

Visit us at www.khh.org.uk



Sign up for the Santa Fun Run!

Sunday 1 December • Full details on page 14

Inside: **New Living Well Service** • The impact you've made • Our community in action • **Local Business at work** • Make a Will leave a legacy • **Ronnie's Reindeers** running for Nana • Meet one of our art volunteers

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Issue 53 Autumn 2019

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The Rt Hon The Lord Heseltine CH PC
Lord Saye and Sele DL

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khosp

Issue 53
Autumn 2019
Editor: Chris Higgins

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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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KATHARINE HOUSE HOSPICE

Make a Will Week

14-18 October
2019

Prepare or update your Will during Make a Will Week
www.khh.org.uk/willweek

Reg. Charity No. 297099

Welcome

From the Chief Executive

Without you, we wouldn't be here. It's as simple as that. Wonderful supporters like you provide three-quarters of our funding and help make every moment matter.

Your marathons, curry nights and wingwalks today help local people tomorrow. Your Santa Fun Running means patients can stay on our inpatient unit over the Christmas period, and our bereavement support workers can help families come to terms with the situation they are facing. Your support keeps our doors open 365 days a year.

We're excited to launch our new Living Well service this Autumn, which will provide much-needed support to more patients and families across our community. You can read more on page 4.

We provide the expertise, the medicine, the community nurses, but you make it possible. Your support and generosity provide a place of calm and compassion where people feel safe – at home, in the hospital or in our hospice. You make the difference in the most difficult of circumstances. Thank you for everything you do.

Today, as more and more people need Katharine House, costs are rising, government funding is static and we now have a shortfall of £435,000 just to stand still.

We urgently need to find ways to bridge that gap to ensure we can continue caring for people in need.

On pages 8 and 9 you can see the impact your support has on local people, and the challenges we face in the future.

We know that with your help we can meet the coming challenges so that people in our community – our families, friends, and neighbours – can receive the care they need, when they need it.

Please will you stand with Katharine House and help keep our doors open every day for people in need?



Angharad Orchard

Angharad Orchard
Chief Executive

Bed Appeal Update

A big thank you to everyone who responded to our Bed Appeal. Your generosity has raised enough to replace all ten beds in our inpatient unit with brand new, state of the art beds. Thank you! You have made a huge difference to people living with life-limiting illness in our community.

We've already taken delivery of four beds and the rest will be arriving soon.

Helen Fletcher, head of our inpatient unit said: "We are delighted with the beds. They're easy to use and the new features help patients feel more comfortable and safe; from the ultra-low position which is good for patients at risk of falling, to the alarm system which alerts us if someone is trying to go somewhere on their own and has forgotten to use the call bell to get help. Some patients have said they'd love to have one of the mattresses at home because they're so comfortable!"





Living well at Katharine House

With more people being diagnosed with cancer, motor neurone disease, heart or respiratory failure, and many other life-limiting illnesses, it's vital that we keep developing our services in order to support people to live well throughout their illness, from the day they're diagnosed until the end of their life, and then to support their family and friends afterwards.

This Autumn, we're excited to be launching our new Living Well service which will support even more people through a programme of activities at the hospice and out in the community.

The new service will focus on enhancing people's quality of life, independence and wellbeing, through a variety of activities including art and crafts, family history, creative writing, breathing and relaxation, health walks, support for carers and Dementia Friends training.

Some of the activities, like the weekly health walks, are also open to the general public. Like all of Katharine House's services, the Living Well service relies on the generosity of our community for three-quarters of its funding, and is only possible thanks to you.



To find out more about how our new Living Well Centre will help people affected by life-limiting illnesses, visit khh.org.uk/livingwell

“We're delighted that the Living Well service will ensure more people can access the right care for them from the first diagnosis until the end of their life. As the number of people needing end-of-life care is expected to rise by up to 42% in the next 20 years, expanding our services is vital so we can continue to support local families through their most difficult of times.”

