



Hello, and welcome to our Winter 2023 newsletter.

In this issue we share some inspirational stories from some of the amazing individuals we support at South Bucks Hospice – such as **Mark** and his friends from The Golden Eagle pub who raised over £20,000 for South Bucks Hospice after his wife **Helen** received support, or **Laraine** and **Josephine** who share their hospice experiences with us. I do hope you enjoy reading about the courage and determination of our patients and those that support them.

We also have some new activities and dates for your diary as well as news of our fabulous new shop in Amersham.

We appreciate that this time of year can be particularly difficult if you have lost a loved one. Each year we hold our special **Light Up a Life** event where we can take time to remember and celebrate the lives of those we have lost. This year's event will be held at Holy Trinity Church in Hazlemere on 25th November. We hope you can join us and know that we are here for you and thinking of you.



In October we celebrated **Hospice Care Week**. This provided a great opportunity for us to recognise the wonderful contribution of our staff and volunteers at South Bucks Hospice. We are so proud of everyone who is part of the South Bucks Hospice Team both at Butterfly House and across our retail sites. If you want to join our super team of **Butterfly Heroes** then we have lots of opportunities to get involved in this issue.

J Ward

Jackie Ward, Chief Executive Officer

Why not join our super team of **Butterfly Heroes**? We have lots of opportunities to get involved in this issue.



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HELEN AND MARK'S STORY: from The Golden Eagle to the Scottish Peaks



On 5th October, 13 "ordinary blokes" from The Golden Eagle pub in Ashley Green took part in a tough challenge to climb the three highest peaks in Scotland, England and Wales over 3 days raising £30,000 (and counting) for South Bucks Hospice and Cancer Research UK.

United in support of their mutual friend Helen Williams, who was diagnosed with incurable stage 4 metastatic breast cancer in 2021 at 48 years old, they were all moved to raise funds for South Bucks Hospice who supported Helen.

Helen's partner Mark said "Through Helen, the team became aware of South Bucks Hospice's help and support for cancer sufferers and their relatives. We visited its wonderful facility and were amazed by what they do there. It's a wonderful building providing some hugely important services but they don't have enough therapists and staff to make full use of all their resources. With our fundraising they will be able to help so many more patients and families."

Mark continued, "We are just a normal group of lads from all walks of life, but we are part of a strong community that supports one another. This challenge was about us standing together to do what we can to help those impacted by cancer. We self-funded our entire challenge, so every penny raised went to South Bucks Hospice and Cancer Research UK. Thanks to everyone for their support."

Helen said, "There are not enough words to describe how utterly devastating this disease is, not only for me but for my loved ones too."



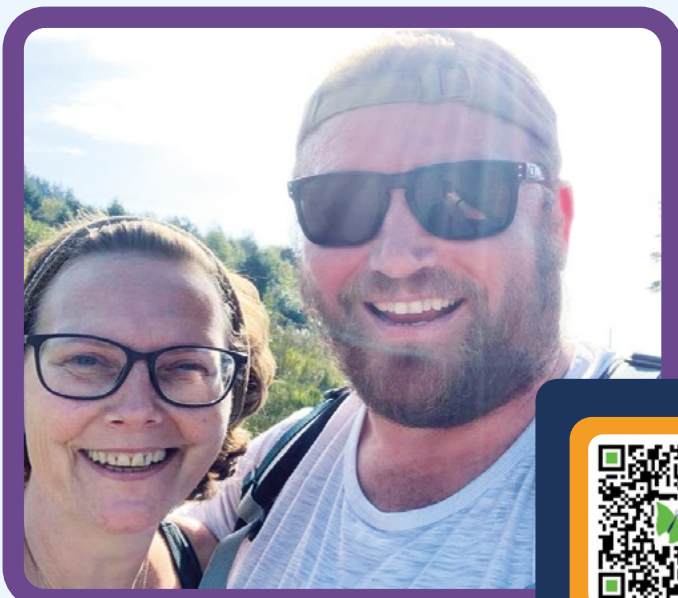
"This challenge was about us standing together to do what we can to help those impacted by cancer"

Cancer, as well as a physical challenge is also extremely challenging mentally. I was first signposted to South Bucks Hospice through the cancer unit in Stoke Mandeville Hospital. I attended a course there and I was asked if I would benefit from some counselling. I accepted the help and since then the team at South Bucks Hospice have looked after myself and my daughter providing counselling to help to come to terms with this new path in life we have been given. I am currently having acupuncture and massage to help ease the side effects from chemotherapy, I am also joining another course to help me make an advance care plan and help with Will making. The services they provide are invaluable and I am so grateful to have access to a place like this. All the staff are amazing, and they make you feel special and cared for."

