

WINTER NEWSLETTER



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An update from our CEO

It has been over a year and a half since the first Covid-19 lockdown and we have seen enormous changes to our everyday lives. Despite all the difficulties and constraints, we have continued to provide care and support throughout the pandemic. We are extremely proud of our staff and volunteers who have stepped up to the challenges the pandemic has presented, navigating new ways of working and adapting our services to ensure that patients received the best possible care that we could provide.

We are also very proud of our patients who not only stoically navigated their way through the pandemic but many also embraced the world of technology, as we ran virtual consultations and online support groups.

The provision of outpatient appointments across our services continues and it is fantastic to see people returning to our face-to-face groups and courses at the hospice. These are beneficial, not only in the support that they provide, but also the social interaction they bring.

We are very grateful to everyone for your continued support, helping us to deliver a first class service for patients with a life-limiting illness.



Jackie

Jackie Ward
Chief Executive Officer

What we offer

As a day hospice, we aim to help people in our community earlier rather than later in their diagnosis, helping to keep them well and to cope with their health and care needs. The care we offer is provided alongside other treatments and therapies and can start at any stage of illness, even as soon as diagnosis.

We also support the families and carers of our patients and provide support to those requiring lymphoedema treatment and those bereaved as a result of cancer or a life-limiting illness.

To find out more:

- 🌐 www.sbh.org.uk
- ☎ 01494 552750
- ✉ info@sbhospice.org.uk



Meet nurses Karen Martin and Karen Turner

We were delighted to welcome Karen Martin to our nursing team in September. Karen joined us as our Lead Palliative Care Nurse bringing with her a wealth of nursing experience. Following her general nursing training, Karen went on to train as an Oncology Nurse working at the Royal Marsden Hospital and then went on to work at The Churchill Hospital in Oxford. She then moved into palliative care and has focused on this area of her career ever since, working in both a hospice inpatient setting and in the community. Karen is thrilled to have joined South Bucks Hospice and will help us to develop and grow our services in support of those needing hospice care across South Buckinghamshire.

Karen Turner joined South Bucks Hospice in October 2019 as a Palliative Care Nurse. She worked tirelessly throughout the pandemic providing telephone support for our patients. Karen has enjoyed a varied nursing career working in many different fields across the NHS. She has been an ENT Sister and a Deputy Sister at The Chalfont St Peter Community Hospital. In 1994 Karen qualified as a District Nurse and then went on to complete a degree in Community Studies which led her to become the District Nurse Lead within the community for 12 years. She has also completed a Nurse Practitioner Course and is a Nurse Prescriber.

We are very grateful to have two highly experienced nurses working with us at the hospice.



... and Dom Meering and Richard Goldstraw

In July we relaunched the chaplaincy team as the Spiritual Care team. This new name reflects the hospice's desire to be inclusive to all spiritual expression. We are very grateful to our two spiritual care volunteers Dominic Meering and Richard Goldstraw for their time, wisdom and input. Spiritual care can sometimes be overlooked when it comes to considering the needs of patients. At the hospice we recognise the importance of having a spiritual care presence to provide an additional layer of support and comfort to our patients. We are thankful for the calming presence and the uplifting words Dom and Richard bring.



Light Up A Life

We are very pleased to announce that this year we will be holding Light Up A Life at Holy Trinity Church, Amersham Road, Hazlemere, on Saturday 27th November from 4pm to 6pm. The event is open to everyone in the local community, together with trustees, staff, volunteers, patients, families, supporters and friends of the hospice.

Do please put the date in your diaries and join us for reflective music, lighting candles in memory of loved ones and writing remembrance messages to place on the Christmas tree. Refreshments and mince pies will be available after the event.

To find out more information, please visit:
www.sbh.org.uk/light

Steve's Story

Steve was diagnosed with cancer of the tongue in November 2019 and underwent radiotherapy and chemotherapy. He was initially referred to our lymphoedema service for swelling in the lymph glands in the neck and head area.

"The hospice has given me all the various treatments and advice. There are exercises and treatments, such as massage, to drain down the lymphoedema from my face, neck and head. Lynn's treatment has helped me a lot."

Steve also received counselling in 2020 and says the positivity created at these sessions still helps him overcome the constant negative feeling of living in the shadow of cancer. When he was told the cancer had returned in 2021, Steve said: "The counselling I had earlier received gave me the strength to face the surgery and it still helps me get through the day-to-day challenges of what is an ongoing battle."

