

THE ROSE



**KATHARINE
HOUSE
HOSPICE**

ISSUE NO. 60
AUTUMN 2023
WWW.KHH.ORG.UK

*PJ HELPS US LAUNCH
OUR CARE FOR A CUPPA
FUNDRAISING CAMPAIGN*

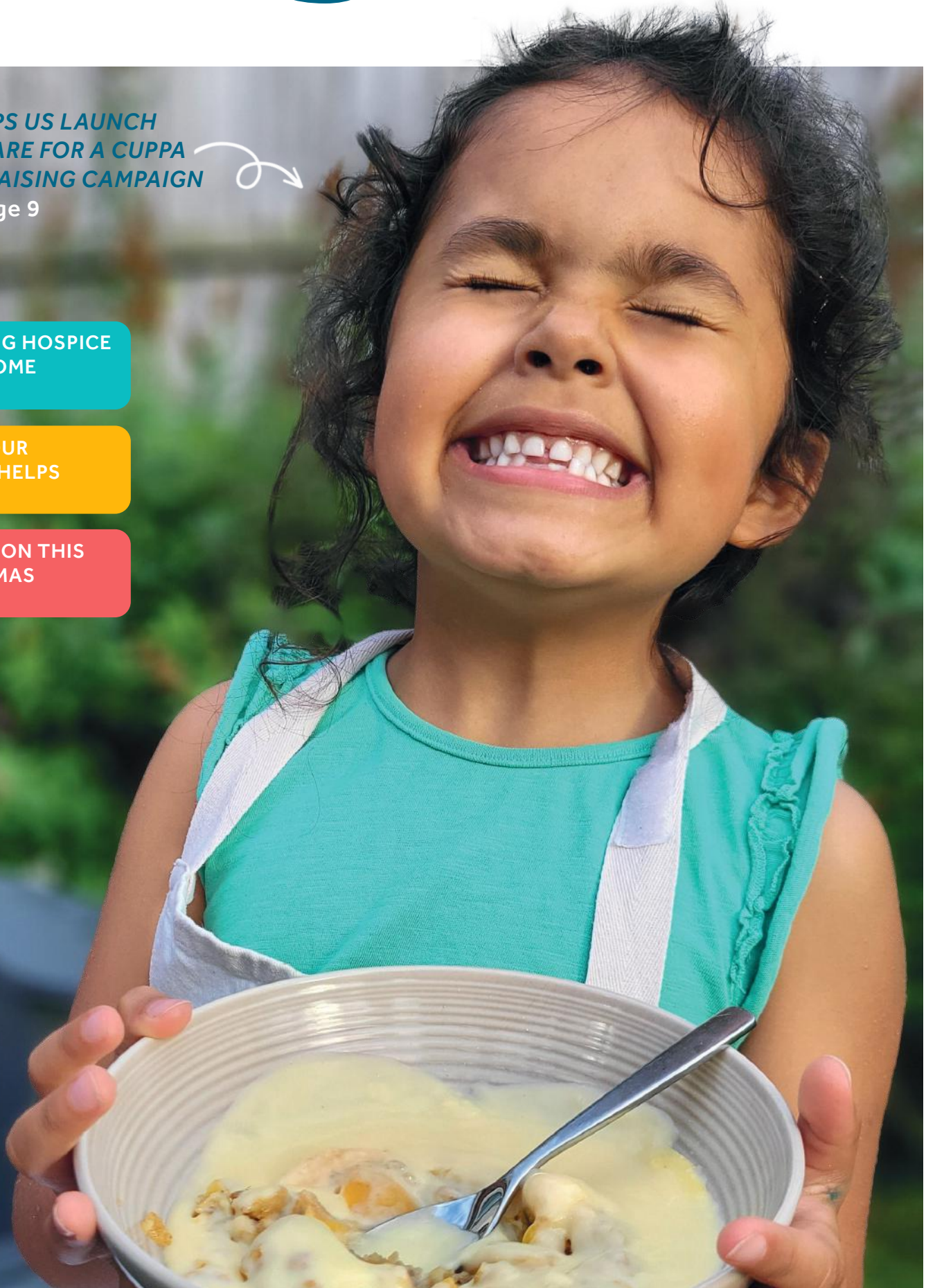


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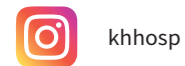
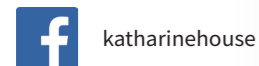


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Issue 60
Autumn 2023
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Design: www.dougdawson.co.uk

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In some instances, names and photographs
have been changed to protect the privacy of
patients and their families.



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It's Christmas!!!
Remember to order your Christmas cards from KHH

Buy online or order using the form included in *The Rose*: 14 different designs to choose from

Visit www.khh.org.uk/christmas-cards

THE ROSE



Hello and welcome to the autumn edition of *The Rose*.

I am lucky enough to have been in post as Chief Executive at Katharine House Hospice since May and it really has been a pleasure. Having lived in and around Oxfordshire for most of my life, I have always been aware of Katharine House Hospice, but I had not visited before. I know all hospices are wonderful places, but Katharine House really does have a unique feel. A home from home and such a committed and caring group of staff. As much as it sounds like a cliché, it really is a pleasure to come to work.

