

YOUR SUPPORTER NEWSLETTER

NOVEMBER 2022

Herriot
HOSPICE HOMECARE 

SHINING LIGHT IN OUR COMMUNITIES

A message from Tony Collins, Chief Executive

This winter, as the nights draw in and the clocks turn back, we're writing to you with a message of hope and comfort, sharing how we are helping shine light and create connection across the Hambleton and Richmondshire districts.

It's the time of year where we come together as a community to remember loved ones and celebrate their memories which never leave us. This year, we recognise our events may have added poignancy for those wishing to remember Her Late Majesty, Queen Elizabeth II, alongside those close to us. We welcome you to Light up a Life in memory of someone special if you wish, with your dedication shining on by supporting our care for local people living with terminal illness and bereavement. We then invite you to join us to see our community's lights illuminated together at one of our much-loved services this November and December. Please see over the page and the enclosed leaflet for details.

We understand that the winter months may be challenging for many people for a number of reasons this year - such as experiencing grief, anxiety or financial worries. We're here to support you and your emotional wellbeing. Whether that's being a listening ear on the end of our Hear to Help helpline, being a friendly face on a visit to one of our shops, or sharing community spirit, comfort and company at one of our events.

We're so grateful for all that you do to support us in providing compassionate care to more people when they need it, and as your local hospice care and bereavement charity, we'd like to let you know that we're here for you.

**Thank you for your continued support,
Warm wishes,
Tony**

HELP LAMBERT APPEAL CONTINUE TO GROW

This September, we were delighted that so many joined us for our celebration tea parties and Herriot Way challenge as part of Herriot Hospice@The Lambert appeal, and there's still time to get involved and help us reach our goal.

On Saturday September 3 we held a communi-tea party at Thirsk and Sowerby Town Hall, raising funds for Herriot Hospice@The Lambert. Thanks to all who came and the volunteers who helped make the event a successful day, as well as those who are hosting their own tea parties to support us this autumn. As part of a town-takeover, we enjoyed music from Thirsk Royal British Legion Band and shops across Thirsk took part in a Go Orange window display competition judged by Peter Wright of the Yorkshire Vet TV show. With vital funds still to raise for this important project, we're asking you to support this season - from tea parties to festive fundraisers - every penny and pound counts.

September also saw our team of Herriot Way challenge walkers take on a special trek from Hawes, raising funds to bring inpatient hospice care closer to home through the development of our new hospice at the Lambert. Thank you to everyone who took part, including Dr Rosie Page and Jim Wight - daughter and son of James Herriot.



JUST 'B'



WE'RE HEAR TO HELP IF YOU'RE FINDING THINGS DIFFICULT

If there's something you're worried about or are feeling low, our caring, trained helpline team are here to listen, support you and signpost you.

Call (01423) 856 799, 8am-8pm, seven days a week.

Just 'B' is part of our family of services. Calls are charged at local rates, visit bit.ly/localcallcharges



Hold a tea party or fundraiser for Herriot Hospice@The Lambert to help reach our goal. Find out more: herriothh.org.uk/thelambert or call **(01609) 777 413** for a free pack full of inspiration and resources.

WELCOMING OUR COMMUNITY TO LIGHT UP A LIFE

At the heart of Light up a Life are those who have died and we continue to love. Each person unique, and each life of enormous value.

Every year, we welcome members of our community to dedicate a light to remember someone special before joining us at one of our winter services to see our lights beautifully illuminated together.

This year, our very special service takes place outside Herriot Hospice@The Lambert, and we hope people from communities across Hambleton and Richmondshire will join us in this poignant setting, which will not only provide vital inpatient care across the district, but will be an important hub for our community services supporting people at home.

Start your Light up a Life journey by making your special dedication at herriothh.org.uk You'll receive a personalised star to hang on your tree so your memories shine on through the festive season.



"A truly memorable service. Great to see the community come together in such a beautiful setting including families of loved ones we've cared for."

HOME team healthcare assistants Tracey Plews and Barbara Dodsworth speaking about our joint Ripon Cathedral Light up a Life service last year with Saint Michael's Hospice, part of our family of services.

SUPERSTAR SUPPORTERS TAKE ON CHALLENGES FOR HERRIOT

We are saying a big thank you to all our superstar supporters who took on a challenge for Herriot this September.

Whether taking on the Yorkshire Three Peaks, Great North Run, our Herriot Way challenge, or the London Marathon, your support for local hospice care is inspiring. If you would like to take on a challenge for Herriot, keep up-to-date will all the latest events via our website at herriothh.org.uk. You can also call us on **(01609) 777 413**.



WHAT LIGHT UP A LIFE MEANS TO ME...

"When I come to Light up a Life, I do it for Dad. To remember him and feel connected to him, but also because he was a big supporter of Herriot Hospice Homecare, and of The Lambert.



"Coming together with others at Light up a Life, it feels like one big family remembering loved ones. There are a lot of tears but so many friendly faces to comfort you.



"Last year, I dedicated a light to my Dad with his name and photograph of him with my daughter. It felt like he was watching down on us.

"I am really looking forward to this year's Light up a Life outside the Herriot Hospice@The Lambert. Having worked at the former Lambert Memorial Hospital, I know Herriot will make the hospice a warm and welcoming community hub, as it always was for local people.

"It will be really special to experience Light up a Life at this place which means so much to our family and community."

Katie Benson, who has attended our Light up a Life services in Thirsk with her family in memory of her dad, Paul who died from throat cancer in October 2020.

See the enclosed leaflet for details of our services and join and share our Facebook events at facebook.com/herriothospice



JUST 'B' SUPPORT FOR PEOPLE BEREAVED BY SUICIDE

A new 'postvention' project launched by our Just 'B' emotional wellbeing and bereavement service aims to provide specialist counselling and support to people bereaved by suicide across North Yorkshire.

We know that the loss of someone to suicide is a uniquely devastating event, often leaving the bereaved with unanswered questions and complex feelings, that can be hard to understand and process.

The service can be accessed by calling **(01423) 814 480** or emailing justbadults@justb.org.uk. A **GP** or **other medical professional** may also make a **referral**. Just 'B' is part of Herriot's family of services.