



Celebrating
30 YEARS



SPRINGHILL
HOSPICE 1989 - 2019
Celebrating 30 Years

Fundraising News

Spring/Summer 2019

30

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HOSPICE



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Welcome to our first newsletter of 2019!

This year is a milestone year for the Hospice as we celebrate our 30th Anniversary. After we opened our doors back in 1989 the Hospice has grown and changed with the support of the local community and beyond.

On pages 12-13 we have an interview with our Chairman Robert Clegg OBE about his journey with the Hospice since its very beginning.

As usual our events calendar is jam packed with something for everyone, including firm favourites like our Summer Serenade, Summer Garden Celebration and the return of KAPOW! On page 6 we will also be taking a look back on some of the fantastic events that rounded off 2018.

To mark our 30th anniversary year we have launched our 30 Tea Party campaign. To celebrate our 30th we are asking supporters to get involved and host their very own 30 Tea Party to raise funds for the Hospice. You can find out more details on page 14 about hosting your own party.

We have so much going on in our 30th year and we don't want you to miss out. Don't forget to make sure you make a note of the events we have coming up over the summer months, we would love to see you there!

We are incredibly lucky to receive the level of support we do from our community that helps us maintain the level of care we are able to provide to our patients and their families. Every donation we receive makes a difference regardless of the amount. So from all of us here at Springhill, we'd like to say a massive thank you to every one of our supporters.

So sit back, grab a cuppa and have a read through our latest edition for all the latest news and updates from the Hospice.

Laura

Marketing and Communications Officer

If you would like to keep up to date with what is going on at the Hospice, don't forget to Like our Facebook page, or Follow us on Twitter and Instagram.



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Springhill Hospice

Broad Lane,
Rochdale, OL16 4PZ
T. 01706 649920
F. 01706 644943
E. juliehalliwell@nhs.net

Springhill Hospice Fundraising Office

7 Broad Lane,
Rochdale, OL16 4PG
T. 01706 641790 (opt 1)
E. fundraising@springhill.org.uk

Springhill Hospice Lottery Office

Broad Lane,
Rochdale, OL16 4PZ
T. 01706 631013
E. fundraising@springhill.org.uk



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Chief Executive: Julie Halliwell
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2019 is a very special year for Springhill Hospice as we celebrate our 30th Anniversary of providing care and support for patients and families across the Borough.

I wanted to take the opportunity, in what is such a special year, to say a big thank you to you, our supporters. If you are reading this newsletter, it is undoubtedly because you have provided the Hospice with support at some time during our 30 years.

I know that many of you have been involved with us since before the Hospice was even built, when the idea for a Hospice in Rochdale was first discussed, and that you continue to support us to this day.

Without you, our supporters, Springhill Hospice simply would not continue to grow and thrive as it does. So, from everyone here at Springhill and most importantly from the patients and families we have cared for, thank you for your help, which really does make a difference to so many people.

Chief Executive of Springhill Hospice

A look back at 2018

Since our last edition we have had a very busy few months. Our events have been in full swing, especially around Christmas time.



December was an eventful month for our Fundraising Team with plenty of festivities to keep them busy!

The annual Christmas Fair took place at the Hospice and was bigger than ever. The Fair saw plenty of Christmas stalls for gift buyers and we even had a visit from Santa in his grotto. There was also a variety of raffles, tombolas and even some popcorn to snack on! Wardle Brass Band braved the cold and kept the Christmas spirit alive with their festive performance.

December also saw the Hospice host Light up a Life services. The services were well attended by those remembering loved ones. It was great to see so many people from the community there to not only support the Hospice but those around them.



Our annual Santa Dash or Dawdle returned for its 14th year in December. We saw a sea of Santas taking part at Hollingworth Lake (it really was quite a sight!) Hundreds of supporters joined us on the day and even some four legged friends dashed and dawdled too!

Make sure to check our next newsletter for more details on how to take part in our 2019 Santa Dash or Dawdle.

We would like to say thank you to all of our supporters for getting involved in our events and having plenty of fun! For more information on our events visit, www.springhill.org.uk/events or if you are wondering how to get involved you can contact our Fundraising Team at fundraising@springhill.org.uk or call 01706 641790 (opt 1).



Saluting our super Support Groups!

Here at the Hospice we are incredibly lucky to receive so much support from the local community.

This includes our super Support Groups! They actively help the Hospice with volunteering and fundraising that contributes to the day to day care we are able to provide to our patients and their families.

We wanted to give a special salute to three of those groups, Springhill Crafts, the Friends of Springhill Hospice at Home and Whitworth Support Group.

From everyone here at the Hospice we would like to say thank you for everything they do to support us.

From bag packs to bucket collections,

counter collecting pots, lovingly hand-made gifts, crafts and cards, fashion shows, fairs and quizzes. Raffles and tombolas, ladies' luncheons and afternoon teas, the list goes on, but their focus always remains on fundraising.

Many thousands of pounds have been raised over the years by these small groups of dedicated ladies and gentlemen who so generously give their time and talents to support the cause of Hospice care that is so close to their hearts.