Talking about the challenge Helen said, "The boys from the Golden Eagle have done a great thing here, it's fantastic that they took on such a tough challenge to raise much needed funds for South Bucks Hospice and Cancer Research - the money will all help to make a difference for those impacted by cancer."

The group has now raised almost £30,000 with Gift Aid with 80% being donated to South Bucks Hospice.

Less than 4% of our income at South Bucks Hospice currently comes from the NHS and so we rely on the generosity of those in our community to support our services.



Can you stand with us to support more people in Buckinghamshire? Whether its scaling mountains, holding a coffee morning or giving what you can- you make a real difference to the lives of people like Helen.

SCAN HERE TO DONATE

NEW ACTIVITIES AT THE HOSPICE

Nutritionist Shares Advice

In October, South Bucks Hospice was delighted to host its first nutrition workshop given by Jenny Phillips, a local nutritionist. Jenny is passionate about promoting good health to help prevent and recover from life-changing medical conditions like cancer. Coming from personal experience, Jenny has authored several books on the subject.

In the workshop, Jenny provided healthy eating advice geared toward the special needs of the audience. Presented in a friendly and positive way, Jenny shared some recipes and provided some tasty treats for our patients to try. Feedback from the patients was overwhelmingly positive so we are aiming to hold another workshop in 2024.

Bounce back with Beth

We are currently offering an evening gentle seated exercise class to patients with a clinical diagnosis and their carers. The group runs on a Tuesday from 6.30 to 7.30 pm.

For more information on the workshops and classes that run for our patients, please ring Karen Turner on 01494 552750 or email karen.turner@sbhospice.org.uk to secure a place.

Join the Buzz on Social Media

Robin became aware of South Bucks Hospice as a patient recovering from cancer surgery, primarily receiving acupuncture support from our physiotherapist Chris for pain relief. When Robin returned to better health, he wanted to give something back to the hospice, so he had a look at the volunteer opportunities on offer. Robin decided to help with our communications and social media; you may have noticed our channels have been a little busier lately?!

Robin said, *"It's great to do something outside my day job, learn some new skills and give back to South Bucks Hospice."*

Please help Robin with his work raising awareness of us on social media by following us, and sharing some of the posts you see on there. We love your comments and likes so do keep them coming.

You don't need to be a Social Media wizard to volunteer with us though. All you need is a bit of time to spare. We have a range of opportunities for those who want to learn new skills or give back to the hospice to suit various time availabilities too.

Please get in touch if you would like to know more by emailing volunteer@sbhospice.org.uk



We always need good quality donations so please do bring them along to our shop.

South Bucks Hospice hits Amersham High Street with a New Shop

The official opening of our new Amersham shop on Sycamore Road took place in September and South Bucks Hospice Patron, Councillor Mimi Harker, cut the ribbon to officially open the shop. We have been overwhelmed by the local response and have been incredibly busy since opening.

The shop sells a huge range of quality items, including clothes, household items and children's toys. Perfect for a Secret Santa Gift or Christmas shopping, or a treat for yourself! If you haven't already, do come and visit us at 92 Sycamore Road, Amersham, HP6 5EW.

We also desperately need volunteers, perhaps you could help? It's a great way of supporting your local hospice, whilst making new friends. Please ask in the shop for details or email volunteer@sbhospice.org.uk.

JOSEPHINE'S JOURNEY: from tears to smiles at South Bucks Hospice



"We look forward to coming here – it's a lovely calming place."

Cancer survivor Josephine Hance now eagerly looks forward to her regular visits to South Bucks Hospice – even though she burst into tears the first time she went there.

Mother-of-three Josephine, 59, who also suffers from emphysema, felt overwhelmed with emotion last September at the prospect of having to attend a hospice when she was referred to the charity based at Butterfly House in High Wycombe. But now, a year later, she leaves smiling and happy after visits.