It has been clear to me since I started here that the partnership with the Oxford University Hospitals NHS Foundation Trust (OUH) was a very sensible move for the charity. At a time when it is increasingly difficult for independent hospices to raise enough money to secure the future of their vital services for their deserving communities, this partnership helps to reduce the risk of that service reducing.

But as you'll read on pages 10 and 11, we continue to rely on fundraising. We pay a significant grant each year to the OUH to enable them to deliver the palliative and end-of-life services at Katharine House and within our community and need to raise more than £3m every year in order to keep running. You can find out a few of the ways to support us through legacies (page 14) as well as our upcoming events this autumn and winter (page 16).

Our funding model may have changed slightly, but our commitment to caring for our community is as strong as when we first opened our doors back in October 1991. And while we're talking about the foundation of our hospice, we want to say a big congratulations to the founder of Katharine House, Neil Gadsby, who recently received an Honorary Degree from Oxford Brookes University in recognition of his work and achievements. What an incredible legacy.

We are so hugely grateful to you all for your continued support, especially in these harder economic times that we are all facing. Every penny you donate and every hour you can volunteer, really does make a huge difference.

Thank you!

About Emma

“ I live in Witney, West Oxfordshire, with my husband, our daughters Eva and Megan and our dog Rowan. My spare time is all about family. We have learnt over the years that spending time together, making memories and taking lots of photos is the most important pastime – although that doesn't always go down well with teenagers! ”



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Our Community Palliative Care Team nurses visit people in their own homes, at hospital or in a care home setting, helping to bring hospice care home.



Many people prefer to stay at home or in their usual place of residence during their illness and in their last few weeks of life, finding they are happier, calmer and more able to manage their symptoms in familiar surroundings.

Our Community Palliative Care Team (CPCT) make this possible by giving care and advice centred on symptom management and meeting the patient's social, emotional and spiritual needs, as well as offering support to the family and friends caring for them.

Since the partnership with Oxford University Hospitals NHS Foundation Trust (OUH) was formed, the specialist nurses care for patients across the whole of Oxfordshire, split into three clusters – south, north and central, with Katharine House Hospice nurses providing care in the north cluster.

Quality care at home

Mary Walding is the Clinical Lead Specialist Nurse in palliative care and heads up the community nursing team.



“We believe every person living with a life-limiting illness deserves to spend the time they have left doing what they want, such as spending time with loved ones, pursuing hobbies or enjoying the outdoors.”

“Our nurses care for people whose symptoms are complicated and where other health professionals are struggling to treat them effectively. For example, we support with social care, which includes signposting to housing care and benefits, and we also work with our patients’ families.”

“Our ultimate aim is to enable people to care for themselves and make their own decisions for as long as they can do so.”

“We work out what it is that’s bothering them and then help them develop a plan, giving them back control, where we can, to make sure that the time they have left is as good a quality as possible.”

“We ask patients what they want – it’s a question that is often forgotten about.”

Hospital palliative care



Katharine House patients can also benefit from the service’s Hospital Palliative Care Team that works within the Horton, John Radcliffe and Churchill hospitals. This team provides advice for difficult symptoms in hospital, with members of the nursing, medical, occupational therapy and pharmacy specialist team available to support the needs of the individual and facilitate a prompt recovery so they can return home.

The support we provide

There is a misconception that the majority of patients we care for have cancer, but the palliative care service within Katharine House supports people with any sort of progressive life-limiting diagnosis that is impacting on quality of life. Support can include:

- ▶ pain management
- ▶ symptom control
- ▶ medication advice
- ▶ helping people to think about preparing an Advance Care Plan to ensure their wishes are respected if they become unable to make their own decisions through deteriorating health or at the end of life
- ▶ signposting for financial advice
- ▶ emotional support.



To give further support to our patients and families, we have created the EPIC Resource Centre on our KHH website providing information around all the subjects listed above. To find out more, go to: www.khh.org.uk/epic.



Community appeal



We’ve launched an appeal to help meet the rising demand for our community nursing team: Bringing hospice care home.

Here’s how your money could help:

£54 could pay for the average daily mileage for three of our nurses out in the community.

£120 could pay for three full patient symptom reviews and related follow-up work.

£250 could cover the average cost of an initial assessment and follow-up work.

Or, if you are able to, would you consider becoming a Patron for the appeal, at a cost of £500 or £40 a month for a year? One of the fundraising team would be happy to get in contact with you about what this means and how this special gift would be recognised by the hospice.



Bringing hospice care home

If you would like to support the appeal, visit www.khh.org.uk/bringing-care-home.

How our Community Palliative Care Team makes a difference:

29 nurses across the OUH Palliative Care Team, with a third providing a service to the north cluster and the Katharine House area

69 GP surgeries covered

Around **150** Katharine House Hospice patients on the books at any one time

More than **450** patients seen each month across all the clusters

1,945 appointments last year

Up to **50** new referrals each day

Karen’s story



Karen Turvey first heard of Katharine House when her mother Gillian (pictured left) needed palliative care. In the following years, the family also received the hospice’s help for Karen’s father-in-law Brian and mother-in-law Val.

