



*"THROUGH LIVING WELL, I
CAN ESCAPE MY WORRIES.
IT HELPS ME TAKE A BREAK
AWAY FROM IT ALL."*

Read Simon's story on page 5



GET TOP TIPS ON
WILL WRITING ON
PAGE 17

FIND OUT HOW
YOUR SUPPORT
HAS IMPACTED THE
HOSPICE ON PAGE 10

WHAT'S
HAPPENING THIS
CHRISTMAS? FIND
OUT ON PAGE 8

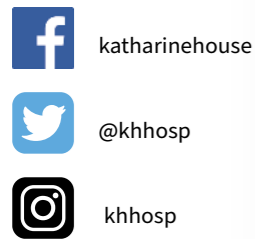
Issue No. 58
Autumn 2022

Katharine House Hospice
Aynho Road
Adderbury
Banbury
OX17 3NL

Tel: (Main) 01295 811 866
Tel: (Fundraising) 01295 816 484
Email: enquiries@khh.org.uk
Website: www.khh.org.uk
Reg. Charity No. 297099

Katharine House Hospice patrons:
The Rt Hon Sir Tony Baldry PC DL
The Rt Hon The Lord Heseltine CH PC
Lord Saye and Sele DL

Find us on



Issue 58
Autumn 2022
Editor: Karen Welsh
Design: www.dougdawson.co.uk

© 2022 Katharine House Hospice
All Rights Reserved

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



Contents

- 3** CEO Welcome
- 4** Our care – Living Well Service
- 6** Our community in action
- 8** Coming up this Christmas
- 9** Giving in memory – Remembering a loved one
- 10** How your support has impacted our patients
- 12** Supporter stories
- 14** Our businesses
- 17** Make a Will Fortnight
- 18** Our volunteers
- 19** Meet the team
- 20** Santa Fun Run 2022

PLAY OUR LOTTERY!

Your chance to win

£
1
0
0
0

- Support local people with incurable illnesses
- 20 cash prizes to be won every week
- £1,000 for lucky winner
- Just £1 to enter each week

Sign up TODAY

www.khh.org.uk/lottery

THE ROSE

Welcome to another edition of our supporter magazine. We want to ensure that we keep you updated with everything that is going on.



We are now one year into our partnership with OUH and it is clear that this has helped us to provide the support our patients and their families need better than ever before. Over 800 people have received the outstanding care and support that Katharine House is known for in this first year.

Being there for people when they need us most is the core of why we exist and why all of our staff are so proud to work here. With the continued support of our community, we want to ensure that our care is available to everyone who needs us.

We also want to be sure that we explain to our community who we are and what Katharine House can do to help people. Those who have experienced our care will know that many of the myths about hospice care are just not true. Katharine House is not a sad place and it is not just a place to go in the last days of life. We want people to understand the difference that exceptional palliative care can make to quality of life during illness and how we can help families cope with grief, and we will be doing more to communicate that.

Maybe we'll see you at some of our fundraising events this year? Our staff work tirelessly to create and host activities that help fund the hospice and its services, meaning we can continue to make every moment matter to our community.

I hope you enjoy reading The Rose and hearing all about the things we are doing. Thank you for all of your support.

Trevor Johnson

Trevor Johnson
Chief Executive

On the cards this Christmas

It's the autumn magazine, which can only mean one thing – KHH Christmas cards and the 2023 calendar are now on sale! Cards cost between £2.75 to £3.50, with our calendar costing £5. Simply fill in the accompanying catalogue by Monday 5 December to get yourself sorted for Christmas, while helping support the hospice at the same time.



You can also buy the cards and calendar online. Go to khh.org.uk/christmas-shop to place your order.

For all the latest KHH news



sign up for our e-newsletter:
khh.org.uk/newsletter



 Living Well could not run without the dedication of our volunteers. See page 18 to read Lindsey's story.



LIVING WELL

Covid hit all of our services hard, and this was particularly true for Living Well. The service was just getting off the ground, having transitioned from a day hospice, before the pandemic hit, causing its development to come to an abrupt stop.

Finally, after almost 18 months of Living Well care and support taking place either virtually or over the phone, the service is slowly opening up to pre-pandemic levels. Patients who are signed on to the service have been coming to the hospice on Mondays and Thursdays to enjoy photography lessons, art classes, creative writing workshops and much more, giving them a chance to meet other people and enhance their wellbeing.

Deputy Matron Helen Disley said: "It's so lovely to finally see people using the Living Well services face to face. At Katharine House, we know that people affected by a serious illness have their own individual wellbeing and support needs, whether they are a patient, a carer or are recently bereaved.

"Our Living Well service is designed to help people who have been diagnosed with an incurable illness find ways of enhancing their wellbeing, helping them to live their lives in a happier, more fulfilled way."



Have you been helped by Katharine House?

If so, we'd love to hear your story.



