



**KATHARINE
HOUSE
HOSPICE**

Issue No. 56
Autumn 2021

Visit us at
www.khh.org.uk

30
Years



We're celebrating – it's our 30th birthday!

Not the Midnight Walk • Open gardens • 30th birthday special feature •
latest events • our supporters • businesses in action •
KHH services open up • Make a Will fortnight

Issue No. 56 Autumn 2021

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The Rt Hon The Lord Heseltine CH
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khosp

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Editor: Karen Welsh

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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 Fortnight
4-15 October
2021

Prepare or update your will during
Make a Will Fortnight
www.khh.org.uk/wills

Reg Charity No 297099

Welcome



From the Chief Executive

Dear supporters

This year Katharine House will be celebrating its 30th birthday! The fact that the hospice is still going strong after all this time is entirely down to you and your support. Thank you from the bottom of our hearts.



I am exceptionally proud to have been asked to lead Katharine House into the future and into the new era in partnership with Oxford University Hospitals NHS Foundation Trust (OUH). This is the first time I have had the chance to speak to our supporters in this magazine and I wanted to take the opportunity to update you all with our news.

Firstly, you will be aware that despite our partnership with OUH we still need the support of the community. The partnership is valuable and helps to secure the future and continue to provide the care that has aided so many families in their difficult times. However, we still need to provide over 50% of the clinical costs, and without your support and fundraising we would also not be able to provide all of the amazing things that make a difference. Your support is still needed so that we can provide all of the additional things that make hospice care so special - from bereavement support to art therapies, from relaxation classes to the hospice

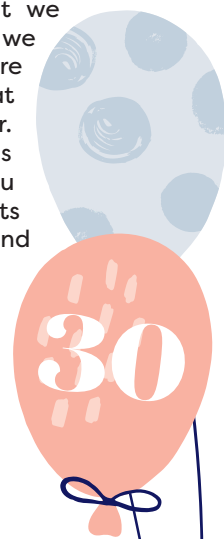
food and much more, we simply couldn't provide this without the support from you that helps make every moment matter for those who need it.

We recently had our Not The Midnight Walk event and it was wonderful to see so many people there supporting the hospice despite all of the challenges of Covid. This support will be needed even more as we go forward. There are so many people that we can't reach because of funding challenges. The more we can raise, the more people we can support.

We will be working hard to ensure that we continue to be trusted in our community as we advocate for you to ensure that not only are we able to maintain the quality of care that we are known for, but also develop it further. This will ensure that everyone understands exactly how we spend the money that you help us to raise and how we help our patients and their families make the most of life and make every moment matter.



Trevor Johnson
Chief Executive



Keep up to date with all the KHH News!

It's an exciting time for Katharine House! Make sure you keep up to date with all the latest news and events. Follow us on Facebook, Twitter, Instagram and LinkedIn, keep checking our website for updates and sign up for our e-newsletter - visit www.khh.org.uk/newsletter for more information.

As we celebrate 30 years in the community, we're looking forward to seeing in the next 30 with you!



Not the Midnight Walk!

Hundreds of walkers braved the scorching heat on Saturday 17 July to take part in the popular Midnight Walk event, which this year was Not the Midnight Night Walk.

Armed with hats, sun cream and plenty of water, our dedicated participants toured the streets and surrounding countryside of Banbury, cheered on by our local community.

Members from TSB, The Lions Club of Banbury, St John the Baptist Church in Bodicote, St Mary's Church in Banbury and RAF Croughton joined the scores of volunteers who gave up their time to marshal and support the walkers on the blistering Saturday where temperatures were in the high 20s.

Jen Storey from Karcher, which entered a team of 14 people into the event, said the need to raise money for the hospice far outweighed the discomfort of a little bit of heat: "We've been supporting Katharine House for years. It's such an important local charity that cares for people when they need it most, and we want to do whatever we can to help."

Joanne Wilson, owner of Paws Pets Supplies and Fishing Bait in Queensway, uses Not the Midnight Walk as an annual pilgrimage to meet up with her friend Helen Keeves who lives up north.