Husband Bob, who is her full-time carer, recalls: *"The previous hospice we were dealing with said they only deal with end-of-life care and couldn't do anything for us, so they put us forward to Butterfly House."*

"When we first came in here, Jo burst into tears at the thought of coming to a hospice, because a hospice generates the vision of terminal illness. You can quite understand anyone having that reaction but it's nothing like that here, nothing like you imagine. We look forward to coming here – it's a lovely calming place."

The couple had never previously heard of South Bucks Hospice but are full of gratitude for the help they have been given here.

Josephine has attended classes in mindfulness, chair yoga and complementary therapy – and has also been given help in filling out complicated forms to claim the Government benefit PIP, Personal Independence Payment.

"Butterfly House is a really nice place – a great community resource," says Josephine. *"There are quite a few activities here."*

"The hospice has made a big difference to me, especially knowing I can drop in at any time if anything is worrying me."

Josephine, a retired school caretaker from Hyde Heath, battled breast cancer in 2013, undergoing chemotherapy, radiotherapy and surgery. In 2015, she was rushed to hospital because she couldn't breathe and was diagnosed with emphysema.

"I can go for months being fine and then get a chest infection which makes it worse and I have a rescue pack of steroids and antibiotics," she says.

She was also rushed to hospital in October suffering from Covid and was then diagnosed in November 2022 with lung cancer, which she says she has now beaten after successful treatment at Harefield Hospital.

She currently attends the hospice up to twice a week. *"Everyone here is lovely and it always looks nice and clean here. It gives me something to look forward to – meeting lots of different people and it's a nice relaxed atmosphere,"* she says. *"I am so grateful and want to say thank you for the help and ongoing support that the lovely staff at Butterfly House have given us."*

Husband Bob, 64, a self-employed carpenter and joiner, also relishes the visits. *"I don't go to any of the classes, but quite often I will sit and chat to the receptionist for half an hour and it is really calming and great,"* he says.

Bob praises the hospice for the way it helps his wife, and says she is always smiling after she returns from sessions. He is particularly impressed at the way staff phone to check to see if she is okay if she hasn't attended for a while. He adds: *"Jo has been through a lot and is very brave. Although I don't join in the classes, it helps a lot just being here – I can stop for an hour. You are away from everything and it is really nice."*

Bob urges others in a similar position to attend the hospice if given the opportunity. Casting his mind back to their emotional first visit, he says: *"People think they wouldn't want to come to a hospice, but they couldn't come to a nicer place."*



CAN YOU GIVE THE GIFT OF TIME THIS CHRISTMAS?

'Tis the gifting season and we are looking for volunteers who can give a couple of hours of their time to support patients living with a life-limiting illness. In return you can become one of our awesome team of volunteers who really are the driving force of our hospice, as well as learn new skills and make new friends.

As we approach the busy Christmas period, we have several seasonal activities that you can participate in to help raise more awareness of South Bucks Hospice and the vital services we provide to many Bucks residents. Some of the activities include helping at Christmas stalls, working within our retail shops, bucket collecting, cash counting and event support.

As little as 2 hours of your time can make a significant difference to families facing a life-limiting illness this festive period. If you would like to give the gift of time this Christmas, please contact volunteer@sbhospice.org.uk.

We provide all our volunteers with full training, support and of course cups of tea and biscuits.



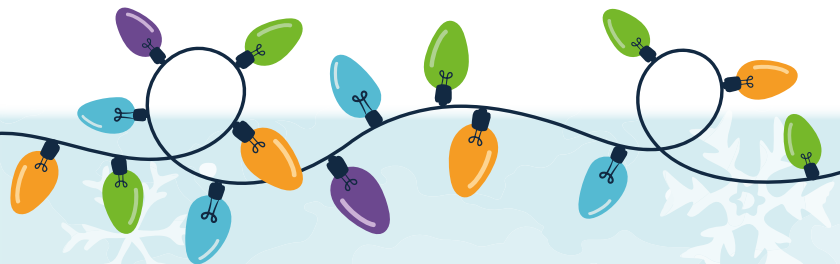
Specifically, we are seeking volunteers to help at the following Christmas fairs:

**Beaconsfield
Old Town Christmas
Light Switch On**

**Saturday 25th
November
4pm – 7pm**

**Gerrards Cross ,
Coopers Market**

**Sunday 10th
December
10am – 2pm**



Christmas cards on sale!

