



YOUR HOSPICE

The Katharine House Newsletter Autumn 2021

MAKING EVERY DAY AMAZING THANKS TO YOU...

Like many charities, Katharine House Hospice experienced an extremely difficult time during 2020. However, thanks to the support of local people we can now look forward to a bright future of care. The phenomenal support we have received is a real tribute to our caring community and shows how highly they value their local hospice.



It costs
£3million
a year to
provide our
care

When we were in our hour of need local people like you rallied to save their hospice. They ran, cycled, shaved their heads, baked, knitted and sang to support the £1m emergency appeal.

2021 sees us in a much stronger position financially. Since reopening, our shops are back recycling second hand goods into first class care. As COVID restrictions are lifting, our fundraising team are planning a calendar of events and activities for everyone. Better times are ahead.

A hospice is so much more than 4 walls – it is all about people. Throughout the pandemic we have never lost focus on what we do best and that is providing vital free care for patients at the hospice and in the community and support for their families.

Thanks to you so many wonderful things happen during an average day – if there is such a thing as an average day at the hospice. Ask a member of our care team and they will say that they are just doing their job – to our patients and their families every day they have together is priceless.

We all have a part to play in shaping our future of care, to provide a service that reaches local people who need it most, when they need it most. Members of our community have been involved in a care services review, which you can read about on page 7 of this newsletter.

Katharine House Hospice is a local charity, it costs £3million a year to provide our services and we rely almost entirely on our community to do this every year. With your continued support our future in care is bright and we are proud to serve a community that is behind us every step of the way.

Thank you for saving your hospice and helping us to make every day amazing.

Dr Richard Soulsby
Chief Executive

£1,073,000
was raised
through our
emergency
campaign,
Thank you!

JON SHARES HIS EXPERIENCE OF KATHARINE HOUSE

“When I was a schoolboy, my Mother died of cancer at home. My father and I had very little support and it was a horrible experience. Then in 1993, (my wife) Gillian’s mother died of cancer in a hospice in Wakefield and I remember thinking it would have been great if something like this had been around when my mother was poorly.

Shortly after Gillian’s mother passed away, I walked past Katharine House and I decided to drop in and see if they needed any volunteers. I ended up helping in fundraising, I really enjoyed it and I still do all these years later.

Gillian was first diagnosed with cancer in June 2020 and at first the prognosis was positive. However, over the course of the year her situation changed, her cancer was spreading rapidly and we were told in June 2021 that there was nothing more that could be done for her.

At the hospital, the care had been great medically, but it’s just a concrete block and it was 24/7 hustle and bustle. When Gillian came to Katharine House, it felt more like a hotel; it was summertime and the doors in her room opened up onto the gardens. The flowers were all in bloom and we would watch the birds

on the birdfeeder and the squirrels would come as well.

The Embracing Life and Living part of the logo is spot on, to read that is to understand the ambiance they’re trying to create and do create.

Everybody, from the young lad cleaning the sink to the doctors and everyone in between were brilliant. There was a particular nurse Chloe, the day Gillian died, she just sat outside with me on one of the benches for half an hour, it started to rain and she just sat there with me. I don’t think we spoke, but I noticed her presence and it made a difference.

After Gillian passed away, I felt that I needed to write a Will and I have made the decision to leave a gift to the hospice. I am doing this mainly because of the care Gillian received, but also because I feel like it is a sequence of events; I started off fundraising, then as life would have it Gillian was cared for by Katharine House and now by leaving a gift in my will I can ensure that Katharine House can carry on caring for other families long after I’m not here.



Keep us caring...

Please consider a gift in your will like Jon, to help us to care for the families of the future

www.khhospice.org.uk/leave-a-gift-to-us

SUPERSTAR SUPPORTERS PAY FOR A DAY OF CARE!

We are so grateful to everyone who chooses to support Katharine House and every penny makes a huge difference. It costs £6,000 per day to run Katharine House and provide all of our care services free of charge. This year some amazing supporters have managed to fundraise enough to pay for a whole day of care.

Jason Evans and lifelong friend Josie Byford walked the length of Staffordshire in June. They completed the 60 mile walk in 20 hours starting at Harecastle Tunnel in Stoke on Trent and finishing in Kinver near Stourbridge. It was a deeply personal challenge for Jason as his father, John Evans, spent the last few days of his life at the hospice before passing away in 2007.

Jason says "I was so impressed by how they looked after not just my dad, but also my mum and I. The surroundings there are fantastic and the private rooms are huge, so we could fit all the family in. The nurses were always on call and talked everything through, which is good as you can't prepare yourself for losing a loved one. They help all of the family, which is absolutely incredible. I didn't know the hospice is a charity, I thought it was NHS funded. It gave me a jolt when I found out. That is why we decided to fundraise, every penny helps".



They raised a jaw dropping **£8,130** for Katharine House which included a fantastic donation of £2,250 from the Rod Grainger and Marston's employee charity fund.

SUMMER FUNDRAISING

This summer we have recommenced our fundraising initiatives starting with our emotional forget me not display, Danceathon and Cycling Challenge.