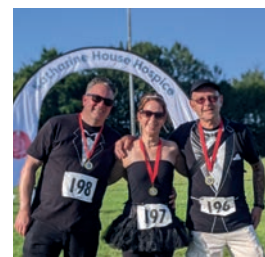
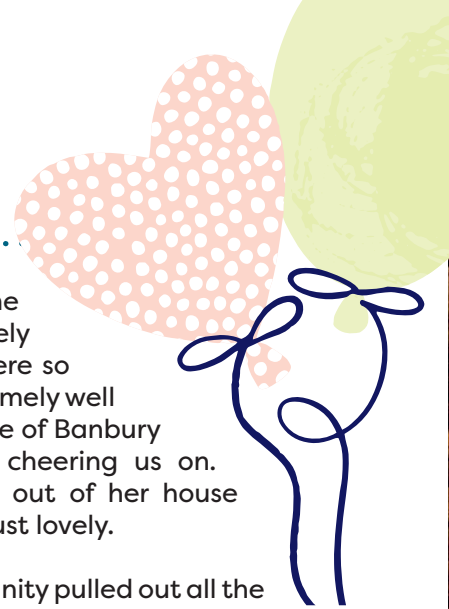
"The walk had an absolutely lovely route this year," she said. "It took us on a really pretty scenic route that I'd never been on before, even though I've lived here for years!"

Her friend Helen: "The whole day was absolutely brilliant. The marshals were so lovely, and it was all extremely well organised. And the people of Banbury were very encouraging, cheering us on. One woman even came out of her house with water for us, it was just lovely."

The local business community pulled out all the stops to support this year's event. A generous grant from Banbury Charities helped to fund the day; TSB also provided much-needed umbrellas to help block out the sun, whilst Bookers donated food and First for Feet provided the well-deserved glass of finish line fizz!

Katharine House CEO, Trevor Johnson commented: "We couldn't be more grateful to everyone that helped make the day such a success. It was a tough one to organise this year, and we faced many challenges because of Covid-19, but the spirit of everyone involved helped to make it a truly wonderful, enjoyable, safe day."

"Our volunteers were spectacular, and we must say a massive thank you to the local community for coming out in force to cheer our walkers on. "As a charity that still desperately needs funds to guarantee our survival and ability to provide care for people affected by life limiting illnesses, these events are fundamentally important, and the support of the community means everything."



Thank you to Banbury Charities

Katharine House wants to say a massive thank you to Banbury Charities for its generous £20,000 grant given to us to help us support the people of Banbury. This fabulous organisation supports us every year and we couldn't be more grateful. Banbury Charities are a group of eight registered charities that aim to support people in the area, especially those who are vulnerable, suffering from illness, accident or old age or are in need, in hardship or in distress. Find out more about on their website www.banburycharities.co.uk.



Blooming Marvellous Open Gardens

Our wonderful supporters have helped us raise thousands of pounds by opening up their beautiful gardens in aid of Katharine House.

Visitors have been treated to some truly spectacular sights, and amazing cakes, and raised vital funds for the hospice.

Thanks go out to these fabulous villages and individuals for their involvement:

Adderbury
Chadlington
Churchill
Culworth
Hook Norton
Hornton
Middleton Cheney
South Newington



Claire and her father John chose to support Katharine House after Claire's mother Roberta received care at the hospice. South Newington garden opened in May and they will stay open until the end of October. Asked why she chose to raise money for Katharine House, Claire said:

"Imagine being at sea. An ocean so stormy, tumultuous and engulfing that there can be no certainty, no rest. Instead, a deep feeling of helplessness, worry and fear combined with stress and exhaustion. This is what it can feel like to support a loved one with a terminal illness, at home, in the later stage of life."

"Then, as if by magic, the clouds part, the wind calms, and from the sky rains a shower of support, love and light: the Katharine House Hospice. The nursing team comprises gentle, understanding, perceptive, empathetic and experienced nurses. Their daily telephone calls were our lifeline."

If you would like to visit Claire and John's garden, in South Newington book now at www.khh.org.uk/open-gardens



If you have a garden you could open for Katharine House in 2022, email getinvolved@khh.org.uk and ask for more information.

Bereavement Services start to return to normal



Clients using the Katharine House bereavement service will soon have access to more of the face-to-face services they had enjoyed pre Covid-19.

