

# Hospice at Home West Cumbria News

February/March 2019



HOSPICE AT HOME  
WEST CUMBRIA

Enhancing life, excelling in care



## A message from our CEO Julie Monk

"I have been in post as Chief Executive for almost a year and I can't believe how quickly the time has gone. I had such a warm welcome from all the staff and volunteers, and quickly realised what a great organisation Hospice at Home West Cumbria is to work for. Caring for people is at the heart of everything we do: home nursing, lymphoedema care, emotional support and complementary therapies. We want to continue to grow so that we can care for even more families in West Cumbria and be there at the time of greatest need. All our services are provided free of charge and we need to raise over £1m each year to do this. The support from volunteers and fundraisers in our communities ensures we can provide our vital and valued care. I look forward to working closely with the teams, taking part in fundraising events and developing new partnerships so the charity continues to go from strength to strength in 2019."

**Our vision is that all people in West Cumbria have timely access to personalised high quality palliative and end of life care.**

## Putting on a new front

The rebrand in January 2018 gave us a new logo which has a sunflower motif. The sunflower is recognised as an international sign for hospices because the flower turns its face from the darkness and always looks towards the light.

Our shops have new signage giving us a bright profile on the high street. We have a new website too. Our nurses and clinical staff have new uniforms to clearly identify them as working with us. You will see our sunflowers at all our events. We hope people in West Cumbria will come to associate the sunflower with our hospice.

**"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do."**

Helen Keller

## Inspiring people award 2018

We are delighted to have won the 'Inspiring People Award' at the annual Britain's Energy Coast Business Cluster Awards in November. This award is a tremendous recognition for everyone working with hospice.



**BECBC**  
Business Awards 2018

[www.hospiceathomewestcumbria.org.uk](http://www.hospiceathomewestcumbria.org.uk)

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## Fundraising heroes

There have been so many fundraising activities taking place over the last few months we could fill this bulletin with them! Our big cheque has featured quite often in the local papers who have shared the stories about these wonderful supporters. Here are just a few.

**Katy Kerr (left): Raised £1000**

Set herself a triathlon challenge throughout September

**Michael Pritchard (centre): Raised £2363.50**

Ran his first marathon in New York

**Brian Nicholson (right): Raised £700**

Asked for donations instead of gifts at his 80th birthday party

Thank  
you!



## Looking ahead

We have a packed year ahead with plenty of fundraising activities already planned and more to come. All the details about the events and how to register are on our website.



What	When
19th – 23rd June	<b>The Alps Trek</b> - This 29 mile trek will take you to France, Switzerland, Italy.
Saturday 6th July	<b>KAPOW! Superhero Challenge</b> - Get your capes at the ready for a 5k giant inflatable obstacle course at Cockermouth Rugby Club.
Saturday 31st August	<b>Trek Fest</b> - 25km or 50km charity challenge trek in the Peak District.
4th – 8th September	<b>Euro City Cycle</b> - 280 miles, 3 countries, 3 capital cities.
Sunday 8th September	<b>Great North Run</b> - Take part in the UK's most popular half marathon.
Thursday 12th September	<b>The Great Hospice Cake Off</b> - Get your mixing bowl ready...our cake competition is back!
Saturday 21st September	<b>Buttermere Horseshoe Challenge</b> - Trek 4 or 8 peaks in the Lakes with our experienced mountain guides.
24th October – 3rd November	<b>Dalai Lama Trek</b> - Fantastic 5 day trekking adventure through the foothills of the Himalayas.

## How you can support us

We are extremely grateful to the many people who choose to volunteer with us. There are many ways to support Hospice at Home West Cumbria and whether you would like to fundraise or volunteer, our team would love to hear from you.

**Get in touch with our team. Call us on 01900 873173 or email us [info@hhwc.org.uk](mailto:info@hhwc.org.uk)**