



Hello and welcome to our Winter 2022 newsletter. I can hardly believe that we are nearly at the end of 2022 and what a year it has been – from Jubilee celebrations, to getting a coveted spot on the High Wycombe Monopoly board game. But most important has been the vital support that we have been able to offer to the 550 patients and families we have supported this year. It's always heart-warming to meet our wonderful community of patients and families and hear what a difference our support has made.

This year also marked our 5th anniversary in Butterfly House – not only has the building offered a warm and friendly space for patients to receive care but it has meant we have expanded our services to include support for families through our Bereavement Listening Service. This service has helped families come to terms with a loss, families like Clair's who you will read about in our special Christmas appeal enclosed with this newsletter and on our website. I know times are challenging but any support you can lend will make such a big difference.

A huge thank you to our wonderful community, patients, volunteers and families and I hope to meet many of you at our special remembrance event Light Up a Life on 26th November.

*J Ward*

Jackie Ward, Chief Executive Officer

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# HAPPY ANNIVERSARY

Celebrating 5 years at Butterfly House



## In September we marked the fifth anniversary of our move to Butterfly House in High Wycombe.

Our charity was based for many years at Pusey House on Amersham Road in High Wycombe as well as Cedar Barn in Hazlemere. And, thanks to the generosity of people like you and those in our community, we were able to raise enough funds to bring all services under one roof in the modern spacious hospice we have today.

Those seeking care are often apprehensive about what they will find in a hospice and many are pleasantly surprised by the relaxed, warm and welcoming atmosphere and look forward to attending.

Since opening at Butterfly House, we have been able to offer new services such as bereavement listening. We have also been able to widen our services including providing more group support and activities.

## Group Support

We are here for you

Support groups are a helpful way to connect with other people facing similar challenges after diagnosis. Here are some of the groups and events we currently run

- **Uplifted**, our Breast Cancer Support Group  
A group providing emotional and practical support to those living with breast cancer
- **Prostate Cancer Support**  
A group providing emotional and practical support to those living with prostate cancer
- **Mindfulness**  
(A course, open to patients, carers and newly bereaved partners) Learn how to live in the moment together with techniques to help with anxiety and emotional regulation
- **My Story, My Song**  
(A patient encouragement group) A monthly spiritual sharing group for people of all faiths or none. A place for participants to share a song or piece of music, a message from an inspirational book, or a poem
- **Advance Care Planning**  
Advance care planning is a forum for people to express and document their wishes, including their future care, and provide them with an opportunity to communicate these with family, friends and healthcare professionals
- **Navigating Life After the Storm**  
(A course, open to newly bereaved partners) A course free to all partners who have lost their life-companion
- **Positivity Art Group**  
(Open to patients) This is a mindful space to explore and express artistic creativity through watercolours
- **Chair Yoga**  
(Open to patients) Chair yoga can improve flexibility, concentration and strength, while boosting mood, and reducing stress and joint strain.



Please contact our nurses for more details about our support group by emailing [nurses@sbhospice.org.uk](mailto:nurses@sbhospice.org.uk).



## Gillian's Story

Gillian Jack, a breast cancer patient, has praised the outstanding support given to her by South Bucks Hospice at Butterfly House - and has told how surprised she was at the range of services offered by the charity.

Gillian 57, of High Wycombe, was referred earlier this year to the hospice's lymphoedema team by the nurses at Wycombe Hospital following a mastectomy. She was suffering from cording in her armpit, a condition which can sometimes happen as a side effect of lymph node removal that causes tightness and pain.

"I had heard of South Bucks Hospice having been a customer in their charity shop in Hazlemere for many years, but didn't know its location, or the services on offer there. My only understanding of a hospice was to supervise end-of-life care - I had no idea it also provided support for people through diagnosis and treatment of life changing illnesses."

Gillian, a wife, mother, and grandmother, was diagnosed with breast cancer in February this year after having found a lump. She then went through various surgical procedures, culminating in a mastectomy and was put on a course of chemotherapy in August. She said the care she has received at the hospice has made an enormous difference to her health and well-being.

She was initially referred by the hospital breast care nurses to Lynn Brooks, Head of Lymphoedema at South Bucks Hospice, to treat the cording in her arm, and attended the hospice at the end of August. "When I first arrived at Butterfly House, I received a very warm and friendly welcome from both staff and volunteers and was surprised at there being such a positive and uplifting atmosphere.

"My mastectomy scar was not healing as well as expected. Lynn felt that this was something she could assist in and I'm pleased to say that, with her help, my scar has now improved considerably. She also referred me to the hospice's physiotherapist, Chris, to help with the cording. Much to my surprise I was informed that he could also offer me acupuncture to help alleviate the side effects from the chemo which



have been hard to deal with. These include disturbed sleep patterns, headaches and nausea, all of which have greatly improved.

