Your Birmingham Hospice

TOGETHER, WE'RE MAKING EVERY MOMENT MATTER

SPRING/SUMMER 2024

It's time for change

How you can help us through a funding crisis

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PATIENT STORIES MEET OUR PHARMACY TEAM FUNDRAISING IDEAS

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WELCOME

Hello and welcome to the Spring/Summer edition of Your Hospice Update.

In March, we marked the first anniversary of our new name, Birmingham Hospice, drawing on the 150-year heritage of John Taylor Hospice, based in Erdington, and Birmingham St Mary's Hospice, in Selly Park.

Since launching our new name we've celebrated a number of successes as a charity. Our Selly Park site received an 'Outstanding' rating from the Care Quality Commission (page 3), meaning both our sites have the highest possible rating. We also won the Excellence in Third Sector Award at the Greater Birmingham Chamber of Commerce's 2024 awards in recognition of our engagement with the local community, and we secured Investors in Diversity silver status, underlining our charity's commitment to equality, diversity and inclusion.

This year has also brought some challenges. As you will have read

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FUNDRAISING

0121 465 2009

recycle When you have finished reading your magazine please share it with others.

RETAIL (INC. GIFT AID)

in Liz and Jess's letter, hospices in the UK are facing a funding crisis. Hospice UK is estimating a significant shortfall across the sector for the last financial year. This is unacceptable and it's time for change.

We need your support now more than ever. I hope you will join us in campaigning for fair funding for end of life and palliative care (page 5), whether that's by lobbying your MP, signing and sharing our petition, or speaking to your family and friends about our funding situation - together we can make a change.

Thank you for your ongoing support. I hope you enjoy reading

the latest updates from our people in this magazine.

Best wishes,

Simon Fuller CEO, Birmingham Hospice

💥 Selly Park

B297DA

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Erdington

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MEET OUR PHARMACY TEAM

At Birmingham Hospice, we have our own Pharmacy Team which works with patients across both our sites and in the community to help ensure they are taking the best medication for them.

he team currently consists of Jo Bartlett, Chief Pharmacist and Allied Healthcare Professional Lead, Tarun Nayyar, Senior Pharmacist, Lisa Wall-Hayes, Medicines Management Lead, and Sarah Fitzpatrick and Carla McCann, Pharmacy Technicians.

As well as providing specialist advice to other medical professionals, Tarun and Jo can also prescribe drugs themselves, working with patients to find the best ways to manage difficult symptoms like pain and nausea.

Tarun explained: "On the ward our role involves reviewing the medication prescribed for our patients, ensuring that they are safe and effective. We can also independently assess patients in the community

and prescribe medicines ourselves, getting them better relief of their symptoms more quickly."

The cost of providing our pharmacy service has increased in recent years - partly because of the rising price of drugs themselves, but also because we are caring for patients with increasingly complex needs.

more complex patients, who sometimes need quite expensive drugs or combinations of are also staying with us for longer - we recently had someone who was here for six months, and we need to supply their drugs

6699 We can't always fix what's wrong, but we can make a lot of difference by getting pain under control

Tarun added: "We are seeing different drugs. People throughout that time." Jo is the longest serving member of the team, having joined in 2009, and said one of her highlights was seeing



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OUR PEOPLE





how they had become an integral part of the hospice's work in that time.

She said: "When I started, the role was a bit of an unknown quantity and what's great is how we've been supported and recognised. We can't always fix what's wrong, but we can make a lot of difference by getting pain under control.

"You have to be resilient because of what you go through - we do see all sorts of things; people from all walks of life, and you can't force your goals and opinions on them. You need to be able to communicate well, really listen to what people need and not iudae."

WE ARE 'OUTSTANDING'!

Our Selly Park site was recently rated Outstanding by the Care Quality Commission (CQC). In March 2022 our Erdington site was also given this rating, meaning Birmingham Hospice has an overall rating of Outstanding.

CQC is the independent regulator of health and adult social care in England. Inspectors said we went "above and beyond" to provide "outstanding care and treatment" for patients and their families. Their report also said: "Patients and their families praised the

service and consistently gave positive feedback.

"The services at the hospice worked effectively together to ensure patients were able to die in their preferred place."