An extra pair of hands is always welcome, if you'd like to find out more about the groups and their work get in touch with our Fundraising Team on 01706 641790 (Opt 1) or Email fundraising@springhill.org.uk



Co-operation is key for fundraising success

We are delighted to have been selected as a Co-op Local Community Fund good cause by members at the Milnrow supermarket on Dale Street.

If you are a Co-op member you can choose Springhill as your chosen charity to support. If you choose our Hospice then every time you shop at any Co-op, 1% of what you spend on selected Co-op own-branded products and services will be donated to Springhill.

It's a great way to save up and make your money go further. At the same time you will be supporting our patients at the Hospice. The more members who choose us as their charity, the more money you'll raise to help our patients benefit from a range of activities in our Day Hospice.

Visit the website below for more information and to choose Springhill as your chosen charity <https://membership.coop.co.uk/causes/31267>



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Draw up a shortlist. Visit their offices. Are they helpful? Will they give your property the widest possible exposure including portals such as Rightmove, Zoopla and OnTheMarket? Do they know your local area well? Are they honest with their claims when dealing with you? Can you contact them easily out of normal hours?



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NO one has a magic wand or a list of buyers waiting to buy your home! It's a common misconception that you should simply choose the agent that comes up with the highest price. It's the oldest trick in the book to slap a high price tag on it to win your business. Calls for price reductions soon follow.



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Mixed Pairs Bowling Day

Sunday 15th September

Take part in Springhill Hospice's Mixed Pairs Bowling Day competition where local bowling teams winners compete for the ultimate Hospice Bowl Trophy and the famous title that comes with it.



Dates for your diary 2019

For more information about any of our events visit www.springhill.org.uk/events or contact our Fundraising Team on fundraising@springhill.org.uk or call 01706 641 790 (opt 1).

Annual Golf Day

Friday 6th September

Enjoy 18 holes at Rochdale Golf Club, a 3 course evening meal and a prize giving ceremony with friends and colleagues.

To celebrate our anniversary we will be having 30 teams taking part on the day. Join in and be in with the chance of not only winning mini competitions like 'closest to the pin' and 'longest drive' but also the coveted title of Springhill Hospice Golf Champions 2019.



Summer Garden Celebration

Sunday 4th August

Our Summer Garden Celebration gives you the opportunity to tour our beautifully kept gardens and buy homegrown plants and produce. It's the perfect opportunity to have fun with family and friends, play some of our garden games and take your time browsing craft stalls too.



Coming in 2019

Man of Rochdale Luncheon

Friday 22nd November

Christmas Fair

Sunday 24th November

Light up a Life services

At the Hospice -
Saturday 30th November
/Sunday 1st December
At St Chads Church -
Thursday 5th December

Winter Wonderland Ladies Lunch

Wednesday 4th December

Santa Dash or Dawdle

Sunday 8th December





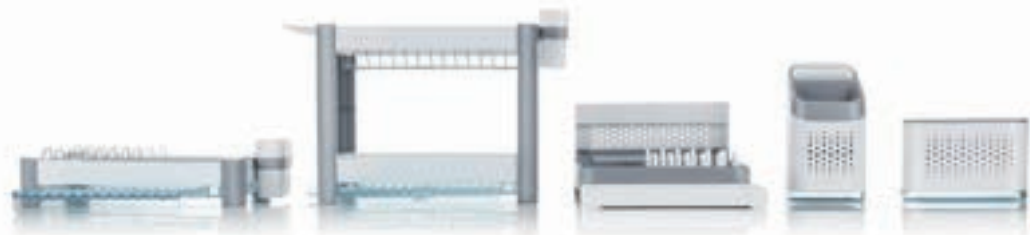
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The Springhill journey so far with Robert Clegg



This year Springhill Hospice celebrates its 30th Anniversary.

Our journey began in the early 1980s when our founder, Margaret Geoghegan OBE, saw there was a need in the Borough for a Hospice. What she did next would create a legacy that the people of Rochdale and beyond hold close to their hearts 30 years on.

The Hospice opened on the 8th October 1989. Since then Springhill has grown and developed with its own Education Suite, Day Hospice and Community Nursing Service. It also has a line of local retail shops, its own lottery and its very own café, "Coffee at the Craven", all helping to support its important work.

Robert Clegg, Chair of the Board of Trustees at Springhill Hospice, has been part of the Springhill journey since its beginnings. We spoke to him about his time working with the Hospice.

How did you become involved in Springhill?

