



Hello and welcome to our Spring 2023 newsletter.

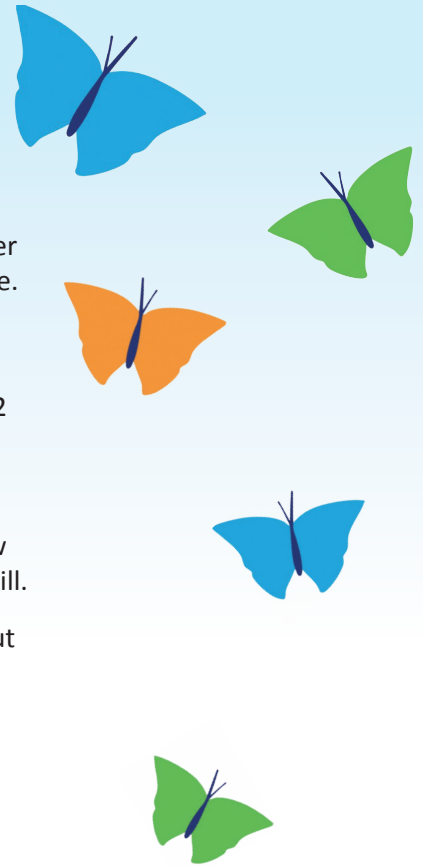
Well at long last the sun has come out and I'm writing this newsletter with the Buckinghamshire sunshine streaming down onto my desk. Doesn't the sunshine just cheer the soul and make you feel happier, a feeling reflected by the staff at South Bucks Hospice.

I really do hope it's still warm and sunny when you're reading this. We have such wonderful news and photographs to share with you in our Spring newsletter. See some fabulous Coronation themed art exhibits from our very own art therapy classes on page 2 and read two deeply inspiring stories – from Alison and Bob – whose bravery and energy really are an example to us all here at South Bucks Hospice and remind us every day how privileged we are to be helping maximise the quality of life for each and every one of our patients. Finally, on page 7, I'm pleased to bring you a Q&A with Gerry explaining in a few easy steps how you can leave a gift of care, by supporting South Bucks Hospice in your Will.

A huge thank you to our wonderful community, patients, volunteers and families. Without you all, these stories would not be heard and we would not be as able to share how our work helps people on our local community.

J Ward

Jackie Ward, Chief Executive Officer



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Coronation Celebration

Unveiling Wonderful Art Inspired by the Coronation of King Charles III

Coronation celebrations started early at the hospice as patients, dignitaries, trustees, volunteers and supporters of South Bucks Hospice came together to celebrate the upcoming Coronation of King Charles III.



Attendees enjoyed being photographed along with the life-size cut out of the King himself while local band The Allsorts Saxophone Quartet provided music. Delicious Coronation-themed food was arranged by one of our hospice volunteers whilst some of the products were donated by Hovis who have chosen us as their charity of the year.

An exhibition of artwork by South Bucks Hospice Positivity Art Group was viewed by attendees who were impressed with the creativity and high level of talent shown.

The Positivity Art Group, which meets every Thursday morning at South Bucks Hospice, has been praised by its members who have created a huge variety of paintings and drawings.

Muriel Richardson, 83, who has cancer and heart disease, described the group as a 'second home' and said: "I am more or less housebound and this is the one of the few places I can go to. You feel so special when you come here." She experiments with different art mediums, and is mainly using water colour within the group.

Sabby Bharathan, 59, who specialises in painting wildlife and landscape, said: "It's a very lively, inspiring and bustling group – and its members are extremely talented. I love coming to the class – it gives me so much freedom to be myself."

The group is run by Juliette Coffey, who was trained in using art in therapy, and first set it up online as a pilot course in January 2021. But it was so successful that patients began meeting face to face at the hospice in September of that year – and the group has gone from strength to strength since, with eight members regularly attending.



Juliette is delighted with the results of the classes and says the high quality of the work produced by the patients has 'blown everybody away'. She said: "There are never any formal instructions. It's what enthuses the group. This is not like art class in school. It's hopefully for everyone's tastes – we did have a lot of coronation and jubilee art, but different ideas emerge each week. We all do enjoy nature themes which is so soothing. This creates a space to think about what we are doing in the moment. We can relax and feel loved."

Juliette Walshaw, 59, who has been attending the group for about a year, said: "The coronation paintings were amazing. The visitors to the party thought they were amazing as well. They were overwhelmed to see what comes out of the group."

The sunny coronation celebration ended in a sing-along and flag-waving to some classic British anthems.