Plans to bring back the popular bereavement café are in the pipeline and volunteers have started to receive training so they can support people in person.

Bound by Covid-19 restrictions and committed to keeping their clients safe, the majority of the bereavement services have run virtually since March 2020.

However staff and volunteers are excited that they now have the freedom to open up to more face-to-face interactions.

Mel Mobley said: "It feels like we might be coming out the other side and we're excited to be in a position where we can offer more to our clients. All through the pandemic we have supported people, meeting people's needs in different ways, but we're looking forward to seeing everyone face-to-face again.

"We'll continue to offer the virtual option as we've found that it actually works well for those who might have found it difficult to meet up in person. Having that flexibility means we can make ourselves even more available."

The Katharine House bereavement service helps people come to terms with the loss of a loved one, and ensures they don't feel alone.



To find out more, visit www.khh.org.uk/bereavement-services.

New and improved Living Well on its way!



This autumn will see the welcome return of our fantastic Living Well service, which has been greatly missed since Covid restrictions put a temporary stop to many of its popular activities last year.

Staff and volunteers responded quickly to the pandemic, ensuring that the wellbeing and support needs of Katharine House patients were still met.

But from September, patients and carers will once again have access to a whole host of face to face and group services when a new and improved Living Well opens its doors again.

Lydia Brook, Living Well and Supportive Care Lead, explains: "We've tweaked the structure of the Living Well service slightly so that we can specifically meet people's individual needs, whilst also ensuring as many people as possible can benefit from the service.

"From September, new referrals will be welcomed by the Living Well team. During an initial assessment, they will make individual goals, be they large or small, and an eight-week programme of activity will be developed to specifically meet their needs.

"After the eight weeks, there will be a review of the goals set and then if needed, people will be signposted to other internal and external services appropriate to them.

"The programme will continue to be centred around our Five Ways to Wellbeing which we know enhance individual wellbeing. Our service users will also now be able to benefit from a greater range of services at both Katharine House and Sobell House sites.

"The ethos of the service itself hasn't changed. We will continue to provide support for people from the point of their diagnosis of a progressive life limiting illness, equipping them with the holistic support and tools they need to help them live the rest of their lives with a sense of empowerment, purpose, and wellbeing.

Celebration Tree

Family and friends are being given the chance to celebrate the life of a loved one by sponsoring a dedication on our beautiful rose tree.

The stunning celebration tree, specially created for Katharine House, takes pride of place near our hospice reception area for all to enjoy and appreciate. Each leaf or rose motif can be dedicated to a parent, a spouse, a sibling, a friend – to anyone whose memory you would like to celebrate. You can also use it to mark a special occasion such as a birthday or anniversary.

Your leaf not only serves as a tribute to your loved one or to celebrate a special day; it will also help other families to create special memories at difficult times.

Available in gold, silver or bronze, the leaves can be engraved with the name of a loved one and will remain on the tree for a year – or longer if the tribute is extended.



Call 01295 816484 or email fundraising@khh.org.uk to find out more.

Jan and Robbie



Robbie has dedicated a rose to remember his late wife Jan who died from cancer in 2019. Here he explains why he has signed up to the Celebration Tree:

“All anyone wants is for their loved ones to be remembered. Jan’s ashes are actually in Scotland, so I am very grateful to have somewhere local to be able to visit to see her name. To come here and see her name and everyone else’s names on the tree will remind us all how important and amazing Katharine House is.

“Katharine House was there for Jan and me from the very beginning. Jan was diagnosed with breast cancer in 2017 and not long after, the doctors discovered that it had spread to her bones and was incurable. They recommended Katharine House.

“Over the next two years, Katharine House gave us both a huge amount of support. They looked after all of Jan’s symptoms and all the horrible side effects that come with cancer treatment. But she also came here for lighter stuff too. She came here for stress relief; she came here for specialist cancer massages, which she really enjoyed. I came here for bereavement support.

“Katharine House was just there behind the scenes for us whenever we needed it and of course, it was there for Jan and me in the end. We were given the option of being at home, but Jan wanted to come to Katharine House when a bed was available.

“On one of her last nights, she had lots of her friends and her sisters around for a night of champagne, pizza and fancy dress and lots of laughter. Not something you often hear about a hospice. That’s what Katharine House is all about.”