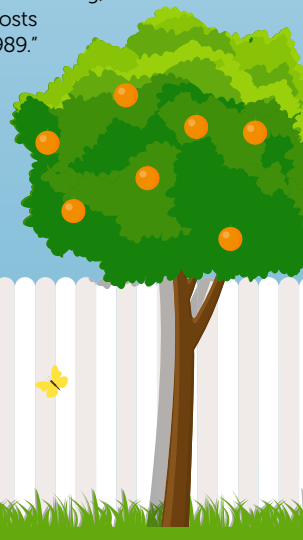
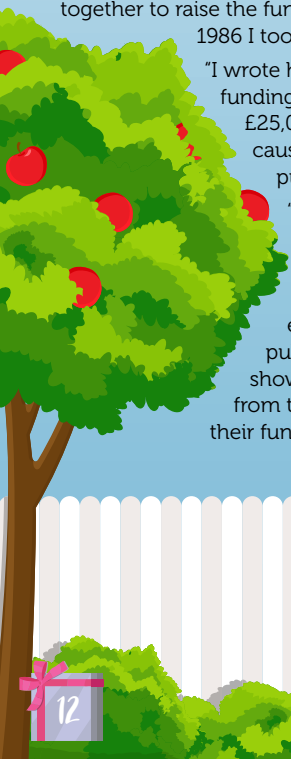
"In the early 1980s I was the Hospital Secretary at Birch Hill Hospital.

I learned early of the plans to build a Hospice for Rochdale. My boss at the time was Secretary of the Appeal Committee who Margaret Geoghegan had gathered together to raise the funds to build and equip this new facility. When he left in 1986 I took his place.

"I wrote hundreds of letters to large charities seeking external funding and remember being really excited when a cheque for £25,000 arrived. Locally the Rochdale Observer took up the cause and encouraged people to fundraise and every week published a list of donations that had been received.

"Slowly but surely the £1.5 million needed to pay for the building, furnish and equip it, and the first 3 months running costs had been raised and the doors opened in October 1989."

Over the past 30 years and before the Hospice was even built, there has always been support from the public and local businesses. Thankfully this support shows no sign of slowing down with continued backing from the people of Rochdale and beyond in their fundraising endeavours.



What are your memories of the fundraising and events over the years?

"We have been very lucky to employ some incredibly talented fundraisers each of whom have brought their own style to the job. We have hosted fundraisers such as, musical events at Champness Hall, Last Night of the Proms at Honresfeld, our Man and Woman of the Year Luncheons, Golf Days. There have been so many.

"One event I particularly remember was watching people walking on hot coals on the car park at Rochdale Football Ground – I took my hat off to them – but did not take my shoes off!

On a very personal note, winning the "Wit of Year" dinner in 1997 was very enjoyable- not winning the "Wit of Wits" in 2001 was less so."

Being involved with the Hospice since before it opened its doors, Robert has been a part of some of the most memorable moments in Springhill's history.

What memories stand out to you from the last 30 years at the Hospice?

"There have been so many happy memories, some of the ones that stand out to me include the sod cutting in preparation for the building works right at the beginning of the Hospice journey, along with the arrival of our first patients. The official opening by the Princess Royal was a very special event, as were the visits by the Duchess of Norfolk and later the Duchess of Gloucester who joined us for our 25th anniversary."

It has been an eventful 30 years for the Hospice. Our staff, volunteers and Robert have been at the forefront of the changes, developments and achievements that have had such a positive impact on people from across the Borough.

What are you most proud of from your time at the Hospice?

"I am proud of the fact that as a result of the work of Margaret Geoghegan we have been able for 30 years, to provide a really good service for the people of Rochdale. I am truly proud to have been a member of a very large team of staff and volunteers that has made Springhill Hospice what it is today and to know what a massive difference we have made for literally thousands of our patients and their families in the last 30 years."



Would you like to share your story with us? Do you have a special story about the Hospice? Perhaps you and your family have been helped by the Hospice?

We would love to hear from you!

You can send your stories to fundraising@springhill.org.uk
or call 01706 641790(opt 1) to speak to a member of our Fundraising Team.



Host your own 30 Tea Party!

Help us celebrate our 30th birthday with your very own 30 Tea Party!

30 Tea Party!

Invite your family and friends, grab some cake, plenty of cups and saucers and celebrate 30 years of Springhill Hospice with your very own 30 Tea Party!

Each 30 Tea Party held will be helping to raise money for the Hospice to continue providing care to patients and families.

For more information on hosting your own 30 Tea Party and how to download your fundraising packs, contact our Fundraising Team on 01706 641790 (opt 1) or email fundraising@springhill.org.uk

Business Buddies



Supporting and working together

Our Business Buddies scheme is going from strength to strength. With almost 70 local businesses involved, Business Buddies is an affordable way for businesses to support the Hospice and build important connections within the community.

Anthony K Vehicle Leasing has been a part of the scheme for the last four years. We spoke to Tony Nugent, Managing Director, about his business's involvement in the scheme.

What do you feel you have gained from being part of the scheme?

It's a great way of fulfilling our social responsibilities knowing our contribution is benefitting a local cause. We also have fun at our Business Buddies meetings!

What would you say to someone thinking of joining Business Buddies?

You get the chance to meet and find out about other local businesses, discuss local issues, help

with business opportunities whilst supporting the Hospice on a regular basis and because it is regular (every month) you build relationships on a long term basis.

Why do you feel it is important to be a part of Business Buddies and support the Hospice?

"The Hospice gains from a cash flow from the Business Buddies, which in any business is a great asset to rely on. Creating income and planning investment for future projects is just as important to the Hospice as it is to any business."

