

Summer Newsletter


South Bucks Hospice
at **Butterfly House**
Outpatient care enhancing quality of life



Sharon Fairclough, our Director of Clinical Services, gives us an update on what we've been doing this year:

Welcome to our Summer Newsletter,

Spring has sprung in our garden and we're enjoying seeing new life emerge in a fine array of colour and splendour.

Similarly, we have been working to increase the diversity of our services. We now offer Mindfulness Meditation sessions, facilitated by our expert volunteer Frances, and Look Good Feel Better classes for those going through treatment for cancer or who have ended treatment.

People can sign up to enjoy the special pampering experience, learn new makeup tricks and come away not only with a lovely gift bag full of cosmetics but also feeling good. To enquire about our support group services please call our nurses on: 01494 552 755.

Thank you for continuing to support your local hospice.

With warm regards,

Sharon.



**New chairman of trustees,
David Ellis OBE**

Last year we welcomed David as a trustee and earlier this year he was appointed as our new chairman.

Following his appointment David said: "The things that matter to me are patients, the people who work here, and getting best value for money. I am absolutely committed to working for the community and those in need."

We also said goodbye and thank you to Dr. Michael Bowker, who was our chairman for over nine years.



**Volunteer
Thank You
party**

THANKYOU

We had a Thank You party for our volunteers on Friday 31st May. The weather was lovely, the Pimm's was flowing and the scones had some tasty clotted cream and jam to go with them. It was great to see a lot of our volunteers attend and we hope you all enjoyed yourselves too. Thank you to all of our volunteers for the work that you do for us, it's really appreciated by everyone here at the hospice. If you would like to find out more about volunteering at South Bucks Hospice please contact Michael Cole, our Volunteer Coordinator by calling: 01494 552 764 or emailing: volunteer@sbhospice.org.uk



Hospice Superstars

Every year we receive fantastic support from our community. This helps fund our services providing treatment for people with life threatening, progressive or terminal illness, and their families. We would like to especially thank all of our Fundraising Superstars who have been supporting us, including those who have run a marathon, jumped out of a plane or sung their hearts out in aid of the hospice. Thank you all - it's your support that makes a difference!

Want to be a Hospice Superstar? Our Fundraising team would love to hear from you. If you're a member of a group or society why not get them involved too? Please contact the Fundraising team by phoning: 01494 552 761 or by emailing: fundraising@sbhospice.org.uk with your ideas.

Marathon man Julio - he came, he ran, he conquered

A former US army staff sergeant raised almost £1,400 to help patients with life-limiting conditions, having completed the London Marathon in four hours, 42 minutes and 34 seconds.

Julio described the experience of running the race as 'incredible' and praised the crowd for keeping runners spirits high. "They carried me for 26 miles. It was amazing. I would really love to do it again" Part of the motivation for running for the hospice was that Julio's mother, Monserrate, spent time in a hospice during her last days after being diagnosed with cervical cancer. Julio took to social media and found that South Bucks Hospice were looking for a runner after being allocated one place in the London Marathon.



Bucks Badgers **THANKYOU**

The Bucks Badgers have kindly been supporting us for many years and wanted to make a donation to assist us with our fundraising. They donated the funds to purchase a new gazebo, table cloth and pull banner. We really love how they look, so thank you very much to the Bucks Badgers from everyone at South Bucks Hospice!



Did you know we run support groups?

We run lots of different support groups at the hospice, below are the experiences of some of the people who attend them.



Suzanne, breast cancer support group - finds attending the hospice, which also provides her with complementary therapy, an important way of retaining her positivity. And she thoroughly recommends its services to others with life-limiting conditions.

Lynsey, bereavement group - "I look forward to the sessions and the other members have become our friends. They know how you feel. They were all crying the first time I told my story. They give me advice and I don't feel I am going to be judged."