Our Christmas cards are now available to buy in the hospice's foyer and in our shops.

We have a wide range of Christmas cards for sale in packs of 10 costing £3.00 and £3.50.

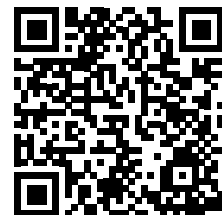
All profits go back to the hospice, supporting those who need our care.



Visit our eBay shop and raise funds for South Bucks Hospice

We often receive amazing and unusual donations and eBay is a fantastic way for us to sell these and reach out beyond our charity shops. We sell all sorts of items from clothes to accessories, vintage items and bric-a-brac.

Why not visit our eBay shop and see what great items we have on sale and pick up a bargain or rare find:



You can also help support our eBay shop by donating items to our stores at Amersham, Hazlemere and Bourne End or at one of the Buckinghamshire reuse sites.

LARAINÉ'S STORY: from Cancer to Sydney Harbour Bridge

Breast cancer survivor Laraine Campkin will be celebrating her 60th birthday in style by embarking on an epic journey across the iconic Sydney Harbour Bridge in Australia. But she says the trip-of-a-lifetime next February would never have been possible without the support and the lymphoedema treatment she received from staff at South Bucks Hospice.

"I will be flying to Tokyo, then Sydney and Perth, as a celebration of my health," she said.

"The walk across the harbour bridge will take about two hours. You go up high and there are a lot of steps. I could not, without a shadow of a doubt, have done it without the treatment I received at the hospice because my left-hand side would have hurt too much."

Laraine, a former city bond trader from Gerrards Cross, was diagnosed with breast cancer in October 2019 during a routine mammogram. She underwent a series of operations including mastoplasties, which is breast surgery, and the removal of three lymph nodes. This was followed by a month of radiotherapy.

In March 2020, she was told by her surgeon she did not need chemotherapy and that she would be in remission for the next five years. However, she had to be referred in November 2022 to South Bucks Hospice for fibrosis and severe lymphoedema, which is a side effect of surgery when the removal of lymph nodes causes swelling to parts of the body.

"I couldn't even sleep on my left-hand side," said Laraine. "I was in so much pain. Lymphoedema caused significant swelling on the left-hand side which left me in agony."

Laraine, who is married to David and has two grown-up children, says the treatment at the hospice changed her life for the better.

"I had several sessions with the team and it's made a massive long-lasting difference. I have got to live with this condition and it's how you manage it. They teach you exercises to help and I do them – they call me the A star student."

The hospice also gave Laraine several counselling sessions.

"This helped me so much," she said. "It helped me open up – they felt I kept so much within me and I hadn't realised I did. I was counselled on how to live with my condition and talk more about it."

She said: *"When I was first referred to South Bucks Hospice, I was a bit anxious and nervous because there is a traditional image of what a hospice is. But the hospice is my happy place, I love it there, laugh a lot there and everyone is so lovely."*

Before her cancer, Laraine played a huge amount of tennis. But now she keeps fit by going Nordic Walking with poles three times a week, travelling a total of around ten to 15 miles.

She is hugely excited at the prospect of her 60th birthday trip next February which she will take with husband David, whom she refers to as 'my absolute rock'. Laraine says the walk over the harbour bridge is a dream for them – but it's a dream she could not have done without the help of South Bucks Hospice.

"It's a wonderful place that has literally changed my life and I am so grateful to everyone involved, in particular my specialist lymphoedema nurse Lynn Brooks. I feel blessed that I have access to the wonderful Butterfly House," she said.



I feel blessed that I have access to the wonderful Butterfly House,"



Light Up a Life 25th November 2023

As Christmas approaches, it can be a reminder of loved ones absent from our gatherings. Light Up a Life is our special annual event to remember loved ones we have lost as well as to take a moment to celebrate their lives.

There is more than one way in which you can get involved in Light Up a Life at South Bucks Hospice.

You can make a dedication in memory of your loved one on our special dedication page <https://sbh.light-up-a-life.org/> or attend our Light Up a Life service.

This year's Light Up a Life event will take place on:

**Saturday 25th November 2023
4–6pm Holy Trinity Church,
Amersham Road, Hazlemere,
HP15 7PZ., with doors opening
from 3:45pm.**

Light Up a Life is a special remembrance event for everyone in our community to come together and pay tribute to lost loved ones.