For more information on how your business can get involved in our Business Buddies scheme, visit springhill.org.uk/business-buddies or contact our Corporate and Partnerships Fundraiser, Sophie Ansley by calling, 01706 641790 (opt 1) or email, Sophie.ansley@nh.net

Business Buddies Members

Cartridge World

TBD Associates Ltd

Molesworths Bright Clegg

Jackson Jackson Ltd

Rochdale Online

Simkiss Control Systems

Graham Poole Road Transport Ltd

Tomlinson Osteopaths

Bamford Contract Services

Recruitment Solutions

Bamford Printing

Document XL Limited

The Healey

Utility Warehouse

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Open Events

September 2020 Admissions

Open Evening for Year 7 Entry

Thursday 27th June 2019

5:00 - 7:00pm

(Headteacher's address at 6pm)

Sixth Form Open Evening

Thursday 7th November 2019

6:00 - 8:00pm



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Calling all Bargain Hunters!

Our Hospice has a chain of nine charity shops across the Borough that are host to all kinds of wonderful finds and bargains. We sell a range of quality second hand clothing, books, CDs, DVDs and vinyl, electrical goods and furniture. As well as some new, previously unused items. The great thing about our shops is that every purchase you make in one of our shops goes directly towards helping provide patient care at the Hospice.

We have some fantastic items on there that range from clothes to antique spoons!

Our eBay page, like all of our retail shops are run by members of our hard working Retail Team along with our volunteers. Having our online shop not only means that you can get some retail therapy online and still support our Hospice, but it is also means we are able to have an essential link to our wider community and supporters.

If you can't make it to one of our shops you can now shop online on our eBay page.

You can visit our eBay shop;
www.ebay.co.uk/usr/springhill_hospice



Our Shops

Here is a list of our shops based across the Borough.

EMPORIUM

Jacksons Corner, Milnrow
Road/Molesworth Street,
Rochdale OL16 1UD
Mon - Sat
9:00am - 4:00pm

MIDDLETON

18-20 Wood Street,
Middleton M24 5TF
Mon - Sat
9:30am - 4:00pm

WHITWORTH

543 Market Street,
Whitworth OL12 8QW
Mon - Fri 9:30am - 4:30pm
Sat 9:30am - 12:30pm

YORKSHIRE STREET

136 Yorkshire Street,
Rochdale OL16 1LD
Mon & Weds - Fri
9:00am - 4:00pm
Tues & Sat
9:00am - 3:30pm

BELFIELD

Unit 5, Mayfield Parade,
Albert Royds Street,
Rochdale OL16 2US
Mon - Sat
9:00am - 4:00pm

MIDDLETON FURNITURE

14 Wood Street,
Middleton M24 5TF
Tues - Sat 9:30am - 4:00pm

HEYWOOD

3 Market Street,
Heywood OL10 1HT
Mon - Fri
9:00am - 5:00pm
Sat 9:00am - 4:00pm

LITTLEBOROUGH

22 Harehill Road,
Littleborough
OL15 9BA
Mon - Sat
9:00am - 4:00pm

OLDHAM ROAD

445 Oldham Road,
Rochdale OL16 4SZ
Mon - Sat
9:00am - 4:00pm



Going for gold!

Whether you're having a spring clean, sorting through your jewellery box or clearing out the attic, you can help Springhill by donating your broken and odd pieces of jewellery, or unwanted foreign coins and old currency. Whether it's an odd earring, a broken link in a necklace, a tangled mass of jewellery, rings or watches your old and odd items are Springhill's treasure.

Drop in or send to the Fundraising Office marked 'Going for Gold Campaign'.



From rags to riches!

Don't feel you have to give us your best seconds. You can also help Springhill by donating torn, tatty and unwearable clothes and material. We receive income for every kilo of rags we recycle.

Items you cannot donate to us:

We do have some items that we are unable to accept due to legislation, this list is here to help you if you plan on making a donation to us. Please ensure donated items are in a good and safe working condition and comply with current legislation. Springhill Hospice reserve the right to refuse any donations that don't meet these standards or that we are unable to resell.

- Crash/cycle helmets, visors and riding hats
- Children's car seats
- Divan beds
- Pushchairs
- Mattresses
- Gas appliances, including fires and cookers
- Oil heaters and burners
- Fireworks
- Furniture that is stained/smells of smoke
- Weapons (including knives)
- Furniture without the appropriate fire-retardant label
- Electric blankets
- Hot water bottles
- Petrol lawnmowers
- Used quilts and pillows
- Videos and VHS players

Donate it!

Our shops are always in need of good quality items to sell and we welcome your donations. Please remember Springhill Hospice for your unwanted, pre-loved items. You can donate items to any of our shops in person, alternatively we can collect larger items from you.

Items you can donate:

- Clothes
- Shoes
- Books
- DVDs, CDs and Vinyl
- Linen
- Jewellery
- Furniture, with the appropriate fire-retardant label
- Bric-a-brac
- Working electrical items, including white goods

Welcome to our new look Coffee at the Craven

Back in December we reimagined the former Springhill Tea Rooms as Coffee at the Craven.

With a new name and a new menu the Craven reopened to customers hungry to try some delicious cakes, sandwiches, local coffee and of course afternoon tea. With help from volunteers Coffee at the Craven was treated to a refresh with a fresh lick of paint.

