

Alice

Hello, my name is...

Autumn/Winter 2022

Supporter Magazine **Issue 8**

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Alice House Hospice
Serving the communities of
Hartlepool & East Durham



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christmas raffle

What would you do with a £2,000 cash boost for Christmas?

TICKETS
£1

BUY MORE
TICKETS



The raffle will be drawn on Friday 16/12/2022 at Alice House Hospice so the cash will be in your bank in time for those last minute shopping trips.

Tickets are still only £1 each so if you want to be in it to win it, simply return your stubs in the envelope provided.

You can also buy tickets from Alice House Reception and online at www.alicehousehospice.co.uk/xmasraff22

Contact details provided on returned ticket stubs will be used to contact successful winners. We may also use this information, unless advised otherwise, to promote future cash or prize draws in aid of Alice House Hospice.

Good luck and thank you for your support.



Alice House Hospice
Serving the communities of
Hartlepool & East Durham



A message from our new Chief Executives

Welcome to your Autumn/Winter 2022 edition of *Hello, my name is... Alice*.

As you will read later in this magazine, we said farewell to CEO Tracy Woodall in September, who retired after 14 years of service.

As Tracy's appointed successors, we will be leading the Hospice in a joint role, each looking after different areas of the fantastic work that is done here.

We both share a long history with the Hospice, with 42 years of service between us. Our job now is to steer the Hospice through these uncertain and challenging times, to ensure security for the future of our services.

We have a fantastic team here, as many of you will already know from experience - with your support we will continue our vital work in the community so that everyone is able to access the care they need.

We hope that you enjoy reading this magazine and that it might make you pause to think and smile, or maybe tell you something new.

From both of us and everyone here at Alice House, we wish you and your family a healthy and peaceful Christmas.

Very best wishes,

Sandra Britten & Nicola Haggan
Chief Executive Officers










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01429 855558

John Higgs



John serenades us with his beloved Gretsch Guitar

“I’ve been cared for by willing staff with joyous hearts”

Hospice Communications Officer, Alison spoke to John Higgs whilst he was being cared for in the Inpatient Unit. This is John’s story.

John is a wonderfully chatty, (almost) octogenarian who recently spent some time in Alice House Hospice whilst dealing with a diagnosis of prostate and bone cancer.

John has had a full and exciting life, starting out as the only boy of a family from Dawlish,

Devon he went on to travel the world with his career as a Plater/Template maker spending time in Zambia, South Africa and Qatar.

He remembers his life in Devon fondly and spoke with passion about the wonderful countryside and of course the regional foods, the Devonshire Pasty (favoured over the Cornish Pasty) and the Junket pudding which his mum used to make. He would swim each Boxing Day morning (somewhat reluctantly) with his Dad and was told ‘it’s just something

we do', laughing he tells me 'not anymore!'

It was in Zambia that he met his wife 'Geordie lass' Lovelia, and have been together for almost 50 years now. It was Lovelia who brought him eventually to settle in the North East; "I still worked abroad after we settled here; Lovelia tells me that's the secret to a long and happy marriage", he laughed.

John and Lovelia have three grownup children, Martin, John and Ginny and three gorgeous grandchildren Lilly and twins Holly and Jacob. John was incredibly proud to tell me that Lilly received outstanding GCSE results just that day.

Lovelia is his full-time carer and he tells me, "She has a will of cast iron and really deserves a break, she will be enjoying lunch in Trenchers Fish and Chip Restaurant in Whitby today while I'm being looked after here."

John had experience of Alice House before spending time in the Inpatient Unit as he attended the Friday Men's Club at Day Hospice up until it closed as a result of the COVID-19 pandemic. He made some good friends there, one chap in particular, Brian he remembers fondly.

Speaking about his current stay, John said, "Coming to Alice House has given Lovelia the chance to enjoy a well-earned break from caring for me and the staff here are wonderful, helpful and willing.

The doctor caring for me even made me a cup of tea today – no airs and graces just caring!

