

st Luke's Intouch

**OUR LATEST NEWSLETTER –
JAM PACKED WITH STORIES
ABOUT HOW YOUR SUPPORT
MAKES A DIFFERENCE.**

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Latest news
from our shops,
fundraising and
volunteering
teams!



WELCOME FROM JO, OUR CHIEF EXECUTIVE

Dear Supporters,

Welcome to the latest edition of our In Touch Newsletter – jam packed with stories about how your support makes a difference.

As we step into the Autumn and Winter months, I want to thank you for your incredible support of St Luke's this year. Your kindness continues to make an extraordinary difference for the people of Sheffield who rely on our care.

This summer marked a year since I began my journey as Chief Executive, and I am filled with gratitude and pride for everything we have achieved together. Despite a challenging climate for hospice care nationally - with rising demand, funding pressures and changes within the wider healthcare system - your support has enabled us to maintain the exceptional services that our community depends upon.

Over the past year, we have focused on strengthening our foundations and building for the future. From launching our counselling and bereavement service for young people, to investing in patient transport and developing



research through the Wilkes Institute, every step helps us reach further, embrace new thinking, and ensure St Luke's care for generations to come.

In this edition, you can read about how your donations are transforming care, what you've helped us to achieve in the past year and hear stories from the people you are helping us to care for, when they need us most.

Whether you shop with us, play our lottery, make a donation or give your time as a volunteer, thank you for making a difference.

Jo Lenton,
Chief Executive and Chief Nurse



Scan to donate



YOUR KINDNESS MAKES OUR CARE POSSIBLE

Could you make a donation and support our patient care for thousands of patients and families across Sheffield? Thank you for making a difference.

A SNAPSHOT OF OUR IMPACT

Our purpose at St Luke's is to give patients and their families the high-quality care they need, treating each person as a unique individual. We promise to listen to their wishes and choices, tailoring our care and support so they can make the most of every day. We work with others to champion improvements in end-of-life care, in Sheffield and beyond.

DID YOU KNOW?

St Luke's is here for Sheffield, thanks to Sheffield. Although our care is given without charge to our patients, we need to raise over £11million this year alone, through a variety of income generating activities including fundraising campaigns, our St Luke's lottery and our charity shops!

1,752

patients across the city supported over the last year, and their families too.

669

Last year, we supported 669 bereaved relatives with counselling and therapy groups - a 75% increase on the prior year.

88%

88% of people we care for are supported by our teams in their own home or care home.

7,337

Last year we saw 7,337 attendances to our social prescribing service - a 25% increase in attendances on the prior year!

£11 MILLION⁺

We are a charity and just 23% of our running costs are covered by government funding. That means this year St Luke's has to raise over £11million to continue providing our palliative and end of life care and support to thousands of people across Sheffield each year

LAUNCHING OUR CHILDREN'S BEREAVEMENT SERVICE



REACHING FURTHER

We're proud to launch our new Children's Bereavement Service, building on the success of our recent pilot group. We have recently extended our bereavement support offer to include children and young people aged 5-16 following the loss of a loved one who received care from St Luke's.

Delivered by our qualified counselling and art therapy team, with support from trained volunteers, support is tailored to each child's/young person's needs. Our Children's Bereavement Service offers age-appropriate group sessions for children aged 5-7 and 8-11 years, and 1-1 counselling or art therapy for those aged 12-16.

Through creative activities, peer connection and emotional support, children are helped to understand grief, build resilience, and find a safe space to

explore their emotions and feelings around the loss of their loved one.

"These sessions will offer an opportunity to learn about death in an age-appropriate way and to understand the effects of grief and embrace a variety of responses at the same time as honouring the memory of a loved one," said our Head of Allied Health Professionals Faye Costello.

"We also hope that the support we offer will help build emotional resilience, creating a safe space for children to express their feelings and enabling them to meet and interact with peers who are also grieving and tell their own stories of grief and loss."

