent basis, having originally been a rural north based pilot. This ensures that Mary Ann will provide a 24/7 rapid response service to all patients living in northern Warwickshire, in collaboration with our colleagues at South Warwickshire NHS Foundation Trust.

We are continuing to support the on-going development of our staff within these teams, with both Ellen and Hannah well on their way to becoming independent nurse prescribers. This will allow the teams to provide quicker and more effective symptom control for our patients by giving them the ability to prescribe end of life drugs, rather than having to request GP visits.

## DID YOU KNOW...

Rapid Response service covers all of northern Warwickshire as a way to improve accessibility to end-of-life care.

We collaborate on the Rapid Response service with South Warwickshire NHS Foundation Trust.

Throughout lockdown our Rapid Response programme has been a shining light of community care.



The Family Support and Bereavement Services team were quick to move to remote working from home on 17th March. We moved from our traditional method of providing face to face support to providing all support by phone. We are very proud to say no one missed a support session while we made this change.

At the same time we sadly said goodbye to Sarah as she moved to Scotland and we welcomed Isabelle and Michelle to the team. What a steep learning curve they had, learning a new job without being able to actually come into the building and meet people!

We continued to provide bereavement support, and support to people with a life limiting illness, during lockdown and throughout the summer. We recognised that COVID-19 had a huge impact on bereaved people, taking away their normal coping strategies, making them feel even more isolated and potentially not allowing them to say goodbye to their loved ones.

In July we extended our remote services by providing group support sessions over Zoom. This was new territory for us and clients and, although it took a little while to get used to the technology, it was really great to be able to connect bereaved people together to support one another. We also launched a new group support service called Serenity – a place for people to come together to relax, unwind and get some much needed 'me' time.



In September we took another step forward by providing 1:1 support for children over Zoom. It has been lovely to be able to support bereaved children again, especially as they start the new transition back into school.

The team have worked so hard this year in very trying times. It is so important to us to continue supporting bereaved people and those coping with life limiting illnesses. We have needed to be imaginative and flexible in how we do this, but not even a global pandemic can stop us from helping you!

If you would like to get in touch with the Family Support & Bereavement Team please call on 02476 863929



## **UNDERSTANDING LYMPHOEDEMA - ALL ABOUT OUR SERVICE**

Our Lymphoedema Service offers treatment for patients who have developed Lymphoedema as a side effect of their cancer treatment.

Lymphoedema is a swelling that can affect any part of the body, but mainly the arms or legs.

We offer a dedicated lymphoedema treatment service. We were one of the first hospice providers to offer treatment in this area, before that it was difficult to find lymphoedema treatment in Nuneaton, Bedworth & North Warwickshire.

The condition can be controlled by using the treatments below:

- Compression therapy
- Manual lymphatic drainage (a specialist massage)
- Exercise advice
- Advice on skincare

The service aims to enable patients to independently manage this life-long condition.

My returning to work coincided with the start of the new 8 week virtual programme of care.

As part of the programme I am providing our patients with lots of nutrition and hydration advice as well as meal ideas and recipes via our Zoom sessions.

The patients on the programme also receive homemade cake to have with their cuppa and afternoon tea.

I am also working on an exciting idea with Carly in Fundraising which if it takes off means I will be doing lots of baking which is something I love doing.

The kitchen is very quiet without our patients and our wonderful volunteer team. I have kept in touch with all the volunteers and we look forward to being able to work with them again in the not too distant future - pandemic permitting of course!

# ***THANK YOU***

***FOR YOUR CONTINUING SUPPORT AND DONATIONS  
DURING THIS UNPRECEDENTED YEAR!***

***COVID APPEAL***

***SPONSOR A  
STAFF MEMBER***



***RAPID RESPONSE  
SERVICE  
EXPANSION  
FUNDRAISING  
CAMPAIGN***

## Homestore at Furniture Revisited

Head on over to our Homestore to find everything you need to furnish your lovely home. Get an awesome home bargain today!