Lights of Love

Families and friends will be able to remember their loved ones this festive season through our Lights of Love service.

The popular Lights of Love initiative helps people remember the special times by leaving a memorial in their honour. More details will be posted about the event on our website nearer the time.

We know that coming to terms with the loss of someone close is difficult, especially at this time of year, but you don’t have to do this alone.



Celebrating 30 years of hospice care

Our hospice is 30 years old this October!

Thirty years ago on 14 October 1991 HRH The Princess of Wales officially opened Katharine House Hospice. Since then, the hospice has met the emotional, physical and medical needs of thousands of people affected by life limiting illnesses.

Katharine Gadsby was just 20 years old when she lost her life to cancer.

Her death set her father, Neil, and friends on a six-year journey to raise enough funds to build a place that cares for people during their toughest times.

Thirty years later and Katharine House Hospice is now an established, essential part of the community.



We will be organising a host of celebratory events and activities over the next year. Keep a look out on www.khh.org.uk

Jan 1985
Charity formed

Dec 1990
Katharine House Hospice building completed

Oct 1991
Hospice officially opened by HRH The Princess of Wales

May 1992
First six inpatient beds opened

Summer 1994
Took over the local Macmillan nurse service as the basis for our Katharine House community nurse specialist team

1995
Specialist lymphoedema clinic established

2000
Horton General Hospital support formalised

1985 to 1990
Friends and trustees led on fundraising to help build the hospice. As the hospice was being built, the first service of bereavement care began within the community

Feb 1991
First Day Hospice patient received

Jul 1992
Hospice gardens created in memory of Simon Weatherby and designed by Jane Fearnley-Whittingstall, officially opened by Richard Baker

Autumn 1994
Four additional inpatient beds opened – now totalling 10 beds





A word from our founder

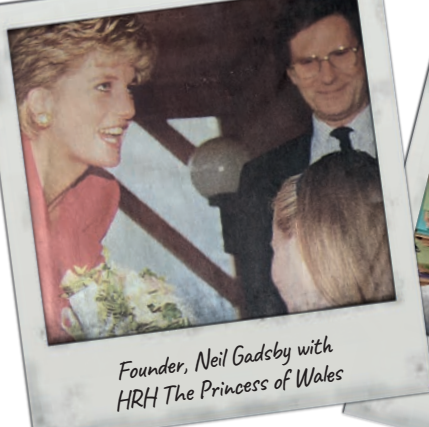
It is very satisfying to look back over thirty years and know that the hospice has made a positive change to the care of more than eleven thousand people who have turned to Katharine House for support, and I pay tribute to the skilled and dedicated staff who have been involved over these three decades.

These years have witnessed many changes as the hospice has evolved, none greater than the recent partnership with Oxford University Hospitals NHS Foundation Trust. But I am confident that one

thing will never change – the Katharine House philosophy which puts people at the heart of all we do.

Of course, there is one further fundamental thing which must not change – the symbiotic relationship with the community which ensured that the hospice thrived. In thirty years as chairman of the charity I witnessed so much supportive endeavour which future generations will need to maintain, as I am sure they will.

Neil Gadsby MBE
Founder President



Founder, Neil Gadsby with HRH The Princess of Wales



Neil Gadsby, Founder



thing will never change – the Katharine House philosophy which puts people at the heart of all we do.

“The hospice is somewhere that instantly lifts the spirits. The building was designed to nestle gently into the landscape and somehow that sense of ‘being held’ transmitted itself as I walked through the building for the first time. When Katharine House cared for my father, he called it ‘the best place – the Rolls Royce of hospices.’”



2009
New Day Hospice building opened

2019
New Living Well service launched

2020
Launch of Volunteer Companion Service



2017
Community nursing service extended from five to seven days a week

April 2021
New partnership with Oxford University Hospitals NHS Trust to manage Katharine House clinical services



2005
Bereavement support service extends outreach to children and teenagers

Years

Spectacular spooky show!

For a frighteningly good night out, join us at Spookfest, the very popular local music event, which is being revived this year to celebrate the 30th anniversary of Katharine House.