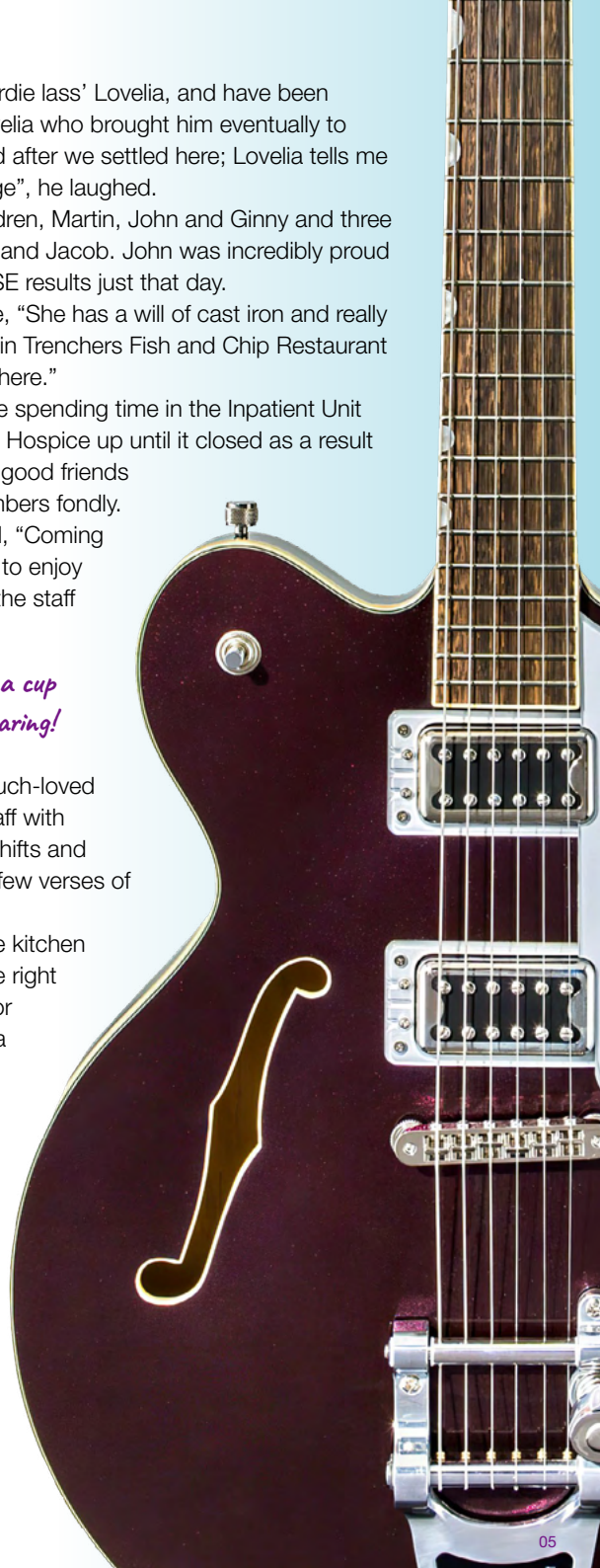
John loves music and even brought his much-loved guitar with him for his stay. He serenaded staff with bursts of Amazing Grace as they swapped shifts and whilst we chatted in the garden he played a few verses of *Hotel California* for us.

John continued, "The food is great and the kitchen staff have made sure my portions are just the right size and even make me some sandwiches for during the night as I get peckish between tea and breakfast!

It would be easy to describe this place as wonderful or lovely but that just isn't enough.

"To say the staff are professional is absolutely correct but a bit too 'stiff', I would describe it as somewhere that is 'warm' in itself.

Alice House is a warm and friendly place where I have been cared for by willing staff with joyous hearts." ■





Our Great North Runners



Hospice staff ran the Great North Run on 11 September this year, in a combined effort to raise money for our patient care services.

Clinical Team members and close friends, Grace McCann, Kat Inch and Paula Tempest, trained, raised sponsorship and ran together, raising around £900 between them. Grace and Kat were running for the first time, with Paula having taken part twice previously on behalf of Alice House.

They were joined by Business and Communications Senior Manager Greg Hildreth, who also ran. Greg's nine-year-old daughter Idha took part in the Junior Great North Run on 8 October; the dad and daughter duo trained together and raised over £700.

The 2022 Great North Run was the first time that the race had returned to its established

route since 2019; the 2020 run was cancelled because of COVID and the 2021 event had an alternate route to help with social distancing. There was huge anticipation for the day from the 60,000 people who had travelled to be part of the most famous half-marathon in the world.

The Great North Run is one of Alice House's biggest annual fundraising initiatives and this year we had 36 amazing runners supporting us. The route took our team 13.1 miles from Newcastle to South Shields, where all runners were awarded a medal for their incredible efforts.

We would like to express our thanks and congratulations to all of our runners and hope that you all had a fantastic day.

If you are interested in running for Alice House in 2023, please email Fundraiser Nicola Winwood on nwinwood@alicehousehospice.co.uk



"We are so happy to be able to raise so much for the Hospice, especially working so closely with our patients and their families and knowing what a difference our support means. Massive thanks to everyone who sponsored us and to Paula and Kat for being such great running partners. It was so important to us that we completed this as a team and we were together every step of the way." **Grace McCann**



"Our patients face so many struggles and I imagine some days feel like a marathon to them. Even in difficult times they find the strength to stay positive and smile, they are an inspiration. I wanted to give something back to the patients so decided to sign up for the GNR; it was my first time taking part and leading up to it I was nervous. Training and running with my colleagues Paula and Grace was motivating and a big support. It was a fantastic experience and a great feeling crossing the finish line together and receiving our medals. We are very grateful for all the sponsors we received which was also very motivating. Already thinking about signing up for next year's!"

