



Every individual's journey matters

Visit us at www.khh.org.uk



Sign up for the Santa Fun Run!

Sunday 2 December • Full details on page 9

Inside: Michelle's marvellous makeover • World Record Breakers from The Atic
• BBC Radio visits the hospice • Mike Tindall helps raise £38k at Blenheim •
Launching our new companion service • All about volunteering

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The Rt Hon Sir Tony Baldry PC DL
The Rt Hon The Lord Heseltine CH PC
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khosp

Issue 51

Autumn 2018

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



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REGULATOR**



KATHARINE HOUSE HOSPICE

Make a Will Week
15-19 October
2018

Prepare or update your Will during Make a Will Week
See page 14 for more information

Welcome

From the Chief Executive



drivers and retail volunteers, each volunteer brings a unique set of skills and experience that helps us to care for patients and keep our much-needed services running.

There are plenty of ways to volunteer at Katharine House, and we will soon be launching our new hospice companion service this Autumn, which will help people in their own homes by offering support like help with the shopping or walking the dog, providing a little respite to carers, or simply popping in for a cup of tea and a chat.

Volunteering has always been vital to Katharine House. The hospice would never have been founded if, 30 years ago, a group of volunteers had not given up their time and made the creation of a hospice for Banbury a big part of their lives. Their aim was to ensure that no patient, carer or family has to go without high quality and appropriate care, and today, our volunteers are a major part in being able to continue that philosophy and support 300 people in our community at any one time. Katharine House was built by the community and for the community, and to have so many volunteers from the community giving so much back to the hospice is truly special.

On behalf of everyone at Katharine House, I'd like to say a huge thank you to all of our wonderful volunteers for everything you do for our patients and their families. If you're interested in volunteering at Katharine House, please get in touch - we've got plenty of opportunities and we'd love to help you find the perfect role for you.

Every day in our hospice there are volunteers helping to keep our services running. They might serve tea to day hospice patients, pamper them with a haircut or massage, or answer the phone on reception. And our volunteers aren't just in the hospice building; they're out in our shops, helping out at fundraising events, and driving patients to and from the hospice itself.

They're just some of the 350 volunteers who regularly give up their time and energy to help provide the highest quality care and support to hundreds of families facing life-limiting illness.

Our volunteers save Katharine House £400,000 every year. That money can go directly towards patient care in our hospice, in the community and in the hospital. It costs £4.5 million a year to provide our services and we rely on people like you for three quarters of that funding; local people, business and community groups, and trusts and foundations. Only a quarter of our funding comes from the government.

We simply couldn't do what we do without our volunteers' skills and time. From gardeners and receptionists, to patient

Angharad Orchard
Chief Executive



New companion service to support families and carers

Today more people are facing more complex illnesses for longer, and the number is predicted to rise. Many patients diagnosed with a life-limiting illness live alone, and loneliness can be a real challenge. Being diagnosed with a life-limiting illness also affects more than just the patient. Family and friends face changes and challenges throughout the illness, and it's frequently family members who act as carers for loved ones, often while maintaining a job at the same time.

We will soon be launching a new Katharine House volunteer companion service that will provide much-needed support to patients, families and carers at home. The service will help patients and families with the things that they need and matter to them, whether that's practical help around the house, looking after a patient while a carer goes out, or simply offering someone to sit and talk when feeling lonely.

Michele Booth, Katharine House's Director of Patient and Family Care, explains:

"When a family faces a life-limiting illness, we know it's the little things that make a big difference. Things like getting some help to make lunch, or taking the dog for a walk. Sometimes it's just about visiting a patient living alone and chatting over a cup of tea, or providing respite to a carer so they can go shopping, visit the dentist or just catch up with friends.

Our work is about ensuring that anyone facing a life-limiting illness has access to the right care for them and their individual circumstances, and our volunteers will be vital in helping people in their most difficult times.

We already provide specialist advice and support to patients and families in their homes through our community nursing team, and our bereavement support workers visit people who have lost someone special to provide emotional and practical support, and the new companion service will add to our community services."