Life stories

Memories are so very important. In July we linked with The Hospice Biographers. The Charity trains and mentors specialist volunteers to record the biographies and life stories of people with life limiting conditions so their families have a record of their lives. Since then, six of our patients have had their life stories expertly recorded as a wonderful celebration of their memories for themselves and their families and we are pleased to now be able to offer this service at the hospice.

He said of the hospice: "I think it's wonderful. The staff are so caring and understanding, and their support has really helped me to cope. The facilities are great there, and include a well-equipped gym to help patients recover."

The word 'hospice' is almost as terrifying to some people as the word cancer, but people should not be apprehensive of going there because, in my case, it has helped me to embrace the future in a very positive way."



Maureen's Story

Maureen lost husband Tony to bowel cancer in early 2020. After Tony's death, Maureen received 12 weeks of online counselling during the first lockdown. Maureen, who worked in printing and also for St John Ambulance before her retirement, said: "My counsellor was a great listener. Nobody judges you - you can just talk and get things off your chest. The counselling reassures you that you are not the only one facing this horrible thing and, however you feel, it doesn't matter - you can cry and talk about your loved ones. It is lovely to talk to someone who is a complete stranger and who will listen. Without it, I would have plodded on and got a bit low. My counsellor never judged or criticised. She just gave a little bit of advice without dominating the conversation."

She also paid tribute to South Bucks Hospice, saying: "It is a beautiful place, so relaxing, and the people who work there are lovely - you go in there and feel at home. There is no pressure and it is really great."

Maureen also attended the first of the Navigating Life After The Storm six week bereavement course which was launched in June. Participants so valued listening to the stories of others and it was a joy seeing them form a peer support group and keeping in touch with each other after the course. Our next Navigating Life After The Storm course begins on Monday 10th January 2022.

To find out more information please visit: www.sbh.org.uk/emotional-support



Bereavement Listening Support

In January 2022, we will be launching a new Volunteer Telephone Bereavement Listening Service. Six wonderful volunteers have been training since September to offer telephone support to those in our local community who have lost a loved one to a prolonged advanced life-limiting illness. This service will help to provide a vital lifeline for anyone who is struggling with their loss or in coping with their grief.



Heather's Story

Heather was referred to our lymphoedema service in 2019 and since then has also received support from our Individual and Family Support and Complementary Therapy Services, which were delivered online during Covid-19. Heather fully embraced the online services also joining the online Positivity Art Group, which is now taking place face-to-face at the hospice every Wednesday.

To show her gratitude for all the support and help she has received, Heather volunteered to run a Treasured Memories Group. The first group looked at how technology has changed over the decades. Heather will be running another group in the New Year looking at the changes in fashion. We are very grateful to Heather for running this group as patients thoroughly enjoy their walk down memory lane which evokes a lot of memories for them to enjoy and share with the other group participants.

Positivity Art Group

The joy and colour of art has had a big impact on our patients and we have all loved seeing the gifts and talents of the Positivity Art Group. The group began online in January and is now held face to face in our Bistro on Wednesday mornings. Here is some of the wonderful artwork from the group:



"Painting together and chatting in a relaxed manner helps to take my mind off the continuous cycles of cancer treatment and its side effects."

Annie Lowe, a qualified art therapist, has also very kindly volunteered her services this autumn to help people explore their journeys with cancer and other advanced life-limiting illness. The patients have shared how they really value a space to be real about their experiences, share with each other and explore together through artistic expression.

Thank you to our Volunteers

We would like to extend a very big **THANK YOU** to **all our volunteers** for all their dedication and service to South Bucks Hospice. We missed seeing many of you during the pandemic and are delighted to have you back. We are very grateful for your continuing support of the hospice. Thank you all so very much.

Our volunteers support us in so many different ways; helping at our shops, with gardening, as receptionists, helping with administration, at fundraising events, with bucket collections and also as counsellors, therapists and drivers.

On behalf of our patients, we would like to say "Thank You" to all our volunteer drivers, such as John Sampson, who drive our patients to and from their appointments at the hospice. In many cases this is a real lifeline for patients and we are very appreciative of the time and support you

give to ensure our patients can attend their appointments.

John was born in Paddington, the son of a builder. John followed in his father's footsteps working in the construction industry, although he worked within the supply sector. For the last 15 years he has enjoyed living in Penn with his wife. John has one daughter and two grandchildren. It was while he was out shopping with his granddaughter, that she drew his attention to a notice in our Hazlemere shop window asking for volunteers. As John was keen to help others following his retirement, John applied and the rest, as they say, is history.

