



Hello. Thank you for being part of our South Bucks Hospice community – your kindness is the driving force behind our care and quality services.

Jackie Ward handed the reins to me earlier this year and I am looking forward to helping the hospice become an even bigger part of our community.

Our hospice has, as ever, been full of warmth and kindness as patients continue to receive care for life-limiting illnesses or attend our wellbeing events. Our generous volunteers and donors have been supporting our patient services and make our work possible.

We are always seeking feedback on ways to improve our services and provide more necessary care to our community. We are delighted to share the outcomes and quotes from our latest patient survey.



N Callaghan

We hope you have an opportunity to visit us or join one of our events over the coming months. Light Up a Life is always a highlight in our calendar and will take place on Saturday November 23rd. Please join us if you can; you'll find full details later!

Please enjoy catching up on our news, we are delighted to have opened our fabulous Superstore in Waddesdon this month and launched a **new collection service**.

With my warmest wishes
Nick Callaghan, CEO South Bucks Hospice

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



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KATIE TAKES THE DRIVING SEAT

Lymphoedema is one of our most popular and valued services.

Our current head of the service, Lynn Brooks, is soon to retire. Katie, who has worked with the service since July 2023, has now trained to lead the team. We spoke to Katie to find out more about her new role and plans for the department.

Katie Greig has taken over the leadership of the popular and busy lymphoedema service following the retirement of Lynn Brooks.

"It's a very exciting opportunity and I have extremely big shoes to fill after Lynn goes because she is amazing," said Katie, who has been with the hospice for just over a year as a lymphoedema nurse therapist but who has had a quarter-of-century experience in nursing.

"What excites me about the role is the difference you can make for patients. Lymphoedema is a chronic progressive condition that presents itself as a swelling anywhere in the body but predominantly on a limb. It affects people both physically and psychologically, particularly with self-esteem and acceptance of the new normal."

Katie, who was born and bred in Bucks and now lives near Chesham, added: *"It's about being able to give truly holistic specialist care to patients. Without us, many people in South Bucks would not be able to access any treatment and support. There are currently extremely limited NHS lymphoedema services in Buckinghamshire."*

The South Bucks Hospice lymphoedema service currently supports around 230 patients. The charitable service treats patients suffering from damage of the lymphatic system as a result of cancer or cancer treatment. This could be from having lymph nodes removed or having areas of the body damaged by radiotherapy.

Katie trained at the hospice in High Wycombe under the guidance of Lynn Brooks, who headed up the service for eight-and-a-half years and who had almost 50 years' experience in nursing.




Lynn Brooks

She also had the support of Frances Wallington, a senior lymphoedema therapist with 20 years' experience.

Lynn, said: *"I will be sad to leave my role but have loved my time here and feel very assured that the team will carry on and continue with the same professional, specialist service for patients under the leadership of Katie. I am very pleased that Katie will be leading the specialist lymphoedema service and taking it forward. She has a fantastic personality and embraces all that she has learnt and all that she is putting into practice."*

We are now looking for a new lymphoedema nurse to replace Katie after her promotion. Applicants need a nursing background, preferably specialising in palliative care or cancer, but do not need any previous experience of lymphoedema because full training will be provided. The job details can be found at www.sbh.org.uk



What excites me about the role is the difference you can make for patients.

Katie Greig

BEREAVEMENT SERVICES

Did you know we offer a bereavement listening service and a six-week bereavement course?

This is open to anyone in South Bucks who has suffered a loss.

Please get in touch if you would like to find out more about this service.

listening@sbhospice.org.uk

WADDESDON SUPERSTORE OPENING

**Our first Superstore
has opened and we now
collect large items!**

Retail provides an important part of the income needed to fund our services. We are expanding our current operation by opening our first superstore in Waddesdon. The new superstore will be the charity's largest outlet and will comprise; a shop, distribution centre and it will also house eBay stock.

We are now accepting collections of large sellable furniture items

Our **CEO Nick Callaghan** spoke about the opening saying, *"The superstore offers us new opportunities to raise funds for our vital community services. Importantly, we can now collect and accept larger items of furniture."*

We know from experience that South Bucks residents are clever thinkers who recycle, reuse and support important causes."

The Waddesdon site will join four existing South Bucks Hospice shops in **Hazlemere, Bourne End, Amersham** and **Chalfont St Peter**, an eBay store and two reuse sites.

**You can find
our eBay site here**

<https://www.ebay.co.uk/str/southbuckshospice>

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, Chalfont St Peter, Waddesdon and Bourne End or at one of the Buckinghamshire reuse sites.



The Waddesdon shop will sell vintage and good quality second hand clothing, books and household items, some new items and larger furniture. **We are looking for volunteers who might like to join our existing friendly team.**

Come along and see what is on offer.