To find out more, visit www.stlukeshospice.org.uk/bereavement or call 0114 235 7656



NEW ST LUKE'S SONG IS AN ANTHEM OF JOY, HOPE & OPTIMISM

Here at St Luke's, we use social prescribing to help patients and families manage their terminal illness. We do this by taking a person-centred approach to improving health and wellbeing, and focussing on social support in addition to medical needs.

We offer patients meaningful activities that bring joy and comfort during their time with us – whether that's getting creative in Art Club, moving gently through Pilates or Yoga, enjoying the wellbeing benefits of massage and Reiki, learning practical skills in cookery classes, or connecting with nature through gardening.

One of our most popular social activities is the weekly singing group, created to help our patients connect through the power of music.



Thanks to a special grant from the Sarah Nulty Power of Music Foundation, the group recently had the amazing opportunity to compose their own original song. The song they created is one of joy, hope and optimism and its lyrics truly capture how our patients feel about the support they receive.

One member, Les, who is 76 and attends primarily as the supporter and carer for his wife Pauline, was instrumental in shaping the melody that brings those words to life.

"I remember the first time I sang it, everybody clapped and I am really proud of what we've done together – it's turned out brilliant," said Les.

"When people listen to the words, they really are in tears because the song's about exactly how we all feel about the support we receive from St Luke's."

You can hear their song "A Beautiful Place" at this year's **Festival of Light** event on **Sunday 7 December**. To hear a sneak preview of this beautiful song, please scan the QR code here.



A WORLD OF SUPPORT FOR LEANN'S MUM, BRENDA



Before her mum, Brenda, became a patient, Leann and her family knew virtually nothing about the work St Luke's do. It wasn't until Brenda spent seven weeks as a patient in our In Patient Centre that Leann, and her family, discovered a world of support they never knew existed.

Brenda first received support through our Community team at her home in Sothall, near Crystal Peaks, but as her cancer worsened and her pain increased, that's when the family realised more help was needed, and she moved into the St Luke's In Patient Centre.

"It was getting too much for her at home and it was such a relief when we heard from St Luke's and we knew we were not on our own," recalls Leann.

"Mum and dad had always been proud and independent, so it took a lot for mum to build up her trust, but over the seven weeks, she built up such a good relationship with the team. She even had the chance to do things like getting her hair done, which was lovely because she was always so proud of her hair."

What meant the most was knowing Brenda was being cared for by the St Luke's team, meant Leann could get back to being a daughter.

Leann describes their experience as like "a comfort blanket" and like a home for the weeks they spent with us.

"Nothing was too much trouble, everything was just perfect and everybody could not have been nicer," says Leann.

"You don't realise the stress until you are going through it. It's all overwhelming and a bit of a whirlwind. But now because of St Luke's, we have lovely memories."

In honour of her Mum, Leann kept a promise to raise funds for our patient care and in March 2025, laced up to run the Sheffield Half Marathon.

Are you feeling inspired? Places are now open for the 2026 Sheffield Half Marathon on Sunday 29 March. Sign up today for Team St Luke's at www.stlukeshospice.org.uk/SHM





A LASTING MEMORY OF LOVE FOR JACQUI AND FRANK

In June 2025, we were honoured to host a wedding vow renewal ceremony at our hospice for Jacqui and her husband Frank, who was being cared for by our In Patient Centre team at the time.

The St Luke's team – including Lynn, our Specialist Palliative Care Chaplain, and Gemma Sharp, Junior Sister – thoughtfully brought the ceremony together, while our Catering team prepared a beautiful spread of food and cake. Thanks to their care and attention to detail, it was a truly special day.

It was a deeply moving and joyful occasion, filled with love, laughter and treasured memories. Just a few days later, Frank sadly died – making the

time shared that day even more poignant and precious for the family.

“It’s a memory we will treasure forever. To see the love and happiness on Mum and Dad’s faces that day was out of this world and made me so proud to be their daughter,” said Rebecca Kasper.

