

Newsletter

SPRING/SUMMER 2018



Katharine House Hospice's Day Therapy Unit was officially unveiled in 1993. Since then, it has touched so many lives – echoing with laughter, fun and friendship – bringing care and compassion for patients and offering support for their families and carers.

It seems strange to imagine a time before the hospice was such an integral part of Stafford. Prior to the building of Day Therapies, a group of volunteers campaigned tirelessly to raise funds for the unit. Volunteers also provided a hospice at home service to support local people in their own homes. Thanks to the vision of these wonderful volunteers the hospice as we know it became a reality. The In-Patient Unit was added to the Day Therapy Unit in 2000 and the rest is history.

Day Therapies today is a nurse-led service. The staff in the unit work with local people to help improve the quality of their life by providing support and specialist care. The team works with patients to identify and manage any physical symptoms and create opportunities for patients to discuss and share any concerns they may have. Accessing Day Therapies also provides patients' families or carers with some personal time, safe in the knowledge that their loved one is being cared for. The Day Therapy Team comprises Registered Nurses, Advanced Nurse Practitioners, Healthcare Assistants, Doctors, Occupational Therapists, Complementary Therapists, Physiotherapists, Social Workers, Counsellors, a Chaplain and specially trained volunteers.

25 years of companionship, care, days out, crafts and laughter – and it's all thanks to you.



Did You Know?

Patients have access to a **hairstressing salon** at the hospice.

Complementary therapies such as **massage and aromatherapy** are also on offer to patients.

Last year...

2000
day therapy
attendances

281
Well Being Day
attendances

It cost **£336,964** to run the Day Therapies Unit

Cost to **patients** – **£0**



So much can happen in an hour, thanks to your support

“ Hen parties, movie nights, pets paying a visit, family staying over, a gin and tonic. At Katharine House Hospice so many magical moments occur every hour for our patients and their families. *You* make them happen. *”*

Claire Kirkbride,
Katharine House Hospice Nurse



Spring signals the launch of our appeal for local people to sponsor an hour's care. In-patient nurse Claire Kirkbride explains the difference just £15 can make...

"My name is Claire Kirkbride; I am a Staff Nurse at Katharine House Hospice. I wanted to tell you how you can make a life affirming difference for local people at the end of their lives.

I think that Katharine House Hospice is a huge part of Stafford and Staffordshire. It is in the hearts of local people and due to the kindness of those hearts we can continue to care. Our care is free but it costs over £3m each year for us to provide.

Last year we cared for over 1000 patients and their families and did not charge a penny. All thanks to people like you.

Just £15 will provide an hour's care for each patient here at Katharine House Hospice and in the community. Your donation not only means our nurses are able to deliver an excellent standard of care, your £15 or more also allows us to involve members of our team of healthcare professionals to support a patient's individual needs. An hour can include specialist support from Occupational Therapists, Doctors, Physiotherapists, Social Workers, Counsellors, Complementary Therapists and more. With your help we can provide comfort, compassion and normality to patients and their families"



Westgate Group

**Our appeal is kindly sponsored
by the Westgate Group.**



Please sponsor an hour of care today

Go online at **www.khhospice.org.uk** use the form included with this newsletter or call us on **01785 270808**



Our Incredible Volunteer Support



Katharine House has the support of over 650 volunteers, who, during 2016/17 provided all areas of the charity with more than 81,434 hours of voluntary support.

During 2018 Katharine House Hospice will be celebrating the 25th anniversary of our Day Therapies Unit being opened, but had it not been for the inspiration, enthusiasm and commitment of our volunteers, Katharine House would quite simply never have existed.

The community of Stafford recognised a need for a hospice in the area and formed a steering group with the initial intention of providing hospice care at home for patients and their families, whilst at the same time, undertaking a major fundraising campaign to raise the half a million pounds needed to build a Day Hospice.

Volunteers were recruited to perform a wide variety of tasks, including but not limited to, sitting with patients, helping with chores in the home, undertaking shopping or simple nursing tasks, assisting with transport to medical appointments or most importantly, just being there with a listening ear.

Today we have the amazing support of volunteers, ranging in age from 14 to 85+, helping in all areas of the hospice, shops, clinic and the Business Centre as well as at our fundraising events. The charity benefits from an astonishing depth of skills, knowledge and experience, but most of all from invaluable dedication and passion.

In recognition of volunteers, past, present and future – on behalf of the patients and families who have benefitted or who are yet to be helped, our sincere thanks for all you have done and in anticipation of your continued support.



