

"a growing family"



AUTUMN EDITION **NEWSLETTER 2017**



Everyone's a star

You might not have heard but our celebrity chef has been picked for 'Strictly Come Dancing!' No, not Dean (though he does a passable Carmen Miranda with that pineapple on his head!).

Our old friend and new dancer, Simon Rimmer came in to help Dean formally open the new Francis House kitchen. Dean has been a stable member of the Francis House team since the official opening in 1991. Many families who come back for Memory Day say that they miss Dean's cooking. I'm sure that Dean would be the first to share the credit with the dedicated team of kitchen volunteers – sadly three have decided that the time has come to retire and you can read their stories opposite. Fortunately more new volunteers are joining the team thanks to the excellent work of Rachael Taylor and Margaret Stelmaszek.

Francis House really is appreciative of all of the people who give their time voluntarily who help in accounts and administration, the kitchen and gardens, the shop and out in the community raising funds. These special people enable us to use the hard won charitable donations as efficiently as possible and last year 83p in every pound donated went directly to the care of the children.

To quote Mahatma Ghandi, "the best way to find yourself is to lose yourself in the service of others." Our volunteers certainly embrace that sentiment.

Whether it's the two 'MasterChef's' on the front cover, the members of the hardworking Francis House Team, the volunteers who believe in 'all work and no pay' or the many people who donate money or fundraise for us – I say a huge thank you on behalf of the families and young people who use Francis House.

Don't forget to watch (and vote) for Simon as he starts his marathon dance training he's been a loyal supporter and deserves every success – as does every single one of you who make up the very special Francis House family.

David

Jason Connor our charity shop manager

We were delighted when Jason Connor joined us as our charity shop manager. Former owner and manager of J's Barbers and son of Francis Connor a volunteer for over 16 years, he is enjoying the busy atmosphere of Burnage Lane. Jason and his team of volunteers work hard to display a good standard of items, and we are grateful for the support of the local community. Opening times are 10am - 4pm Tues to Sat.



Volunteer thankyou's and farewells

The summer saw three of our dedicated volunteers Sue Altree, Ron and Krystyna Gratton retire from service. All three worked as part of the kitchen team and they will be greatly missed, especially by chef Dean. Sue a retired teacher from Cheadle Hulme, joined us in 2002 working on the Saturday tea team. She recalls: "I had a look around and thought what a fantastic cause. I felt inspired by what was going on here and wanted to contribute towards it. I've really enjoyed it and the care team have been great, it's a really happy place to work."



A highlight for Sue has been meeting and getting to know people from different walks of life. She's now looking forward to spending more time with her granddaughter but pledges to continue to do bits for us 'here and there'.

Ron and Krystyna from Didsbury came as a 'double-act' and have spent nineteen years volunteering at Francis House since 1998. They were in the crowds when the hospice was opened by the late Princess Diana in 1991, and Krystyna said at the time that when she retired as an optometrist she wanted to work here! Also on the kitchen team, they look back on their years here with great satisfaction.

"It's been a pleasure to come every week and although you don't work directly with the children - there is a fantastic care team for that, I've even been able to talk to the Polish couples and for them and all the families that come here it's their holiday, a real break." said Krystyna.

One of Ron's favourite memories is ringing the hand bell for dinner and Kirsty Howard enjoying ringing it too!

Volunteers are essential to Francis House and the work we do is made possible by people like Sue, Krystyna, Ron and all our incredible volunteers. Thank you from the bottom of our hearts. If you would like to find out more about volunteering please visit www.francishouse.org.uk/staff/volunteering.

Supporting families from North Manchester



Graeme, Emma and Michelle Jones from Ramsbottom have been coming to Francis House for more than 19 years

The lives of the parents of Emma Jones, like all of the families that come to Francis House, revolve around the needs of their child. Every morning the alarm sounds at 5.45 a.m. and another 'ground hog day' (as mum Michelle describes it) begins.