Kat Inch

"The GNR is a massive achievement on its own, but to have run this with my colleagues who are my friends was just a phenomenal experience. We knew every step was for our staff, patients and relatives and that is one of the main reasons we made it round! My legs may never forgive me but we are already contemplating running next year!" **Paula Tempest**



"I was so proud to be able to be with my daughter on her first ever official run, she has been brought up with the Hospice so loves to help. Hopefully we will be back for more next year, massive thanks to everyone who has sponsored us, it makes a huge difference."

Greg Hildreth

Steven's Legacy

Steven Wright was a much-loved Hartlepool dad and husband who was cared for at Alice House, where he sadly died in June 2022, aged just 42. Since his death, Steven's friends and family have rallied together, raising thousands for the Hospice in his memory.

Steven was a healthy father of two beloved children, Lottie who is eleven and Finley, who is eight. He kept fit and worked as an engineer; when he discovered a pain in his side in November 2021 he initially thought he had pulled a muscle whilst putting up a curtain rail. After the pain worsened over the following days, tests confirmed that Steven had bowel cancer, which had spread and was at an advanced stage. Steven underwent Chemotherapy treatment, but despite this, his condition deteriorated and he spent his last days being cared for at Alice House, where he was visited by friends and family. He was able to spend his wife Melissa's birthday with her on 1 June and he died just a few days later on Sunday 5 June 2022.

Melissa said, "Each and every member of staff at Alice House went above and beyond, in not just their care of Steven but of us as a family. They gave us support in so many ways, which allowed us to spend precious time together with Steven. Absolutely nothing – and



On a family holiday in Disneyworld, Florida

I mean nothing – was too much trouble and for that I will never be able to thank them enough."

Not long after he died, Steven's loved ones began to donate and raise money for the Hospice in his name.

Steven's funeral took place at Stranton Grange Crematorium on 16 June, after which friends and relatives gathered in The Fens pub, not far from where he lived with his family. On the day, a collection was held for Alice House, raising an incredible £510.

Soon after, some of Steven's friends and family climbed Hellvelyn in the Lake District, where they scattered some of his ashes.

On 10 November, Steven's friend Ben Lloyd will be climbing Mount Everest, at the

"Each and every member of staff at Alice House went above and beyond... nothing - and I mean nothing - was too much trouble" – Melissa Wright

time of writing having raised over £2,500 in sponsorship with donations still coming in. Ben will be travelling with some of Steven's ashes, which he will scatter at the very top as a tribute.

Ben said "I am extremely excited for the trek to Everest base camp and am honoured to be able to raise money in Steven's memory for such a fantastic charity.

I'm a little bit nervous naturally, but it's a once in a life time experience so I'm sure it will be amazing. It will all come down to how my body reacts to altitude; my training's going well, so just looking forward to getting out there."

Melissa works as a Practice Sister at Bankhouse Surgery where a group of colleagues organised a cake sale and tombola in the practice, which raised a further £490 in Steven's name. Melissa said she was blown away by people's level of kindness, support and generosity and wanted to say thank you to all those involved in the fundraising.

There was also a donation made by Mitsubishi Chemicals, who were work contacts of Steven's and further donations have been pledged from other organisations.

Steven had always loved playing football and

his friends and brother Tony decided that a charity football match would be a fitting tribute. The match took place on 27 August at Seaton Carew Sports and Social Club and is expected to be an annual event. A total of £5,285 was raised which will be split between the Hospice and Steven's family.

Stuart Hodgson, a close friend of Steven's since primary school, was involved in the organising of the event and also played football on the day. Stuart kindly shared some words in tribute to his friend, "He was a top, top bloke - one of life's best. He was quite an unassuming quiet fella, but knew loads of people and

the sheer numbers who turned up at the funeral and football match demonstrate just how well he was thought of by so many people.

I put it to the back of my mind most of the time - but really miss my old mate when I think about him, even now I can't listen to the Oasis song *Live Forever* that was played at his funeral, without choking up. But my outlook on life has changed a bit because of Ste - wanting to be a better person and family man like he was and also wanting to make the most of life because you never know when your time is up. When someone your age, who you were close ▶

"I am honoured to be able to raise money in Steven's memory for such a fantastic charity" – Ben Lloyd



Steven (centre) with his friends (Stu Hodgson 4th from left)



Steven and his wife Melissa

to pass, your own mortality is put right in front of your face.