Our stunning Forget Me Not display took place at Shugborough Hall during July, 1000 flowers were dedicated in memory of loved ones and £25,000 was raised to provide care for local people.



We have a number of purple wrought iron forget me nots that were not dedicated available to purchase. If you would like to buy a flower, you can do so on the hospice website, in our shop www.khhospice.org.uk/product/forget-me-not-flower/ for the price of £15. This price is for the flower only and does not include entrance into Shugborough Hall.

On the 10th July it was so good to be back hosting our first event with our outdoor Danceathon. Our fantastic supporters danced for 6 hours to 6 different fitness and dancing classes, from Bollywood to Clubbercise to raise over £4,000.



Still to come



Grab your bike and pedal for pounds to pay for care at the Katharine House Hospice Cycling Challenge! Our Cycling Challenge may have had a break but this year it's back with a bang! **The event takes place on October 3rd starting and finishing at the hospice, you can register on the day from 7.30am.**

VR SUPPORTS WELLBEING FOR OUR PATIENTS



Patients receiving support from the hospice's Virtual Well Being Programme were invited to take part in a 6 week VR trial aiming to identify the benefits of virtual reality on mental health and wellbeing. The patients have been fortunate enough to visit some exotic locations recently as part of a VR - virtual reality - project delivered by film maker Ben Malone of community interest company Project Vae.



Patients like Mike and Euna can visit places around the world from the comfort of their armchairs using a virtual reality headset. Each video visits a different location and is completely unique. Ben filmed and presented all of his 360 videos himself. His passion and enthusiasm shone through and has had a real impact on the patient's experience. Locations visited include Germany's Lake Eibsee and Zugspitze, Thailand's beautiful Phuket, the Big Buddha Temple, fabulous Phi Phi Islands, Glencoe, the Peaks and the Albert Dock.

This project couldn't have come at a better time, after

shielding during the pandemic our patients have had very little to plan for, they have been unable to travel or see family and friends. It has given them something to look forward to, especially as each week they are transported somewhere different, which arouses different emotional responses. Some of the patients have visited the locations before and it has acted as a trip down memory lane, other patients have not visited the locations, but are finding that they are feeling very emotional during the videos.

"It's an absolutely brilliant experience, it feels like you are really at the locations. Ben has taken me back in time to when I was in Scotland, my mind and body felt alive doing this... Thank you Katharine House Hospice and Ben for putting this on for us all." **Pete Nottingham**



"What a wonderful chance we've been given by Katharine House to take part in this unique project. The feelings are so real with Ben's brilliant drone photography & music. The experience feels so real, thank you everyone involved." **Euna & Mike Deakin.**

Senior Staff Nurse Melanie Mottram said "It has been a privilege to help Ben with his project, to see the excitement and joy that the project brings has been wonderful. It has been amazing to watch the patients arrive at the hospice excited and leave happy and looking forward to the next week."

Ben will be sharing more details of the research once the final analysis is complete and is also in the process of creating a video to conclude the trial with some of the best clips and interviews from the sessions.

CARE REVIEW UPDATE

Following changes to some of our services as a result of the pandemic, the trustees of Katharine House Hospice decided that it was an appropriate time to conduct a review of the care services that we provide. The purpose of this review was to help clarify and shape the hospice's future role within the community.

A vital part of the care review was to gain the thoughts of our supporters and an insight into what you felt was the role of Katharine House. Many of our supporters completed the survey sent by email and we would like to thank you for taking the time to do this, your input is extremely valuable.

Alongside the survey we also ran a series of focus groups, with healthcare professionals and with staff and volunteers, we also issued a survey to all of our staff and volunteers.

The findings of all these engagement activities were shared with Trustees and we are now beginning to formulate proposals for how we should shape our services in the future to provide the best care we can for our community. We will seek further engagement by sharing these proposals with healthcare professionals, our staff and volunteers, patients and families, and also with those supporters who engaged with the first phase of consultation. We hope to submit a strategy to the Board of Trustees for approval before the end of the year. We will continue to keep you up to date on any decisions or changes that are going to take place. Thank you again to those who are supporting this process.

VOLUNTEERING

Volunteers are vital in the running of Katharine House, we are extremely grateful for all of our volunteers, Peter Coxon shares his experience.

"A little over 2 years ago I was considering voluntary work as a way of repaying Katharine House for the exceptional care, kindness and support that my wife and I had received during the previous 2 years. Lynne (volunteer co-ordinator) asked me if I could do gardening and I agreed to give it a try, although my horticultural experience was limited.

I live within walking distance of the hospice and I have lots of spare time. On my initial venture into the garden, I was able to tidy up the most visible areas with a little weeding, pruning and re-planting of the pots and baskets.

Over that summer, I learned a lot from friendly advice and trial and error, some of the patients love to demonstrate skills, such as dead-heading dahlias. Now that the gardens are tidy again, people assume that I am an expert gardener and come to me for advice. I have to explain that they probably know more than I do.

Gardening is a very rewarding pastime for its therapeutic benefits and for the satisfaction of creating something that is pleasing to the eye, but I feel especially privileged to be able to work in the beautiful garden of the special place that is Katharine House Hospice and getting to know the wonderful hospice staff, patients and volunteers.