**Call 01296 323067
to find out more about
our collection service.**

If you
are interested
in volunteering, please
contact **volunteer@sbhospice.org.uk**.





THANK YOU! We are grateful

We are grateful to everyone who has shown their kindness through volunteering, donating, fundraising, remembering us in their will and shopping. Every challenge done, penny donated and time given provides care and support to families in South Bucks.

KENDALL WALKS COAST TO COAST

A cancer patient has raised thousands of pounds for South Bucks Hospice after an epic 13-day coast-to-coast walk.

Kendall Green, 64, of Beaconsfield, **walked a total of 192 miles** from June 24 to July 7 to help the 'amazing work' of the hospice.

His trek from west to east was made all the more impressive because it came just six months after he had been too weak to even walk a few steps. He had been diagnosed with cancer in January 2023.

He proudly handed over a cheque to the hospice for **£8,632.21** which came through donations.

Kendall, who is married with three children, said: *"I am in recovery from cancer of the tongue and neck.*

"After surgery, chemotherapy and radiotherapy which left me unable to walk to the bathroom, never mind across the country, I am getting back to something resembling fitness."

The walk was from St Bees in Cumbria to Robins Hood Bay in north Yorkshire, passing through the Lake District, the Yorkshire Dales and the North York Moors. Kendall explained why he wanted to support South Bucks Hospice where he had received treatment.

"It's personal, a small charity doing amazing work for people with cancer or recovering from cancer."

Kendall's full story is on our website.



"They support so many with their illnesses, the staff are so supportive."

THE SKY IS THE LIMIT FOR RICHARD

Richard Lam, a terminally-ill cancer patient, who also suffers vertigo, has raised more than £5,000 for South Bucks Hospice by jumping 13,000 feet out of a plane.

Richard, on his JustGiving page, explains that South Bucks Hospice has supported him with his terminal illness since January 2024. He therefore decided to fundraise for the charity in appreciation of the services provided and to help SBH to support others in the future.

He has attended the hospice's men's group where he met and shared experiences with other cancer patients. He has also enjoyed participating in the Tai Chi and art groups.

"South Bucks Hospice is a small organisation helping people – it supported me when I needed it so I thought this was a small thing to pay back. They do wonderful things – I think people should be made more aware of their services because more than 96% of the hospice's funding comes from donations rather than Government funding."



GRACE SETS A YEAR OF CHALLENGES

Throughout 2024 Grace has decided to take on a series of challenges to raise money for us as we have provided support for her Mum.

Grace explains, "After a few months of unknown illness and many doctor's appointments, in May 2023, our lovely mum was diagnosed with Stage 4 Neuroendocrine cancer. By June 2023, we had received the heartbreaking and life-changing news that it was incurable.

South Bucks Hospice provides care & support for people living with life-limiting and life-threatening illnesses, including workshops, support groups and various complementary therapies to help with physical & mental wellbeing.

Mum has been able to use some of their brilliant resources as extra support alongside her chemotherapy, attending nutritional workshops, support groups & even having acupuncture/massage to help with pain relief.

Our lives have been permanently changed since Mum's diagnosis, and it's made us acutely aware that we never know what's around the corner. It was only 2 years ago that Mum was running her first half marathon, seemingly in the peak of her fitness! For that reason, I've decided to undertake a variety of challenges throughout 2024, to raise money for the South Bucks Hospice so they can continue providing support & care for those who need it.

This month Grace is running a Duathlon with her dad, and then in December she's going to be running another half marathon.



There's still time to support Grace.

So far Grace has completed:

- 54 of 100 runs in 2024
- Regent's Park 10k
- Hackney Half Marathon
- Windrush Aquathlon
- London to Marlow Group Cycle.

FRIENDS STELLA AND REBECCA'S WALK IN THE CHILTERNES

Stella and Rebecca walked across the Chilterns raising almost £1,000 for South Bucks Hospice. Stella explains their motivation:

"South Bucks Hospice came into our lives during 2022, when Dad began his end-of-life care after being diagnosed with advanced prostate cancer in 2020. The help the hospice provided for Dad during the last weeks of his life were invaluable and as a family we are forever grateful.

Since Dad's passing, the care the hospice provided did not stop and the support they've provided for myself with bereavement counselling has been a great benefit, helping me come to terms with the loss of Dad as well as providing the time and space to begin the healing process caused by grief."



Thank you for your support.

MIMI HARKER OBE TAKES HER SUPPORT TO NEW HEIGHTS

Finally, a huge thank you to our Patron Mimi who did a parachute jump for us. Mimi tackled her fear of vertigo to raise money for our services.

Would you like to take on a challenge for South Bucks Hospice?

Our partnership with Run For Charity makes it easy – simply go on their website and select the challenge you would like to undertake and choose us as your charity. Alternatively, we can support any challenge you are planning, just contact fundraising@sbhospice.org.uk.