- Michele Booth
Director of Patient and Family Care



Steve says hospice Health Walks are a huge hit!



Our new Health Walks activity for patients, families, carers and the public is just one part of our new Living Well Centre which will enable us to support more people in our community.

Held every Friday and led by friendly, specially-trained volunteers, the walks in the beautiful countryside around Katharine House have already proved very popular with more than a dozen people regularly attending.

Hannah Mozelewski, physiotherapist at Katharine House, organises the walks and said:

“The Health Walks are the perfect opportunity to increase activity levels and wellbeing, and to meet new friends. This can really help our patients who have been recently diagnosed, or who need a bit of help rebuilding their confidence. It’s also a lovely morning out for anyone who wants to get out of the house for a bit of fresh air.”

Steve has taken part in all but two of the weekly walks since his wife died at Katharine House in April, and enjoys discovering new parts of the countryside. He said:

“I’ve lived in Banbury for 39 years, but I’ve discovered things I never knew. It’s never the same walk, so we see new views every week. The walks have brought some wonderful new people in to my life since my wife died and there’s a real camaraderie among families at Katharine House”.

The Health Walks are open to all and leave from the hospice at 10am on Fridays. For more information please call 01295 811 866 or visit khh.org.uk/health-walks

Physiotherapy helps Julie regain her confidence



Being diagnosed with a life-limiting illness can make people feel like they’re losing control over many aspects of their life. After being diagnosed with cancer, Julie had become anxious that she could no longer do the things she enjoyed, and had stopped leaving the house.

When she stayed on our inpatient unit, our nurses referred her to Hannah, our in-house physiotherapist, who put together a special programme to help Julie regain some mobility and become more comfortable. Physiotherapy can help patients to regain their independence, improving mental wellbeing as well as physical health - just what Julie needed.

She embraced the exercises and started using the specialist equipment, and before long felt strong and able enough to go outdoors again. With confidence blooming, she was able to go home with her symptoms under control.

Our physiotherapist Hannah has around 35 appointments each month; some are one-off sessions, others are part of a four to six-week programme. All with the aim of helping people like Julie to stay as independent as possible for as long as possible, and to enable them to stay in their preferred place of care for longer, which is often their own home.

Whilst Julie stayed with us, she kept a notebook of her thoughts. The last thing she wrote before going home was ‘Live life!’, a testament to the impact Hannah and the team had on her wellbeing and quality of life.



£50 could fund an appointment with our physiotherapist for a patient staying on our inpatient unit. Please donate today at khh.org.uk/donate

Our community in action

James overcomes heart attack to complete three marathons in three days



James Dobson's dream challenge of completing three marathons in three days was thrown in to doubt when he suffered a mild heart attack. Determined to continue his fundraising mission following a quadruple bypass operation, he was joined by three friends and raised £5,500 – enough to support a patient for a whole year!

Starting in Monmouth, the group finished their adventure in the Northamptonshire village of Greatworth. James tells us more:

“During my rehab I realised the challenge was on. I vowed the heart attack would not beat me!

I've always wanted to do a big challenge and I enjoy Bear Grylls type activities. Turning 50 in 2017, I planned to walk solo – just me and my backpack, then my friends Simon, Nick and Matthew said they would join me.

We chose to raise money for Katharine House as we all know someone who has, or will need to use, the fabulous care that the hospice provides.

This wasn't about me or us ... it was four mates going on a walk, having a laugh and raising money for Katharine House.”

Not only was this a fantastic personal challenge, but James and his friends also achieved something amazing by raising much needed funds.



If James' story has inspired, why not visit our website and see the challenges on offer? Find out more at khh.org.uk/whats-on

Car wash raises £180



A huge thank you to George, Eva, Sophie and Calum who raised £180.50 by washing cars. Here's their story in their own words...