This rating shows how precious our service is in our local communities and the unique and vital care that we provide.

This is why we are fighting for our future and demanding proper funding for hospices from the government; we need to ensure our incredible service is there for people now, and in the future. Read more about our campaign on page 5.

"IT'S NOT GOING TO BEAT ME"

It's important for people to feel in control of their illness, instead of their illness controlling them.

or Cynthia, coming to the • hospice was the first step in controlling her breathing after living with a chronic obstructive pulmonary disease (COPD) for many years.

She was later diagnosed with vasculitis which inflames your blood vessels and can cause severe breathlessness, amongst other symptoms.

Cynthia, who lives in Winson Green, was referred to the hospice's Space to Breathe programme, held over five weeks at our Selly Park site.

The programme teaches people how to improve their coping mechanisms and mastery of breathlessness through different techniques and exercises.

"I really look forward to coming to the hospice," Cynthia said. "What I have learned on the Space to Breathe course has been so inspiring.

"It has really helped me control my breathing and taught me not to panic.

"At first, I wouldn't know what to do when breathing was difficult, but I have learned so much now.

"I don't panic any more; I feel in control. I don't let it overcome me."



As well as the physical skills, Cynthia said she has made so many friends and feels happy to come to the hospice.

"Everybody is my friend. They have to keep saying be quiet Cynthia' because I'm just so chatty.

"I don't push myself too much. but I still get out and about. I don't want to sit here feeling sorry for myself. I'm happy.

"I went to church yesterday and nobody expected me to go as it's a long journey, but I went, and after the service I was up dancing. No one could believe it, but that's just me.

I'm not a sad person. It's not going to beat me."

She also explained how she initially had misconceptions about hospice care and was nervous

about coming to the hospice.

6699 I don't panic any more; I feel in control. I don't let it overcome me

"At first, I was scared, hearing the name [hospice] but when I came it was nothing

like what I thought. "I would definitely

encourage someone to go try it for themselves. It's such a happy place and the teams are so lovely. It's like they have become a part of my family."

IT'S TIME FOR CHANGE

Hospices are facing a funding crisis.

Almost every hospice in the UK has budgeted for a deficit this year. Hospice UK has estimated a shortfall of

£186 million 🕃 across the sector.*



This is not sustainable in the long term and will result in hospices being forced to cut services, as some are already doing.

We estimate it will cost approximately £19 million



40% OF COSTS

and **40%** of that must come from fundraised income.

The last few years have seen a big increase in costs, including the price we pay for energy, food and medicines, and a shortfall in funding for staff pay awards. * Estimated figure at time of print.

Mike Tiernan, aged 73 from Kings Norton, was first Ō diagnosed with a rare form of cancer 18 months ago, and was referred to Birmingham ENT Hospice by his GP. He visits our Living Well Centre weekly. E Speaking about his experience at the hospice, Mike said: "Coming to the

HOW YOU CAN HELP

PLEASE SIGN AND SHARE **OUR PETITION**

Our petition at www.change.org/ hospicefunding calls on the government to fund hospices fairly to stop cuts to end of life care. Please take a moment to sign it, and help ensure expert palliative and end of life care is always there for local people when they need it.

KEEP UP WITH CAMPAIGNS ON OUR WEBSITE

We have introduced a new 'Campaign for Us' section on our website at www.birminghamhospice.org.uk. As well as a link to the petition, there is also a template letter which you can download to send to your MP. The website also includes more detail of the current funding position for hospices, and suggests other ways you can support us, including speaking to friends and family about

what we do, or inviting a club or society to support us. Keep checking the site for the latest campaigning news!

Living Well Centre is really one of the best things to happen to me. When I first came down with this illness, it was a lot of pressure on my family, and the hospice has taken all of that away; they have taken on a lot of the pressure instead.

"Hospices certainly should receive more money. I wish I

CAMPAIGNING









SPREADING THE WORD IN THE CITY

We recently held an event in Birmingham New Street station to tackle some myths about hospice care and draw attention to the serious funding shortfall we currently face.

We spoke to members of the public, encouraged people to sign the petition and collected donations. Central to the event was our new eye-catching walkthrough tunnel, which explains end of life care in the form of a journey, illustrated by stories from patients and their loved ones.

was a millionaire and then they wouldn't have any problems! I have taken part in a couple of fundraising events for the hospice now and I've been happy to do so, but it's important they get what they need.