David suffers from heart failure and has been coming to our day hospice since May 2018. He told us what the new companion service would mean to him and his wife:

"My sweetheart wife spends so much time looking after me. It would be lovely to give her a break so she can do the shopping or treat herself with a trip to the hairdressers and know I am being looked after while she's out. A visit from a volunteer would also be a welcome friendly face for me to chat to".



To volunteer to help people facing life-limiting illness, please contact Alison Mares on 01295 811 866, or email volunteering@khh.org.uk



Remembering someone special with an online tribute

When Sam's father-in-law, John, died just before Christmas last year after a short battle with stomach cancer, his family wanted to create a tribute to John that they, along with his friends and colleagues, could access and continue to contribute to in the months and years after John's death.

They set up an online Muchloved tribute page with photos of John and before long a great number of people began sharing their own memories of John.

Sam said: "John was a keen cyclist and a former officer in the Royal Air Force. When he died there were so many former colleagues and people from the cycling club who wanted to remember him. They started to share stories of hikes, holidays and other times they'd spent with John.

"The Muchloved page is a really nice way for people to share their memories of John, and also to raise money for the hospice that cared for him in his last weeks. For example, we'll be holding an event to celebrate John's birthday this year and will be using his Muchloved tribute to ask for donations for the hospice."



You can create your tribute at khh.muchloved.org, or if you'd like to talk to us about your tribute, please contact Sarah Meads on 01295 816 493.

Setting up your own tribute with Muchloved

Setting up a special online tribute is the perfect way to ensure that your loved one's memory lives on - a place of comfort to help you remember and reflect.

You can create an online tribute by going to khh.muchloved.org. Here you can post stories, favourite pictures, videos, music and memories. It is easy to set up and it can provide a special place for you to share memories with friends and loved ones wherever they are in the world.

As well as keeping memories alive, your tribute can also support the work of Katharine House. You can donate at any time - to mark a special occasion such as an anniversary, birthday or in lieu of flowers at a funeral. Every gift made through your tribute will go towards the £11,000 we need each day to provide our hospice services.

Lights of Love 2018

Remember a loved one at our Lights of Love services 2018. See enclosed leaflet for details.





Michelle's marvellous makeover



When Michelle and her daughter Lilly visited the day hospice in July, they were treated to a marvellous makeover they'll never forget by some of our volunteers and students from Banbury College.

Our day hospice team arranged the day for Michelle and Lilly to give them a little treat and the opportunity to make some wonderful memories.

Their jam-packed girls pamper day included a visit to Sallie, our volunteer hairdresser, and Su, our volunteer complementary therapist, as well as a full manicure and make-up session from the Banbury College beauty students. In between their pamper sessions, they were also treated to a glamorous afternoon tea complete with Buck's fizz, specially prepared by our catering team.



Lilly was excited to have her very first massage and she also made the brave decision to have her hair cut shorter and plaited. She was even allowed to have it dyed temporarily pink - on the condition that it is completely washed out by the end of the school holidays!

Having grown up in Cirencester, Michelle moved to the Banbury and Bicester area to bring up her three children, Joe, 24, Thomas, 16, and Lilly, 10. She worked in retail for many years, including long spells with Threshers and Tesco, before being diagnosed with a brain tumour at age 48 in September 2017.



Support our day hospice and other work by donating today at khh.org.uk/donate



Michelle thanked the staff and volunteers who helped organise the day, and said:

“The day has been brilliant. To be able to spend it with Lilly has been very special. It’s our first ever girls day out and it could possibly be the last one we have. It’s been wonderful to be at the hospice and to get pampered by the volunteers and students.”



New short film shows Katharine House’s caring side

We’re thrilled to launch our new short film which will show patients and their families what Katharine House is like, and give supporters an insight in to how their fundraising helps provide care and support to hundreds of local families.