Festival of Open Gardens

This year more than 30 supporters opened their gardens as part of our Festival of Open Gardens, raising more than £8,000 – enough to fund our patient driver service for six months.

Next year we hope to have even more gardens open to raise money for our Bereavement Service, which costs £13,000 every year to support hundreds of families after losing someone special.

Why not show off your gardening skills, share your hard work and open your garden in 2020? Go solo or come together as a group of friends to put on a beautiful event for the public next summer.

For more information, email getinvolved@khh.org.uk

Paws up for £2,200

Maddie and Moira run dog agility shows every year to fundraise for us after Maddie's husband Tom was diagnosed with prostate cancer in 2015. This year they raised a whopping £2,200. Maddie said: "The care, attention and utter kindness that Tom received was immeasurable and we, as a family, were treated with the same empathy... in fact the whole atmosphere was one of positivity, not sadness."



Heidi braves the chop

Heidi Upton braved the chop and had a massive 13 inches of hair cut off, raising £674.65 in the process. Heidi's mum, Emma Upton said: "We are extremely proud of her, it's a very brave thing for a young girl to do and she decided to do it completely on her own."



Cuppa morning raises £724



A big thank you to Ailsa, Janette and Jenny from our Katharine House Fundraising Group who raised a wonderful £724.70 at their two recent Care for a Cuppa events.

Thanks also to the team at the Cartwright Hotel in Aynho and the Deddington Arms Hotel for kindly hosting the events.



The Santa Fun Run is back on Sunday 1 December – read Ronnie's Reindeers story on page 14, and sign up at khh.org.uk/santa

The thrill of a lifetime!



Got a big birthday coming up? Want to check something off your bucket list? Join us for the experience of a lifetime in May 2020 and take to the skies on top of a Boeing Stearman bi-plane flown by an AeroSuperBatics display pilot.

Experience unparalleled thrills as you go through a series of flypasts, zoom climbs, steep dives and banks. Feel the sense of freedom as you fly through the air, taking in the stunning views, whilst waving to friends and family down below.



To sign up, find out more and watch the amazing wingwalk video, visit khh.org.uk/wingwalk

Outside the Box – a show about the lighter side of death

Join us for a fabulous show in partnership with The Mill Arts Centre on 23 October which looks on the lighter side of death.

Liz Rothschild, a performer, celebrant, and award-winning burial ground owner, gives unique insights and experiences in a highly original and beautifully cathartic show.

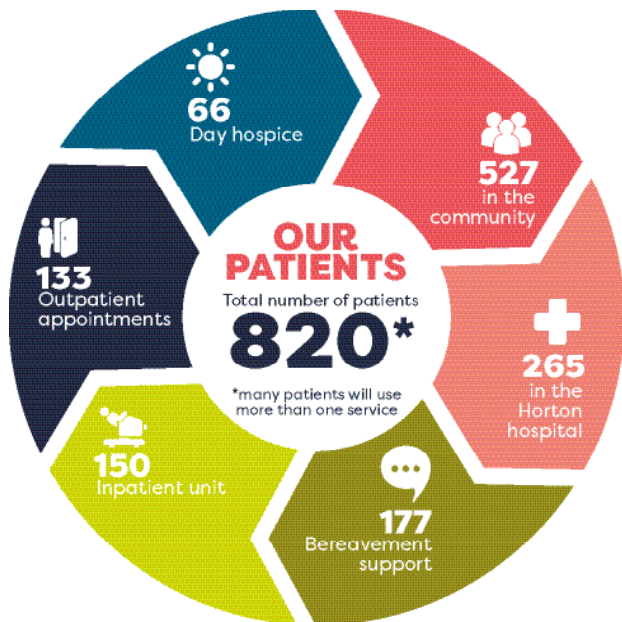
Funny, wise and taboo-busting; Outside The Box confronts the 'elephant in the room' with grace and humour, asking audiences to embrace mortality and look on the bright side of life.