Alison's Story

Alison who suffered from breast cancer is so grateful for the support given to her by South Bucks Hospice that she has knitted merchandise to raise money for the charity.

Alison Cooper, a semi-retired schoolteacher from High Wycombe, says she doesn't know where she would have been without the help of our 'magnificent' hospice. As a result, she knitted special smartie-filled crackers at Christmas for sale at the charity's shop in Hazlemere, having previously donated some other hand-knitted items to the hospice. And now she has been busy with her needles knitting crowns for the King's Coronation.

"The hospice has done such a lot for me that I have been trying to give something back to them," said Alison, who has three children and three grandchildren.

"I think the hospice is absolutely magnificent. The people who work there are wonderful and always have a smile on their faces. They give you time to talk about absolutely any problem you might have."

She added: *"I can honestly say after having an eight-hour operation and having had many repercussions afterwards, I don't know where I would be if it wasn't for South Bucks Hospice. Just the overall support they have given me – be it mental or physical – they are there for you. If they are not expert in what you want, they will find you the expert you need so you can recover to the best of your ability."*

Alison has twice suffered from cancer. She had two operations 12 years ago for a condition known as DCIS, Ductal Carcinoma in Situ, which is the presence of abnormal cells in the milk ducts and is an early form of breast cancer. Then, in the middle of the Covid-19 lockdown in early June 2021, she found a lump which was diagnosed as breast cancer.

"A rather large lump grew on one of the scars from the first cancer operation and I went to the GP," she said. *"Within two weeks I was seen at the hospital and a month later was having an operation. I was just grateful that I had done the self-examination because this lump was growing on one of the scars and initially, I thought it was part of the scar. You can never be too careful so should keep on examining yourself. The operation I had was a complete mastectomy but I had muscle from my back moved to the front to create a new breast. From there, the oncologist recommended me to South Bucks Hospice because I was still in a lot of pain."*



"I have had acupuncture, physiotherapy, massage and scar therapy here at the hospice. The scar therapy has loosened everything up but I still have pain. I'm so happy that the team have now started running occupational courses and I go there for tai-chi and yoga. I have done the flower arranging which is coming back in May, am taking part in the gardening club they are about to start and, as regards treatment, I have been to several courses to do with looking at your life."

Now Alison is urging others in a similar position to make optimum use of the wide services of South Bucks Hospice if they can.

*"When you mention the word hospice, people get very worried, but **South Bucks Hospice is such a bright, happy place** and I look forward to going there. The gardens are very well looked after by volunteers. When you go from the car park to the hospice itself, the staff look up from what they are doing and smile. It's just a wonderful atmosphere. I would tell people in similar situations, if you can be referred by your doctor, to go and take advantage of the facilities and the treatment they give and the camaraderie."*

"My overall message is don't be afraid to go to the hospice – it is so welcoming, it is a happy place and the staff are absolutely marvellous. It has made a massive difference to my life."

Accessing Services

If you want to take up Alison's advice and think there are more ways that South Bucks Hospice can offer you treatments, classes and therapies – then don't hesitate to get in touch:

Email: nurses@sbhospice.org.uk

Phone: 01494 552750,

Website: www.sbh.org.uk



WELCOME TO SOME NEW FACES



We were thrilled to welcome Ginny Allen to the team in April to head up our patient services. Ginny will lead our care teams at the hospice, ensuring that we continue to deliver high quality, patient-centred care and that we continue to develop and grow these.

We also welcome new fundraisers Richard Chalmers and Pradeep Kotecha to the hospice. Richard and Pradeep will help spread the word about the work of the hospice in our community as well as work with you, our valued donors and fundraisers who ensure those with life limiting illnesses and diseases can get the support they need - both now and in the future. If you would like to speak to Richard or Pradeep about how you can help support South Bucks Hospice, then they would love to hear from you at fundraising@sbhospice.org.uk or on the phone on 01494 552761.

VOLUNTEER EVENT

Over the past year approximately 200 people have donated their time to South Bucks Hospice to help us keep our services free for patients with a life limiting illness. People have volunteered in numerous ways from helping in our gardens, driving patients, supporting our groups, making food, selling online, and helping in our charity shops. We love to get our volunteers together as often as possible, to hear about their experiences and find out new ways to work together.

“One of the best things about volunteering is the tangible reward that I received from giving back”.

“I saw a need and wanted to make a difference, volunteering at the hospice has been amazing, and was so easy to do. Everyone made me feel very welcome”.