Save the date if you would like to join us to light a candle and leave messages on our tree of remembrance, or simply reflect together to treasure the memories of loved ones no longer with us.



A gift left in your Will today will mean the world to a family facing a life-limiting illness tomorrow.

Making a Will is an important task for many and some people who have received care from us have been kind enough to care for others through a gift in their Will.

We appreciate just how special it is to include us in your last wishes. Gifts in Wills ensure that people with life-limiting or life-threatening illnesses and their families are supported, cared for, and can live well with the time they have left. This will be your lasting legacy.

A gift of any size, once you have made provisions for your loved ones, can really make a big difference.

Remembering South Bucks Hospice in your Will is easy – simply speak to your solicitor or will-writer notifying them that you would like to leave a gift to us or add a codicil. All you will need is our legal name '**South Bucks Hospice**' and our charity number: **1128881**.

If you are thinking about leaving a gift in your Will and would like to speak to us, contact Giving@sbhospice.org.uk or call us on **01494 552761**.

We'd also love to hear from you if you have already left us a gift so we can say thank you.

THANK YOU FOR BEING A HOSPICE HERO!

To all who have supported families living with a life-limiting illness this year.

A huge thank you to the fundraising groups, clubs, businesses and many other organisations and individuals who have supported us throughout the year. Your kindness is so very much valued and appreciated.

Special thanks recently to The Golden Eagle team in Ashley Green who have raised over £24,000 for South Bucks Hospice, the Freemasons who kindly presented us with a cheque to purchase acupuncture equipment to continue our delivery of neuro and auricular acupuncture, to Hovis who continue to support us and all the fantastic grant funders without whom we would not be able to provide the range of services we do. We are so proud to be working with our community to enhance the quality of life of our patients.

Thank you to our volunteers for the wonderful support you give. Your help is invaluable.

If you would like more information on how you can be a hospice hero then contact us at fundraising@sbhospice.org.uk or on 01494 552761.

Contact us

01494 552750 | info@sbhospice.org.uk

Visit our website sbh.org.uk

Visit us in store

HAZLEMERE

17-19 Park Parade, Hazlemere,
High Wycombe, Bucks, HP15 7AA.

01494 717224

hazlemershop@sbhospice.org.uk

BOURNE END

The Parade, Bourne End,
Bucks, SL8 5SB.

01628 525717

bourneendshop@sbhospice.org.uk

AMERSHAM

92 Sycamore Road, Amersham,
HP6 5EW

01494 414014

amershamshop@sbhospice.org.uk

HIGH WYCOMBE REUSE

High Heavens, Clay Lane,
Booker, High Wycombe,
Buckinghamshire, SL7 3DJ.

01494 445701

highwycombereuse@sbhospice.org.uk

ASTON CLINTON REUSE

College Road North,
Aston Clinton, Aylesbury,
HP22 5EZ.

01296 632766

astonclintonreuse@sbhospice.org.uk

SAVE THE DATE



Light Up a Life

This year's Light Up a Life event will take place on Saturday 25 November 2023, 4-6pm at Holy Trinity Church, Amersham Road, Hazlemere, HP15 7PZ. Doors open 3:45pm.

Christmas Celebration

We will be holding our annual Christmas celebration at the hospice on Wednesday 6th December 2023 between 12:30pm and 4pm. We will be serving a finger buffet at this event and so if you would like to attend, for catering purposes, please email fundraising@sbhospice.org.uk.

Christmas Wreath Making Workshop With Afternoon Tea and a Glass of Fizz

Join us this festive season for a fantastic workshop on Thursday 14th December 1:30 - 4pm at the hospice. Tickets are £55 per head. To book please email fundraising@sbhospice.org.uk.

Quiz Night

We will be holding a quiz night at the hospice on Friday 26 January 2024, 6pm-8pm. Interested? Please call 01494 552761 or email fundraising@sbhospice.org.uk.

Keep up to date with all our upcoming news, events and activities digitally and help us to save money at the same time. To sign up please visit our website www.sbh.org.uk

Follow us on social media



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Registered Charity No. 1128881 | Registered office is
Butterfly House, Kingswood Park, High Wycombe, Bucks, HP13 6GR.