After the feeding, bathing and dressing routines are complete, Michelle drops Emma off at the day centre close to their home in Ramsbottom near Bury and Dad Graeme, a self-employed builder, goes to work.

But life is far from normal for these parents – their daughter is 23 years old.

Emma has a life-limiting condition called Retts Syndrome a rare genetic disorder which affects brain development. Around one in 12,000 children are affected almost exclusively girls.

"I had a normal delivery and when Emma was born everything was fantastic, we had a gorgeous little girl," said Michelle. "Emma was about 14 months old when we first noticed something wasn't right. She wasn't making any attempt to crawl or to walk. She stopped finger feeding and rolling over, her hands started to clench and all purposeful hand movement stopped.

"The skills she had developed were then lost, which is part of a regression period, and she was left as she is today.

"Her body is the size of a 23 year old, but she still has the mind of a baby so we're always in baby mode."

The condition has no known cure but life expectancy can be into the forties.

Emma cannot walk or talk and has had spinal surgery, and a hip removed, she also has osteoporosis. "80% of the time she's smiling and content," explained Graeme. "The other 5% she can be horrendous in pain."

When Emma was four years old the family were referred to Francis House, and for nineteen years they have relied on the hospice for respite care and support. More children with life-limiting conditions are surviving into adulthood, and the hospice now cares for more than 116 young people who are over sixteen years of age in Francis Lodge, a seven bedroomed wing for teenagers and young adults.

There they can enjoy respite stays, with their friends, in age-appropriate surroundings that include music, gaming and movie rooms, whilst still receiving a high level of clinical care.

"We leave Emma here and she has one stay for five nights and another big stay of nine nights," said Michelle.

FAMILY FEATURE



Graeme and Michelle Jones

"We know when she comes here she's getting the one to one care that she needs and doesn't get anywhere else."

"Now Emma is older we can go on holiday and have a week in the sun and it's absolutely fantastic. But if it wasn't for Francis House being here we wouldn't do that because we wouldn't feel relaxed leaving her."

"Coming here gives us and Emma a real break. I've never been comfortable with having people coming into the house to care for Emma, when she's at home I care for her myself," said Michelle.

Michelle describes the demands of looking after a young adult with the needs that Emma has as 'intense' and Graeme admits that the couple have both had really 'dark times.' But they both agree there are more positives than negatives.

"Although I love Emma to bits and she is my world I have missed out on a lot, work wise and socially," said Michelle. "But I don't regret a bit of it, I don't look after her begrudgingly she is our world and we love her to bits."

"If you've had a bad day and she just looks at you and smiles at you, you know she's smiling at you because

she wants to smile at you and not because she wants a new pair of trainers. When you go into her room in the morning, her face lights up and she smiles at you because she loves you."

The family home has been adapted to help with lifting and moving and has a rise and fall bed, a track hoist and a rise and fall bath. Emma attends a day centre 4 days a week and Michelle describes the staff there as 'lovely'. She is however by far the youngest person there among a wide spectrum of ages.

With Graeme in his mid-fifties and Michelle her late forties, the couple admit that their biggest fear is what will happen to their daughter as they get older.

"We've always known there would come a point when we can't look after her anymore. Physically and mentally, for another twenty years it will be difficult," admitted Michelle. "These children are living longer and if provisions aren't put in place now for the future there are going to be a lot of young adults coming into middle age with nowhere to go and nothing to do, what's going to happen to these children whose parents are getting elderly."

"It does spur you on to stay healthy, young and active," added Graeme.

Simon serves up a feast of support



Francis House chef Dean Jenkins, volunteers Margaret Derbyshire and Derek Charleston with Simon Rimmer at the opening of the new kitchen.

With much anticipation the refurbishment of the new kitchen at Francis House has been completed. The cramped cupboards and small serving hatch have been replaced by modern sleek units and a large island complete with sinks allowing for ease of food preparation.

To celebrate the occasion CHANNEL 4 Sunday Brunch host and chef Simon Rimmer officially opened the new kitchen. Our chef Dean has worked at the hospice since it first opened in 1991.