“Lynn was amazing – she really took the time to understand what Frank wanted, made sure it was possible, and got everything in place to make it happen. The understanding and compassion has been a true blessing. You’ve all made a real difference in our family’s life and we are all eternally grateful.”

IMPROVING OUR CARE

HOW **SOCIAL PRESCRIBING** HELPS OUR PATIENTS

You may have heard of the phrase “**social prescribing**”, but what does it really mean? As well as expert medical care and support, we are proud to deliver the non-clinical aspects of our care that help our patients manage their symptoms.

Our St Luke’s social prescribing connects people to support that meets their practical, social and emotional needs. Patients can attend arts and crafts or even yoga classes and much more – all without charge. Families and friends play a valuable role in a patient’s care, so we also provide dedicated support for loved ones through social and bereavement support.



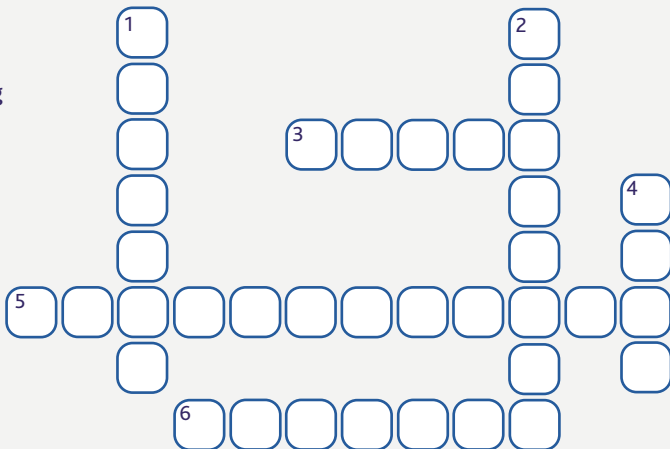
Every week, we host a huge range of activities for our patients and their families. Can you find some of these activities hidden in the Crossword below? Answers are at the bottom of the page!

Down

1. The art or practice of preparing meals
2. Craft using needles and yarn
4. Exercise discipline involving stretching and breathing

Across

3. Spiritual healing practice originating in Japan
5. Observing and identifying feathered creatures
6. Vocal performance, perhaps in a choir



Answers
1. Singing 2. Knitting 3. Reiki 4. Yoga 5. Birdwatching 6. Choir

IMPROVING PALLIATIVE AND END OF LIFE CARE FOR ALL



St Luke's is a local charity, but our vision is global: 'A world where patients and families facing terminal illness don't feel alone, and receive the care and support they need to make the most of precious time, and experience a good death.'

Our new St Luke's Wilkes Institute, named after St Luke's Hospice founder, Eric Wilkes, will build on our culture of excellence and expand our research and training ambitions. The Wilkes Institute will focus on three key areas: research and innovation at a local, national and international level; internal training of our existing workforce, and external workforce development as a dedicated provider of training impacting on palliative care locally, regionally and beyond.

Eric Wilkes originally trained as a general practitioner, before becoming a key figure in the national and international hospice movement, opening the St Luke's Hospice you know today, as the first modern hospice unit outside of London and

the first day hospice unit.

We're passionate about continuing Eric Wilke's dedication to improving hospice care overall, and one of the key ways we will do this is by participating and leading on research, to obtain evidence to directly impact and improve the care and facilities we provide.

Alongside this, we are committed to sharing our expertise more widely. Through new courses and education programmes, we will pass on what we have learnt to health and social care professionals.

By working with others, we can pool efforts and share learnings – helping to pave the way for improvements for all.

To read more about our new St Luke's Wilkes Institute, please visit:

www.wilkesinstitute.co.uk



REACHING FURTHER

HELPING SHEFFIELD'S HOMELESS COMMUNITY



By the end of 2024, it was estimated that there were at least 354,000 people homeless in England. Being homeless can have a devastating effect on people's mental and physical health - and at the same time it can make it more difficult to access health care, including palliative support.