Lesley, breast cancer support group - "Sharon supported me to identify the things I was worrying about that I didn't know I was worrying about - and when I sorted that out, it made a heck of a difference. I did cost South Bucks Hospice a lot of tissues, but counselling really makes a difference. It was a life changer and it improved my life immensely."

Charlotte, bereavement group - "It's a support system for me and it makes you feel better. People here really understand what you are going through. I don't think anyone would ever regret coming here. Carole is so welcoming, there is no pressure and it is free."



The support groups we currently run include: lymphoedema, cardiac care, brain tumour, mindfulness, bereavement and breast cancer. When possible we do set up new support groups, so keep in contact with us to find out what new support groups are starting. For more information about our support groups, or how to join them, please call: 01494 552 755 or email: nurses@sbhospice.org.uk

Our Lymphoedema team



Throughout 2019 we are running a Lymphoedema Support Programme. Please visit: www.sbh.org.uk/events or call: 01494 552 756 to find out more.

Lymphoedema affects thousands of people, from all age groups, has many causes and is a permanent condition. It develops due to impaired flow of the lymphatic system and it can occur in any part of the body, but is most common in the arms or legs. Although it is not curable, it can be managed well. Our therapists develop a bespoke treatment plan for each and every patient. We pride ourselves in successfully educating people so they can be involved in self managing this condition. To find out how we can help you can call us on: 01494 552 756 or email: lymph@sbhospice.org.uk

Snowdrop Sunday - thank you for coming and for volunteering

We had some glorious weather on Sunday 17th February for our annual Snowdrop Sunday at West Wycombe Park. With lovely weather, tasty cake and beautiful snowdrops, there's not much more we could have asked for. Thank you to everyone who came to the event and helped to support their local Hospice. We would also like to give a special thank you to all of the volunteers and the High Wycombe Lions Club who volunteer and help make the day run smoothly and enjoyable for everyone who comes.

See you there in 2020!

Our garden

The gardens are an important asset for all at Butterfly House.

We hope that, with the approach of warmer days, you will have the opportunity to spend time enjoying them as a place of tranquillity. Chris is our volunteer gardener and wanted to share his top tips with summer approaching.

- Keep an eye out for Box Tree Moth!
- Water your seedlings.
- Keep on top of the weeding.
- Install a water butt to help conserve water for dry spells.



Chris



Our High Street charity shops



We have two charity shops, one in Hazlemere and one in Bourne End. They are an essential source of income and help to pay for the overall running costs of the hospice. As you might expect they have all sorts of wonderful items donated to them, everything from accordions to designer clothing. The shops always have new items coming in and thanks to our great team of volunteers they are able to get donated items ready for sale and on the shop floor really quickly. So if you haven't been to one of them it is definitely worth a visit.

Bourne End shop - The Parade, Bourne End, Bucks, SL8 5SB. 01628 525 717

Hazlemere shop - 17-19 Park Parade, Hazlemere, Bucks, High Wycombe, HP15 7AA. 01494 717 224

Our Re-Use shops

There has been a lot of coverage in recent weeks about the new charges at the household recycling centres in Bucks. Our Re-Use shops at Aston Clinton and High Heavens can still take household items suitable for resale, such as furniture, knick-knacks and bicycles but can no longer take non-household items directly from the public. If you are unsure about what is chargeable and what isn't there is a list of the items that are chargeable on the Buckinghamshire County Council website.

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

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

Collection tins



Collection tins are a great way for us to raise much needed funds for our services to help ensure they are free for people across South Buckinghamshire and the surrounding areas. We are looking for people who would be able to help get new tins placed. So if your local newsagent, takeaway or community centre has space for one of our collection tins please let us know. If you would be able to help get more tins placed and get existing ones collected on a more regular basis, please contact our Fundraising team so you can join our collection tin crew. You can contact our Fundraising team on: 01494 552 761 or by emailing: fundraising@sbhospice.org.uk



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A joke from Yve. What surrounds a medieval cheese castle? Moat-zarella! 🧀 🧀 🧀