Local film company Fresh FX donated their time and skills free of charge to help capture a normal day at Katharine House, including interviews with staff and patients who explain some of the work we do and what Katharine House means to them.

The inspiring film captures the essence of Katharine House and challenges some of the myths around hospice care.



You can watch the new film and find out more about Katharine House at khh.org.uk/film

Fundraising Focus

World Record Breakers!



Atic owner Ryan Mold with comedians Dan Mayo, Matt Bragg, Brian Gittins and Terry Green

100 comedians take to the stage in World Record comedy show

More than 100 comedians from across the country took to the stage at the Atic in Banbury for a mammoth 96-hour comedy show to raise more than £2,200 for Katharine House. The show smashed the previous Guinness World Record of 80-hours held by a venue in Nashville, USA.

Comedians brought the jokes and staff at the venue had to ensure at least 10 people were in the audience at all times for the record to stand. Most of the time there were up to 100 people in the crowd, but manager Harry Parman said there were some difficult times:

“The hardest times were between 5-7am as people wanted to go home after a long night. At one point we had 10 people and a dog which doesn’t quite count so we couldn’t let people leave - we were offering them a drink to get them to stay, and if they needed to go to the toilet then we had to get other people in!”

The event was a fantastic couple of days and everyone at Katharine House would like to say a huge thank you to staff at the Atic, comedians who took part, and anyone who went along to the show - even if they did hold you hostage to ensure they had enough people in the audience!



Hospice Shield match raises £3,000

May saw the return of the biennial Hospice Shield football match between a Kings Park XI and a Kings Sutton XI raising £3,000 for Katharine House and Helen and Douglas House in Oxford.

This year’s game took place at The Hawthorns Stadium, home to Championship side West Bromwich Albion, and featured a cameo from Oxford United FC goal machine James Constable. After the game both teams and fans retired to the club bar for a raffle, an auction and a presentation, with a special guest appearance from former professional footballer and Sky Sports News commentator Paul Walsh.

We’d like to say a huge thank you to Steve Hirons who organised the event for his ongoing fundraising.

Nigel's custom brew raises £600

Nigel Oddy, owner of the Deddington Arms Hotel celebrated his 70th birthday in April this year and his friends marked the occasion by visiting the Hillside Brewery in Gloucestershire for a day of creating and brewing two firkins of Nigel's 'Golden Oldie' beer.

This beer has been sold in The Deddington Arms and all proceeds donated to Katharine House Hospice resulting in a £600 contribution.

Nigel said: "We had a fantastic day at the brewery. I'm very grateful to all who contributed. We are delighted to support Katharine House - it's an amazing place with tremendous respect locally."

Annual Golf Day raises £5,500

In July the 14th Adderbury Charity Golf Day organised by Nick Fennell was held at Rye Hill Golf Club raising £5,500. Players of all abilities took part in the 'two ball better ball' competition and the event was topped off with a buffet supper and prizegiving in the evening. We'd like to say a big thank you to Nick for his continued support over so many years - we're already looking forward to the 15th Golf Day in 2019!



To get involved and help raise vital funds for Katharine House, visit khh.org.uk/fundraising



Santa Fun Run

Sun 2 December

Wykham Park Academy Banbury



Dust off your Santa boots and help raise money for people facing life-limiting illness this Christmas.

Join with friends, family and colleagues and take on the Santa Fun Run on Sunday 2 December at 10am at Wykham Park Academy in Banbury.

Choose from a 4km or 1km route and bring your energy and festive spirit to help raise £25,000, which is enough to fund the inpatient unit for five days over Christmas! With music, children's activities and refreshments, the Santa Fun Run is sure to get you in the Christmas spirit!

Please help raise funds for people facing life-limiting illness. See enclosed leaflet for details.



Sign up today!
Complete the enclosed leaflet or online at khh.org.uk/santa



- ▶ Are you interested in sponsoring a page in our newsletter and reaching 15,000 people in the local community while supporting a wonderful cause? If so, contact Jessica Hill on fundraising@khh.org.uk - we'd love to hear from you!