1A Weddington Terrace  
Nuneaton, CV10 0AG



**COVID-19 INFO: CALL HOMESTORE ON 02476 385986 TO FIND OUT THEIR LATEST OPENING HOURS.**



## Nuneaton Shop

Located in the heart of the town. Our Nuneaton store has a place right in the heart of the community.



20-20A Harefield Road  
Nuneaton CV11 4HH

**COVID-19 INFO: CALL NUNEATON SHOP ON 02477 982443 TO FIND OUT THEIR LATEST OPENING HOURS.**

## Judkins Recycling Centre

One person's trash is another person's treasure. This is nowhere better shown than at our store located at the Judkins Recycling Centre!



Judkins Recycling Centre  
Nuneaton, CV10 0HR



**COVID-19 INFO: CALL JUDKINS ON 02476 347860 TO FIND OUT THEIR LATEST OPENING HOURS.**

## Atherstone Shop

Located on the High Street in lovely, picturesque Atherstone. Our shop is full of excellent bargains and if you're in the area well worth a visit!



49 Long Street  
Atherstone CV9 1AZ



**COVID-19 INFO: CALL ATHERSTONE SHOP ON 01827 715390 TO FIND OUT THEIR LATEST OPENING HOURS.**



## Bedworth Shop

In Bedworth town centre you'll find our Bedworth shop. Drop in and see what you can find!



2 King Street  
Bedworth CV12 8HY

**COVID-19 INFO: CALL BEDWORTH SHOP ON 02476 494020 TO FIND OUT THEIR LATEST OPENING HOURS.**

## Coventry Shop

Right in the heart of Coventry city centre you will find our lovely shop. A great place for all of the bargain hunters throughout this great city.



5 Trinity Street  
Coventry, CV1 1FJ



**COVID-19 INFO: CALL COVENTRY SHOP ON 02476 553239 TO FIND OUT THEIR LATEST OPENING HOURS.**

## Coleshill Shop

In the heart of Coleshill find our wonderful little shop. Inside the shop you'll find a veritable cave of wonders!



5/6 Chamberlain Walk  
Coleshill B46 3BZ



**COVID-19 INFO: CALL COLESHILL SHOP ON 01675 465767 TO FIND OUT THEIR LATEST OPENING HOURS.**



## Books Revisited

Also in Coleshill you will find our stunning bookshop, with many floors full of books, records and DVDs.



110 High Street  
Coleshill B46 3BL

**COVID-19 INFO: CALL BOOKS REVISITED ON 01675 464853 TO FIND OUT THEIR LATEST OPENING HOURS.**

# local hospice lottery

## **SIGN UP TO PLAY TODAY**

**153 PRIZES EVERY WEEK!**

**ROLLOVER PRIZE UP TO £25,000**

**PLUS 2 £10,000 SUPER DRAWS EVERY YEAR.**

**[WWW.LOCALHOSPICELOTTERY.ORG/HOW-TO-PLAY/](http://WWW.LOCALHOSPICELOTTERY.ORG/HOW-TO-PLAY/)**

**PLAY NOW! ▶**

# REMEMBRANCE BAUBLES



THE MARY ANN  
**REMEMBRANCE BAUBLE**  
*"A WONDERFUL WAY TO  
 REMEMBER SOMEONE SPECIAL"*

Back by popular demand! Once again you can dedicate a bauble decorated by our patients with your special person's name inside.

To be displayed on our  
 Light Up A Life Trees!

£5

## THIS YEAR AT THE ROPEWALK



**WE WILL HAVE TWO  
 REMEMBRANCE TREES AT THE  
 ROPEWALK IN NUNEATON, WHERE  
 WE WILL DISPLAY OUR  
 REMEMBRANCE BAUBLES. ORDER  
 YOUR BAUBLE DEDICATION TODAY!**

©Mary Ann Evans Hospice 2019

Fill in the section on the donation form included to dedicate a bauble, or call us on 02476 865450, or visit us online at [www.maryannevans.org.uk/event/light-up-a-life-2020/](http://www.maryannevans.org.uk/event/light-up-a-life-2020/)

## LIGHT UP A LIFE

REMEMBERING  
SOMEONE  
SPECIAL



Family, friends and colleagues all come together to celebrate at this time of year. Whilst Christmas is a wonderful time to celebrate, it can also be a time where we can remember loved ones who are no longer with us.