Don't miss this brilliant show! Book your place today at khh.org.uk/theatre19

The impact you've made

Thanks to you, in 2018/19 more people have received care where they want to receive it. Your support has made a real difference to people living with life-limiting illness. Here's just some of what you've helped achieve:



Our clinical team

- 32** nurses
- 16** healthcare assistants
- 5** doctors
- 1** physiotherapist
- 1** lymphoedema nurse
- 1** social worker
- 1** chaplain
- 1** bereavement counselling lead

350

regular volunteers including bereavement support volunteers, gardeners, shop volunteers, receptionists and more

Volunteers save Katharine House around **£445,000** every year

Our care

We cared for people with 22 different illnesses including cancer, heart failure, respiratory illness, Parkinson's, motor neurone disease.

Non-cancer patients **24%**



Cancer patients **76%**

Our new seven-day community service supported

500 people

at weekends and bank holidays, enabling patients to stay in their preferred places of care, avoiding hospital admissions



1,741

visits to patients in their homes by our community nurses

1,382

visits to patients in the Horton hospital by our community nurses to give specialist advice

9,714

phone calls made to patients and families by our community nursing team

366

physiotherapy appointments at the hospice

719

family visits by our social worker, helping with everything from contacting schools and employers to offering benefits advice

2,007

visits to our hospice chaplain

249

support visits to bereaved families

500

lymphoedema appointments at the hospice

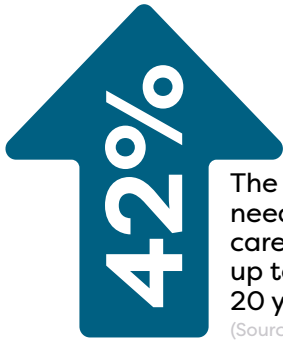


11,936

home-cooked meals prepared by our hospice kitchen

The challenge ahead

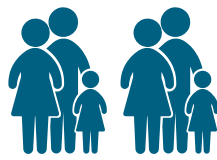
Katharine House needs you. We know there are families in our community missing out on care and support, and that the need for our services will increase hugely in the next few years. We face real challenges in ensuring that everyone in our community affected by a life-limiting illness has access to the highest quality of care. You are at the heart of our hospice and we couldn't do what we do without you.



The number of people needing end-of-life care will increase by up to 42% in the next 20 years.

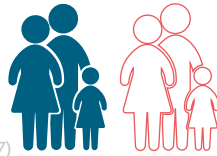
(Source: Etkind et al, 2017)

1 in 4

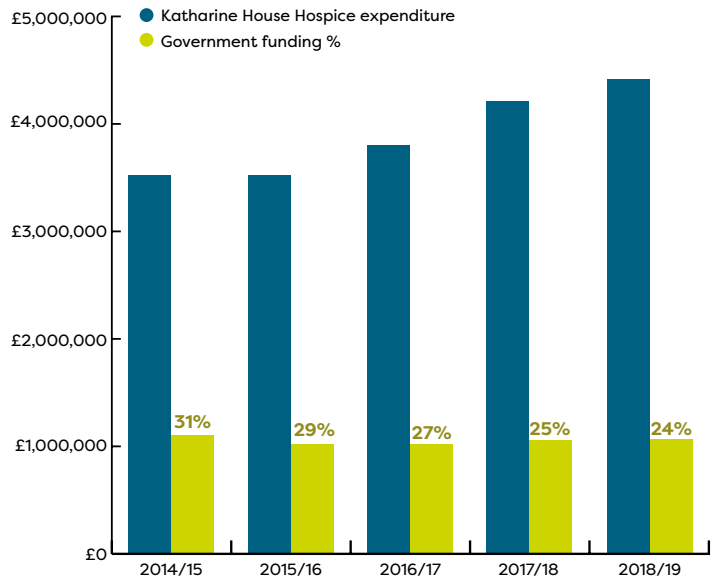


families in the UK are not getting the end-of-life care they need

(Source: Hospice UK, 2017)