I know being at the Hospice at the end was comforting for Steven and his family and what the Hospice does is so very worthwhile - bringing support to people at their time of need. I'm pleased we were able to raise some money for Alice House and will continue to do so in tribute to Steven, who will live forever in our memories."

The Hospice's Fundraising Senior Manager, Julie Hildreth said, "It is clear how much Steven meant to people and the tributes and donations made have been moving and incredibly generous. Whilst his friends and family must miss him terribly, I hope that they can take some comfort from the love and kindness that has been shown in his name. All of the money raised will help to ensure that Alice House can continue to support more patients and families in the future. Thank you all of Steven's friends and family."

Melissa said "I'm completely overwhelmed by the generosity the fundraising has generated, it's very humbling. We take a great deal of comfort in the knowledge that the money raised in Steven's memory will allow other families in a similar situation to ours, to access the monumental help and support we received.

Steven was one of life's true gentleman, who always had time for each and everyone he met. He would be so proud of the legacy he has left behind." ■



Friends and family on their trip to Helvellyn in memory of Steven

Memory VIRTUAL BOATS



Alice House Hospice
Serving the communities of
Hartlepool & East Durham

DEDICATE A VIRTUAL MEMORY BOAT TO REMEMBER SOMEONE SPECIAL. UPLOAD A PHOTO, SHARE A MEMORY AND MAKE A DONATION.



**DEDICATE A
VIRTUAL
MEMORY
BOAT**



Marie and the Holistic Wellbeing Centre



Marie (left) & Patricia (right)

The Hartlepool Holistic Wellbeing Centre has played a huge part in helping Marie and her family get back on their feet after their struggle during the COVID-19 pandemic.

Marie suffers with bronchiectasis and asthma which meant that during the pandemic it was necessary for her to shield at home throughout 2020-21. Feeling petrified of the outside world, she knew that catching the virus would be devastating and potentially fatal.

Marie said, “My fiancé, Steven, was the only person who was able to leave the house to buy essential items whilst I worked from home and home-schooled my son, Lincoln, who was 8 at the time.

The only place I was able to go during the lockdown was my back garden so we thought we would invest in a hot tub. I looked forward to spending time in there most days with Steven and Lincoln and I called it my safe haven.”

The whole family contracted COVID-19 in July 2021.

“My worst fear came true and I was hospitalised after collapsing with COVID pneumonia. I remember panicking in hospital, thinking ‘What if this is it? What if I never get to go home?’

Fortunately, I was able to go home but as the weeks passed I did not feel any better. I then received the bad news that I was diagnosed with long COVID.

*As well as affecting my physical health,
it took a toll on my mental wellbeing.
Every day is a battle for me.*

I have long COVID symptoms which include breathlessness, brain fog, muscle aches, fatigue, stomach pains and have now been diagnosed with a stomach condition as well as heart palpitations. I’m always in and out of hospital. I was also diagnosed with depression and anxiety.

My son, Lincoln, also suffered during all of this. He became very anxious throughout lockdown as he couldn’t see anyone. He went from visiting my mam and dad every single day to nothing.

I couldn’t, and still am unable to, exercise, cook, sleep or do anything after having COVID, the ongoing lockdown made me feel lost and like I had no purpose.

Restrictions lifted but I was still so frightened of going outside, I didn’t feel like myself and I just wanted everything to be back to normal and be able to go to work again.”

Patricia, Marie’s mam, found the Hartlepool Holistic Wellbeing Centre in February of this year.

"I was just scrolling through Facebook to find somewhere to book for reflexology because my appointment elsewhere was cancelled and I came across the page.

During my appointment, I noticed a group of ladies crafting and all of the different things the Centre had to offer. I booked myself and Marie onto a candle-making course.

I thought it would be a great way for her to get out of the house and be around people for the first time again.

I left the decision of coming completely up to Marie; I wanted her to be comfortable.

Before we attended, I told Barbara, the Holistic Wellbeing Practitioner, that Marie was anxious and she was so understanding and reassuring.

Walking through the main doors of the building felt like two huge arms opened up and wrapped around me. It was the most warm and welcoming place we have ever been in and we haven't look back since.

We loved the candle making course and didn't want to leave so we took a look at what was on later that day and it was a group meditation... we booked without hesitation. We grabbed a sandwich after our course and rushed back to try it out; it was amazing and we quickly booked onto more!

When you are in the group meditation, it feels safe. Everyone can share how they truly feel afterwards without the feeling of being judged."

Marie noticed that the centre also did family meditation so she booked herself, Steven and Lincoln onto a session in March of this year.

It has been life changing. Lincoln loved the entire experience and he now goes at least twice a month with Steven for one to one sessions; it's their bonding time.