Launched in 2013 by a group of local friends, Spookfest ran for three years, raising money for the hospice in memory of Dorothy Plumb. This year on Saturday 30 October – six years since the last event – the friends will be back to revive the Spooky shenanigans!

With four local live bands entertaining revellers until the early morning and a Mexicana 'Dia de los muertos' theme, the night promises to include a host of thrills and spills.



Tickets cost £15 and are available for 18s only on www.khh.org.uk/spookfest-festival

Tree-mendous recycling idea!

Join our Christmas Tree-cycle and raise vital funds to support the Hospice!

New for 2021, Katharine House Hospice is joining hospices up and down the country and taking part in a Christmas Tree Recycling Scheme. We are planning to collect and recycle 250 real Christmas trees to raise money for our vital services.

In January 2022, hospice volunteers will be out and about in the local community collecting real Christmas trees from households in OX postcode areas. This is our very first time taking part in the scheme, so we're just sticking with these postcodes for now. We hope the scheme will help to raise more than £2,000, to support the vital services we offer to local families over the Christmas period.



If you would like to know more and sign up for a tree collection, or if you'd like to volunteer your services and a van to help on the day, please visit www.khh.org.uk/christmas-tree-cycle.



On track for twinkly tractor run!

A festive fleet of fairy lit tractors will once again be taking a tour around the local villages to spread some Christmas cheer and raise money for Katharine House Hospice.

Our fabulous supporters RC Baker are bringing back their annual Christmas Tractor Run on 18 December 2021. The family run agricultural business has been running the merry event since 2016, raising tens of thousands of pounds for the hospice.

The Christmassy convoy will be delighting spectators on Saturday 18 December. Watch out for news on the official route on our website.

A lesson in festive fun!

Do you know a school that could take part in our fabulously fun and festive School Santa Relay Race?

Last year, more than 6,000 pupils from primary and secondary schools in the area dressed up as Father Christmas and ran their own Covid-19 secure relay challenges to raise funds for Katharine House Hospice.

In 2020, the hospice was forced to cancel its popular Santa Fun Run event, which sees hundreds of people come together to take on the challenge in costume every year. In its place, the hospice ran a virtual fun run, and also launched the School Santa Relay Challenge, which encouraged schools to run their own race on their premises.

Cherida Plumb, Community and Events Fundraising Manager said: "The School Santa Relay Race was such a success last year that we've decided to bring it back! Around 18 schools took part and the pupils really embraced it. It was wonderful



thinking about the thousands of Santas running across school fields all around our local area.

"We very much hope that we can bring back our community Santa Fun Run on Sunday 5 December this year, but we will also be offering people the

option of taking part in a virtual run instead. Keep checking our website for updates!"

If you have a connection to a local school, tell them about the School Santa Relay Challenge to make sure they don't miss out on the fun.



For more information about our School Santa Relay Challenge and Santa Fun Run event, visit www.khh.org.uk/santa

Spice things up!

As the summer days start to fade and the nights grow colder, nothing warms you up quite like a delicious curry.

Support our Care for A Curry campaign this Autumn and hold your own curry themed event! Just choose a date and location, gather your family, friends, teammates or colleagues and hold a great evening of curry and fun whilst raising money for people affected by lifelimiting illness. Why not coincide it with National Curry Week 2021 from 7 to 12 October!?

Whether you make it, fake it, or 'take it away', be a part of Care for A Curry this Autumn.

Don't forget to tag us #CareForACurry #KHH in your posts so we can all get jealous of your outstanding culinary skills.



Download your free party pack from our website at www.khh.org.uk/curry for hints, tips, decorations, goodies, and great curry recipes from around the world.

Our supporters have enabled Katharine House Hospice to celebrate 30 years in the community. Here are some of the latest endeavours.

Fundraising efforts not to be poo-pooed

Members of Barford Green Gardening Club are taking a novel approach to raising money for Katharine House, by selling horse manure!

The gardening club in Barford St Michael made Katharine House its charity of the year for 2021, and has already raised money for the hospice through a number of fundraising activities including a photography competition, and plant swap events.

Kathryn Wheeler, whose husband previously received care from the hospice, has been selling barrows of horse manure at the gardening club in return for donations to the hospice.