Corporate connections



Will you rise to the Kärcher Accumulator Challenge?

We're excited to launch the 2018 Kärcher Accumulator Challenge - will you rise to this year's challenge?

Kärcher will give every team that enters £50 to turn into as much money as possible between October 2018 and February 2019 - last year teams raised almost £14,000 through cake sales, Christmas fairs, raffles, origami baskets, football matches and more. Our reigning champions are Kineton High School who raised an incredible £2,865 - can you beat them this year?

Taking part in the Accumulator Challenge is a great way to encourage teamwork and creative thinking, and raise money for a fantastic cause.

The challenge is open to schools, colleges, businesses and community groups. Each category has two awards to be won, along with a special prize from Kärcher. Interested in taking part? **Find out more at our launch event on Wednesday 19 September at Katharine House.** You'll have a chance to meet some of the teams already signed up and ask the Accumulator Challenge team any questions you have.



Will you rise to the Kärcher challenge?

Sign your team up today at khh.org.uk/accumulator
And to book your place at our launch event on 19 September at 5.30pm just email getinvolved@khh.org.uk

Banbury Chamber of Commerce golf day raises £452

Earlier this year, Banbury Chamber of Commerce raised a brilliant £452 from a golf day and collection at a recent meeting. The Chamber brings Banbury businesses together through regular networking meetings and events, and they hold regular fundraising events throughout the year. We're proud to be members and we'd like to say thank you for the funds raised so far!



Spratt Endicott choose us as Charity of the Year

We're delighted to have been chosen as one of Spratt Endicott's Charities of the Year. Over the next year their staff will complete challenges and raise money to support our work. We look forward to working with them over the year!

M&S team gets stuck in!

In June we welcomed a team of volunteers from Marks & Spencer in Bicester. They worked hard in our sunny garden all day clearing our patios and sprucing up some of our garden furniture. Thank you!

If you are interested in volunteering as a company, please get in touch at getinvolved@khh.org.uk

Community matters at Waitrose

Thank you to everyone who voted for us through the Waitrose Community Matters token scheme. Your little green tokens added up to an incredible donation of £580 - enough to fund our Bereavement Service for two weeks, and help support children, teenagers and adults after they've lost someone special.



It's not too early to kick off your Christmas fundraising!

We know it's very early to mention Christmas, but please don't forget about us while you're planning your celebrations. Have you thought about holding a raffle at your Christmas party? Having an office Christmas jumper day? Charging your team for posting Christmas cards? The little things you do over Christmas can make a huge difference to our patients - please let us know if you're planning any activities or want any support. We'd love to hear from you!



PHOTO: England rugby legend Mike Tindall enjoys a magic trick at Blenheim Palace

Blenheim Palace Gala Dinner raises £38,000 with special guest Mike Tindall

In April we welcomed 120 guests to the iconic Blenheim Palace for a gala dinner, with special guest and rugby legend Mike Tindall, and host Kirsty Leahy. Guests were treated to a drinks reception, three course dinner, Q&A with Mike Tindall, silent and live auctions. They also heard from our patron Lord Heseltine and Chief Executive Angharad Orchard. Jo Bason, whose husband Al was a patient at Katharine House, also bravely told guests about her experience.

To see photos from the night, visit khh.org.uk/blenheim-gala-2018

Have you signed up for the

FIREWALK

12 October | 7pm

Sign up at khh.org.uk/firewalk



Could we be your next Charity of the Year?

Please get in touch if you're looking for a way to engage your staff in a local cause and know you're making a real difference in your community. For more information, email us at fundraising@khh.org.uk

Meet Alison Seren

Katharine House's
Volunteer Coordinator



My role at Katharine House is to support volunteering. I work with volunteers and staff to ensure our volunteers have the right training, feel supported and enjoy their work.

Volunteering has always been a huge part of Katharine House, and I love meeting our volunteers and hearing their stories. They work in a huge range of roles and are so valuable in helping provide the best quality care to patients and their families.