"The kitchen was ready for an upgrade. For the children and families that come here, having a mealtime routine in lives that are often chaotic is extremely important. It takes the pressure off the parents, when they come here they don't have to cook and worry about organising a meal. It really is a great place to work and I couldn't do it without our fantastic volunteers," he said.

Simon said: "The new kitchen looks amazing, the space that Dean's got to work in now is going to make life much easier and give him and the volunteers the opportunity to cook more varied things, "It will be brilliant for everyone. I've always been a big supporter of Francis House, the work they do here is unbelievable."

Restaurant owner Simon knows the joy people get from having a meal cooked for them. "There's something nice about having a plate of food put in front of you."

HOT OFF THE PRESS! If you would like to experience Simon's culinary skills for yourself, we are delighted to announce that Greens Restaurant in West Didsbury, owned by Simon and business partner Simon Connolly is to hosts an Evening of Gourmet vegetarian food for Francis House. Grab your tickets now!



YOUR SUPPORT IS NEEDED EVENTS AND NEWS



Great Manchester Run 10k and Half Marathon – Sunday 20th May 2018

A huge thank you to over 200 Francis House supporters who completed the Great Manchester Run in May this year, helping to raise over £32,321. If you are thinking of taking part in 2018 and need some inspiration, Declan, John and Chris shared their experience of this year's event.

Chris Morley (picture right) from Bethell Construction Ltd took on the new half marathon route. The firm had previously supported us through a number of fundraising events. Chris said: "I am proud to run for you on Sunday and hope the event is a great success for the hospice." From an original target of £250 his generous colleagues and clients helped him to raise £4,000!

We featured father and son John and Declan Fleming in our spring newsletter. John describes how they got on. "On an emotional day for all concerned in Manchester - runners, spectators and race officials, it was a great occasion to be part of. We completed the run in 51 minutes 39 seconds, which was about 1.5 minutes more than we had done in training, but we put that down to the emotion of the day. I would like to thank all who have donated generously to us for Francis House." The pair also exceeded their target and raised £1,309.

Experience in 2018 the unforgettable atmosphere along the route passing Manchester's favourite landmarks including Old Trafford Stadium, Imperial War Museum and Beetham Tower, lined with crowds of supporters cheering you on – discounted charity places are available from **November 2017** for both the 10k and the half marathon distance – we ask that you raise as much sponsorship as possible for Francis House. **Register your interest now** by contacting Emma in the Fundraising Office on 0161 443 2200.



Spreading the word...

Are you part of a club or group? Inner Wheel, Rotary, Catenian Association, Mothers Union, U3A, Probus Club, Soroptimists, Townswomen's Guilds, Women's Institute - we'd love to talk to you! Our team of fundraisers enjoy visiting local groups across the Greater Manchester area to talk to people about our history, work and projects. They can show a short DVD and projected photographs of the hospice and its facilities. There is no specific speaker's fee, however any donations will be greatly appreciated. If you would like to arrange a presentation to your group please call the team on 0161 443 2200.

Santa Run - Saturday 9/12/17

If you're looking for something festive and fun for the family this Christmas then join us at Old Trafford for the 11th annual charity Santa Run. There will be a 2k Family Fun Run and a 5k Santa Run, and best dressed competition! Tickets from £5.00-£25.00.

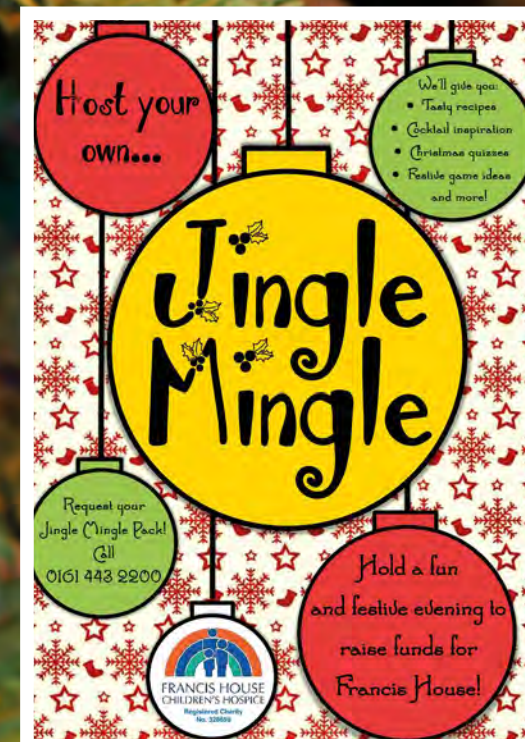
To book call 0161 868 8600 or book online www.mufoundation.org/events