Did You Know?

A regular monthly gift, no matter how small makes an even greater difference to our care - see our **enclosed form** to find out how.

We rely on the kindness and generosity of people like you to help us to continue to provide vital care.



Driving the message of care

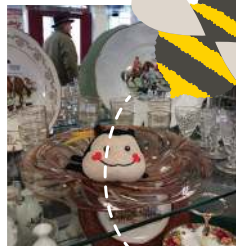


Blink and you may miss it but Katharine House will be hurtling onto a TV screen near you this spring. Racing driver Lee Frost wanted to do something special to help the hospice that cared for his sister Michelle. Lee has kindly offered to fly the flag for the hospice in the gt4 supercup. Lee will be proudly sporting his beautifully designed Ginetta G55 super car and racing overalls featuring the Katharine House logo as he screams around the track. Watch Lee put the pedal to the metal at Donington Park, Silverstone and other race circuits through the summer. What a way to celebrate a big year for the hospice as we race towards 25 years of day therapies!

Bargains, begonias and bacon butties – Norton Bridge Big Shop has it all

Our popular Norton Bridge shop will be opening its own gardening section this spring to provide everything you need to make your garden a blooming success. The shop will be offering a selection of plants alongside a cavernous collection of furniture, clothes and collectables to browse. Whilst finding something special for your home and garden why not treat yourself to snack and a coffee in the Bridge Café? Perfect for a nice weekend visit.

Did you know we have a house clearance service?
For a free assessment, call us now on 01785 760715



Celebrating dignity with bee-eautiful blooms and buzzing days

There was a real buzz around all our different departments this February in the run up to Dignity Action Day 2018. Brian, our Dignibee, inspired a vast array of bee-themed activities, outfits, displays, cakes and bee-tempting vases brimming with beautiful flowers.

Staff, volunteers and patients all combined forces to make it a week to remember where Brian embodied all the things we do to promote Dignity. It's the little things which make a big difference to our patients. When we meet someone new, one of our top priorities is getting to know them; each person, their family, their situation, their expectations and their needs. We tailor everything to do the best we can for every individual.

Thanks to everyone who made the week special by... preparing Dignity packs, decorating walls, windows, themselves, knitting all manner of bee-themed goodies, sorting our meaningful flower arrangements, baking, setting up dignitrees full of tags with thoughts on Dignity, designing and participating in colouring competitions!

Make a Will in May

Throughout May 2018 we're teaming up with local solicitors for our Make a Will Month. This gives you the chance to write your Will for a suggested donation of £80 (wills typically cost £185+vat each).

Those taking up this offer are under no obligation to leave a gift to Katharine House Hospice in their will, however we do hope that you see this as an opportunity to support your hospice.

By making a will you can:

- Make sure your family and friends are looked after
- Choose who will be responsible for administering your estate
- Ensure family heirlooms are passed to the person you wish
- Protect your partner where you are not married or in a civil partnership
- Ensure you don't pay more Inheritance Tax than necessary
- Leave a gift to a nominated charity

1. Choose your solicitor from the list below
2. Make an appointment to discuss your will

Ansons, Cannock:	Tracey Lane	01543 466660
Cowlishaw & Mountford, Uttoxeter:	Paul Hopkins	01889 565211
Mark Redler & Co, Stafford:	Louise McCann	01785 256445
Nowell Meller, Stafford:	Jemma Blake/Chelsie Cook	01785 252377
Tedstone, George and Tedstone, Penkridge:	Adam Tedstone	01785 712243
Wooliscrofts, Stafford:	Nigel Rostance	01785 213234



3. Complete the voucher and take it with your donation to the appointment*

Title: _____ First Name: _____ Surname: _____

Address: _____

Postcode: _____

Email: _____ Telephone: _____

Solicitor's Name: _____

Enclosed Donation of: _____ Date: _____

***Please make cheques payable to Katharine House Hospice**

We would like to keep in touch and tell you about our care and ways you might support us. We will not bombard you with information or appeals, we will only send you things we hope you will find of interest, and we will not share your details with anyone else.

I'm happy to receive information: by email ☐ by post ☐ by phone ☐ (tick as many as you like)
I don't want to hear from you again: by email ☐ by post ☐ by phone ☐ (tick as many as you like)

*Terms and conditions may apply. Please note that if your estate is complex and a basic will will not suffice your solicitor will outline what is required and indicate any additional costs that may be incurred. Places may be limited so book early to avoid disappointment. Solicitors are asked to return completed vouchers and donations to the hospice. Thank you!