Karen said: “Mum was diagnosed with cancer 10 years ago. She lived with it for three years and had a lot of support needs and medical issues.

“Our Katharine House community nurse was really supportive. She helped my mum so much. A lot of it was pain relief as the cancer had spread to her bones and was causing a lot of issues. She made a big difference to my mum’s quality of life. It meant everything to know there was someone there. Sometimes you don’t know who to go to for advice, or what you need to do.

“The nurses were happy to steer you towards you the right thing to do and that really helped. When you’re right in it, you get bogged down with all the medical jargon and you need someone to point you in the right direction. It doesn’t take a lot, just knowing someone is there to talk to and check you are doing all you can for your loved one.”

Making things happen

“It’s the practical as well as the emotional things. They can influence and make things happen. For example, if you need to see a GP and can’t get an appointment, they can make that happen. Rather than you having to jump through a load of hoops, they can manage things themselves.

“They take the pressure off. They help you understand what’s happening and what the next steps are. It’s so reassuring as everything is overwhelming.

“Having someone to help with pain relief, as well as to have that support for the families ... it’s invaluable. I don’t know how we would have managed it all on our own.”



To read Karen’s full story, go to: www.khh.org.uk/karens-story.



Coping with grief at Christmas

Christmas can be an incredibly triggering time for someone who is grieving. Here, Srinder Singh, Head of Bereavement at Katharine House, offers some advice on how to cope.

Coping with the loss of someone you love is hard at the best of times, but for some of us the time leading up to Christmas can be particularly difficult. The desire to keep family traditions the same as before, or to do something completely different, can be challenging and quite often intensifies the feelings of grief.

Whether Christmas is an important time of year for you or not, it can evoke memories of time spent with your loved one and bring about emotions that may feel uncomfortable. These thoughts and feelings will remind you of who is missing. For this reason, it is good to remember that everyone grieves and copes differently. There is no right or wrong way. It is your way – and what works for you may not work for someone else.

Therefore, it is worth thinking about what you might need to help you cope this Christmas.

EPIc Resource Centre support

For more advice on coping with grief and bereavement, visit our EPIc Resource Centre at: www.khh.org.uk/bereavement-support.



THINGS TO CONSIDER

Be prepared

Plan how you want to spend Christmas. Consider your options and share your ideas with your family and/or friends. It is best to be flexible as plans can change, but do what is manageable for you.

Look after yourself

Grief can be exhausting, particularly when you invest so much energy into showing those around you that you are happy and coping. If you need to, take time out to relax quietly and rest. Don't feel obliged to send Christmas cards or buy presents for the first Christmas.

Share your grief

Ask for help from family and friends, they will be more than willing to help. You may want to mark the occasion with familiar traditions or start new ones. Remember we're all individuals and your family and friends will cope differently with loss; some will want to talk about your loved one and others may not.

Honour your loved one

This can be something that prompts memories and remembering, such as raising a glass to their memory, cooking their favourite dessert, or looking through a photo album.

Santa Fun Run Going Green



The Santa Fun Run is back once again, and this year we're doing things a little bit differently. Find out how we're turning our Santas green ...

With almost 1,000kg of waste generated from our Santa suits and hats across our Santa Fun Run and Santa Schools Run fundraising events, we're thinking hard about the impact that our events have on the environment.

We're introducing a couple of greener options to our Santa Fun Runs by giving runners the chance to choose:

- ▶ either the **reuse** option and wear an old Santa Suit or greener alternative
- ▶ or the **reduce** option and opt just for a hat instead (which would reduce waste on our run by 75%).

We'll still have suits and hats available for those that would still like to use them, but we hope that our runners can support our efforts to make the hospice a little greener.

And now for a little Christmas maths ...

If all of our runners opted for the **reuse** or **reduce** option, we'd save 1,000kg of waste. With one of Santa's reindeer weighing in at about 200kg, how many reindeers would this wastage saving equal?

Answer: 5



Sign up today

Whatever you choose to wear, we hope that you'll support the Santa Fun Run by signing up at www.khh.org.uk/santa to run at Spiceball Park on Sunday 3 December or by getting your local school to support us by signing up at www.khh.org.uk/schoolssanta.

There really is no better way to start the Christmas season – but don't take it from us, here's what one of our runners had to say last year:

"I loved the community spirit, the entertainment and how organised everything was. There was such a fun atmosphere from the runners, the supporters and the volunteers. It was a lovely opportunity to be cheerful and raise money in memory of a very dear friend."



Interested in signing up for our Santa Fun Run? Find out more here: www.khh.org.uk/santa.

Sustainability at Katharine House

With an increasing recognition and concern globally about our impact on the environment, along with economic and societal changes, we're delighted to say that we're taking our first steps in forming a long-term sustainability strategy.