Customers can indulge in locally roasted coffee from Dark Woods Coffee. The Craven's signature coffee bean is Dark Woods' Crow Tree blend which utilises coffees sourced from farms closely involved with the Café Femenino Project. This ground-breaking project supports women farmers and producers in what can be a challenging and male-dominated industry.

The gift shop which is also based at The Craven has been restocked with some wonderful gifts and treats including handmade delights from Springhill's very own Craft Ladies.

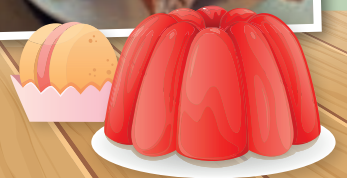
Coffee at the Craven is based on Broad Lane, just a short drive from the Hospice. The building was previously the Craven Heifer pub, which was taken over in 2014 by the Hospice and converted into the Tea Room and Gift Shop to help raise funds for the Hospice.

Coffee at the Craven offers a relaxed and welcoming environment to meet up with friends, family, or for a business meeting and have a delicious lunch and indulge in a homemade sweet treat.

Julie Mills, Catering and Coffee Shop Manager, said, "We are so pleased to be back open to the public. We've been able to give the café a refresh and update our menu for 2019. We've had some fantastic feedback from our customers and they seem to love the food! The atmosphere is always great in the café and we love seeing our customers enjoying a bite to eat."

Our menus are available to view on our website springhill.org.uk/coffee or visit the Facebook page - just search @SpringhillCoffee and make sure to like the page to stay updated.

Coffee at the Craven is available for community group meetings and for private parties and functions both during the week and at weekends. For more information please contact Coffee at the Craven by calling 01706 641790 (opt 2).



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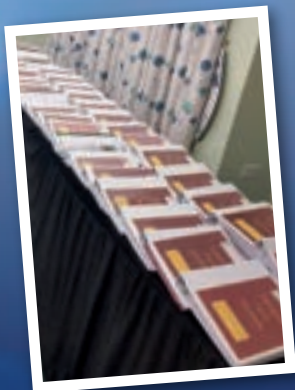
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Celebrating achievements from across the Borough



Back in February our Education Team welcomed over 70 health and social care staff to the Hospice to celebrate their achievements and hard work with the Palliative Care Education Passport programme.



The Palliative Care Education Passport programme began in 2015. The programme delivers training and information for those working with people (and their families) in their last years of life.

The Passport programme is delivered free of charge to staff

in Heywood, Middleton and Rochdale and is designed so that staff that undertake the training have something to show for their endeavours, and can use the evidence from the training for future development.

Those who had most recently taken part in the programme celebrated their achievement during an afternoon gathering where 54 health and social care staff received recognition and rewards for their hard work.

Over 70 health and social care staff were at the Hospice to enjoy a celebratory lunch, Springhill Hospice Chief Executive, Julie Halliwell, opened the event. Mayor of Rochdale, Councillor Mohammed Zaman came along to the Hospice to present certificates and 'passports' to those who had most recently taken part in the training.

Amongst those who were presented with certificates, there were also a few who took part and had their work from the programme judged as outstanding. Some of the awards included; shining star, dignity, evidence and changes.

Jane Ashworth, Education Lead at the Hospice goes on to explain:

"The passport training recognises the individual needs of the person and their families in their last years of life and gives the staff the confidence to challenge bad practice. These are transferable skills and once part of everyday practice will enhance the care of all."

Now in its 4th year, the Passport programme has seen more than 350 participants complete all of the required sessions, with more than 500 having attended one or more modules.

Well done to everyone who has taken part in the training and has made a difference to people and their families.



For more information on attending Palliative Care Training within a centre of excellence (as awarded by Skills for Care in 2019), please contact our Education Team at education.springhill@nhs.net

You've got to be in it to win it!

Imagine winning £10,000!

Did you know that here at the Hospice we have our very own lottery, where you could win a prize of £10,000!

You could be part of the Springhill Hospice Lottery which gives our supporters the chance to win cash prizes whilst helping to provide Hospice care for local people across the Borough.

You can play the Springhill Hospice Lottery for just £1 a week. Each week there are 17 cash prizes to be won, including a top prize of £1,000 and the chance to win the rollover jackpot prize which can reach £10,000! Players of the Springhill Hospice Lottery are also automatically entered into two Super Draws each year with the chance to win a top prize fund of £5,000 each time!

Our next Super Draw will take place on the 12th July 2019. For your chance to be in with winning £5,000 all you have to do is join in!

How to join our Lottery

You can join the Springhill Lottery today to be in with a chance to win. To become a Lottery player and support Hospice care visit springhill.org.uk/hospice-lottery or call our Lottery Office on 01706 631013.



Something Old, Something New, Something Borrowed, Something Springhill!

The wedding season has arrived!

Over the upcoming months there will be plenty of blushing brides (and grooms!) looking for the perfect table favours for their big day. Finding those final touches can be stressful. Here at the Hospice we would love to help. Our range of favours includes pin badges, happiness kits and Hospice lottery tickets with prices starting from just £1.50.