While most people living in the UK in the 2020s can expect to enjoy life well into their 80s, a homeless man or woman could be as young as just 46 when their life ends.

That's why we have now launched a new training programme aimed at identifying areas of good practice and working towards collaboration with other professionals involved with the homeless population in Sheffield.

The four sessions explore the needs of individuals who are classed as homeless and who have life limiting conditions, looking at how the current provision of palliative care in the community may be adapted to meet those needs.

"Our aim is to make recommendations as to how best practice guidelines could be incorporated into daily practice to improve outcomes for this vulnerable group of individuals," said our Consultant Nurse Helen Smith.

The sessions look at homelessness specifically in relation to health issues, developing an understanding of complex needs and person-centred care.

The course also explores the ways that neurodiversity and levels of autism can have an impact on homelessness and aims to promote a greater understanding of areas such as symptom management for clients who may have a history of substance or alcohol abuse.

"By the end of the four weeks we aim to show that, even with all the problems that come with homelessness, it is still possible to offer palliative and end of life care for people with nowhere to live.

"Working with homeless people when they are at their most vulnerable can be challenging at times. Building trust is a big thing and then all you can hope is that you will do your best for them, just as we would for any other patient."

REACHING FURTHER

SPOTLIGHT ON **ST LUKE'S SHOPS**

Just 23% of our running costs are covered by government funding, meaning every St Luke's supporter helps to fill our £11million+ gap in funding, to ensure that Sheffield people have access to vital palliative and end of life care and support.

Our 15 charity shops across Sheffield are a huge part of our fundraising – in fact last year, they raised over £4million towards our patient care costs. That's over £80,000 each week! That means if you've donated, gift aided or shopped in one of our stores – you're making a big impact for St Luke's whilst supporting ethical shopping and sustainable fashion.

It's been an exciting year for St Luke's retail, with the opportunity to host pop-up stalls at two iconic Sheffield events:

KELHAM PRIDE AND TRAMLINES FESTIVAL!



SUSTAINING GROWTH

DID YOU KNOW?

A national challenge for all charity shops at the moment is the amount of donations which are unsaleable due to being low quality. Where textile recycling was once an option for charity shops to dispose of low-quality items ethically, this form of recycling is becoming more and more costly to charities like us, and takes money away from our patient care.

Our St Luke's shops aren't immune to this challenge of low-quality donations, so we ask our supporters to donate responsibly, with quality items that are in a saleable condition. Please help us to avoid waste and make the most of your generous donations.

VOLUNTEER WITH ST LUKE'S AND BE PART OF SOMETHING BIG



CHAMPIONING OUR CAUSE

Earlier this year, we shone a spotlight on the many ways you can get involved in our volunteering opportunities – from Retail and Donation Centre roles, to Corporate Volunteering, Events and Fundraising support. We inspired people across the Sheffield community to get involved and make a real difference by volunteering with St Luke's. With a huge range of roles available, and flexible taster sessions on offer, there's something for everyone.



"I don't like staying in every day and being bored so being a volunteer gets you out of the house and it's good to know you are helping the community and you're also learning good skills and knowledge for any future job." - **Toby Sockett, Volunteer at our Kilner Way shop.**

"I love it all and every single Saturday I enjoy coming in because it's all amazing. I would tell everyone to do it because you always feel welcome, you are part of a great team, and you make friends." - **Alex Williamson, Volunteer at The Moor shop.**



“Volunteering at St Luke’s has completely changed my outlook on life and what is important.”

- Joe Shepherd, St Luke’s Patient and Family Support Volunteer



“I enjoy seeing new faces and having the chance to talk to them. It’s a good way to give back to the community – and it’s a lot of fun!”

- Bethany Hardy, Volunteer at our Kilner Way shop



“By the end of every event, you know that you have helped raise the money that will keep St Luke’s afloat.”

- Sue Cameron, St Luke’s Events Volunteer



COULD YOU VOLUNTEER AT OUR KILNER WAY SHOP?

