



Seasider News

from
Soroptimist International Blackpool & District

Women inspiring action
transforming lives

April 2021

Editor - **Norma Parry**



PRESIDENT'S MESSAGE

£100 for 100



My charity for the year is Trinity Hospice. Like most of the charities it has struggled over the last twelve months due to the pandemic. Trinity Hospice does such a lot for individuals both in the actual Hospice and in the community.

At the hospice they provide:

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|--------------------------|----------------------------|
| 1) In patient care | 5) Spiritual care |
| 2) Day therapy | 6) Counselling and support |
| 3) Complementary therapy | 7) Hospice neighbours |
| 4) Lymphoedema clinic | |

In Blackpool and the surrounding areas they have:

- 1) Nurse Specialist Community Team
- 2) Hospice at Home

This supports patients overnight, provides practical advice, and emotional and psychological support to help reduce stress and anxiety for those individuals caring for someone at home. They also provide nausea and pain management, support for breathing problems, prescribe medicine and give personal comfort and care.

3) Admiral Nurses

They look after people living with dementia, their carers and families.

Working as a care giver I have witnessed the brilliant support Trinity Hospice provides to individuals who have cancer and live in their own homes. I have also seen the wonderful work the Admiral Nurses provide to individuals with dementia and the family members who care for them.

There are two different quotes I have come across recently, and both speak volumes. The first one is from an individual who looks after a relative with dementia who has no other family members to help:

'Caring for someone at home is exhausting and very isolating. It is like looking out of the window into a bright and cheerful world you are no longer part of.'

The second one is from a dementia sufferer:

'Come into my mind, hold my hand and walk with me with love.'

Trinity Hospice supports individuals like these and a whole lot more besides. They give so much to individuals who need them. I hope that you will support me in raising money for such a worthwhile cause.

In friendship

Christine

In this the centenary year of Soroptimist International, SI Blackpool and District, are joining SIGBI President Johanna Raffan's challenge 100 x 100 which is in aid of the Diamond Education Grant. The purpose is to raise £100 for each challenge.

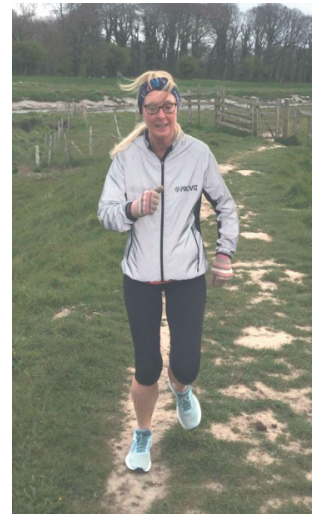


Our President Christine, has taken this on board and is currently making 100 pom poms which will then be given to Trinity Hospice who will divide them between Brian House the Children's hospice and a group of knitters who make bobble hats for the hospice.

Club member Helen Thompson has also taken up the challenge, and is running 100 miles (not all at once, I hasten to add) and is pictured here in action, running alongside the River Wyre.

Helen, who has worked in the NHS for over 35 years is also a vounteer Covid Vaccinator.

All of the remaining club members have agreed to sponsor our two stalwarts to raise necessary funds towards The Diamond Education Grant.



During the past 12 months when face to face meetings have been impossible SI Blackpool & District have been making every effort to engage with as many social media platforms as possible and following our success on Facebook and Twitter we now have a presence on Linked In.