We love hearing from our patients and their families. Being able to share stories is what makes it possible for us to raise funds and keep caring for people living with incurable illnesses in our community.

To find out how your story could be used and how to share it, go to khh.org.uk/sharestory

Simon Finch

Sixty-three-year-old Simon Finch from Banbury has been using Living Well since the service restarted this spring.

Simon was diagnosed with metastatic prostate cancer in 2019 and was referred to Katharine House for palliative care.

He admits that, at first, he wasn't sure about coming into the hospice for Living Well. He told us: "But in the end I just thought, if I don't try, I won't know. And I'm so glad I have."

A different type of care

"I didn't have any idea what a hospice really did. There's this perception that it's somewhere you come to end your time, but it's not like that at all.

"I didn't realise it was going to be so relaxed. I've been to previous groups that were more focused on the illness, rather than on wellbeing, which haven't worked so well for me.

"I didn't know it was going to be so caring, so supportive and so

informative. There is so much empathy here. People understand your condition and what you're going through. It's enlightening to receive all this support and respite."

New opportunities

Simon went on to explain how much enjoyment he gets out of the activities provided by Living Well.

"Part of the opportunity that Living Well provides is the activities; the chance to do something you wouldn't normally have done. Rather than focus on what you can't do, you're learning new skills.

"I've had two strokes, which have caused confusion and some cognitive issues so doing something with my hands, which also exercises my brain, has really helped me - just having that stimulus of doing something practical.

"Through Living Well, I can escape my worries. It helps me take a break away from it all and not focus on my worries. It helps me to break out of that spiral."



Read Simon's full story on our website: khh.org.uk/simons-story

FUNDRAISING FRENZY

What a summer we've had! A big thank you to all the wonderful fundraisers in our community who, among other things, walked, flew, abseiled and gardened on our behalf. We couldn't do what we do without you. Here's a brief round-up of the highlights of the summer of '22.

Moonlight Walk this way

Hundreds of walkers didn't mullet over this summer when they decided to take part in Katharine House's fabulous Moonlight Walk event.

The 80s-themed extravaganza was a sea of leg warmers, pink tutus and popular 80s characters as participants got into the spirit of things at Easington Sports Football Club on 16 July, lit by moonlight and cheered on by the local Banbury community. Around 400 people took part in the event, which raises more than £45,000 for the hospice each year.

Fundraising feat

Rhona Maguire (see below) who was celebrating her 65th birthday, asked her family to join her on the Moonlight Walk this year instead of buying presents.

Unfortunately, Rhona fractured her foot just weeks before, during an incident with monkey bars, and wasn't able to take part. But she still joined her family for the pre-walk party before they set out on the walk in her honour.

"Our team name had to change from 'Nanny Ro on the go' to 'Nanny Ro can't go', but I'm so pleased my crew carried on without me. Our fabulous local hospice has supported family and friends in an incredible way – not only supporting the patient, but the whole family unit. The support really is something else."

Going the extra mile

Helen Lerwill, Events Project Manager for Katharine House said: "Well, what a night! The support we received from participants, businesses, community groups and the general public has just blown us away."

"We're still struggling to get our fundraising events and activities back to normal following two years of



upheaval and it means so much to us that people are still choosing to raise money for the hospice, helping to ensure that Katharine House continues to care for people in their community."

A whole host of businesses sponsored or supported the Moonlight Walk this year. For more information about how they helped, see page 14.

Thank you to Banbury Charities

Katharine House wants to say a massive thank you to Banbury Charities for its generous £15,900 grant to help us cover this year's Moonlight Walk event costs. This fabulous organisation supports us every year and we couldn't be more grateful.

Banbury Charities is a group of eight registered charities that supports people in the local community, especially those who are vulnerable, suffering from an illness, in need or in distress. Find out more on their website www.banburycharities.co.uk.

On a wing and a prayer



On 26 May, a brave bunch took to the skies and wing-walked for Katharine House Hospice. Despite it being a very windy and overcast day, the five wing-walkers had a great time and completely smashed their fundraising target, reaching £12,000!!!

Carol had always wanted to give wing-walking a try: "Even though I was the eldest person at 78 years young on the wing-walk for Katharine House, I had an amazing time. I didn't want to come down and the flight was over far too soon, but another four people were waiting their turn to raise money for the hospice. Thanks to all concerned who made it possible."

Oxford Half Marathon



The Oxford Half Marathon on 16 October will take runners on a flat 13.1 mile route that winds around Oxford's most iconic landmarks. To join our team, visit our website at khh.org.uk/oxford.

Head for heights

Our Head of Fundraising, Stephanie Lawless, wanted to lead by example when she showed us the ropes by taking on an extreme abseil in aid of the hospice.

"Since joining the lovely team at Katharine House I felt I had to sign up to do an event. The abseil team were amazing and while the experience really was scary, I am so pleased that I ignored my fears and did it. Would I do it again? Absolutely not!"