Our Light Up A Life campaign is hugely important to us at Mary Ann Evans Hospice. During this year's campaign you can continue to make a named dedication that will be available in a Remembrance Book on our website. You will also be able to include a card with your dedication, just select the option in the Light Up A Life section on the donation form.

To make your dedication fill in the section on the donation form included, or call us on 02476 865450, or visit us online at [www.maryannevans.org.uk/event/light-up-a-life-2020/](http://www.maryannevans.org.uk/event/light-up-a-life-2020/)

Since March 2019 Mary Ann Evans Hospice has been a proud member of BNI George Eliot, a business networking group based in Nuneaton. The group is made up of 30+ highly regarded local businesses who meet weekly to discuss their business, support each other and pass on referrals.

We were very happy to be offered the charity seat in 2019, but then over the moon to be offered a second year continuing our membership until March 2021. The meetings usually take place every Thursday morning at Nuneaton Golf Club but due to the COVID-19 pandemic the group is now meeting every week on Zoom.

Mary Ann has benefited immensely from not only the financial support of the group, but the contacts that have been generated. The group has helped raise awareness about the services we offer within the local community.

The BNI George Eliot Chapter is going from strength to strength. We have overcome the hurdle of not being able to meet in person, making the Zoom meetings a huge success. The group is growing in members and visitors attending which shows the determination of local businesses to succeed through even the hardest of times, and the referrals being passed throughout the group shows the levels of support the businesses want to give each other.

We at Mary Ann are very proud to be a member of BNI George Eliot.



Please consider becoming a regular giver to the Mary Ann Evans Hospice.

Regular Gifts are important to Mary Ann. It means we can plan for the future and have the confidence to develop our services.

Regular donations also enables Mary Ann to provide free care to local people when they need it most. Some of our services operate 24/7 but we rely on the kindness and generosity of our local community such as yourself to continue these services.

Sue, a 'Friend for the Future', said "The Mary Ann Evans Hospice has always been close to my heart and I know from first hand experience the value of local Hospice care."

Join Sue in becoming a 'Friend for the Future' to ensure that the Mary Ann Evans Hospice will be here in the future for everyone within our community who may need its services.

No donation is too small. The most popular donation is £52.00 per year, this can be £13 per quarter, £26 every 6 months or a single donation. Your £1 per week can make a big difference.

Please call the Hospice on **02476 865450** for details of how we can set up your regular donation. Become a Hospice 'Friend' today.



**YOU CAN DONATE TO #YOURLOCALHOSPICE EVERYTIME YOU COMPLETE YOUR AMAZON SHOP.**

**TO SHOP AT AMAZONSMILE SIMPLY GO TO [SMILE.AMAZON.CO.UK](https://smile.amazon.co.uk) FROM THE WEB BROWSER ON YOUR COMPUTER OR MOBILE DEVICE. YOU MAY ALSO WANT TO ADD A BOOKMARK TO [SMILE.AMAZON.CO.UK](https://smile.amazon.co.uk) TO MAKE IT EVEN EASIER TO RETURN AND START YOUR SHOPPING AT AMAZONSMILE.**

# THANK YOU

## Without you Mary Ann



Get involved, this is your chance.

Become one of our building blocks.

We hope you will never have to experience this, but we need to make sure we are here for those who do.

You can donate, become a member, hold an event. There are many ways to become a part of the H.

## Together we are

# THANK YOU

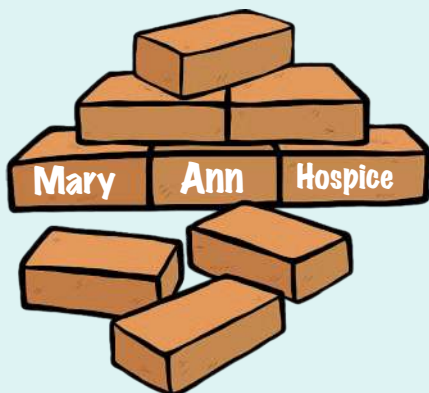
would not be here!

our Hospice!

building blocks.

we need our services  
to ensure that we are

become a volunteer,  
there are many ways to  
support hospice.