"I have been amazed at the variety of amenities on offer at the hospice which include complementary therapies, counselling, and also a range of activities such as an art group, flower arranging, Tai Chi, and chair yoga (which I currently attend) all of which are a great opportunity to connect with others going through similar experiences. Even with the support of my wonderful family and friends, this has been a difficult journey, but one made so much easier by all those involved at the hospice. I feel very emotional when I consider the fact that all of these services are provided for free - the generosity of people giving money to South Bucks Hospice allows all this to happen, and it has made such a huge difference to my own outcomes. The service and expertise provided are outstanding and I am so truly grateful to this amazing team of people who are helping me on the way to my own recovery, both physically and emotionally."

Now Gillian is encouraging others in a similar position to use the free support provided at South Bucks Hospice, which is based at Butterfly House in High Wycombe. She said: "I am taking part in this article to encourage others to support the hospice and gain from the benefits available here which are truly invaluable."

For more information contact:

[lymph@sbhospice.org.uk](mailto:lymph@sbhospice.org.uk).

## LIGHT UP A LIFE

### Remembering the ones you love

Saturday 26th November 2022 | 4-6pm Holy Trinity Church, Amersham Road, Hazlemere, HP15 7PZ

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

We would like to invite you 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. After the service messages of remembrance will be on display at South Bucks Hospice until the New Year.

Following the service, we hope that you will join us for mince pies and refreshments. Light Up a Life is an inclusive free event for people of all faiths, or of no faith, and inclusive of all, no matter how long ago they lost their loved one. We know this time of year can be difficult and would love you to join us.

For more information, please visit:  
[www.sbh.org.uk/light](http://www.sbh.org.uk/light).

To set up a special tribute fund to remember your loved ones and help other families facing a life-limiting illness, please visit: [www.muchloved.com](http://www.muchloved.com).



## LEAVING A GIFT IN YOUR WILL TO SOUTH BUCKS HOSPICE

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. 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](mailto:giving@sbhospice.org.uk). We would also love to hear from you if you have already left us a gift so we can say thank you.

## Christmas Cards

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

Why not support South Bucks Hospice when sending your Christmas cards this year? We have a wide range of Christmas cards which come in packs of 10 costing £3.00 and £3.50. All profits go back to the hospice, supporting those who need our care. To purchase your cards online through eBay please scan here:



## CAN YOU GIVE THE GIFT OF TIME THIS CHRISTMAS?

We are looking for volunteers who can spare a couple of hours of their time to support patients living with a life-limiting illness.

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 all the services we have to offer. 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 [volunteers@sbhospice.org.uk](mailto:volunteers@sbhospice.org.uk).

## END OF LIFE CARE AND PLANNING SEMINARS

The next sessions will be held from 1pm to 3pm on April 26th and September 27th 2023

Sometimes we don't express our wishes to loved ones for many different reasons and talking about the future can be difficult. You are invited to join us in the safe sanctuary of Butterfly House for an afternoon where you will hear from various professionals who will be able to answer any difficult questions you may have about planning for the future.

The seminars aim to help you explore your future from a spiritual, medical, relational, financial, legal, and practical point of view.

The event is free to South Bucks Hospice patients and their families. £5 for non-patients. For tickets, please visit our website <https://sbh.org.uk/events>.

## SANTA'S FUN RUN

Santa's Fun Run will be taking place on Sunday 4th December in Higginson Park in Marlow.

This fun-filled festive 5K fun run is organised by the Rotary Clubs of Marlow and is a great event for anyone - whether you are a seasoned runner or prefer to take it in your stride. So why not join in the fun and we would be so grateful if you could raise whatever you can for South Bucks Hospice - it all makes a big difference to our community and means we can be there for even more families living with a life-limiting illness.

For more information and details of how to enter please go to [www.santasfunrun.org](http://www.santasfunrun.org). Once you have your place contact us at [fundraising@sbhospice.org.uk](mailto:fundraising@sbhospice.org.uk) so that we can send you a South Bucks Hospice Fundraising Pack and a huge cheer!



# VOLUNTEER COUNSELLOR JESSICA CHAPMAN WALKED A GRUELLING 90KM to raise £1,050 for South Bucks Hospice



Jessica, who volunteers at Butterfly House every Monday, embarked on the epic Thames Path 100km Challenge as a way of marking her 40th birthday year.

Accompanied by two friends, she walked for 25 hours from Putney Bridge in London to Hurley Lock in September – and was only prevented from going further by some ‘humungous blisters’. “I did this because I was turning 40 this summer and I wanted to do something really challenging,” she said. “I completed 100km in my 30th year and wanted to do something similar. However, I will not be doing the same for my 50th!”

Jessica, who works the rest of the week as a primary school teacher in Caversham, was motivated to volunteer for a hospice after the death of a good friend, who passed away from cancer about two years ago aged 37.

She added: “The support she received from outside agencies was incredible. I was already doing counselling training which has always interested me, but her illness spurred me on to do voluntary work for a hospice.”

Jessica joined South Bucks Hospice in February this year and is full of praise for the organisation.

“The team I am in is just one of the components to

this amazing establishment who support people with life-limiting illnesses and those who are bereaved. I feel privileged to be part of this charity’s work. Compassion, support and kindness are woven into the fabric of Butterfly House (South Bucks Hospice) and I wanted to raise some funds to contribute to their continued work. Only a very small part of their funding comes from statutory funds, so it is vital that fundraising takes place to help maintain this brilliant facility.”

