

February 2025



# St Mary's Hospice Community Hub Compassionate Connections

What a year it's been here at St Mary's Compassionate Community Hub! 2024 has been filled with so many special memories that we have had the privileged to share with our amazing community. We thought we would share some of the amazing pictures with you all.



In May 2024, we were thrilled to host our Love, Life, and Death event at the Forum Theatre in Barrow, where Pluto Productions performed their play *Blue Skies* by Brian Daniels.

The play explored the importance of hospice care and open conversations, following a young man navigating the loss of his mother.

The event provided a reflective space for discussions on death, dying, and bereavement in a supportive environment, while also showcasing the essential work of St Mary's Hospice.

We had a wonderful afternoon and extend our heartfelt thanks to our community for being part of it!

# Creative Arts!



What an incredible 12 months it's been for our Creative Arts! The year was truly about building meaningful relationships and providing a safe, supportive space where individuals can freely express themselves. Through two amazing community projects, My Special Place and Wishing Crane: Threading Our Community Together, we've had the privilege of showcasing the remarkable talent within our community. We're so proud of all the creativity, connection, and heart that has flourished, and we can't wait to see what the next year brings! Thank you to everyone for your continued support and participation.



# Admiral Nurse Dementia Service



Over the past 12 months, our Admiral Nurse Dementia Service has made fantastic progress in supporting those living with dementia and their families. A key highlight has been the expansion of our dementia groups to Barrow, where we are now delivering weekly sessions to provide much-needed support. We've also launched Sporting Memories and Woodland Wellness in Barrow, offering participants the chance to enjoy the outdoors with activities such as visits to local sports stadiums and a game of bowls in the park. Additionally, the exciting launch of the Furness Dementia Partnership has strengthened our work, enabling us to collaborate closely with other community organisations, sharing resources and ideas. Our growing team is looking forward to expanding services across the South Lakes in the coming year.



St Mary's  
Hospice



c  mpassionante  
communities



St Mary's  
Hospice

# Family Support and Bereavement Team

At St Mary's Hospice, we understand that life-shortening illnesses impact not only the patient but also their family, friends, and carers. Our Family Support and Bereavement Team offers tailored psychological, emotional, and spiritual support throughout the illness and after bereavement. We provide individual support, group support, and opportunities to connect with others, such as weekly bereavement cafés, craft and gardening groups, and online support. Our goal is to ensure that each person receives the care they need at every stage of their journey.



St Mary's  
Hospice



c  mpassionante  
communities



St Mary's  
Hospice



**Our Hospice Choir has gone from strength to strength throughout 2024, from Furness Pride to Walk to Remember, spreading joy with every song. As the choir members say "Monday morning choir practice is the best part of the week"**



# Focusing on Therapy!

Our Integrated Therapist  
Kelsey has been very busy  
running her popular  
sessions.

The feedback she receives  
from her clients has shown  
what a huge difference  
these make to the lives of  
our community.



Jo, our wonderful  
Complementary Therapist,  
weaves her magic across both  
Ulverston and Barrow,  
bestowing essential care  
through the art of therapeutic  
touch.







## Exciting news for 2025

We are pleased to offer Bereavement Champion Training for our community and workplaces. This free, three-hour session is held monthly and can be booked through the St Mary's Hospice webpage in the Compassionate Communities section.

Additionally, we can visit workplaces to conduct these sessions.

Grief impacts us all—individually, within businesses, and across communities. Together, we can create a compassionate support network so that no one has to navigate loss alone, fostering a community grounded in empathy, resilience, and connection.

For further information please contact Ange Mason  
at the Hub 01229 444407  
[angela.mason@stmaryshospice.org.uk](mailto:angela.mason@stmaryshospice.org.uk)



## St Marys Hospice Compassionate Community Team/services

**Family Support and Bereavement Service**

**Complementary Therapy**

**Art and Wellbeing Groups**

**Admiral Nurse**

**Dementia Hub**

**Dementia cafes and Sporting Memories**

**Fatigue Anxiety and Breathlessness Groups (FAB)**

**Breathlessness Support Sessions.**

**Mindfulness Groups**

**Mindful Movement Groups**

**Chair Based Exercise Groups (CBE)**

**Strength and Balance workshops**

**Education**

**All our services cater to individuals with a life-limiting condition, care givers and bereaved community members.**

**For more details on the referral process,  
please contact St Marys Hospice Community Hub, Duke  
Street, Barrow Tel: 01229 444407**

**Education sessions: Bereavement Champion Training, Future Care Planning Cafes and "Debunking Hospice Myths" are free and available to all, if you would like more information please visit St Marys Hospice webpage -Compassionate Communities or email Ange Mason**

**[angela.mason@stmaryshospice.org.uk](mailto:angela.mason@stmaryshospice.org.uk)**

**Tel:01229 444407**