His anxieties and worries have improved so

much with Barbara's help. He really settles to the sound of her voice and she has taught him how to use grounding exercises to cope with his emotions. Lincoln said, "When I walk into the Centre it makes me relaxed and happy.

After my parent session with my daddy and Barbara it makes me feel like the stress I have been feeling disappears and my sleep is way better which makes me feel I can have a better day at school the next day."

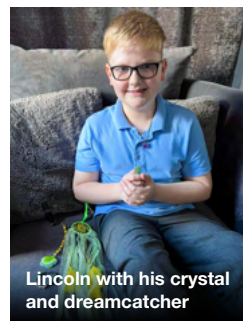
If he cannot sleep at home or he's worried, he will listen to her meditation video on YouTube and listen to her voice to calm himself or we will meditate together; it really works for us. Barbara has even given him his own little pot of lavender oil to use whilst meditating and he loves it.

He was so excited to go and see everyone at the recent Holistic Wellbeing Centre open day. His favourite colour is green and straight away he noticed a green dream catcher. I just had to buy him it and he now sleeps with it by his bed.

I'm now on a journey to recovery from long term COVID and I attend an NHS support group. I have even mentioned the Hartlepool Holistic Centre there!

I began a phased return to work in May, I'm still not back full time, and I truly don't think I could have faced that hurdle without the help of Barbara and the Team.

I recommend the Centre to anyone suffering with their mental health at any age. It has completely changed our family for the better and we call it our safe place as this is how we feel when we walk through the doors." ■



Lincoln with his crystal and dreamcatcher

Visit the Holistic Wellbeing Centre pages on our website

www.alicehouseospice.co.uk/wellbeing-services

Or follow us on Facebook

Hartlepool Holistic Wellbeing Centre



Hartlepool Holistic Wellbeing Centre



SCAN HERE



THANK YOU

You are what make





EVERYONE

s Alice House great



A New Generation of Volunteers



Rachel Hodge shares her experiences as a young volunteer.

"I first got involved with Alice House Hospice back in December 2015 when the swimming club I was part of decided to take part in the annual Santa Fun Run.

I loved the experience so decided to register as a volunteer. Since registering I've helped at lots of events including bucket collections at Hartlepool United Football Club and helping at the Colour Run at West Hartlepool Rugby Club, amongst many others.

Attending these events has been a great way to enjoy time with friends and family while doing something positive for the community at the same time.

It was a really simple process to register to volunteer, all I did was visit the Alice House website and completed an online application form. Once I'd submitted the form someone from the Hospice got in touch to chat about

what I wanted to do.

I was interested in becoming a volunteer not just because of the swimming club's involvement but because Alice House is a well-recognised and valued charity in Hartlepool which provides wonderful care for patients and families.

I have known family friends who lived their final days at Alice House; those days were the best they could be because of the exceptional love and care of the there.

I wanted to be part of ensuring there is a new generation of volunteers at Alice House and also wanted to keep fundraising; I know how it positively impacts the staff and residents of the Hospice. My favourite part about volunteering for Alice House is that whilst fundraising and supporting the events, it is like one big happy family, having fun whilst making a difference." ■

“ But what else is there in it for me? ”

As a young volunteer it's possible to develop lots of key skills such as communication, teamworking and organisational skills and it allows you to build up networks with potentially important, key organisations and communities which could benefit your career. It's also something really positive and worthwhile which will stand out on your CV or Personal Statement when applying for college, university or jobs. ”



Hartlepool United FC bucket collection

#Volunteer22

if you want to help, we want to talk



Alice House Hospice
Serving the communities of
Hartlepool & East Durham



Got time to spare and skills to share?
find out more about volunteering at Alice House Hospice



“I was exhausted, on my knees and at the end of my tether!”

Peter Robson is 63 and he and his wife Sandra have been living with his diagnosis of stage 5 advanced metastatic prostate cancer since early 2021. He scored 9 out of 10 on the Gleeson scale and his PSA was 215. Sandra tells Peter's story...

“Peter and I had our first date at Mill House Swimming Pool and within three weeks I'd decided Peter was the man I wanted to marry. It was a whirlwind romance and we married in 1990 followed by a wonderful honeymoon in Magaluf!



Peter's bucket list - A Hot Air Balloon Flight

We started our family straight away and now have two beautiful children; Sally, 32 and Jane, 30. We are also proud grandparents of two gorgeous grandchildren, 4 year old Arthur and 18 month old Billy.

Peter is an intelligent man, it was one of the things that attracted me to him. He worked as a self-employed Chartered Electrical Engineer, a proud member of the I.E.T and provided our family with a wonderful life. We had amazing family holidays, mostly in the UK and an active life together. Peter also loved to play golf and enjoyed many golfing holidays with the lads!