We have recently been awarded a £10,000 grant from the Zurich Community Trust to fund a Sustainability Research, Engagement and Development Project. This research work aims to identify what we can change to reduce our carbon footprint, improve energy efficiency and costs in running the hospice, and improve wellbeing for patients, volunteers and staff.

This work will help guide the future sustainability strategy that will ensure the hospice is here for our community for many years to come. Huge thanks to the team at Zurich Community Trust for supporting this important project!

Our Volunteer Head Gardener Brian



Celebrating our corporate supporters



A massive thank you to all the local businesses that continue to support us in so many ways. Here's a few of our favourite stories from recent months.

Pet pawtraits

The staff at A-Plan Insurance raised £300 when they organised pet portrait sessions at their Banbury office. Animal lovers were invited to bring their canine companions to a special photoshoot in exchange for a small fee, with proceeds being donated to the hospice. The A-Plan team has also signed up to our Accumulator Challenge, which started this month, and hope to run the popular portrait sessions again as part of their fundraising.



£300 RAISED

BRITA – Charity of the Year

We are delighted to announce that the staff at BRITA in Bicester have nominated Katharine House as their Charity of the Year. To kick-start the partnership, BRITA donated £4,711 to the hospice. We are very excited about working with the team again after we were their nominated charity in 2019–20. David Hall, Managing Director of BRITA UK, said: "We're very proud to support the great work that Katharine House Hospice continues to provide to our community and look forward to growing our partnership over the coming year."



£4,711 DONATED

A royal week of fundraising

The staff at Avara Foods in Brackley raised an incredible £3,401 in just one week when they organised an array of activities during their Coronation Week back in May. The week started with the Royal Challenge, which involved a 911-mile walk, run or cycle (using a treadmill or spin bike) travelling the equivalent of Brackley to the Palace of Holyroodhouse, then onto Windsor Castle and Buckingham Palace before returning to Brackley! They also held a bake sale, car wash, tombola, fancy dress, holiday lottery and a sports day.



£3,401 RAISED

JDE interns

Each year, the student interns at Jacobs Douwe Egberts raise money for Katharine House across their two sites in Banbury and Hurlay. This year, the team of eight didn't disappoint and thought of lots of creative ways to fundraise. Staff were treated to a Valentine's Coffee and Cookie sale, an ice cream stall and classic bake sale, along with a World Cup sweepstake. Thank you to the staff at JDE for all your support and raising a fantastic £1,098!



£1,098 RAISED



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For old time's bake!



Could you host a coffee morning, cake sale or Bake Off event this October and help us raise some dough for our hospice?

You choose the date, the place, the people and even the cake and we'll send encouragement and support for your delicious endeavours!

We are so grateful for every sip, slurp, gobble and gulp that leads to pounds being raised for our patients and their families.

Bake it your way!

Care for a Cuppa is perfect for bringing friends and family together but can also be a great way to have a bit of healthy (or unhealthy) competition at the office, as well as a very sweet and welcome break at school for pupils and staff alike!



We're welcoming the return of our popular Care for a Cuppa campaign, one of the tastiest ways to support Katharine House!

Care for a Cuppa is back and we are hoping to tempt you to support Katharine House with a cup (or glass) of whatever you fancy and a slice of something yummy.



Find out more about Care for a Cuppa on our website and register your event to receive your fundraising pack. Go to: www.khh.org.uk/cuppa.



We'll be sharing more from star baker/chief bowl licker PJ on our social media.

A recipe for success

Members of Chacombe WI created a recipe book of their favourite meals, bakes, desserts and cakes to raise funds for Katharine House Hospice. We obviously had to do some research and test a few, so here we've shared a chocolatey one we think you'll love to make at home and then share with friends, family and colleagues.

Ingredients

- 340g dark chocolate, chopped
- 170g unsalted butter
- 85g golden syrup
- 310g crunchy ginger biscuits, roughly crushed
- 85g flaked almonds
- 85g dried cranberries
- 60g white chocolate, chopped

Method

1. Line a square tin with baking parchment.
2. Put the dark chocolate, butter and syrup into a heatproof bowl and set over a pan of gently simmering water. Leave for 5–10 minutes until melted, then stir everything to combine.
3. Put the ginger biscuits into a large bowl with the almonds and cranberries. Pour over the chocolate mixture and stir well. Spoon into the prepared tin and level the surface.
4. Melt the white chocolate in a small heatproof bowl over a pan of water.
5. Then drizzle this over the top of the chocolate cake mixture using a spoon.
6. Cover the tin with clingfilm, make sure it doesn't touch the cake.
7. Chill for at least 4 hours or overnight.
8. The fridge cake will keep in the fridge for up to 3 weeks.



Chocolate Ginger Fridge Cake

How **YOUR** money helps



Here's how Katharine House Hospice is funded and why your donations are so important.

Our partnership with OUH

Since we entered a partnership with Oxford University Hospitals NHS Foundation Trust (OUH) two years ago, we often get asked, 'how is the hospice funded now?'