Our next Volunteering Open Day is Tuesday 13th June so if you have a couple of hours to spare and would like to help enhance the lives of patients with a life limiting illness why not come along. You will meet many of our current volunteer team and hear what they have been getting up to. There will be plenty of tea and cake as well as a chance to chat with our wider staff team. The event is free and will include a tour of the hospice facilities and you can pop in any time between 2pm and 6pm.

Location: Butterfly House

Time: 2pm to 6pm (pop in when you are free and stay as long as you want)

For catering purposes please register for the event by emailing volunteers@sbhospice.org.uk

eBay

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:

www.ebay.co.uk/str/southbuckshospice



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

Kathy's Story

Kathy Freyer, 57, a trained Social Worker, is a volunteer on the hospice's telephone Bereavement Listening Service which was set up just over a year ago. The aim of the initiative is to support local bereaved people through regular conversations with trained volunteers for up to three months after a loss.

Kathy, from High Wycombe and a former team manager for children's services at Buckinghamshire County Council, began her ten weeks of training for the role of a 'listening volunteer' in February 2022. She was then put in touch later that year with a woman who had lost her husband to cancer, and the pair spoke weekly on the telephone for up to an hour at a time.

Kathy explained: *"It was generally all aspects of what was going on in her life, the loss and being alone after having a long relationship with somebody, being in the home by herself, that sense of helplessness, what her life was going to be, how does she move forward, what she should do with his belongings. She was very clear in saying she did find it very helpful – it was having that consistent person once a week calling her to check in and see how she was, setting small tasks she could do the next week."*

Volunteers can support up to three bereaved people at any one time, and there are currently seven listeners at the hospice. *"It is an extremely important service,"* said Kathy. *"A lot of people have support from their families but, for instance, there are some in their 80s who don't have a lot of close contact with people so having a listener contacting them once a week at least gives them consistency. They know there is somebody at the end of the phone to check in with them. It is a lifeline to some people."*

Kathy found out about the role in a local newsletter. She said: *"I have always been drawn to doing things supporting people, and having quite a lot of bereavements myself in the years running up to doing this, I just felt a lot of people need good support and I thought this was something I could do and help with. So, I made contact and the rest is history."*

She points out there are enormous benefits to the listener as well as the bereaved person. *"A personal value of mine is about caring for others,"* she said. *"It is not just about me - there is a whole world out there, and if more people were to think about others, what a wonderful world it would be. It gives me a sense of comfort as well – if I know that I can make a difference to somebody's week and that it just might brighten their day in some way."*



She urges others to look into becoming listeners if they feel they have the right qualities for the job.

"You have to have empathy and try to understand the thoughts and feelings of the other person. It's not about giving advice but it's about understanding their thoughts and feelings and giving them a space to talk without any judgement – an opportunity for them to open up and talk about their experiences without being criticised or judged."

Kathy normally keeps the conversations to the telephone but did meet up once face-to-face with the first bereaved person she had listened to in her new role. She recalled: *"We had a coffee together at the hospice and she arrived with a great big bouquet and a card to thank me. It was really lovely – she was so thankful."*

"I don't do this because I am looking for the thanks. It gives me a sense that I am giving something to somebody at a challenging time in their life. I can be there to offer comfort and support, so somebody can see there are real and genuine people who will give their time for no payment, just because it a good thing to do."

If you are interested in becoming one of South Bucks Hospice's Bereavement Volunteers please email listening@sbhospice.org.uk.

Less than 4% of our income currently comes from the NHS and so we rely on the generosity of those in our community to support our services. Please consider making a donation to the hospice to help fund our services, such as the bereavement listening service.

PLEASE SCAN HERE
TO DONATE



Bob's story

At the age of 46, Bob Channell was given the shocking news of being given just ten days to live when he lost a lung after being struck down with double pneumonia.

But 27 years later, the retired High Wycombe maintenance engineer is still enjoying life despite suffering from severe breathing difficulties – and he thanks South Bucks Hospice for his positive outlook.

He says the counselling he received at the charity's headquarters, Butterfly House in High Wycombe, lifted his mood when he was feeling down about his condition.

"I felt at one stage as though 'what's the point', but the staff at the hospice showed me that life's still worth enjoying and I wake up every morning and say thank you for being alive – every day is a bonus for me."

Bob, now 73, also has a diagnosis of bowel cancer, but he started attending support sessions at South Bucks Hospice about five years ago. He currently goes to the men's group on Mondays once a fortnight, receives counselling on Wednesdays and takes part in armchair yoga on Thursdays.