We have 580 volunteers ranging in age from 14-85 years old and supporting the hospice in a diverse range of roles



Volunteer for us

If you have spare time and would like to volunteer for Katharine House, please get in touch with voluntary services on **01785 254645** or email **voluntaryservices@khhospice.org.uk**

CLEAR IT OUT FOR FREE

we **urgently need** your furniture, electricals and large items to help fund our vital **free care**



katharine house hospice
embracing life and living
reg charity 103702

Book your **FREE collection now...**
www.khhospice.org.uk



SCAN ME

FOCUS ON... OCCUPATIONAL THERAPY



This is Occupational Therapist Shona Tolmie – Fisher with her colleague physiotherapist Ellie Miller. Shona works for the hospice for half a day, every day, with her remaining hours based at County hospital as part of their palliative care team. Occupational Therapy is a service that is provided for patients at Katharine House, both on our in-patient unit and out in the community.

Shona says: **"My role is to optimise a patients function and wellbeing. I assess individual needs using a holistic approach, this means that I look at the needs of the whole person, both physically and psychologically, to help manage their symptoms.**

I assess an individual's function – including mobility, transfers, personal care, and activities of daily living. I also provide support regarding fatigue management, lifestyle, breathlessness (along with Ellie), anxiety and self-esteem.



As part of a patient's rehabilitation, Occupational Therapy may include using equipment to compensate for loss of movement, strength and help increase psychological well-being. In this photo myself and Ellie were helping to mobilise patient Alan Cooper to establish what he was able to do and provided an appropriate walking aid to enhance his independence.

Personally I really enjoy working at the hospice, it's a privilege to work with fantastic staff and patients in such a supportive environment."

On average 92 patients every year receive support from our Occupational & Physiotherapists.

FUNDRAISE FOR US THIS CHRISTMAS



Light up a Life - Enclosed with this newsletter is a form for you to remember someone special this Christmas by dedicating a light on our tree in their memory this Christmas. The Light up a Life service will be returning this year and will take place at the hospice on Sunday 12th December at 5.00pm.



Christmas Raffle - Wouldn't winning £2,000 be a nice way to end 2021? If you are feeling lucky look out for your raffle tickets in the post, or call fundraising on **01785 270808** to request a book of tickets to sell to your family, friends and colleagues this Christmas.



Don't let your real Christmas tree give you the needle. For a small donation we will take it away for you and help support free care at Katharine House Hospice, in partnership with Veolia. **Book your tree collection at www.charityxmastreecollection.com by January 5th 2022**



Christmas Fundraising - We all missed a good Christmas kneesup in 2020, so let's make sure we have some festive fun this year. Bring back office parties and Christmas parties with family and friends. And, whilst you are celebrating, why not support Katharine House at the same time? Call us for our Christmas party pack full of fundraising ideas, guaranteed to get you all in the Christmas spirit. Contact fundraising on **01785 270808** or email **fundraising@khospice.org.uk**

giftaid it

Gift Aid- In 2020 we received a fantastic **£77,648** in Gift Aid. It is important that we know your Gift Aid status, so if you do make a donation make sure you read the statement and tick either yes or no.

Superstar Supporters

Thank you, we are so grateful to everyone who takes time out of their busy lives to support our work in whatever way you are able. Here are just a few examples of some of our star supporters...



Daniel Walsh raised £1025 by completing a virtual Land's End to John O'Groats cycle ride in memory of his Nan Muriel.

Maisie Taylor (14) ran her first 5k and raised £130 in memory of her Grandad! Well done Maisie



Rich Lymer of Cops UK Bodycam Squad fame cut off his famous 'man bun' and raised £8,000 split between 3 charities, with £2,678 coming to Katharine House.

Aston Marina raised £921 by hosting an Easter Egg Hunt



Lisa Hibbert raised £570 by walking 100 miles in May, despite a cancer diagnosis



Elliot Bickley (13) shaved off his lovely locks and raised a fantastic £335



If you would like to fundraise for the hospice please call us on **01785 270808** or email **fundraising@khospice.org.uk** for a fundraising pack.



If you follow Katharine House on social media we will keep you informed of how you can help.

YOUR HOSPICE

THANK YOU

This newsletter has been sponsored by: LSC Nursing & Care Services

LSC Nursing & Care Services has a wealth of experience in ensuring children and adults with long term conditions are enabled to live their lives the way they wish to within their own homes, with the specialist support they require.

From the first point of contact their dedicated professional team will work alongside you and your family and will ensure that with comprehensive assessments and care plans in place you will feel safe and secure in whatever your needs may be.

They pride themselves with highly trained staff and supply their clients with a stable team, providing continuity within your package of care. Should your needs require nursing then they have a team of suitably qualified Nurses to provide Clinical Oversight.



We are very proud of the fantastic support we receive from our amazing corporate supporters. By pledging a regular donation, our Business Buddies members are helping us to continue providing our vital care services, now and in the future. If you would like to join them and play your part in helping the hospice to continue caring, please contact senior fundraiser, Kelly Day on 01785 270 808; kday@khospice.org.uk.



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