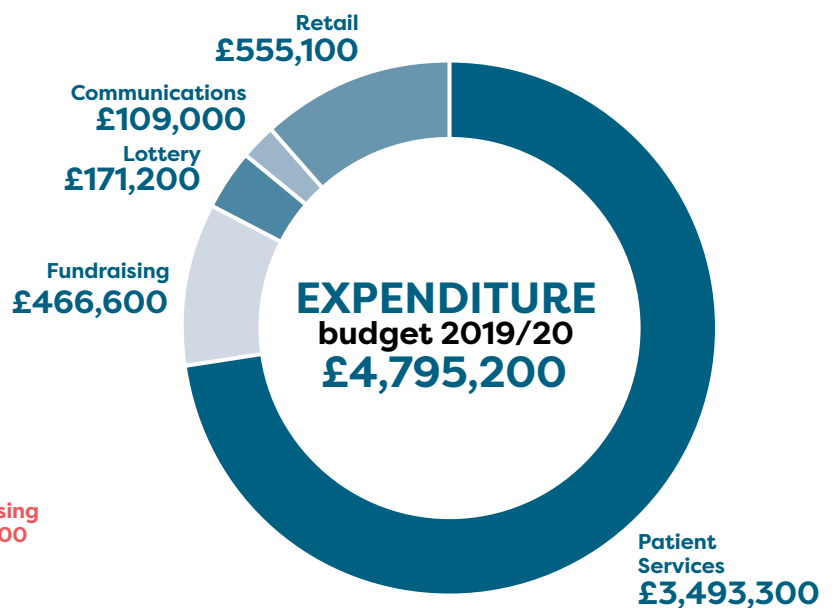
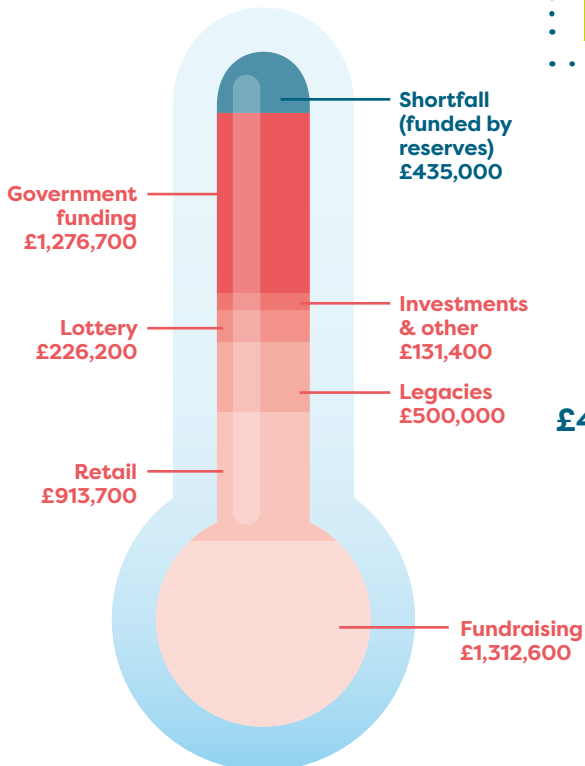
Percentage of government funding vs. costs



Just 24%

of our costs were covered by the government last year. We rely on our community, local business and trusts to provide the rest and we don't receive funding from anywhere else.

How we will fund our services



In 2019/20 we will have a shortfall of at least **£435,000** unless we can bridge the gap

With costs going up and government funding going down as a percentage of our costs, we urgently need to close this gap to ensure we can maintain all of our services as well as extend our care to more people. Please stand with Katharine House today and help bridge this gap.

Please donate today at khh.org.uk/donate

Local business in action

Team KMS joins the Kärcher Challenge

We're delighted to welcome Hook Norton-based KMS Litho, commercial and fine art printers, as new supporters of Katharine House. Many of their team have a personal connection with the hospice, and the company has decided to kick off their support this September by joining the Kärcher Accumulator Challenge to see how much they can raise by February 2020.