Bob is very upbeat about the hospice and its impact on his life. He says of the hospice: *"I love the place. A lot of people are like me, sitting indoors and don't see anybody all day, so it's nice to get out and talk. At the Monday group, there are between seven and ten of us and we sit around and talk - it helps us to talk about our conditions with each other."*

Bob, who is married to Lesley, worked for 33 years for Wilkinson Sword in High Wycombe. He recalls the Friday, when aged 46, he didn't feel very well and went home to bed.

"They diagnosed pneumonia and because of the flu epidemic, they couldn't take me to hospital so I was left at home and off work for nearly three months," he said. *"I didn't know a lot about it at the time because I was out of it, but my wife was told I had ten days to live. She was told to be prepared for the worst, but I am still here. My wife and mother-in-law helped to pull me through."*



Bob, who never knew the cause of the pneumonia, had to learn to walk again because he lost the use of his muscles while in bed for so long. He eventually began going back to work but was struggling to breathe. A check-up revealed he was suffering from Chronic Obstructive Pulmonary Disease (COPD) and a fibrous growth in his remaining lung. He tried to continue working but had to retire aged 61.

"It really did depress me a lot because I have always been a worker and worked all my life and I would go back to work tomorrow if I could. I got depressed at home and run down."

About five years ago, he went to see the doctor and was referred to South Bucks Hospice.

Bob, who has to use oxygen two to three times a day to help his breathing, says the hospice has made a massive difference to his life and urges others with similar conditions to seek referrals there, and also asks people to donate funds to help run it if they can afford to.

"People diagnosed with a serious condition should contact their doctor and ask to go to the hospice and talk about what they have with other people who have the same thing," he added.

"The hospice gives an incentive for me to keep going strong and wake up every day."

Leaving a gift in your Will to South Bucks Hospice

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. Our Almoner, Gerry Wigfield, has answered some frequently asked questions about leaving a gift to South Bucks Hospice in your Will:

Q- How can I leave a gift in my Will to South Bucks Hospice?

A-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.

Q- I’m not sure if I have enough to be able to leave a gift in my Will?

A- The most important thing to consider is to look after your loved ones in your Will. If you feel you would also like to remember South Bucks Hospice, then any sized gift will make a difference and mean a great deal to those who need our support now and in the future.

Q- What type of gift could I leave to South Bucks Hospice?

A- It’s entirely up to you and any gift will make a positive difference and be gratefully received. Generally there are two types of gift you can leave; a fixed amount (known as pecuniary gift) - which can be any sum of money depending on your circumstances, or a residual gift, which is a share of your estate.

Q- How can I write my Will?

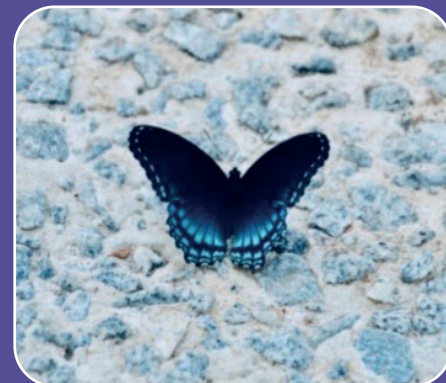
A- You should contact a solicitor or Will advisor and make an appointment to meet with them at their place of business or they may be able to visit you at home.

Q- If my circumstances change, can I change my Will in the future?

A- Yes, a simple change to your Will can be done through something called a Codicil, this is an official and legally binding appendix which is ‘read’ alongside your Will. South Bucks Hospice can provide you with Codicil templates if required by emailing Gerry.Wigfield@sbhospice.org.uk.

End of life care and planning seminars

The next seminar will be held from 1pm to 3pm on 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 the hospice 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 or £5 for non-patients. For tickets, please visit our website <https://sbh.org.uk/events>.

Light Up a Life

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.

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.



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.

Follow us on Social Media



Keep up to date on all of our upcoming events and activities & share some of your good news stories, we would love to hear from you!

Contact Us

01494 552750
info@sbhospice.org.uk

Visit Our Website

sbh.org.uk



Registered with
**FUNDRAISING
REGULATOR**

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

Thank you to all of you who have chosen us as your charity of the year, such as Hovis who are helping to support our bistro through donations of their wonderful products, the Buckinghamshire Building Society and the Mayor of Beaconsfield. We are so proud to be working with you in our community.

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

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

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

Visit us in store

Hazlemere

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

hazlemershop@sbhospice.org.uk

Bourne End

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

bourneendshop@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



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