Volunteer with us and discover the difference you can make. From unpacking and sorting donations to serving customers at the till and keeping our shop floor clean and tidy, we have lots of roles available. Volunteering with St Luke’s offers a rewarding experience that benefits both you and your community.

Find out more and get involved by visiting www.stlukeshospice.org.uk/volunteer



THANK YOU TO OUR **WONDERFUL SUPPORTERS!** WE COULDN'T DO WHAT WE DO WITHOUT YOU.



1. Luke completes the **Sheffield Half Marathon**, and the **Leeds Half Marathon**, to raise an incredible **£1,000** in memory of his dad, Stephen.
2. Rising stars of the future: Westbourne Biz Kids turned an initial £100 seed fund into a **£1,655** donation to our patient services. Could your child's school get involved in fundraising? Keep an eye out for our **Reindeer Run!**
3. Our **St Luke's Yorkshire Three Peaks** walkers battle tough weather conditions to raise over **£10.4k** for our patient care.
4. Teeing off at Sickleholme Golf Club for our **St Luke's Golf Day** – a swinging success raising over **£12k** for our patient care! Thank you to our sponsors. Next year's date is in the diary! **Save the date: 4/9/26.**
5. Coast to Coast conquered! Matt Nicholson from Monaghans takes on the **C2C bike ride challenge** in support of their Charity of the Year partnership.
6. Six year old Leo proves you're never too young to be a St Luke's fundraiser by signing up for the **Run For All Sheffield Mini and Junior Run** - and raising £200 before even crossing the start line.
7. Lucy and Arron Mellon-Jameson donate books in memory of their son, Jude, via Jude and the Book Factory, to support our new **Children's Bereavement Service**, and provide comfort to young visitors.

DEDICATE A LIGHT IN MEMORY OF YOUR LOVED ONE



One of Sheffield's best loved festive traditions returns as we gather for this year's **Festival of Light on Sunday 7 December** in the St Luke's garden at Little Common Lane. Together, we will reflect, remember, and celebrate our loved ones as thousands of lights shine in their memory.

By dedicating a light, you not only honour someone special but also help St Luke's continue providing outstanding care and support. With government funding covering just 23% of our costs, your generosity makes a real difference to patients and families across Sheffield.

This year, our Festival of Light will feature something truly special - the

St Luke's Singing Group performing "**A Beautiful Place**", an original song created thanks to the Sarah Nulty Power of Music Foundation. The moving lyrics capture the joy, hope and optimism our patients find through music and they receive from St Luke's. (Read more on pg 5!)

We would love for you to join us for this unforgettable evening. To dedicate a light in tribute to someone cherished, please visit **www.festival-of-light.org.uk**, or simply scan the QR code.



Proudly supported by



WAYS TO SUPPORT 2025

2025	
28 SEPTEMBER	Sheffield 10k
1 NOVEMBER	SUFC Takeover Day
15 NOVEMBER	Abseil
15 NOVEMBER	Bungee Jump
OCT - DEC	Winter Raffle
DECEMBER	Reindeer Run
7 DECEMBER	Festival of Light



WINTER RAFFLE

BUY YOUR TICKETS TODAY!

WIN up to **£2,500** with our top cash prize!

Kindly sponsored by Crystal Peaks



stlukeshospice.org.uk/raffle

Close date: 9 December 2025 Draw date: 10 December 2025

£1 PER TICKET



Pictured: Norma St Luke's Volunteer

18+
You must be at least 18 years of age to play

GambleAware
Advice | Tools | Support

 Registered with FUNDRAISING REGULATOR

Terms and conditions apply
Registered Charity No. 254402



We need to raise over **£11million** this year to continue providing essential care in Sheffield. For full event details visit www.stlukeshospice.org.uk/events

T: **0114 235 7495**

E: fundraisingevents@hospicesheffield.co.uk



*Figures correct as of September 2025.

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