Here we explain how the partnership works, where your money goes and how your support is vital as it enables us to carry on providing specialist holistic care to patients and families affected by life-limiting illnesses, now and in the future.

The simple answer is, not much has changed! We still need to raise as much as we did before the partnership. We always received statutory funding, which covers one-third of the total amount it costs to keep the hospice running, and this still happens. It is **vital** that we continue to raise enough to cover the remaining two-thirds of our costs, which is why our fundraising and retail teams remain as busy as ever.

Since April 2021, we pay OUH an annual amount to provide all our clinical services. The total cost of running Katharine House Hospice in 2022/23 was **£4.7m**, with costs on the rise.

This means that we need to raise more than £3m each year to provide the hospice's essential, specialist care. It costs nearly **£13,000 to run the hospice each and every day** and we rely on our local community to help us to do this.

Why we partnered with OUH

Benefits of the partnership include:

- ▶ The partnership with OUH helped cut down costs by streamlining services, such as bereavement and the Living Well services across various OUH sites.
- ▶ Patient admissions can now be carried out 24 hours a day.
- ▶ The hospice is able to support a wider range of conditions.
- ▶ Clinicians have greater career development opportunities working within the NHS.
- ▶ More streamlined referral service from hospital.



How much it costs to run the hospice



Where your money goes

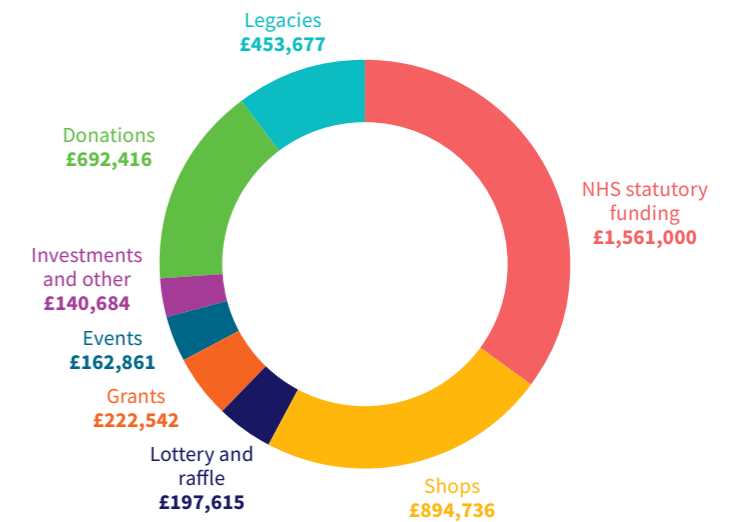
Thanks to the money you continue to give, Katharine House was able to support hundreds of patients and their loved ones across north Oxfordshire and south Northamptonshire last year.

Both at the hospice and in the community, we cared for **1,316** patients with a range of different illnesses, including cancer, motor neurone disease, Parkinson's disease, multiple sclerosis and heart disease.

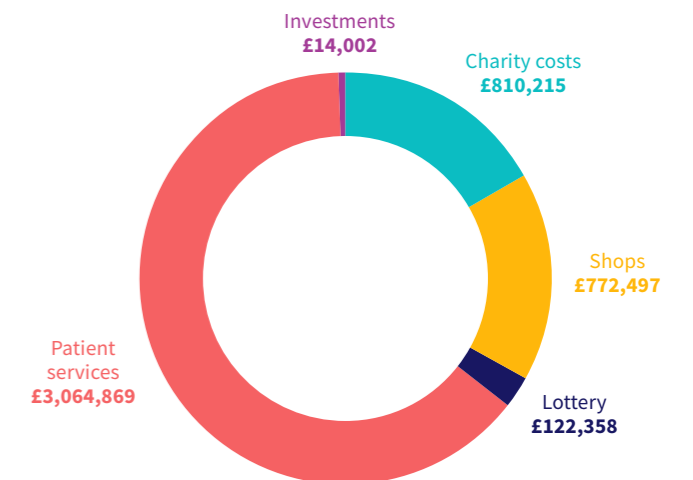
How your money has helped the community in 2022/23

- 287 people supported by Katharine House at any one time**
- Services accessed over 3,100 times**
- 223 patients in our specialist onsite inpatient unit (IPU)**
- More than 25% of IPU patients were discharged to go back home**
- 1,945 community appointments**
- 310 lymphoedema sessions**
- 175 Living Well service sessions**
- 206 spiritual support sessions**
- 47 physiotherapy sessions**

How we raised funds in 2022/23



What it costs to run the hospice



Supporter stories

We see so many examples of incredible kindness, generosity and determination when it comes to our hospice. Here are just a few ways our brilliant supporters have been helping recently.



If these stories have inspired you to support our hospice but you need a few ideas, why not take a look at our A-Z of fundraising?: www.khh.org.uk/a-z.



Cleaning up for Katharine House

Armed with black sacks and litter pickers, six-year-old twins Zachary and Jayden collected four big black sacks of rubbish as part of a sponsored clean-up. Mum Katie explained: "Litter picking is something that the boys enjoy doing as they like to do their part for the environment. We wanted to show our appreciation for the recent care their Great Grandma received at the hospice as we couldn't have wished for better."