FESTIVAL OF TREES

To get people in the Christmas spirit, the Francis House Festival of Christmas Trees will be opening on Sunday 29th October until Sunday 10th December at the Lowry Outlet, Salford Quays. The ever popular display of decorated trees is now in its 11th year and we're looking for more companies, social clubs, groups and supporters to be involved and make 2017 our best yet!

We will supply an artificial tree and lights, you supply the creativity and decorate your tree in any theme of your choice. Thousands of pounds have been raised over the years through members of the public bidding on the Christmas trees.

If you'd like to join an exclusive list of participants please contact Mary on gillattmary@gmail.com before 20th October.



HOW YOU CAN HELP

To continue to provide our services we need to raise 4.2 million pounds per year to keep Francis House and Francis Lodge operating.

Regular donations provide us with ongoing income that enables us to plan for future needs. So we are asking as many of you as possible to consider a regular weekly, monthly or annual gift. You can do this by completing and returning the Standing Order request on this page to Pauline Armitage, Francis House Children's Hospice, 390 Parrswood Road, Didsbury, Manchester M20 5NA or by going to our website and emailing us a standing order. You can also ring Pauline on 0161 434 7252 and she will do the work for you.

If you are a UK tax payer please also sign the Gift Aid Declaration on the reverse of this slip and return it along with your Standing Order Request.

STANDING ORDER

FRANCIS HOUSE FAMILY TRUST REQUEST FOR STANDING ORDER

To the Bank Manager

Date

Branch Address

Please charge Account: Sort Code

Account No

**Pay to: Yorkshire Bank, The Chancery,
Spring Gardens, Manchester, M2 1YB
Account No. 68170373 Sort Code. 05-05-73**

The sum of £

Commencing on

and thereafter on each succeeding

Ending on

Name

Address

Signature

Date

Please return to Pauline Armitage at Francis House
Registered Charity No. 328659



Name of Charity

Details of Donor: Title

Forename(s)

Surname

Address

Postcode

Email

I wish the charity to treat: (please tick as appropriate)

☐ the enclosed donation of £

☐ All donations I make in the future or have made in the past 4 years

I am a UK tax payer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please let us know if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and or capital gains

Signed

Date

GIFT AID

We are most grateful to everyone who has already completed a Gift Aid Declaration. To date over 2500 supporters have signed up to the scheme.

We are able to claim 25p for every pound donated.

If you are a UK taxpayer and haven't already signed up please consider completing and returning the slip overleaf, no donation is too small to be gift aided.

If you are planning a special occasion - wedding anniversary, birthday, christening etc and wish your guests to make their gift a donation to Francis House, we can supply small gift envelopes and cards to be sent out with your invitations.

We can only claim gift aid if the donors pay UK tax and we have their name and home address.

Please phone Pauline on 0161 434 7252 or email: pauline.armitage@francishouse.org.uk if we can help.

SPOTLIGHT ON:
L'OREAL - BECAUSE
WE'RE WORTH IT!

Going back for almost 12 years, L'Oreal, Paris have been supporting Francis House and our families in so many ways. They are world leaders in beauty, make up, cosmetics, hair care and perfume. It all began when Carl Marsh, the Logistics Manager approached us and a number of other worthy charities as they had a surplus of products that they felt we would benefit from not only to raise funds to help the families using the Hospice but also for product placement in parents rooms for their personal use.