The team at KMS can't wait for the challenge to begin. Mark Willis, Director at KMS says: "The ideas keep coming and it is exciting to be starting our adventure with Katharine House."

Supported by the team at Kärcher in Banbury, the challenge sees corporates, education and community groups take part in fundraising events over five months, reinvesting their hard-earned money to keep growing their total. There are awards for several categories, so the challenge has a competitive element, with an awards evening in March when the winners and fundraising totals will be revealed.

Laura Horton, Partnerships and Philanthropy Manager at Katharine House says:

"We are so excited to have KMS on board for the challenge. They're already planning a coffee & cake open day and looking at how they can use



their print expertise to raise funds. We see some really innovative money-making ideas from local businesses and the possibilities are only limited by imagination."

Mark says: "Working as a team is core to our everyday operation so what better way to start the fundraising challenge? It will involve the entire team to develop different ways to grow the £50. Setting ourselves against other corporate and community teams will help us to bond and form the desire to achieve more than the other teams."



Does your team have the competitive edge to take on the challenge? For details and to sign up, visit khh.org.uk/accumulator

Primark spins into action



bikes in store, each shift split into rival teams and pedalled away to reach their destination.

In a closely contested race, *Team Adam* took first prize at the end of the two-day challenge.

We're honoured to be Primark, Banbury Gateway's first ever charity! Their team spun in to action with a mighty 92-mile virtual bike ride from Banbury to their Birmingham store. With two static

It was a fantastic team effort, and friends, families, colleagues and customers rewarded their hard work by helping to raise a brilliant £1,770. That is enough to fund our social worker for two weeks, helping families with everything from contacting schools and employers and accessing other services to sourcing practical help around the home and offering advice around benefits, debt and income maintenance.

A huge thank you from everyone at Katharine House - we can't wait to see what you do next!

Huber and Suhner's 5km walk



A team of 28 from Huber and Suhner (and one dog!) completed a 5km walk in less than an hour, raising a wonderful £805. Their UK employees chose Katharine House as some employees have experienced first-hand our specialist palliative care and support with relatives and friends in the past. Everyone made it back within the hour and had a great time. The money they raised is enough to support a patient for nearly two months.

Jacob Douwe Egberts team raises £5,000

The team at Banbury-based Jacobs Douwe Egberts presented our fundraisers with a cheque for an incredible £5,010 – enough to keep our inpatient unit open for 24 hours, providing specialist care and symptom management to people in their most difficult times. The gift is part of their wider safety initiative, and Laura and Felicity were invited to their Safety Day to discover a little more about the work that they carry out as a team to keep each other safe.



CALA Homes supports our Lymphoedema clinic



L-R: Lymphoedema nurse, Heidi Allen, Partnerships and Philanthropy Manager, Laura Horton and Katy Sugden from CALA Homes with some of the lymphoedema supplies the award will help fund.

As part of CALA Homes' 2019 Community Bursary Scheme, the housebuilder donated £500 to support our Lymphoedema clinic. With around 500 appointments every year, the clinic helps patients who are living with painful swelling following a cancer operation.

Stuart Wallace, Managing Director at CALA Homes (Chiltern), explains why they chose Katharine House:

“We felt Katharine House was truly deserving of some community support for the incredible offering it provides for palliative care for patients and particularly those suffering with lymphoedema. We are thrilled to support their cause to purchase compression garments for effective lymphoedema treatment, and hope a good number of people will benefit from the funding we have been able to provide.”

The donation will go a long way towards supporting lymphoedema patients. Compression garments are an essential part of the treatment for lymphoedema as they help to reduce pain and swelling, allowing sufferers to achieve independence and a sense of normality during a difficult, uncertain time.