Zachary said: "We wanted to raise this money because our Great Grandma was very well looked after at the hospice. I felt good and confident doing the litter pick and people thanked us on our journey in the community." Agreeing with his brother, Jayden continued: "The litter pick was the best and I enjoyed raising money for the hospice and I enjoyed saving the animals from danger, as litter can harm them."

Well done boys – what a brilliant thing to do for your community!

MORE THAN
**£200
RAISED**



**£7,807
RAISED**

Rolls-ROYce of festivals

Back in July, Royfest – Adderbury's answer to Glastonbury – helped raise an incredible amount for Katharine House.

This is the third year that Lorena Dominguez has organised and hosted the private party, which is named after her partner Roy. As well as live music from top acts Rosie & the Buds, Torrin and Twist of Rock, there was plenty to keep festivalgoers entertained throughout the day. Lorena said: "This year it was bigger than ever, and we had just over 250 people enjoying live music as well as food, drinks, fireworks, inflatable games and activities for the kids."

She continued: "We know so many people who have been supported by Katharine House in some way; it's a fantastic place. We invited family and friends spanning four generations with the youngest being under one, right up to an 82-year-old. For me, the best part was people of all ages mixing, having fun and dancing together. Even the rain couldn't spoil the day!"

This year, the event raised £7,807, taking the total raised over the three years to £18,300 – which is just phenomenal!

High five for Luke!

Earlier this year, Luke Simms put his best foot forward and walked five miles every day in June to help raise money for our hospice.

Luke's mum Elizabeth has been attending our Living Well sessions following a stage 4 cancer diagnosis. He explained: "My mum has been treated so well by the Living Well team and she has built friendships during her Thursday visits. She has made a name for herself there due to her messy craft making skills and tendency to glue herself to everything."

"The hospice team have been nothing short of amazing in helping her: the care, support and advice they deliver is truly outstanding, so I decided to jog/hike/walk/crawl five miles every day for a month. I have always enjoyed walking in the countryside, and I thought this challenge would be both beneficial to my health and wellbeing and raise much-needed money for the hospice too."

By the end of June, Luke had walked an impressive 335 miles, beaten his own personal target to walk five miles in under an hour and raised over £1,000 for the hospice. Thank you Luke!

**£1,250
RAISED**



MORE THAN
**£900
RAISED**

From pedals to medals

Three cheers for Annie, Simon, Adam, Katey (pictured) and Sally for raising more than £900 for the hospice by taking part in popular local cycling event, the Broughton Castle Sportive.

Completing either the 50-mile or 100-mile events, the five friends wanted to raise money for Katharine House because of a personal connection.

Annie explained: "Thanks to the generosity of friends and family we managed to raise a fantastic amount for this amazing hospice, which has recently cared for friends close to us."

Annie continued: "It is such a great cause. Earlier in the year I turned 60 and instead of having presents my friends donated to Katharine House and I raised £460 then. Hopefully in the future we will do more events to carry on raising money."



A lasting legacy



Remembering Katharine House in your will is a powerful way to ensure we can continue providing our care, both now and for years to come.

Every gift you make in your will, whatever size, helps patients and their families make the best of every day they have left together. Your legacy will live on in the compassionate and vital work of your local hospice.

One of our supporters, who is leaving a gift to us in her will, explained why she was so keen to leave a legacy to Katharine House: "My husband received exceptional care from Katharine House. I want to repay the kindness by leaving a gift in my will."

DID YOU KNOW?



Last year, **1 in 10** of our patients was cared for thanks to gifts left to us in wills.



By leaving at least **10%** of your estate to charity, you'll qualify for a lower rate of inheritance tax.



Each October, local solicitors generously support us during Make a Will Fortnight to help our supporters write their wills (see opposite). If you are thinking about writing a will, you might wish to consider doing so during this time.



Get in touch

If you would like to discuss leaving a gift to Katharine House in your will, we'd like to thank you for your kind generosity, and would love to hear from you. Please contact Sally Brooks, Individual Giving Manager on 01295 816481 or email fundraising@khh.org.uk.

You can find out more about making a will and why you should use a solicitor at: www.khh.org.uk/making-a-will.



"Katharine House Hospice is a very special place that delivers beautiful and compassionate care each day.

Every gift left in a will allows the nurses, doctors, therapists, social workers, kitchen staff and housekeepers to continue to provide this care and allow patients to have the best quality of life possible.

Abbie Hessey, Inpatient Unit Ward Manager

Make a Will Fortnight 2023: 2–13 October

For two weeks in October local solicitors and will writers are waiving their fees to write or amend a basic will, asking for donations to be made to Katharine House instead.

If you've been thinking about making or amending a will, there's no better time to ensure loved ones are looked after according to your wishes, and you'll also help support people affected by life-limiting illnesses.

Since its launch in 2012, the campaign has raised nearly £130,000 and 538 wills have been written by local solicitors as part of the scheme.