You might be a keen gardener, or a dab hand on reception. Perhaps you'd enjoy volunteering in one of our shops or driving patients to and from the hospice. Whatever your skills and background, there are plenty of opportunities available and we're always looking for volunteers to join our amazing team.

If you're interested we'd love to hear from you. We'll spend time working out how you can make best use of your skills and hearing about what you'd like to get out of volunteering too.

We'll make you feel part of the team: you'll be invited to an induction with other new volunteers, and you'll receive all the training you need for your role. You'll have a named supervisor, and we'll keep you up to date with news and events at the hospice. You can also contribute to our Volunteer Forum.

For information about our volunteering opportunities, or to sign up for a coffee and information event please visit khh.org.uk/volunteering or give me a call on 01295 816 477

Meet some of

“

I usually drive for the hospice twice a week as I specialise in driving the wheelchair vehicle. I chat to the patients, build up a relationship, and try to be a friendly audience.

I get a lot of pleasure from knowing that my efforts are helping people whose life has taken a turn they never expected. I have learnt much as well, like how to assist people into and out of cars – little 'tricks of the trade' that can also be used when transporting elderly relatives. The biggest benefit though has been the knowledge that I'm helping to make a difference to the lives of those affected by illness.

Vivienne - Volunteer Patient Driver

”



PHOTO: Ann is one of our lovely reception volunteers

“

I've been working as a retail assistant at the Bicester shop for seven years. My Dad suggested it and it's something that I had never considered – but it's one of the best things I have ever done! I had been out of paid work for two years so I had “lost” my confidence and social skills also due to having a recent disability.

I do a variety of different jobs. Serving our customers, sorting through donations – pricing them and putting them on display. I find volunteering a very valuable experience; very rewarding and it raises essential funds.

Julie - Bicester Shop Volunteer

”

our volunteers

“

I've been volunteering as a Ward Clerk every other Monday evening since November 2017. Although I work full-time, I wanted to contribute to my local community and, more specifically, to the hospice and wanted a meaningful role. My duties involve helping with serving meals and drinks, answering the phone, welcoming visitors and can also include chatting and sitting with patients. I found the induction training really helpful and know that I can ask staff for help or support if needed. If you're thinking about getting involved I'd say give it a go!

Claire - Volunteer Ward Clerk

”



“

I have been volunteering in fundraising since 2008. Having spent most of my career working for charities I hoped my background would prove helpful and I have done everything from stuffing envelopes to using our supporter database. Volunteering is not just about giving up your time, it's also about getting a lot in return. That has certainly been my experience over the years. The support we receive from the community is marvellous and humbling. It's encouraging to see human nature at its best! And it's demonstrated every day through the generosity of many people and businesses. It's inspiring to feel a part of a wonderful fundraising team!

Sandra - Fundraising Volunteer

”



Why I volunteer

Dawn Volunteer Receptionist



My journey to volunteering started when my stepfather died of cancer. He spent his last few months in the incredible care of Katharine House

and as traumatic and sad as it was, the help, support, professionalism and genuine love and care of the hospice helped me and my family beyond measure. I have since sadly lost my brother-in-law, and the home care and 24 hour support and physical help offered by Katharine House was incredible. We simply wouldn't have managed without the hospice on both occasions.

I volunteer because I wanted to help and give something back, and to help ensure that other people who were in my situation could receive the support we did.

I cannot put into words how rewarding it is to volunteer on reception. It works perfectly with my personal circumstances as I do the 5.30-8.30pm shift every other Tuesday, and the community within the hospice makes you feel a part of the family which is wonderful.

I truly believe that you get far more in return than you give at Katharine House, we are all busy people and life has a habit of rushing by, however to give time to people and families who are genuinely in need, possibly even at end of life is a privilege.

There is a misconception that you need to offer loads of your time, however there are a huge array of opportunities from even one or two hours a month. I cannot urge you strongly enough to contact the hospice; it changes the lives of people for the better, including your own!