"You never know when you might need a place like this. It's an absolutely amazing place



and I really love coming here; everyone is so friendly and they make us all feel comfortable.'

MEMORY WALK



VISIT OUR NEW ONLINE SHOP

We now have our own range of hospice merchandise, meaning you can support us while shopping for a great gift for others or a treat for yourself!

Our collection includes bespoke, engraved necklaces, bracelets, lockets and cufflinks made in the historic Jewellery Quarter.

Hettie, our hospice mascot, even has her own collection! You can pick up a Hettie keyring, pin badge, plushie toy and stationery.

Visit our online shop to browse

the selection - every penny you spend funds expert care and support for local people.

www.birminghamhospice.org.uk/ online-shop





MARIE'S STORY

Our Memory Walk is a way for you to come together with your loved ones and remember someone special. Marie takes part in our Memory Walk to remember her husband John, who she married while he was being cared for at the hospice.

arie and John were already supporters of what was then Birmingham St Mary's Hospice, and had taken part in previous walks in memory of Marie's Nanny Lawrence. When John reached the point where he needed end of life care, they were

determined that he would receive it here.

Marie said: "When I was told there was nothing else that could be done for John, I knew I wanted him to have his final days being looked after at the hospice. He worked as a Community First Responder for West Midlands Ambulance Service



hospice did more for John than others had done in weeks; I was told to just be with him, and it was not down to me to be his nurse.

6699 I was told to just be with him, and it was not down to me to be his nurse

"They looked after us both so well. All of our friends and our six children -

Billie, Josh, Sophie, Ryan, Harry and Kairi – could spend as much time with John as they needed, day or night. We got married just before he took his final breath.

"Birmingham Hospice did so much for us to make our day so special. So, I will continue to walk every year for what you all do."

To join Marie and her family at this year's Memory Walk on Saturday 15 June, sign up by visiting:

www.birminghamhospice.org.uk/ memory-walk





Looking for fundraising inspirati@n?

By organising your own fundraiser, you can tailor it to your niche skills or interests and have fun with even the wackiest of ideas! Here are just some of the fundraisers we've seen over the years - why not try one of these ideas yourself?

SPAGHETTI EATING CONTEST	MUSIC FESTIVA
HEAD SHAVE	TABLETOP SALE
QUIZ	SPORTS CHALLEN SPONSORED EVE
	RAFFLES
FUNDRAISING DINNERS	CHARITY FOOTBALL



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We are delighted that Lloyds Transport and Warehousing has become our new corporate partner.

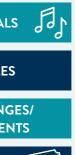
James Lloyd's grandad was cared for by the hospice and he said his family are forever grateful for the compassionate care that he received. Thank you for your support.



Thank you to all of our fantastic event volunteers who help make our fundraising events run seamlessly and create memorable experiences for our participants. We couldn't do it without you.

FUNDRAISING





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MATCH

Roisin Mooney, Community Fundraiser, offers support to everyone undertaking their own fundraiser.

"We welcome all fundraising ideas, from the weird to the wonderful, and I'm here to help every step of the way.

"Every day I'm inspired by the people who commit to fundraising for us, and therefore help local people living with a terminal diagnosis.

"Always remember to get in touch with us when creating your own fundraiser so we can be on hand to help make it a success!"

our super school and nursery supporters for a record-breaking year, raising £38,500 in the past 12 months. We've been overwhelmed by their fantastic support and can't wait to see what the year ahead brings.

Birmingham Hospice Memory Walk

Sis Birmingham

Who will you walk for?

Saturday 15 June 2024 Birmingham Botanical Gardens, B15 3TR

2.5km or 10km

birminghamhospice.org.uk/memory-walk





Birmingham Hospice is the trading name of The Hospice Charity Partnership which is a registered charity in England and Wales (No 1156964) and company limited by guarantee (No 08991245). **Registered office:** 76 Grange Road, Erdington, Birmingham B24 0DF. **Website:** www.birminghamhospice.org.uk



Birmingham Hospice is the new name for Birmingham St Mary's Hospice and John Taylor Hospice.