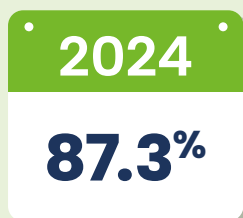
We have lots of ideas whether you are looking for a challenge alone, as part of your family, or with your company.

Patient Survey Results – 2024

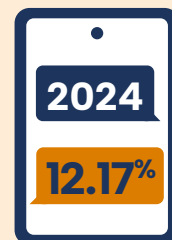
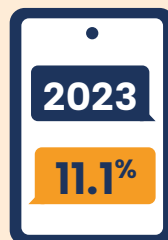
We asked patients how satisfied they were with our services.



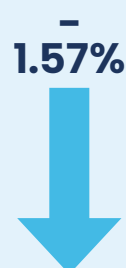
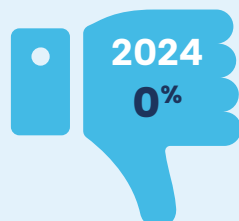
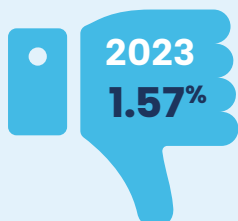
VERY SATISFIED



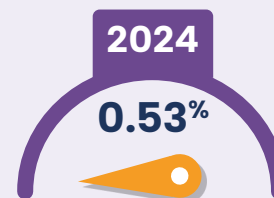
MOSTLY SATISFIED



UNSATISFIED



VERY UNSATISFIED*



* An improvement on 2023, other than one very unsatisfied patient who we have supported through a difficult time and listened to the issues with a change in strategy regarding our discharge process.

"My husband was the cancer sufferer but I had counselling and found it most helpful."

"Just wanted say that going to Butterfly House has really helped me with my recovery with having Chemo."

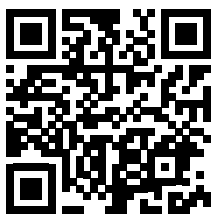
"The staff have been very helpful, kind and caring and I have made some lovely friends thank you to you all at Butterfly House."

Volunteering

There are lots of opportunities available for anyone who has some time available to support others. Volunteers are always welcome for our retail outlets as well as various roles at Butterfly House. Or do you have a skill that could benefit our community? Get in touch for more information:

Volunteer@sbhospice.org.uk





Light Up a Life November 23rd 2024

We hope you can join our annual Light Up A Life remembrance event at Holy Trinity Church on Saturday, November 23rd. This event is a chance for our local community to join together and remember loved ones at an inclusive service. A local choir will bring the joy and festive spirit.

Doors open at **3:45pm**, the service is starting at **4:00pm** and finishes at **6:00pm**. After the service, you are welcome to stay for seasonal mulled wine, mince pies, teas or coffees and we will have a selection of Christmas cards and gifts which we sell.

No tickets are required, just join us on the day.



Regular giving allows us to plan for our future. If this is an option, you can sign up to donate a monthly amount on the enclosed form or here:

<https://www.justgiving.com/southbuckshospice>



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.

Send greetings with a purpose

Our popular Christmas Cards are back! Send seasonal wishes and support our services at the same time. We sell these cards to raise money to go towards our work.

Available online,
at reception or in
our shops.



A pack of
10 cards costs
£3.50 or £4.00.



SAVE THE DATE

Light Up a Life



This year's Light Up a Life event will take place on Saturday November 23rd 2024, 4-6pm at Holy Trinity Church, Amersham Road, Hazlemere, HP15 7PZ. Doors open 3:45pm.

Pop In for a chat and some cake

We are running our Forget Me Not café on the first Friday of each month in our café. Former patients, volunteers and supporters are welcome to join to catch up on our news and join a community natter. No need to book, just pop in between 10am and 12pm – the delicious cake is on us!



Hear from us on email

If you are happy to receive this newsletter via email, please complete the attached form and return it to us. Or email us – info@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



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

WADDES DON

32 High Street
Waddesdon, HP18 0JB

01296 323067

waddesdonshop@sbhospice.org.uk

AMERSHAM

92 Sycamore Road,
Amersham,
HP6 5EW

01494 414014

amershamshop@sbhospice.org.uk

CHALFONT ST PETER

Unit 67, St Peter's
Court, Chalfont
St Peter, SL9 9QQ

01753 303012

chalfontshop@sbhospice.org.uk

HIGH WYCOMBE REUSE

High Heavens, Clay
Lane, Booker, High
Wycombe, Bucks
HP12 4HF

01494 445701

highwycombereuse@sbhospice.org.uk

ASTON CLINTON REUSE

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

01296 632670

astonclintonreuse@sbhospice.org.uk



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