Our favours are cost effective for those thrifty couples looking to wed on a budget and also provide you with a memorable gesture supporting our Hospice. If you are looking for favours that stand out from the crowd, whilst also contributing to your local community, then look no further than Springhill Hospice!

For more information please visit springhill.org.uk/wedding-favours or contact our Fundraising Team on 01706 641790 (opt 1)

We have a variety of wedding favours available to buy, including;

- Cream and gold Springhill Hospice enamel pin badges.
- Springy (our Hospice mascot) pin badges.
- Happiness Kits.
- Hospice Lottery tickets, giving guests the chance to win up to £10,000!
- Hospice wedding stars mounted on personalised backing cards to fit the theme of your wedding.



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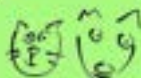
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160ft Manchester Bungee Jump

27 October 2019

A fantastic location at Salford Quays with great views. Taking place over water this jump

will definitely get your heart racing. Book with Springhill for a special discount rate.

Manchester Marathon

5 April 2020

Fast, flat and friendly, the UK's flattest major marathon with huge support on route. With 20,000 entrants in 2019, it is now the second largest marathon in the country. Put on your Springhill running vest for your first marathon or your personal best. Relay team options also available.

Yorkshire Three Peaks

15 August 2020

Register now for this Springhill Hospice organised event. With one of the toughest UK challenges to complete the 24 mile route, with 1585m of ascent, in under 12 hours. Fully supervised circular route with marshalled checkpoints. Training sessions available in April, June and July 2020.

To find out more visit

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Join Team Springhill and take on your own personal challenge

Mount Toubkal Trek

Reach the summit of
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11-15 June 2020

Located in Morocco's High Atlas mountain range, at an altitude of 4167m. You will trek through a rugged mountain landscape with superb views stretching as far away as the Sahara. To end your trip, you will get the chance to explore the fascinating city of Marrakech.

Southern India Trek & Hospice Care Project

Explore the exotic state of
Kerala and give something back.

8-18 October 2020

Your challenge starts with a four-day trek through the highest tea estate in the world, across lush foothills to the summit of the second highest peak in South India. The last days will be spent making a difference at a hospice care project in Trivandrum on tasks such as refurbishing and redecoration.



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In partnership with Different Travel (ATOL 6706), experts in organising international charity treks, we are promoting two very special adventures taking place in 2020.

This is a great opportunity to see some fantastic parts of the world and to take on a very real challenge.

Find out more at our information evening.

Take your first step towards your next big challenge. Email fundraising@springhill.org.uk for your invitation to our information evening.

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In November 2018, Sharon Thomas celebrated her 50th birthday by signing up for a challenging trek in Cambodia. Walking 5-6 hours a day to complete a 50 mile adventure, Sharon walked in challenging terrain, in temperatures of 26C. Sharon not only completed the challenge, but she succeeded in raising over £1000.

Sharon's story

"My father died at only 57 from Lung Cancer. We watched our 14 stone giant of a man be cut down to just 3 stone at the end and he died in hospital and in pain. That was before there was a Hospice here in Rochdale and since then I've seen the fantastic work they do and the difference that the care they give makes to both the person and their families. I've always wanted to do something in memory of Dad.

"For family and friends my decision to take on this trip came as a big surprise but they gave me such encouragement.

It was most definitely a challenge and with the heat I didn't find it easy at all. But that made it all the more of an achievement. One thing that helped me through was the fantastic group. Everybody seemed to look after each other and got on really well. The whole trip was well organised which took away any worry and I'll always be glad that I did it.

"I'm thrilled that I raised over £1,000 for Springhill – they really deserve everyone's support."





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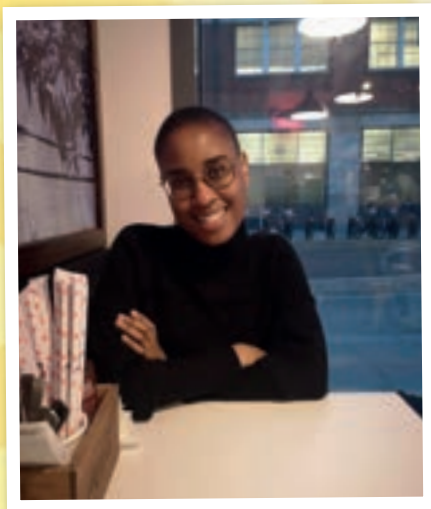
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Make a difference, volunteer

Here at the Hospice we have an army of volunteers who make it possible for the Hospice to run 365 days a year. Donating their time and skill they are very important cogs in the Hospice machine.



If you have considered volunteering for the Hospice why not give it a try? We are always in need of helping hands. There are roles available across the Hospice to suit everyone.

Our volunteer, Mainga, has been volunteering at the Hospice for the last year and told us how she has enjoyed her time here.

"I work as a general volunteer in the Hospice. I'm responsible for serving food to the Hospice's patients and visitors and keeping the kitchen and Hospice tidy by washing, sanitising and putting away cutlery, crockery and kitchen equipment.