What started so long ago has blossomed into a myriad of other ways that help us raise funds with Carl still at the helm.

They have supported us with hampers, products for goody bags at Football Tournaments and Golf Events both home and abroad. In return we have been able to promote the name of L'Oreal in Spain, Italy, Portugal, France, Turkey, Bulgaria, South Africa and Barbados.

At the Festival of Christmas Trees, Carl has decorated a tree every year with L'Oreal products and hampers worth £2000 and also provided decorated trees and table gifts to raffle for the Francis House Ball.

L'Oreal staff who give up their time have conducted a number of Pamper Evenings which have been enjoyed by many Hospice mums and young women who use Francis House and product bags have been donated for each attendee. Staff have also supported our sponsored events by taking part in abseils and the Cheshire 3 Peaks walk.

We were invited to attend a BBQ Event for L'Oreal staff to receive a cheque donation from the company and other donations have followed since.

The company and staff at L'Oreal, Manchester deserve the tremendous gratitude from everyone at Francis House for the thousands of pounds received as a result of their support.

WHY? BECAUSE THEY'RE WORTH IT!



THE GREAT OUTDOORS

Challenge 108

13 year old Aimee Torr raised over £2,000 in July by completing a 5 day trek along 108 miles of The Pennine Way, complete with wild camping en route! During her training, Aimee kept a YouTube diary of her many practice walks so was well prepared for the adventure, which she undertook with her dad Matt. Despite parts of the route testing her physical and mental strength, Aimee says she stayed in high spirits throughout the challenge. Well done Aimee - you've done yourself proud!



Peak Performance on the Cheshire Hills

In June, 130 walkers descended on Tegg's Nose Country Park for our annual Cheshire Three Peaks Challenge. Some participants attempted a difficult 13.6 mile route encompassing three of Cheshire's highest climbs, whilst other groups took on the 6.5 mile Scavenger Trail, which challenged them to forage for items and solve questions about their surroundings. Nine year old Lilly Hampson was crowned the winner of the Scavenger Challenge and took home a hamper full of well-earned treats! Over £14,000 was raised through the event - thank you to everyone that took part, and also to the rangers and Tegg's Nose Tea Room for their support



Couldn't have putt it better

Our thanks to Graham Walters who worked tirelessly to put together a book entitled Sir William Mills & the Standard Golf Company 1895-1939, using his vast subject knowledge and expertise. £2,000 in proceeds were donated.

Withington Walkers conquer Hadrian's Wall

Over the Easter weekend, a group of nine brave Withington locals attempted a challenging trek across Hadrian's Wall in support of Francis House and The Christie. Six of the team managed to complete the full 84 mile distance, raising an impressive £1,358.

London Marathon

Thanks to our remarkable and dedicated London Marathon runners who took on the world famous event in April. Together (and thanks to the generosity of companies Heywood and St James's Place Partnership in match funding) Sian, Lauren, David, James and Tim raised over £11,600.



THE NEWS WHERE YOU ARE...



Made to Dance

Didsbury based Madeley School of Dance put on a show at **Stockport** college back and it was such a success that they decided to do it again in front of an audience of 200 including family members. Ticket sales from a Saturday matinee and evening performance raised £1,612.00 – outstanding!

Juice Party

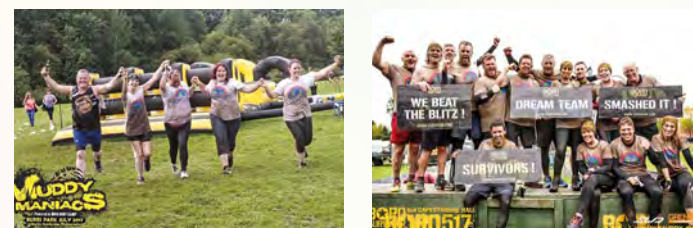
Inspired by her mum's Coffee Morning fundraiser, Emma Linley from **Bury** swapped coffee cups for juice drinks to hold a Juice Party in aid of Francis House. Emma and her friends sold cupcakes, had a colouring competition and even a 'Guess the number of Lego pieces.' The youngsters raised £68.42. What a great fundraising idea and well done Emma!