She said: "I wanted to fundraise for Katharine House to thank them for the kindness, end-of-life care and compassion given to my husband Dave Wheeler 18 months ago. Friends and neighbours were generous in the donations given for well-rotted horse manure!"



The sky's the limit!

The return of a popular sunflower growing competition in the villages of Little and Great Bourton has ignited residents' competitive spirit and already raised almost £500 for Katharine House.

In the 1990s, the Bourtons regularly held the annual competitions and with villagers spending more time in their gardens because of the pandemic, Bourtons' Gardening Club brought the contest back last year.

Having been well received, it's back again for 2021, with Katharine House nominated as the chosen charity to receive the donations.

A representative from Bourtons' Gardening Club said: "It was great fun and hugely popular last year. Our giant sunflowers were sometimes multiheaded and not so giant but brought cheer and colour to our lives in lockdown."



What a trek!

Intrepid trekker David Whitaker recently walked a staggering 177 miles across Offa's Dyke, from Prestatyn to the River Severn, to raise money for our care and services.

Raising an incredible total of £1,829, David said: "I was delighted to raise money for such a great institution as Katharine House. I know the wonderful work that's been done there – not least over the last 15 months."

"It was an amazing experience. It was hard work and challenging at times but along the way I was rewarded with fabulous scenery and some of the best and hottest weather this year. Thanks to everyone for their generosity. At the low points (and there were a few), their support for a good cause made all the difference."



Investing in the community

We're delighted to welcome local business **CMS Wealth Management** which has just become one of our newest corporate partners. Based in Aynho, the financial advisor company has pledged to donate at least £1,000 every six months, and we are thrilled to have already received their first donation. Brave staff members are taking part in our Firewalk and Wingwalk and we can't wait to cheer them on.

"We are delighted to sign up as a corporate supporter of Katharine House and look forward to joining their exciting fundraising events, in addition to organising our own to generate further donations each year.

Katharine House is a local charity to our business and has played a fundamental role in supporting our staff and their families during difficult times. The work that they do is outstanding and vital in providing wellbeing for people affected by life-limiting illness.

Our long-standing friends

Mainline Timber in Woodford Halse continues to give their fantastic support. Over the last year they have donated a further £3,211, including monies raised from their customers via our collecting box, and over the past seven years have raised a total of just under £13,000 to help fund our hospice care.

The amazing team at **DHL** knew how much we needed extra support during the pandemic and chose Katharine House again as their Charity of the Year. Over the past 10 months, the DHL team have raised a much-needed £8,920 through their tuck shop, staff events and company

matched giving. They even held a special Polish Fat Thursday event earlier in the year. Bev Goodwill, Warehouse Administrator and Charity Champion told us *"I really enjoy hosting events for DHL, and knowing we are helping such a wonderful charity that is close to everyone's hearts is amazing."*

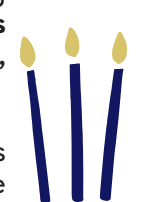
For many years we have worked with **Booker Wholesale UK** who we regularly order our food supplies from for patient meals. Over the years Booker has given back many times over, frequently providing food and drink for our fundraising events. This summer we were delighted to have the team's support again when they provided much-needed refreshments for our participants at our Not the Midnight Walk event, helping the hospice to save money and keep event costs down.

Many thanks to some of our other corporate supporters who have kindly supported the hospice in just the last few months, including **Bibby Financial Services, John Nicholls (Banbury) Ltd, Karcher, Magna Exteriors, Principal Medical and Round and Jackson.**

Having the support of local businesses is essential to Katharine House, and we are extremely grateful to all who kindly lend their generous support. Thank you.



To partner your company with Katharine House, simply get in touch and email fundraising@khh.org.uk.



Leave a lasting legacy

This year, our Make a Will Week has been extended to Make a Will Fortnight!

For two weeks, from 4-15 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 help support people affected by life-limiting illnesses at the same time.

Chose from one of the participating solicitors and will writers displayed here www.khh.org.uk/wills, and instead of paying them the normal fee for preparing your will, the amount will be donated instead to Katharine House.



Book your appointment with them today! Visit www.khh.org.uk/wills for more information

Please remember to mention Katharine House Make a Will Fortnight when you make your appointment.