## the Hospice

Mary Ann Evans Hospice Support Group have been raising funds for the past 33 years with many of the the founding group remaining members to the present time.

The support group raises around £25,000 per year by running quiz nights, street collections and hosting the very popular Merry Midwives Annual Show all of which we enjoyed tremendously.

This year, due to the situation we find ourselves in, our fundraising unfortunately has been suspended except for our annual Christmas Raffle and Light Up A Life campaign which you will find enclosed with this newsletter.

We don't know when we will be able to resume our fundraising activities but if there is anyone out there who may have new ideas for the future please consider your local hospice as a very worthwhile cause for your fundraising focus.

# DONT FORGET!

**MARY ANN**  
YOUR LOCAL HOSPICE

**Passionate about our community.**

Name and address of participant:

.....

.....

.....

Postcode: .....

Tel: .....

Stubs and payments to be returned by Tuesday 8th December 2020 to the following address: Mary Ann Evans Hospice, Eliot Way, Nuneaton, Warwickshire CV10 7QL

**MARY ANN**  
YOUR LOCAL HOSPICE

**FESTIVE DRAW**

## 2020

**1st Prize £250 Asda Voucher**  
**2nd Prize 32" HD Television**  
**3rd Prize Amazon Kindle**  
**4th Prize £50 Tesco Voucher**  
**And Many Other Prizes!**

**THANK YOU!**  
TO NUNEATON  
SUPPORT GROUP WHO  
ARE RUNNING THIS  
RAFFLE.

Must be 16 years or over to play or claim a prize. Stubs and payments to be returned by Tuesday 8th December 2020. Draw date: Tuesday 15th December 2020. Promoter: Elizabeth Watcock, Mary Ann Evans Hospice, Eliot Way, Nuneaton CV10 7QL Registered Charity No: 1014800. All prize winners will be notified. You need to be over 18 years of age to claim prizes containing alcohol. Registered with the Gambling Commission under the Gambling Act 2005 - LTY/116-4. Please gamble responsibly [www.gamblingaware.co.uk](http://www.gamblingaware.co.uk)

**Draw Date:**  
Tuesday 15th December 2020

£1

Take part in the Mary Ann raffle for your chance to win one of these amazing prizes! Please return stubs and payments to The Mary Ann Evans Hospice by Tuesday 8th December 2020.

## WE ARE NOW TAKING ORDERS!

We are pleased to announce that our takeaway Christmas Cup Cake Box will be available to order at the end of November for just £10 per box!

For £10 you will not only be covering the cost of your delicious cakes, but also making a £5 donation to Mary Ann Evans Hospice.

Why not treat yourself, family, friends or colleagues whilst also supporting your local Hospice?

Please follow us on facebook and Instagram or view our website for updates on how to order coming soon...

# *Festive Goody Bags!*



**PICK YOUR FESTIVE GOODY BAG FROM YOUR LOCAL MARY ANN SHOP FOR JUST £5!  
EACH BAG CONTAINS ONE PACK OF CHRISTMAS CARDS AND FOUR OTHER SURPRISES!  
EACH BAG SOLD RAISES MUCH NEED FUNDS FOR YOUR LOCAL HOSPICE  
LIMITED STOCK - DON'T MISS OUT!**

*Thankyou!*

# THANK YOU TO OUR RUNNERS! VLM 2020

Well what a rollercoaster of a year it has been for our London Marathon runners!

We want to take this opportunity to say a huge thank you to them for continuing to support Mary Ann by taking part in the Virtual Marathon. Not only did they continue through these unprecedented times with their commitment to training they also completed the Marathon to raise great amounts for the Hospice. We are sure everyone will agree their dedication has been not only inspiring but has also shown that even in the most challenging of situations anything can be achieved through a passion and will to succeed.

We salute you all.