The Thames Path Challenge took place between September 10th and 12th, and the route was marked by beautiful tributes to The Queen who died on September 8th.

Even though Jessica didn’t quite make it to the end, she says she is ‘super proud of stumbling my way through the night to that point’.

Just after completing her walk, she said on her JustGiving page: “The journey was tough and long, but the challenge was epic and even enjoyable at times! I have a monumental sense of achievement today as well as broken feet! A huge heartfelt thank you for all your amazing support. South Bucks Hospice is a really special charity and the work they do is vital in supporting people who are experiencing incredibly tough times. THANK YOU!!”

## OPEN AFTERNOON

Discovering what palliative care is

On 21st September we hosted the first in a series of open afternoon events at Butterfly House. The first event provided an opportunity for people in our community to visit our hospice and hear first-hand about our hospice’s care.

Throughout the afternoon we offered tours of the hospice to showcase the range of services we have to offer. This included demonstrations from our Complementary Therapist, Ruby, and demonstrations of how a Hydroven Pump works to mimic manual lymphatic drainage from our Head of Lymphoedema, Lynn. Our Lead Palliative Care Nurse, Karen, also gave a talk explaining more about palliative care.

## MONOPOLY

High Wycombe Edition



High Wycombe now has its very own edition of the famous board game, Monopoly, and we are extremely proud to feature on one of its community chest squares after being nominated by people in our local community. We are very proud to be part of such a wonderful community so thank you to everyone who nominated us.

If you would like to buy the High Wycombe Monopoly board game it is available to purchase in both our Hazlemere and Bourne End shops, in the hospice’s foyer and also on eBay.

## Are You Up for a Challenge?

You needn’t walk 90K to make a big difference to families in South Bucks - whether it is a sponsored headshave or a 5K, your support really matters! Get in touch with our friendly hospice fundraising team at fundraising@sbhospice.org.uk.



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 who have supported us throughout the year. Your kindness is so very much valued and appreciated.

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

And thank you to all in our community for your amazing support in helping us to continue to provide care in our community.

## Jubilee Celebrations

In June we were delighted to be able to hold our first event at the hospice for quite some time in celebration of the jubilee of Her Majesty Queen Elizabeth II. It was a wonderful afternoon and gave our Positivity Art Group the opportunity to display some of their fabulous artwork painted specially to mark the occasion.

Art therapy helps improve mental health and wellbeing and the focus of these sessions is enjoyment, shared positive experience and good company.

Due to the success and popularity of the group we are now running a second group and are looking forward to seeing even more amazing artwork.





136  
Weekly Prizes:  
**£1,000**  
£500\* Rollover  
4 x £25  
130 x £10

\*Rollover prize  
can reach up to  
**£10,000!**

Plus two  
**£5,000**  
Bonus prizes



# The Hospice *Lottery*

A fun way to support us and win £1,000 every week

Did you know that you can help to raise additional funds for South Bucks Hospice by taking part in The Hospice Lottery weekly draw.

There are up to 135 cash prizes to be won every Friday, plus a bonus Rollover prize that can reach £10,000! Tickets cost £1 per entry and supporters can set up a regular subscription or buy one-off tickets for each draw (players must be 18+).

## Find out more and play today

Full terms and conditions, information about how the lottery works and the breakdown of costs and returns to charities is available at [hospicelottery.org.uk](http://hospicelottery.org.uk) or by calling The Hospice Lottery Partnership. Licensed by The Gambling Commission under account number 5060 ([gamblingcommission.gov.uk](http://gamblingcommission.gov.uk)) under The Gambling Act 2005. [BeGambleAware.org](http://BeGambleAware.org)

Every donation helps  
someone with a life  
limiting disease

**£5**

could buy aromatherapy oils  
to provide relief from pain,  
anxiety, stress and to promote  
better sleep

**£10**

could help towards funding our  
support groups

**£20**

could provide bereavement  
support for someone who has  
lost a loved one

**£50**

could pay for a consultation  
with a palliative care nurse or  
lymphoedema specialist

## Visit us in store

### Hazlemere

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

**01494 717224**

[hazlemershop@sbhospice.org.uk](mailto:hazlemershop@sbhospice.org.uk)

### Bourne End

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

**01628 525717**

[bourneendshop@sbhospice.org.uk](mailto:bourneendshop@sbhospice.org.uk)

### High Wycombe ReUse

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

**01494 445701**

[highwycombereuse@sbhospice.org.uk](mailto:highwycombereuse@sbhospice.org.uk)

### Aston Clinton ReUse

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

**01296 632766**

[astonclintonreuse@sbhospice.org.uk](mailto:astonclintonreuse@sbhospice.org.uk)

## Contact Us

**01494 552750**

[info@sbhospice.org.uk](mailto:info@sbhospice.org.uk)

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## We are now going digital!

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](http://www.sbh.org.uk).



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