If you'd like to find out more about joining our wonderful team of volunteers, please get in touch on 01295 816 477 or visit khh.org.uk/volunteering



BBC Radio Oxford broadcasts 3-hour live special from Katharine House

In June, BBC Radio Oxford set up camp at Katharine House to broadcast its three-hour Lilley Mitchell Show live from the hospice.

During the show, presenter Lilley found out about the work the hospice does to support people and families facing life-limiting illness and spoke to patients, staff and volunteers about everything from the freshly-prepared food cooked in the hospice's kitchen to the music therapy and massages enjoyed by hospice patients.

Speaking after the show, our Communications Officer, Chris, said:

“It was a great opportunity to show what our hospice is really like; to show off the smiles and laughter that are a permanent fixture at Katharine House, and to tell people about the work we do for people facing life-limiting illness in our community. The patients who were interviewed were laughing and joking, and by the end of the day they said they’d enjoyed it so much they’d like to do it again the next day!”

The BBC team enjoyed their day at Katharine House too, BBC journalist Georgie Sullivan said:

“Katharine House were such great hosts. Everyone we met was so positive and passionate about what they do and the patients all spoke really well about how much Katharine House means to them. We were welcomed really warmly and having visited hospitals and care homes for personal reasons recently, I really felt the care, life and family feel of Katharine House.”



PHOTO: Katharine House Chaplain, James, chats to Lilley Mitchell live on BBC Radio Oxford

Your chance to
win

£1000

each week!

Play our weekly lottery or give a gift and support people with life-limiting illness.

Download a sign up form at khh.org.uk/lottery

“It’s easy and fun to play and winning came as a brilliant surprise!”

Denise, Lottery Winner

Make a Will Week

15-19 October 2018



For one week in October local solicitors and Will writers have kindly agreed to waive their fees for writing or amending a basic Will for donations to Katharine House.

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 help Katharine House at the same time. In recognition of the time and expertise involved in preparing your Will, we ask that you make a donation in line with the fee normally charged by the participating practices.

Choose a participating solicitor or Will writer from the list opposite and book your appointment with them today. Visit our website for a full list as more solicitors join the scheme.



Book your appointment today!
Visit khh.org.uk/willweek

Please remember to mention **Katharine House Make a Will Week** when you call to make your appointment.

Make a Will Week 2018 Participating solicitors:

Aplins
Banbury
01295 251234
Contact: Robert Henshaw

The following are Will writers and inheritance advisors who offer a **home visiting** service.

Bradley Saul
Chipping Norton
01608 648020
Contact: Geoffrey Saul

Tim Williams
Woodford Halse
01327 261262
Contact: Tim Williams

Hancocks
Banbury
01295 253211
Contact: Toni Peppard

West Oxon Wills & Probate
01993 220281 and
07769 730616
Contact: Mark Gorman

Johnson & Gaunt
Banbury
01295 759400
Contact: Liliana Mahon

Spratt Endicott
Banbury
01295 204000
Contacts: Lucy Gordon,
Julia Routen

Check our website for up to date information at khh.org.uk/willweek

Upcoming Events

Date:	Event:	Information:
19 September	Kärcher Accumulator Challenge launch event	khh.org.uk/accumulator
5-19 Oct	Make a Will Week	khh.org.uk/will
12 October	Firewalk at Banbury Rugby Club	khh.org.uk/firewalk
2 December	Santa Dash at Wykham Park Academy	khh.org.uk/santa
4 December	Lights of Love at St Peter's, Brackley	khh.org.uk/lights
6 December	Lights of Love at St Mary's Banbury	khh.org.uk/lights



**KATHARINE
HOUSE
HOSPICE**



Santa Fun Run

Sunday 2 December

Wykham Park Academy Banbury

**Walk or run
4km or 1km**

**£15 Adult
£8 Child
Includes
Santa suit!**

**Children's
activities,
refreshments,
music!**



Sign up at www.khh.org.uk/santa