Lindsey's story



Lindsey Bowser will be taking part in Make and Will Fortnight and leaving a legacy to the hospice in memory of her husband Quentin who died three years ago.

Lindsey said: "For a number of years my husband Quentin and I regularly participated in fundraising for the hospice at our local village pub. Then Quentin was diagnosed with bowel cancer at the age of 49 and in his last months and weeks received exceptional care, initially from

Make a Will Week 2021 Participating Solicitors:

Aplins

Banbury
Contact Robert Henshaw
Tel 01295 251 234

Brethertons LLP

Rugby
Contact Sarah Horton
Tel 01788 579 579

Brethertons LLP

Banbury
Contact Sarah Horton
Tel 01295 270 999

Spratt Endicot

Banbury
Contact Lucy Gordon
Contact Julia Routen
Tel 01295 204000

Brethertons LLP

Bicester
Contact Nakita Smith
Tel 01869 252 161

West Oxon Wills

Contact Mark Gorman
Tel 01993 220 281

the Katharine House Community Nursing team and then within the inpatient unit. The care was absolutely exceptional, as was the support given to our family.

"What was also so important – and valued – were the seemingly little things, such as being able to bring our dog in to visit him every day where we could sit outside in the beautiful garden with Baxter at his feet. It is such a positive and tranquil environment, which also affords moments of genuine laughter and joy, and that is absolutely priceless to both patients and their families.

"When you lose somebody, you always think is there anything else I could have done. But I know, thanks to Katharine House, that the answer is no.

"I know he was in the right place. He was at peace and that is such a priceless gift. I want to return the kindness by giving a gift to Katharine House."

"I truly believe that Katharine House is unique. I don't think any other hospice offers the same. It's an incredibly special place and we need to protect it."

Volunteer story



Volunteer Maggie Guy describes the impact that Covid has had on her counselling role: “The bereavement support work offers a special service. It is a valuable way to give back to the local community and is something that’s

always challenging, definitely meaningful. During the pandemic, we’ve had to learn to work differently, doing all our support work on the telephone.

“Initially, it was very difficult not being in the same room with a person, as you can’t read body language and silences feel very long. But over time I’ve learnt to tune into the nuances of language. I know it sounds like an oxymoron, but if you concentrate fully on what people are saying, you can ‘see’ and feel the emotions they are struggling to verbalise.

“During COVID, I’ve noticed that people have needed longer periods of support. Restrictions on the numbers of people allowed to attend funerals, lack of being able to socialize or go to the pub with friends and share your experience of loss has made bereavement an even more difficult journey. Every time there was a change in the restrictions, I found that many of my clients had to take a breath and a step backwards before moving forwards again.

“I have felt enormously proud of what our colleagues achieve at Katharine House under enormous pressure and uncertainty. Without fail, clients say how compassionately their loved one was treated, how staff went above and beyond the call of duty, and during the final moments they witnessed care with dignity in death.

“Helping people to manage their grief is a huge privilege; clients trust you with deeply important personal experiences, which they might not have shared with others.”

Check out our website for more information
www.khh.org.uk

Date:	Event:
Sept – Oct	Care for A Curry
Sept – Oct	South Newington Gardens
17 Sept	Firewalk
18 Sept	Swim Serpentine
3 Oct	London Marathon
4-8 Oct	Hospice Care Week
4-15 Oct	Make a Will Fortnight
10 Oct	Oxford Half Marathon
30 Oct	Spookfest
5 Dec	Santa Fun Run
26 May 2022	Wingwalking experience

KATHARINE HOUSE HOSPICE

Play our **LOTTERY!**

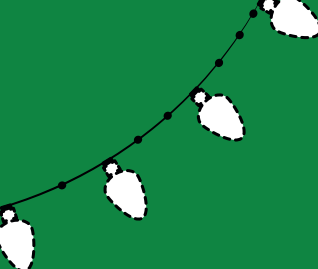
Your chance to **WIN**

£ 1 0 0 0

Play our weekly lottery and support people with life limiting illnesses

Find out more at www.khh.org.uk/lottery

Reg Charity No 217091



**KATHARINE
HOUSE
HOSPICE**



Santa Fun Run

This December

**Join us for a festive
fun 5km run**



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



Reg Charity No 297099

For more details visit www.khh.org.uk/santa