Peter was diagnosed with stage 5 advanced metastatic Prostate cancer in January 2021.

His first and only symptom was blood in his urine and despite this he was still feeling very well in himself.

Following his diagnosis, Peter and I discussed how we would manage his ongoing care and decided together that he would stay at home and I would be his main carer despite my own poor health.

During the early stages after diagnosis this was entirely manageable and we had amazing support from the Palliative Care Team.

Peter underwent 6 palliative chemotherapy treatments and 10 Radiotherapy Fractions but eventually his pain became unmanageable and it was sometimes difficult to really understand what pain he was in; Peter had started to struggle with his memory and communication. He needed multiple medications, some I could give him but others I had to call for District Nurses to administer for him.

By this time I was really struggling mentally, physically and emotionally to provide for his increasing needs – not something that either of us wanted to admit.

My mental health was really starting to suffer and I had wondered who would care for Peter if I wasn't here. Everything felt bleak, awful.



Sandra and Peter on their Wedding Day

It was at this real low point that I was introduced to Sue Whalley, Nurse Practitioner from Alice House Hospice. I can't really remember how it happened, who referred us but I remember feeling so very grateful after talking to her.

Without Sue's understanding of the situation, through her years of experience, my family would be losing, not only their Dad but myself as well as I was exhausted, on my knees and at the end of my tether!

Sue listened to everything I needed to say, and there was a lot; Peter now needed more than I could give. She reassured us both that Alice House could help and Peter was referred to the Inpatient Unit for a Medical Patient Review.

Since Peter has come into Alice House I feel like we can be husband and wife again, I have been able to 'take my foot of the pedal' and let the lovely staff deliver the care I no longer could at home. The Hospice is for families and in my opinion from what I've seen, is run like one big caring, loving family. I will be forever grateful to Sue; without her help and intervention my whole family would be broken. Life is precious and the team at the Hospice have given us precious, beautiful, love filled time with Peter.

Peter is now in the Long Term Unit where he will get the best care while I can begin to re-balance my life and spend some time with my family as well as quality time here with Peter."

Peter has sadly passed away since the time of writing.

In loving memory of Peter. ■

What's On This Festive Season



TREES OF REMEMBRANCE

14 November - 22 December

South Mall, Middleton Grange Shopping Centre

Pop along and meet our Volunteers, have a chat and remember someone special.

Simply write your message on a tag and attach it to one of the baubles for display on our Trees of Remembrance.

CHRISTMAS FAYRE

Saturday, 26 November, 11am - 3pm

Join us at Summerhill Visitor Centre for our annual Christmas Fayre. There'll be lots of festive goodies to buy alongside craft and gift stalls.

SANTA FUN RUN

3 December - Costumes Provided

Join us for a sponsored fancy dress fun run for all the family.

Scan the code to register

SCAN ME



CHRISTMAS RAFFLE

Drawn on 16 December

For only £1 per ticket you could be in with a chance to win £2,000 in time for Christmas.

Scan the code below to get your tickets.

SCAN ME



CHRISTMAS JUMPER DAY

8 December is Christmas Jumper Day and we are inviting people, businesses, schools and clubs to get behind Alice House Hospice and make life better with a sweater...

SCAN ME



LIGHT UP A LIFE

Remember a loved one this Christmas and dedicate a light on our celebratory Christmas Tree

SERVICES WILL BE HELD AT

Friday 16th December | 6:30pm
St Cuthbert's Church, Peterlee

Thursday 15th December | 7pm
St Paul's Church, Hartlepool

SCAN ME



Facebook AliceHouseHospice
Instagram @alicehousehospice
Twitter @alicehousehosp



More Events at:
www.alicehousehospice.co.uk/get-involved/events/

Staff Spotlight

Jemma Alderson

When did you start working at the Hospice and what is your job role?

I started in June 2018 as a Bank Healthcare Assistant, straight from leave from my previous job. My grandad was a long-term patient here and the care he received was second to none. I just knew I would love it. I now work at the Hospice full time as a Senior Healthcare Assistant!

What is your favourite childhood memory?

When I was a toddler, I took my reins off in Homebase and tied them to a tin of paint and ran off laughing; I was very mischievous! I also remember when my nana worked in the clock tower at Seaton Carew; we used to visit her, the rock shop for a lemon top and play crazy golf!

Which living person do you admire and why?

My mam deserves a special mention here - she did an amazing job raising me and my brother and made sure we had everything we needed when we were growing up. My mam works as a Healthcare Assistant at the Hospice too and I love working with her!

What is your best trait?

This is a hard one! I asked some of the team what they think my best trait is - they said my passion and compassion for our patients and I always make sure they have the best support. I'm also good at funny Snapchat filters too apparently!