For 2023, we're very grateful to have the support of the following five solicitors

Bradley Saul Solicitors, Chipping Norton
Contact: Geoffrey Saul
Tel: 01608 648020

Brethertons LLP, Banbury, Bicester and Rugby
Contact: Sarah Horton
Tel: 01295 270999

Johnson & Gaunt Solicitors, Banbury
Contact: Iain Managhan
Tel: 01295 759400

Lionheart Later Life Planning, West Oxfordshire
Contact: Mark Gorman
Tel: 07769 730616

SE-Solicitors, Banbury
Contact: Lucy Gordon
Tel: 01295 204000



Book your appointment with them today! To find out more, visit: www.khh.org.uk/make-a-will.



What's on this Christmas

Our busy little elves in the fundraising team are organising a host of festive events this Christmas to help raise money for the hospice.

Santa Fun Run

Tickets are now available for our sensational Santa Fun Run taking place at Spiceball Park on **Sunday 3 December**. Join with family, friends and colleagues this December to kick off the Christmas period by running 5km or 1.5km around the park dressed in our Santa suits or greener alternative.



Christmas Collection

Our amazing volunteers will be at Tesco in Banbury on **Thursday 21 December** with their tins and buckets to collect your loose change so it doesn't fall down the back of the sofa over Christmas. Come and say hello!



Schools Santa Run

Children and staff at local nurseries, schools and colleges make for quite an impressive sight when they don a Santa hat to raise money for Katharine House Hospice. We are encouraging schools to take part and organise a Santa Run on their own premises between **Monday 4 and Friday 15 December**.



Christmas Tree-cycle

Our tree-cycle is branching out to new areas this year so that we can help more of you to recycle your Christmas trees and grow the pennies and pounds for Katharine House Hospice. Let us take your real Christmas tree off your hands on **Tuesday 9 and Wednesday 10 January** in return for a donation. All you need to do is book your collection on our website nearer the time.



Christmas Gift Wrap

Don't leave it all until Christmas Eve, come and see us at Castle Quay Shopping Centre on **Friday 8 and Saturday 9 December** and we will wrap your Christmas gifts for you in return for a donation. Now, that should get you out of a sticky situation!



RC Baker Tractor Run

The most popular event in the area returns on **Saturday 16 December**. Thanks to organisers, RC Baker, 100 tractors will make their way through the local towns and villages with fairy lights aplenty and Christmas cheer in abundance.



Find out more about our Christmas fundraising events at: www.khh.org.uk/whatson.

Ukulele delights

We're looking forward to welcoming back the Adderbury Ukes Group, featuring our very own Family Support Worker, Sarah Slatter. The Adderbury Ukes will be putting on a festive concert for our patients, families and staff.



Tasty treats

Volunteers from local businesses will be holding a Christmas afternoon tea for our patients, giving out cakes and mince pies prepared by our fabulous catering team.



Lights of Love

This year's Lights of Love at St Mary's, Banbury, will be held on **Thursday 7 December**. We will meet at Banbury Cross at 7pm and then move to St Mary's to remember our loved ones. All are welcome.



We try to make the hospice feel special for our patients and visitors during the festive season and are always blown away by the generosity of people who donate their time and gifts. Here are some of the things happening this Christmas.

Festive feasts

Our dedicated catering staff at Katharine House will once again be whipping up a delicious traditional Christmas dinner for each of our patients and staff on Christmas Day, complete with crackers and Christmas pudding.



Talking shop

Say hello to Sophie! She's recently started volunteering in our Chipping Norton shop for a few hours each week. We caught up with Sophie during one of her shifts to find out what it's like to be a volunteer and why she wanted to give up her time for Katharine House.

"Most people dread Mondays, but I look forward to it," explained 24-year-old Sophie. "Everyone's so nice here. I have autism and really struggle with talking, but the shop has given me more confidence to talk to people and go out more. I knew the shop was where I wanted to be, such lovely staff and a great shop."

"I also love organising," Sophie continued. In fact, during her weekly shifts, Sophie will usually be found working in the stock room helping to sort and tag the incoming donations ready to go out on the shop floor – a job that she really enjoys. It's skills like these that are so valuable to our shops. Sophie's favourite thing about sorting the stock? "I love the books – it's nice seeing what people write in them, it's sweet to see the person behind the book."

Shop skills

We rely on our volunteers – like Sophie – to be able to run our shops, so it's fantastic to hear about the benefits it brings to them too. "Volunteering is good for people's mental health," said Sophie. "It feels like it gives you a purpose. I have had lots of health problems and it helps you realise that's not who you are." Her time in the shop has also helped equip Sophie with the skills and confidence she needs to go back to work. "I like learning about new things, and you learn a lot here."

Shop Manager Paula has been singing Sophie's praises and has encouraged Sophie to learn a new skill – window dressing! "I loved seeing it all come together," said Sophie. "People don't realise how much effort goes into making things look nice. I was happy." And for Sophie, that sums up her volunteer experience. "I can still help people. I like seeing people happy ... Jobs aren't just about money, they're about helping."