"I have been volunteering at the Hospice for about a year now and I look forward to doing my shift every week. I love working alongside other volunteers and Hospice

staff to make sure that patients and their visitors have everything they need to make their stay as comfortable as possible. It means a lot to me to be able to contribute to making the Hospice a home away from home and to help patients and their families at what is often a very difficult time in their lives.

"I would recommend volunteering at the Hospice to anyone who is interested in helping others. Personally, I have loved getting to know the Hospice's amazing community of volunteers and staff who have taught me so much about working in a caring environment, and have helped me gain skills that have proved useful in other areas of my life too."

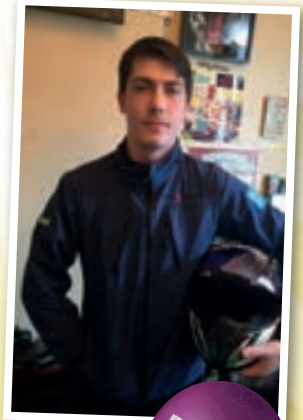
Another of the Hospice volunteers is Ben. Ben decided to help out at the Hospice as a volunteer in memory of a family member.

"At the Hospice, I am there to serve meals to the patients on the ward, clean the kitchen and serve water to the patients.

I love doing this because every little bit helps the Hospice and they did so much for a family member who was at the Hospice a few years ago.

I think it's a great experience being here volunteering and it helps out a lot!"

If you would like to become a volunteer with us at the Hospice, visit our website; springhill.org.uk/volunteering or call 01706 649920 for more information.



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KAPOW!

Sunday 6th October

After last year's huge success, KAPOW! is returning for 2019.

The massive 5K inflatable obstacle course will return to Heaton Park on Sunday 6th October for a day of fun and definitely lots of laughter!

The event debuted last year at Heaton Park and saw 100's of people taking part. The course includes the foam bath, twisty tunnels and a six meter drop slide. You are guaranteed to have plenty of fun on the day (even if you are a little bit out of breath!)

The event is open to all the family. Children are able to take part as long as they are 4ft tall and any children under 16 must be accompanied by an adult.

So what are you waiting for? Get signed up for a bouncy, exciting, adrenaline fuelled day! To sign up please visit springhill.org.uk/kapow



Musical moments this summer

Saturday 6th July

What better way to spend a summer's evening than in the award winning grounds of our Hospice.

Our Summer Serenade event returns, giving people the opportunity to spend an evening in the green and peaceful surrounds of our Hospice gardens. The guests will see the lawn transformed into its very own music arena with performances from local community groups.

Bring your own deck chairs and picnics to relax and enjoy the weather and surroundings of our gardens. There will also be a selection of stalls to browse, along with some delicious homemade pizza, made in our very own pizza oven. We know you will love it!



A great event for the family to enjoy the Summer weather and make special memories with loved ones. You can purchase your tickets online by visiting springhill.org.uk/summer-serenade



Fill our garden with sunflowers this Summer!



Sunday 4th August

Another of our summer events you won't want to miss!

What better symbol than a sunflower for our fundraising appeal, to shine a light on those special memories and help keep them strong. Memories of those we love and of those we have lost. Of happy times, past and present.



2018's appeal saw over 100 plaques planted in our flowers beds and we would love to be able to make this bigger and better than ever to commemorate Springhill Hospice's 30th Anniversary year!



This Summer we will be launching our popular and well-known Sunflower Appeal which gives you the opportunity to remember your loved ones with the symbol of a bright, happy, sunflower. Our appeal gives you the chance to purchase a sunflower plaque, personalised with your chosen name, which can then, (if you choose) be planted in our picturesque Hospice grounds over the upcoming months in return for a donation to Springhill.



If you would like to be a part of our Sunflower Appeal and make a dedication to someone special, you can order your sunflower plaque on our website at springhill.org.uk/sunflower-appeal.

When you dedicate your sunflower plaque, we would like to invite you to come along to our Summer Garden Celebration event on Sunday 4th August, where you will be able to collect and take your keepsake plaque home with you. Our Summer Garden Celebration event will also give you the opportunity to take a tour of Springhill Hospice's award-winning gardens, engage in unique gardening demonstrations and you will also have the chance to purchase our very own homegrown plants and produce.

For more information on our Summer Garden Celebration please visit our website springhill.org.uk/sgc or call our Fundraising Team on 01706 641790 (opt 1).





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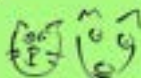
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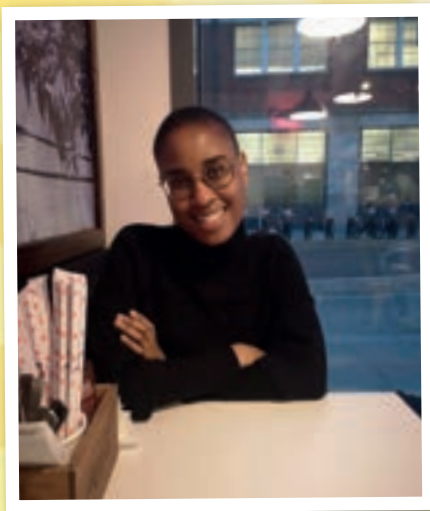
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Make a difference, volunteer

Here at the Hospice we have an army of volunteers who make it possible for the Hospice to run 365 days a year. Donating their time and skill they are very important cogs in the Hospice machine.