Other than your family and friends, what is your most treasured possession?

My dog, Oscar is my baby boy. He is a 10-year-old cocker spaniel but he will always be my baby boy. He is just a ball of furry, crazy madness!

What would you want your superpower to be?

To click my fingers and things tidy/clean themselves up like Mary Poppins - I would LOVE to be able to do that at home!

What do you consider your greatest achievement?

Definitely my daughter! She's 4, although she thinks she's 24 sometimes and is so sassy and hilarious. Everybody comments on how she makes them smile, which is lovely to hear. We're just so lucky to have her. I definitely think she's been here before! I have no idea who she takes after!

What is your favourite part about working at the Hospice?

I just love everything about my job; the patients, the team, the bistro! It's such a lovely place to work with a lovely atmosphere; I have made some friends for life. There's a quote that goes something like "find a job you love and never work a day in your life" and it's so true.

What makes you laugh the most?

I have the craziest bunch of friends and family. Anybody with a cracking sense of humour makes me laugh!

One piece of advice you would give your younger self?

Not to worry about silly little things. Life is so precious and should be lived to the full!

If you had to describe yourself as an animal, which one would it be?

I did an animal quiz to see what my personality matches - apparently, I'd be an owl! I'm intelligent and have common sense with a good outlook on life. I'll take that! ■



Georgia and Oscar



Mam with Jemma



Seeds of Hope

Students from Catcote Academy's ASC 6th Form recently visited Alice House Hospice in Hartlepool to show their appreciation of the staff and the work that they do.

The visit was the culmination of a partnership project with the 6th Form, led by Ronnie Rowbotham, Manager of Linda's Place, a non-for-profit organisation which was set up in memory of his mother who passed away during lockdown.

Ronnie explained the project,

"Students looked at the different roles people have in the local community and the amazing work that takes place across the town.

They then came up with the idea of giving a plant to the staff at Alice House to show their appreciation of the work they do in helping others.

The students also came up with the name, 'Seeds of Hope' to reflect what workers give to those they care for and their families, as well as designing the logo and putting the flower

packs together. The packs of Forget Me Nots also came with a specially written letter telling staff how much of a difference their dedication means to so many people."

Ronnie, along with staff and students from Catcote met with Hospice staff in the gardens of Alice House to present the gifts and enjoy refreshments.

The Hospice's Business & Communications Senior Manager, Greg Hildreth said, "We were so pleased that the students recognised the work of Alice House and we spent a lovely morning with them.

The gifts they brought were so thoughtful and really brightened everyone's day.

We'd like to say a huge thank you for such kindness. Some staff at the Hospice have kept the flowers in their offices, some took them home and some have placed them in the Hospice gardens for everyone to enjoy.

Alice House has had a great relationship with Catcote and its school community for many years and we are sure that this will continue long into the future." ■



Alice House Charity Shops

3 Ways You Can Support

There's a good chance that you have visited one of our nine charity shops and found a bargain or perhaps donated something for us to sell.

Our shops are a huge part of our annual income generation and raise vital funds for Hospice care all year round.

There is an increased demand for charity shops in line with the current cost of living crisis. More and more families are shopping with us, which means that there is a greater demand for stock. As our shops are so busy, we need more volunteers to run them.

There are three ways in which you can support our shops this Christmas:



Donate

We need donations of good quality used, or unused stock. These can include, clothes, books, toys, furniture, electrical items, DVDs, records, CDs and household goods such as kitchenware.

Volunteer

If you have time and want help, we want to talk – we need friendly and willing volunteers to help with sorting through donations, serving customers and helping with the overall running of our shops.

Spend

Quite simply, come and visit our shops, have a browse, meet our volunteers and most importantly - grab yourself a bargain!

Our shops rely on volunteers, good quality donations and of course, our loyal customers. Our stock moves so fast and we need as much help as we can get as we head towards Christmas, which is our busiest time. I would also like to say a massive thank you and all the best to all of our volunteers and customers who keep our shops busy every day!



*Karen Witherley,
Retail Senior Manager*

2023 Calendar



Alice House Hospice
Serving the communities of
Hartlepool & East Durham

12 month calendar including
12 postcards of local scenes and 12 seasonal recipes



only
£3.50

Ashley
Foster



This is the fifth calendar for which Ashley has kindly provided the images and he has been volunteering for Alice House for over five years now, covering our events and also donating his brilliant photographs.

Noel Stamp is owner and chef at Portofino in Hartlepool. Noel kindly contributed all of the recipes in this calendar and we hope that you enjoy recreating some of these delicious dishes throughout the year.



Noel
Stamp

Order yours now by visiting
shop.alicehousehospice.co.uk/2023calendar



Guild OF PATRONS



Alice House Hospice
Serving the communities of
Hartlepool & East Durham

The Alice House Hospice Guild of Patrons represents the highest level of formal support from businesses.