Our Volunteer Team

Meet our Voluntary Services Manager, Jill, and Community Volunteers Officer, Sarah! Between them, their mission is to welcome new volunteers to the existing team and make sure that every one of our hospice heroes feels valued, recognised and rewarded for the vital work they do. You can find out more about volunteering here: www.khh.org.uk/volunteer or email volunteering@khh.org.uk.



If you've been inspired by Sophie and would like to find out how to become a shop volunteer, visit: www.khh.org.uk/volunteer-shops.



Meet the team

Meet our new Social Worker Helen! She may be fairly new to the team, but Helen is already making a difference to our patients and family members. Helen told us a bit about her role, her favourite thing to watch on TV and her go-to biscuit.

Name: Helen Lailey
Job title: Social Worker
Joined the team: June 2023

If I had to sum up my role in one sentence, I'd say:
Listening to the needs and wishes of people with life-limiting illness that use our services and live in the community.

The best thing about my job is:
It sounds cheesy, but it's the people here – the patients, volunteers and staff.

My idea of a perfect day is:
Watching my son play football, walking my dog with my friend Sarah and my Mum and then stopping at the local pub for a G&T.

I never miss an episode of:
Ted Lasso. I love the character Roy Kent and my favourite quote is when he said, 'Don't you dare settle for fine.'

If I could go anywhere in the world, I would go to:
The Norwegian fjords. It's definitely on my bucket list.

The best advice I've ever been given is:
Be grateful. Each day may not be good, but there is something good in each day.

My go-to biscuit is:
A good old ginger nut. Preferably dunked in coffee.

If I had one superpower, it would be:
Make chocolate and cake calorie free.

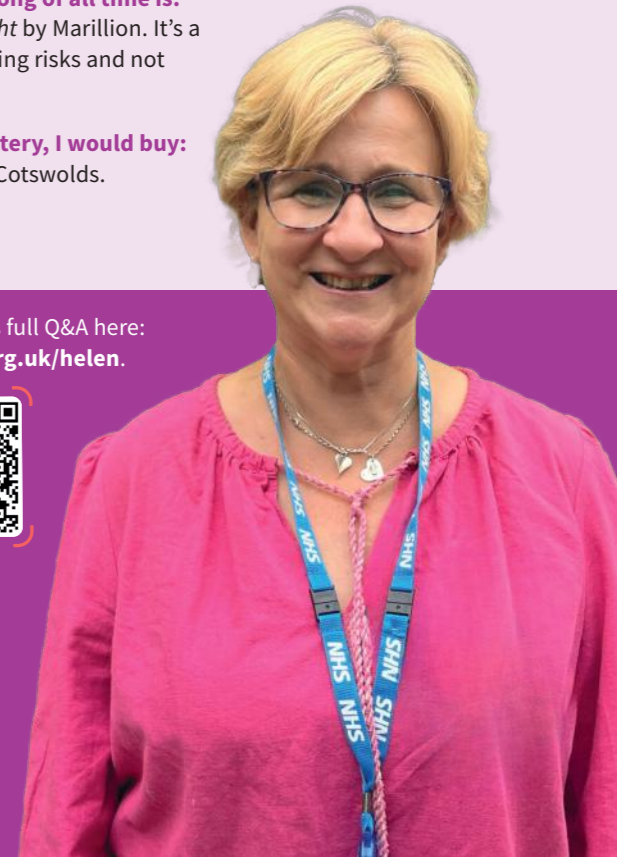
My favourite season is:
Autumn. I love the colours and the leaves under my feet. It's perfect dog-walking weather.

If I was stranded on a desert island, I would want:
My pug Coco.

My favourite song of all time is:
Afraid of Sunlight by Marillion. It's a song about taking risks and not being stuck.

If I won the lottery, I would buy:
A house in the Cotswolds.

Read Helen's full Q&A here:
www.khh.org.uk/helen.



What's coming up?

Don't miss out! Keep up to date with all the latest events...

DATE	EVENT	FIND OUT MORE
1-31 Oct	Care for a Cuppa	khh.org.uk/cuppa
2-13 Oct	Make a Will Fortnight	khh.org.uk/make-a-will
9-15 Oct	Hospice Care Week	
14 Oct	Katharine House Hospice birthday	khh.org.uk/ourhistory
15 Oct	Oxford Half	khh.org.uk/oxford
16 Oct	Accumulator Challenge	khh.org.uk/accumulator
28 Oct	Halloween Walk	khh.org.uk/halloween
3 Dec	Santa Fun Run	khh.org.uk/santa
4-15 Dec	Schools Santa Run and Tots Santa Run	khh.org.uk/schoolssanta
7 Dec	Lights of Love	khh.org.uk/lights
16 Dec	Tractor Run	khh.org.uk/tractor
9-10 Jan	Christmas Tree-cycle collection dates	khh.org.uk/christmastree



KATHARINE
HOUSE
HOSPICE

khh.org.uk/santa

Santa Fun Run



When: 3 December

Where: Spiceball Park

£16 Adult
£8 Child

Join us for a festive
5km or 1.5km run