£1,000 from DHL

Huge thanks to the team at DHL Cherwell Site 1 for choosing us as their charity of the year in 2019. They've already raised £1,000 which will be match funded by their company with activities including a tuck shop, name the rabbit and other wonderful staff fundraising.



Make a Will Week 14-18 October 2019

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, all we ask is that you make a donation in line with the fee normally charged.

Choose a participating solicitor or a Will Writer from the list opposite and book your appointment with them today.



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 2019 Participating Solicitors:

Aplins
Banbury
Tel: 01295 251 234
Contact: Robert Henshaw

Spratt Endicott
Banbury
01295 204 000
Contact: Lucy Gordon

Bradley Saul
Chipping Norton
01608 648 020
Contact: Geoffrey Saul

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

Hancocks
Banbury
Tel: 01295 253 211
Contact: Michael Barlow

Tim Williams
Woodford Halse
01327 261262
Contact: Tim Williams

Johnson & Gaunt
Banbury
Tel: 01295 759 400
Contact: Sarah Horton

West Oxon Wills and Probate
Carterton
Tel: 01993 220 281
Contact: Mark Gorman



Create your legacy for Katharine House

Jannette is a Katharine House Community Fundraiser Volunteer and has decided to leave a legacy to Katharine House after she's gone. She told us "I hope the community spirit that enabled the hospice to be founded in 1991, can also ensure that the Katharine House is here for many more years to come, but I know this will only happen if people are generous. That's why I decided to leave a gift in my will to Katharine House and I hope more people in our community will do the same".

For further information on leaving a gift to Katharine House in your will, visit www.khh.org.uk/wills



PHOTO: Patients and volunteers in the art room.

Meet one of our art volunteers...



Georgia,
Art volunteer

We'd like to introduce you to Georgia and tell you more about how the art sessions at Katharine House benefit everyone who takes part.

What do you do at Katharine House?

I am an art volunteer and have been volunteering at Katharine House for just over a year. I run art sessions so people can draw, paint and create. I always enjoy coming in and listening to peoples' stories and seeing what they create.

How do the art sessions help?

They have a calming effect on everybody, they are an opportunity to relax and escape from everything outside. It's really friendly and great to have people to talk to, whilst enjoying the art process. It's also lovely that people can physically take something away that they're very proud of.

Lots of the art made in this room is for family members and used to save and share memories.

What surprises you most about the sessions?

The most surprising thing is the talent! Some people haven't done any art for years, and need encouragement to pick up a pencil. Some have never done art at all, but the amount of talent is amazing. Some people truly are a natural.

What do you get out of volunteering?

I'm having just as good a time as the patients who come here. I love chatting to everyone and hearing about their lives and stories.

I recently met a lady who knew my distant relatives, and told me all about them, they do say it's a small world!

I am always in awe and honoured to listen to people like John who fought in World War II and hear his incredible stories. It's such a friendly, relaxing and positive atmosphere.

Is there anything you would like to add?

I would encourage people not to be put off by the word hospice. Katharine House is a lovely and positive place and is always in need of volunteers. I would say sign up today!



Could you be one of our incredible volunteers? We're always on the lookout for amazing people who can donate their time and skills and help local people living with life-limiting illness. Find out more at khh.org.uk/volunteering

Ronnie's Reindeers run for Nana



When Ronnie was diagnosed with cancer in May 2016, she and her family learned that it had already spread and there was little that could be done to treat it. After being admitted to hospital, they feared Ronnie would spend the rest of her life there. That is until they learned that Katharine House was able to help.

Walking into the hospice, Ronnie and her family instantly felt at peace. This was where Ronnie – a mum, wife, sister and beloved nana – deserved to be.

Ronnie described her room as a little piece of paradise from which she could admire the gardens and

sunlight. It was the perfect setting for her and the family, who could bring Ronnie's grandchildren to say goodbye to their nana.