To join the Guild, each organisation pledges a donation of £5,000 per year. This ensures guaranteed and sustainable income, which helps to deliver, plan and future-proof our services.

Members receive a plaque which is displayed in Alice House Hospice and one to display in their own business premises.

Hart Biologicals have been members of the Guild since January 2013 and have shown their support in a number of ways, including staff taking part in the Great North Run, attending events, including our recent Alice House Party, advertising and sponsorship, as well as in-house fundraising and joining in with our annual Purple Week.

Hart Biologicals was set up in Hartlepool in 2002 by Alby Pattison, supported by a small team of people and has grown over the years now employing 45+ people, the company recently celebrated its 20th anniversary. Alby is now a semi-retired consultant after the business was bought in 2019 by Managing Director Alex Ebinger and his business partners.

Operations Manager Jason Pattison said, "Working with Alice House Hospice is an important part of the company's social responsibility agenda and is something we



feel is very important and worthwhile. We have supported and participated in a number of activities through the years which have not only raised money for the Hospice but also brought pleasure to the workforce involved. Long may it continue."

Greg Hildreth, Business & Communications Senior Manager at Alice House said "It is a pleasure to work with Alby, Alex, Jason and the team at Hart Biologicals. We have a long history with the company and they have shown warmth and care to Hospice patients in so many ways. It's wonderful to see the enthusiasm and involvement from the staff at Hart Biologicals and I really look forward to continuing our relationship in the future."

If your business or workplace would like to find out more about the Hospice's Guild of Patrons, or how businesses can get involved in supporting local Hospice care, contact Greg on **01429 855529** or ghildreth@alicehousehospice.co.uk





In September, we said goodbye to our Chief Executive, Tracy Woodall as she took retirement after fourteen years at Alice House, to focus her attention on family life and the birth of her new great-grandchild.

At the same time, we welcomed and congratulated Tracy's successors, Sandra Britten and Nicola Haggan on their new appointments as Chief Executives. Sandra and Nicky were previously Deputy CEOs to Tracy at the Hospice.

Tracy left a heartfelt parting message to colleagues, friends and supporters of Alice House: "The Hospice has been my life for 14 years and a lot has changed in this time, however I have made the decision to retire as



CEO due to personal reasons and to hand over to my younger protégés who have worked hard to develop their leadership skills to be able to take up the reins in a joint Chief Executive Role.

I have total confidence that Sandra Britten and Nicola Haggan as the new CEOs will continue the outstanding work that we do here.

I feel the time is right to take a step back and spend more time with my family and my new great-grandchild, however I will not be giving up completely and will be supporting the Hospice on a part time consultancy basis, on specific projects.

Although we have had many challenges over the last fourteen years, the Hospice has expanded to support more people and is an important provider of palliative care in the region. Whilst the community struggles with the cost of living, I hope that small contributions can still be found to support this wonderful charity.

I would like to thank everyone, my teams, the Board of Trustees who have been so supportive, my colleagues in the voluntary sector and the NHS and the companies and individuals who have supported the Hospice and made my role easier.”

Tracy officially left her role in September 2022. Her successors, Nicky and Sandra have issued a joint message on behalf of the many friends and colleagues with whom Tracy has worked over the years:

“We thank Tracy for her years of hard work, dedication and support, both on a professional and personal level.”



Tracy (centre) hands over to the new CEOs: Sandra (left) and Nicola (right) (Image: Hartlepool Mail)

Tracy has made a real difference to the lives of people in the local community and now the time has come for her to focus on family life, including welcoming her new great-grandchild.

Tracy’s legacy is one of passion, innovation and a culture that has shaped the Hospice over the last decade and beyond.

She will be missed and we wish her and her family the very best of health and happiness in the years to come.”

We would also like to wish Nicky and Sandra all the very best in their new roles as we move into a new chapter, from everyone at Alice House Hospice. ■



Tracy saying goodbye to friends and colleagues at Alice House.

Light up a Life



Alice House Hospice
Serving the communities of
Hartlepool & East Durham

Church Services will be held on

Thursday 15th December | 7pm
St Paul's Church, Hartlepool

Friday 16th December | 6:30pm
St Cuthbert's Church, Peterlee

*Remember a loved one this
Christmas and dedicate a
light on our celebratory
Christmas Tree*

Sponsored by



VICTORIA HOUSE
FUNERAL SERVICE
- LET OUR FAMILY TAKE CARE OF YOURS -

Dedicate a light in memory of someone special

[HTTPS://www.alicehousehospice.co.uk/LightUpALife](https://www.alicehousehospice.co.uk/LightUpALife)