## ARE YOU INTERESTED?



Sign up for The Virgin London Marathon 2021, call us on 02476 865440 or email [maehenquiries@geh.nhs.uk](mailto:maehenquiries@geh.nhs.uk)

If you're interested in running The Virgin Money London Marathon 2021 for Mary Ann call us on 02476 865440 or email us at [maehenquiries@geh.nhs.uk](mailto:maehenquiries@geh.nhs.uk) to find out more information.

# **CASH NOT CARDS**

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## **REDUCE YOUR CARBON FOOTPRINT AND SUPPORT YOUR LOCAL HOSPICE**

This year why not try something different for your loved ones or within your business? At Mary Ann we have an environmentally friendly initiative to reduce Christmas card waste. Instead of spending money on Christmas cards why not make a donation to Mary Ann your local Hospice. Whether you are a local business wanting to support Your Local Hospice, or you and your family are looking for an alternative to sending cards this year.



Get in touch with  
the Fundraising  
Team for your Cash  
Not Cards Pack.  
Call us on  
**02476 875440**



# P R E S E N T A M N E S T Y

Please donate any unwanted gifts to Mary Ann your local Hospice. We always need new wares for our shops.

You can donate goods to all of our shops or even to the Hospice itself.

For more information call the Hospice on 02476 865440.



***FUNDRAISE FOR YOUR LOCAL  
HOSPICE FROM THE COMFORT  
OF YOUR OWN HOME!***

***SIGN UP FOR EASYFUNDRAISING TODAY!***

Support Mary Ann as you shop online. The first thing to do is head on over to [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and create an account. Follow the usual account prompts and make your selected charity 'Mary Ann Evans Hospice'. From there use the portal to choose which online shops you want to shop at and easy fundraising will donate money to Mary Ann Evans Hospice for each purchase.

It's been a very interesting time to be involved in the facilities team. We've been working hard throughout the pandemic to make sure that our staff continue to be in a safe environment to carry on their vital work.

We also volunteered to be the PPE hub for the Midlands Hospices. Which meant at one time huge deliveries of supplies and having to turn our Family Support building into a makeshift warehouse! However this really has put Mary Ann on the map and we couldn't be happier about that!

**WE'RE LOOKING FOR VOLUNTEERS TO JOIN THE FACILITIES TEAM.**

**WOULD YOU BE  
INTERESTED IN  
WORKING IN  
THE HOSPICE  
GARDEN?**

**WE HAVE THE  
OPPORTUNITY  
JUST FOR YOU!**

**WHAT ABOUT  
ORGANISING  
PPE?**

**THEN JOIN THE  
VOLUNTEER  
FORCE AT  
#YOURLOCAL  
HOSPICE  
TODAY. LEARN,  
GIVE AND  
GROW.**

**DO YOU WANT  
TO GIVE  
SOMETHING  
BACK TO YOUR  
LOCAL  
COMMUNITY?**



If you are interested in volunteering or would like more information please call on 02476 865440



BECOME A

**SUPPORTER**

DONATE • FUNDRAISE

**TODAY**

## GET STARTED WITH

**JustGiving™**

1. Log on to [www.justgiving.com/maryannevans](http://www.justgiving.com/maryannevans) - this will take you straight to our JustGiving page, where you can set up your fundraiser.
2. When you get to the Mary Ann landing page then hit the orange 'fundraise for us' button. You can then sign up with your Facebook, Twitch or email.
3. From here JustGiving are going to ask you what kind of fundraiser you are setting up from virtual runs to a game-a-thon. If you're not sure your idea is there just hit 'other'.
4. After you've decided on your fundraiser it's time to select your fundraising goal. Don't worry too much about this as you can always change the value later.
5. Have a think about what you want to tell people and explain to them why you are fundraising. Everyone wants to invest in you and your story. The best stories are short and sweet. Even writing a few bullet points can really help you out.
6. When your page is ready don't forget to share it across all your social media pages. Use the sharing link on the page to have people link back to your page and make a donation.
7. And that's it... Well I'd say pop the kettle on and celebrate the first step on your awesome new fundraising journey - knowing the difference you will be contributing to for local people in need of Mary Ann's services.