Muddy Fun!

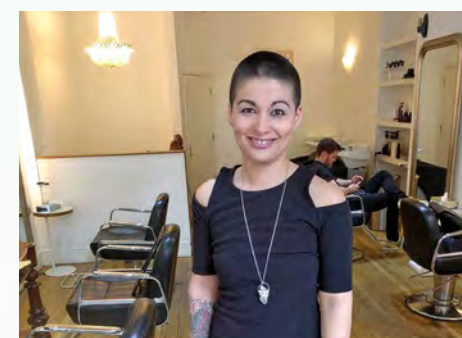
Staci and friends took on the 6km Muddy Maniacs in Burrs Park, **Bury**. Staci said: "We had so much muddy fun thank you for the T-shirts but I don't think they will ever be bright white again!" Thanks to Staci and team nearly £200 was raised.

Cheadle based Inventive Design Associates Limited also faced their fair share of the mud. Their chosen event was the Born Survivor challenge at Capesthorpe Hall near **Macclesfield**. Thanks to some very generous sponsors, clients, friends and family they raised £3,737.



Ann Inspires Alty Shoppers

Community spirited Ann Yearsley collected donations at Homebase in **Altrincham** Retail Park every week and her hours of dedication have been rewarded when she handed over £4,190 to Francis House! Store manager Gary Laybats praised Ann's dedication. Charitable Ann also helps to run the 2 Little Ducks Community group that supports local people in need in **Broadheath**. Thank you Ann for being a wonderful volunteer and long-term supporter.



A cut above the rest

Dawn's hair was 40 inches in length but she had it all cut off to raise money in memory of her nephew who came to Francis House in the mid-90s. She entrusted her locks to Melanie Baker Hair in **Manchester** and raised more than £1,800. Thank you Dawn – the new style suits you!

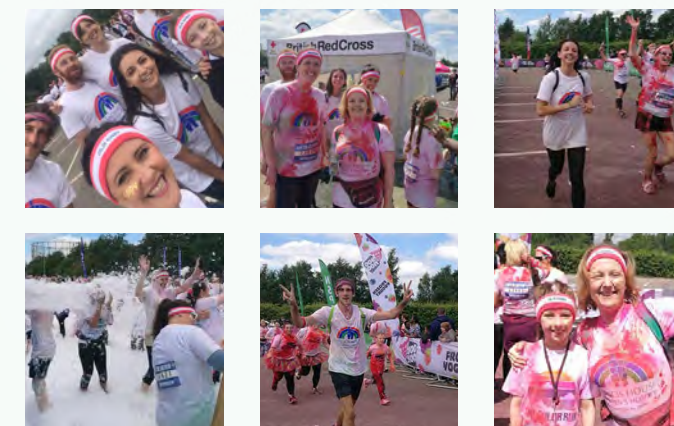


Three tales of support from Sale

For the year 2016/2017 Sainsbury's customers in **Sale** voted to support Francis House. Several bag packs, staff fundraising events and spare change in the collection tins and they raised more than £4,500 – superb!

Since the Millennium **Sale** Conservative Club have held a St George's Day fundraising night and this year they raised £432. Their efforts over the years have raised thousands and we thank them for their continued support.

Sale car and van leasing company Arval are supporting Francis House during 2017 after the hospice provided assistance and emotional support to the family members of their Account Manager, Paula Smith. The entire office has pulled together to support the fundraising and to date more than £1800 has been raised from activities including a fair-themed fun day, a sports day and participation in the **Manchester** Colour Run.



FrancisFest

Our very first festival 'FrancisFest' was held at the **Alderley Edge** Cricket Club in July in a wonderfully rustic marquee with homemade burgers and Pimms.