If you are interested in volunteering, please email: volunteers@sbhospice.org.uk



"I cannot truly put into words the immense satisfaction and genuine fulfilment I derive from volunteering at the hospice. I feel so fortunate to be associated with such a dedicated and professional team."

Group Support

Sometimes meeting with other people who understand what it's like can be helpful. We are therefore offering a number of support groups and short courses at the hospice which may help, such as Positivity Art Group, Advance Care Planning and Bereavement Support.

For more information about the support groups we are currently running or those that may be coming up visit www.sbhospice.org.uk/emotional-support or email: nurses@sbhospice.org.uk



Amazing Feats

The pandemic has had a devastating affect on our fundraising and we are so grateful to everyone who has supported the hospice during this extremely difficult time by way of grants, donations or by fundraising.

Our fundraisers have still found innovative ways to get active to support the hospice.

Throughout the year, hospice patient Heather Springthorpe (pictured) has been running, walking and cycling 1,083 miles in a virtual Lands End to John O'Groats challenge, (and even managed to visit some of the locations). Heather started her challenge as she wanted to give back to the hospice and in particular the complementary therapy team, lymphoedema clinic and counselling team who have helped her cope with surgery, chemotherapy and radiotherapy to treat breast cancer. Heather 'crossed the border'



in August and hopes to complete her challenge by the end of November.

In July, Laura Dilley, whose father Keith was a patient, took part in the Heineken Race to the Castle, walking 50K through Northumberland and finishing at the magnificent Bamburgh Castle.

Also in July, Vincent Hetherington and Duncan Swallow took on the Isle of Wight Challenge which involved walking the 66 miles around the Isle of Wight in 24 hours.

In October, Ali Bhargava and Julian Barker, both from High Wycombe, together with South Bucks Hospice's Fundraising Manager, Dave Haggart, took part in the virtual Virgin Money London Marathon.

Inspired?

If you have an idea for a fundraising challenge, are holding a fundraising event, or would like to find out how you can help to raise funds for South Bucks Hospice, please email: appeals@sbhospice.org.uk.

To donate, please visit: www.sbh.org.uk/donate



The Hospice Lottery Partnership

PLAYING THE HOSPICE LOTTERY IS A WIN-WIN FOR EVERYONE

Did you know that you can help to support us by playing The Hospice Lottery – a weekly lottery that helps to raise funds for local charities. Not only do you get the chance to win £1,000 every week, you will also be contributing to the many services that we offer.

We've benefitted from over £2.5 million in funding from Hospice Lottery players since 1997, which has helped us continue to support patients with life-limiting or life-threatening illnesses. By playing The Hospice Lottery, you will help to ensure that we continue to receive this vital source of income.

Visit www.hospicelottery.org.uk to find out more about how you can take part.



The Hospice Lottery

Shop staff given a 'Knight' to remember

There is never a dull moment at our re-use shops however even the staff were taken by surprise to have a suit of armour donated.

The suit of armour was put into a silent auction with Davenies School posting the winning bid. Sam Fryer, Head of History and Head of Activities at Davenies said "We thought it would be a wonderful artefact and addition to our history department. Having a suit of armour on display as soon as the boys walk into the history room really engages and inspires the boys and will want to make them challenge themselves. It's all about bringing the subject to life and the love of learning. In addition, as a school we have raised some money in the past for South Bucks Hospice so it's wonderful for us to give some more money in the silent auction to this charity."

Mr Fryer was particularly keen to help raise funds for South Bucks Hospice because the charity supported him. "I had a really close loved one battling with disease – and they helped me. They were wonderful."



Get your South Bucks Hospice Christmas cards and gifts



Our Christmas Cards are now on sale in our shops and at the hospice or by using the enclosed order form. You can also buy them online at: sbh.org.uk/cards-2021

Why not support us as well by donating good quality but unwanted items to our shops for resale? Not only will this help raise vital funds but will also support reuse and you may be able to pick up a bargain to boot.

Your contribution helps us to support patients with a life-limiting illness.



Where's my local shop?



Hazlemere

17-19 Park Parade, Hazlemere, High Wycombe, Buckinghamshire HP15 7AA
01494 717224



Bourne End

The Parade, Bourne End, Buckinghamshire SL8 5SB
01628 525717



Booker

High Heavens, Clay Lane, Booker, High Wycombe, Buckinghamshire SL7 3DJ
01494 535841



Aston Clinton

College Road North, Aston Clinton, Aylesbury, Buckinghamshire HP22 5EZ
01296 632766

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