During her stay, Ronnie spent time with our chaplain, James, talking about her life. She was also delighted to be able to book a session with our volunteer hairdresser so she could look and feel more like herself in her final days.

Our bereavement team supported the whole family and enabled the adults to talk to the young children about what was happening to Nana.

Lisa, Ronnie's daughter said: "I don't think I could articulate just how incredible the staff were. Everyone was so caring and kind and it made the whole experience so much easier."

In the days before she died, Ronnie still found the humour in any situation and, in the peaceful setting of Katharine House, the family laughed and shared stories until the end.

Ronnie died in the way the family had all hoped for – peacefully, with dignity and surrounded by love.

Wanting to give something back to the hospice, the family took part in the Santa Fun Run as *Ronnie's Reindeers*, and raised a magnificent £1,335 in Ronnie's memory.



Please sign up for the Santa Fun Run and help raise vital funds for people like Ronnie. Sign up today at khh.org.uk/santa

SANTA FUN RUN
SUN 1 DECEMBER
Wykham Park Academy Banbury

Sign up at khh.org.uk/santa

We're running for Nana!

A message from Molly, age 9

Ronnie's granddaughter Molly took part in the Santa Fun Run last year in memory of her nana. She wanted to share a special message with you about this year's event:

Last year I ran the Santa Fun Run with my family and it was so much fun! It was hard but really exciting doing it with lots of Santas. Our legs got tired quickly, but we managed to do it with a little help from everyone cheering us on.

We ran for our Nana Ronnie who was the best nana in the world – she would have laughed so much seeing us doing the run all dressed up!

We hope to see lots of Santas this year :)

molly
x

Read more of Molly's story at khh.org.uk/molly

Upcoming Events

Keep up to date with the latest events at khh.org.uk/whats-on

Date:	Event:	Information:
September – March	Kärcher Accumulator Challenge	khh.org.uk/accumulator
September - November	Care for a Curry	khh.org.uk/curry
28 September	Skydive Day	khh.org.uk/skydive
7-13 October	Hospice Care Week	khh.org.uk/hcw
13 October	Oxford Half Marathon	khh.org.uk/run
14-18 October	Make a Will Week	khh.org.uk/willweek
18 October	Brackley Comedy Night	khh.org.uk/comedy19
23 October	Outside the Box – A live show about death	khh.org.uk/theatre19
1 December	Santa Fun Run	khh.org.uk/santa
3 December	Lights of Love Banbury	khh.org.uk/lights
5 December	Lights of Love Brackley	khh.org.uk/lights
21 May 2020	Wingwalking experience	khh.org.uk/wingwalk



Calling all Curry Connoisseurs

KATHARINE HOUSE HOSPICE

Care for a Curry

Host a Curry night this Autumn to raise money for people facing life-limiting illness in our community

www.khh.org.uk/curry

Registered Charity No. 297099



KATHARINE HOUSE HOSPICE

OUTSIDE THE BOX

Wednesday 23 October

The Mill Arts Centre, Banbury

Funny, wise and taboo-busting; Liz Rothschild confronts the 'elephant in the room' with grace and humour in Outside the Box. Asking audiences to embrace mortality and look on the bright side of life. She weaves surprising stories, a hint of history and some pithy commentary on the funeral industry (from one who knows!)

Tickets cost £12.50

khh.org.uk/theatre19

All proceeds go towards our work supporting people and their families facing life-limiting illnesses.

"It made me laugh, it made me cry, it made me want everyone to see it."

Matt Holland, Director, Swindon Literature Festival

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

"What a wonderful surprise! It paid for our city break - my kids were delighted!"

Caroline, Lottery Winner



**KATHARINE
HOUSE
HOSPICE**



Santa Fun Run

Sunday 1 December

Wykham Park Academy Banbury

**5km Santa Run • 1.5km Reindeer Run •
Santa's Grotto • music & refreshments**

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



Sign up at www.khh.org.uk/santa19