A great night was had by all and even the rain didn't dampen our spirits. Entertainment was provided by the acoustic sounds of Samba Band, Joel Gardner, Kyle Ross, Aerynn, John Dhali and headliner Zacc Rogers. Austin Ices came along and provided ice-creams and Delicious Fruits and Fountains provided candy floss and popcorn. Thank you all for a fun-filled night!

FORTHCOMING EVENTS 2017

October 19	Hansons Antiques Valuation Day	Coach and Four, Wilmslow	Kate Puc 0161 443 2200 kate.puc@franchishouse.org.uk
October 29 to December 10	Festival of Christmas Trees	Lowry Outlet	Mary Gillatt 07876 024716
October 31	Jimmy Cricket 'Stars Come Out' Variety Show	Oldham Coliseum	Box Office 0161 624 2829
November 4	Open Day 10am to 4pm	Francis House	Fundraising 0161 443 2200
November 8	Evening at Greens with Simon Rimmer	Greens Restaurant, West Didsbury	Lucy Thompson 0161 443 2200 lucy.thompson@franchishouse.org.uk
November 16	Hansons Antiques Valuation Day	Coach and Four, Wilmslow	Kate Puc 0161 443 2200 kate.puc@franchishouse.org.uk
November 24	Irish Abroad 2017	Hilton Deansgate	Ann Billington 07789 435 330 ann.bill@ntlworld.com
December 1	Francis House Hollywood Christmas Ball	The Mere Resort Golf Resort & Spa	Lucy Thompson 0161 443 2200 lucy.thompson@franchishouse.org.uk
December 6	Memory Lights Service	Emmanuelle and St James Church, Didsbury	Pauline Armitage 0161 434 7252
December 13 and 14	Carols at the Farm	Lindow Manor Farm, Mobberley	Carole Geary 01625 583995

FORTHCOMING EVENTS 2018

March 18	Wilmslow Half Marathon	Wilmslow	Emma Rapley 0161 443 2200 emma.rapley@franchishouse.org.uk
April 8	Asics Greater Manchester Marathon	Manchester City Centre	Emma Rapley 0161 443 2200 emma.rapley@franchishouse.org.uk
April 22	Virgin London Marathon	London	Emma Rapley 0161 443 2200 emma.rapley@franchishouse.org.uk
April 23	Open Day 10am to 4pm	Francis House	Fundraising 0161 443 2200
March 5	Easter Chick appeal deadline for knitted chicks	Francis House	Rachel Astill, Fundraising office 0161 443 2200
May 20	Great Manchester Run 10k and Half Marathon	Manchester City Centre	Emma Rapley 0161 443 2200 emma.rapley@franchishouse.org.uk
June 10	Cheshire Three Peaks Challenge	Tegg's Nose Country Park, Macclesfield	Rachel Astill 0161 443 2200 rachel.astill@franchishouse.org.uk
June TBA	Concert		Carole Geary 01625 583995
June TBA	Ascot Lunch		Carole Geary 01625 583995
June TBA	Bridge Drive		Carole Geary 01625 583995

STOP PRESS!

An incredible £50,000 was raised for our Easter Chick Appeal! For 2018 as well as knitters we're on the hunt for volunteers to help with practical tasks, donations of tens of thousands of Crème Eggs and as many outlets for selling chicks as possible.

We asked for reliable volunteers to help manage our Collection Boxes and you responded! We're delighted to say that we now have volunteers looking after charity boxes in Oldham, Saddleworth and Uppermill. We are still keen to get more of you involved, and in particular if you live near or don't mind travelling to - Alderley Edge, Dukinfield, Gorton, Marple or Urmston.

If you can help please call 0161 443 2200.

MAILING LIST

If you no longer wish to receive a copy of the newsletter through the post, please call Pauline on 0161 434 7252 or email pauline.armitage@franchishouse.org.uk and ask to be removed from the mailing list. Did you know our newsletters are also available to view on our website www.franchishouse.org.uk

PLEASE RETURN

Don't forget to return your Christmas card order forms, Memory Lights forms and raffle ticket stubs. If you haven't received any or would like some more please call Pauline on 0161 434 7252.