If you have considered volunteering for the Hospice why not give it a try? We are always in need of helping hands. There are roles available across the Hospice to suit everyone.

Our volunteer, Mainga, has been volunteering at the Hospice for the last year and told us how she has enjoyed her time here.

"I work as a general volunteer in the Hospice. I'm responsible for serving food to the Hospice's patients and visitors and keeping the kitchen and Hospice tidy by washing, sanitising and putting away cutlery, crockery and kitchen equipment.

"I have been volunteering at the Hospice for about a year now and I look forward to doing my shift every week. I love working alongside other volunteers and Hospice

staff to make sure that patients and their visitors have everything they need to make their stay as comfortable as possible. It means a lot to me to be able to contribute to making the Hospice a home away from home and to help patients and their families at what is often a very difficult time in their lives.

"I would recommend volunteering at the Hospice to anyone who is interested in helping others. Personally, I have loved getting to know the Hospice's amazing community of volunteers and staff who have taught me so much about working in a caring environment, and have helped me gain skills that have proved useful in other areas of my life too."

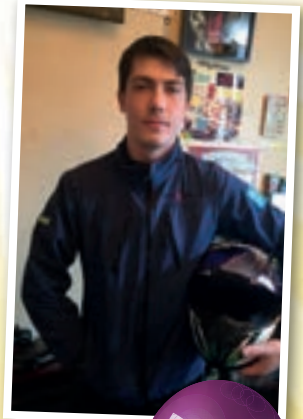
Another of the Hospice volunteers is Ben. Ben decided to help out at the Hospice as a volunteer in memory of a family member.

"At the Hospice, I am there to serve meals to the patients on the ward, clean the kitchen and serve water to the patients.

I love doing this because every little bit helps the Hospice and they did so much for a family member who was at the Hospice a few years ago.

I think it's a great experience being here volunteering and it helps out a lot!"

If you would like to become a volunteer with us at the Hospice, visit our website; springhill.org.uk/volunteering or call 01706 649920 for more information.



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KAPOW!

Sunday 6th October

After last year's huge success, KAPOW! is returning for 2019.

The massive 5K inflatable obstacle course will return to Heaton Park on Sunday 6th October for a day of fun and definitely lots of laughter!

The event debuted last year at Heaton Park and saw 100's of people taking part. The course includes the foam bath, twisty tunnels and a six meter drop slide. You are guaranteed to have plenty of fun on the day (even if you are a little bit out of breath!)

The event is open to all the family. Children are able to take part as long as they are 4ft tall and any children under 16 must be accompanied by an adult.

So what are you waiting for? Get signed up for a bouncy, exciting, adrenaline fuelled day! To sign up please visit springhill.org.uk/kapow



Musical moments this summer

Saturday 6th July

What better way to spend a summer's evening than in the award winning grounds of our Hospice.

Our Summer Serenade event returns, giving people the opportunity to spend an evening in the green and peaceful surrounds of our Hospice gardens. The guests will see the lawn transformed into its very own music arena with performances from local community groups.

Bring your own deck chairs and picnics to relax and enjoy the weather and surroundings of our gardens. There will also be a selection of stalls to browse, along with some delicious homemade pizza, made in our very own pizza oven. We know you will love it!



A great event for the family to enjoy the Summer weather and make special memories with loved ones. You can purchase your tickets online by visiting springhill.org.uk/summer-serenade



Fill our garden with sunflowers this Summer!



Sunday 4th August

Another of our summer events you won't want to miss!

What better symbol than a sunflower for our fundraising appeal, to shine a light on those special memories and help keep them strong. Memories of those we love and of those we have lost. Of happy times, past and present.



2018's appeal saw over 100 plaques planted in our flowers beds and we would love to be able to make this bigger and better than ever to commemorate Springhill Hospice's 30th Anniversary year!



This Summer we will be launching our popular and well-known Sunflower Appeal which gives you the opportunity to remember your loved ones with the symbol of a bright, happy, sunflower. Our appeal gives you the chance to purchase a sunflower plaque, personalised with your chosen name, which can then, (if you choose) be planted in our picturesque Hospice grounds over the upcoming months in return for a donation to Springhill.



If you would like to be a part of our Sunflower Appeal and make a dedication to someone special, you can order your sunflower plaque on our website at springhill.org.uk/sunflower-appeal.

When you dedicate your sunflower plaque, we would like to invite you to come along to our Summer Garden Celebration event on Sunday 4th August, where you will be able to collect and take your keepsake plaque home with you. Our Summer Garden Celebration event will also give you the opportunity to take a tour of Springhill Hospice's award-winning gardens, engage in unique gardening demonstrations and you will also have the chance to purchase our very own homegrown plants and produce.

For more information on our Summer Garden Celebration please visit our website springhill.org.uk/sgc or call our Fundraising Team on 01706 641790 (opt 1).





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