Something spooky



The Halloween Walk is a spooky sponsored night-time walk around London's iconic Oval – with the choice of walking from 10km to a full marathon. Simply choose your distance, gather your bravest guys and ghouls or go it alone if you dare. khh.org.uk/halloween

Flower power



Our wonderful supporters have been raising funds by opening up their beautiful gardens in aid of Katharine House. Visitors were treated to some truly spectacular sights, and amazing cakes, and raised vital funds for the hospice at the same time.

Thanks to all those involved, including Brian, one of the hospice's fabulous volunteer gardeners, who helped host Katharine House's own open gardens event. He said: "The showers held off and it was an enjoyable afternoon. Many returning visitors were appreciative of the chance to see what has been developed since the previous opening three years ago."



If you have a garden you could open for Katharine House in 2023, email getinvolved@khh.org.uk and ask for more information.

Future challenge events



If you would like to get involved with a challenge event for Katharine House, find out what's coming up at khh.org.uk/challenge.



Coming up this Christmas

It's beginning to look a lot like Christmas here at Katharine House as our fundraising teams get cracking on our full calendar of festive events and activities.

Christmas Tree Cycle

We're bringing back our tree-mendous fundraising scheme, which takes away the stress of disposing of real Christmas trees. We will be out collecting your trees on January 6 and 7. Keep an eye on our website to book your collection.

khh.org.uk/christmastree



Schools Santa Run

Making a welcome return for a third year is our ever-popular Schools Santa Run, which encourages pupils and staff to run their own Santa races on their premises. Last year, a staggering 32 local schools took part, with 6,793 pupils raising more than £9,500 for Katharine House.

St Leonard's CE Primary School raised £848. Lisa Nottingham, Year 4 teacher and science leader said: "As a Church of England primary school, our school vision is to 'live life in all its fullness' and one of our school values is 'love', so raising money to support a local charity providing palliative care to our local community is something that we all wanted to take part in."

khh.org.uk/schoolssanta



Tractor Run

The widely popular RC Baker Christmas Tractor Run date has been confirmed. Get Saturday 17 December in your diaries now to watch the festive fleet of fairy-lit tractors roll on by.

khh.org.uk/tractor



Santa Fun Run

Tickets are now available for our Spectacular Santa Fun Run taking place at Spiceball Park on Sunday 4 December. Join with family, friends and colleagues this December to kick off the Christmas period by running 5k or 1.5k around the park dressed in our Santa suits.

khh.org.uk/santa



Lights of Love

You are warmly invited to our Lights of Love event on Thursday 8 December. Lights of Love is a special gathering where we come together to remember and celebrate the lives of those we have loved and lost. The event is made up of reflections by hospice staff and guests, songs and carols. Pop the date in your diary and keep an eye on our website for more information.

khh.org.uk/lights



Remembering a loved one

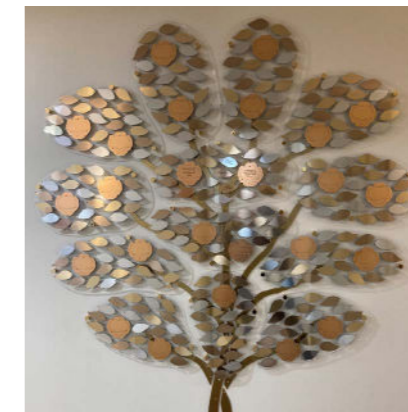
The loss of a loved one can be one of the hardest things we ever live through. As part of the grieving process, many people find that, after time, they wish to celebrate their loved one's life, and choose to include Katharine House as part of this. Here are some of the ways you could remember someone special and raise money for the hospice.



A rose to remember

New to 2023! In late spring to early summer we will arrange a beautiful garden of ornamental sculptured roses as a tribute to those we have loved and lost. Each rose will commemorate the life of someone special and will be available for you to purchase and subsequently position in your own garden, should you wish.

The event will be held at Sulgrave Manor with more details available on our website closer to the time.



Celebration tree

The Katharine House Celebration Tree, located at the hospice, is a specially commissioned rose tree, that celebrates the lives of loved ones with a lasting tribute.

You may purchase a rose or a leaf in bronze, silver or gold that will stay on the tree for a year. At that point, you can either take it home or renew it if you wish.

Your dedication can be in memory of anyone special, no matter when or where they died. Find out more on our website (see below).



Funeral collections

Some people choose to support the work of Katharine House by asking for donations at a funeral or memorial service for a loved one. These in-memory collections offer the chance to create a lasting legacy in their name, by making a difference to the lives of other people.



Online tributes

We are partners with MuchLoved, the leading online tribute website service, to enable you to create your own personalised and free online memorial in memory of your loved one.

You can use the page to share photos, memories, details of the funeral service, and, if you wish, to allow people to make donations to the hospice and share their own memories.



To find out more about each of these ways to celebrate a loved one's life, please go to

khh.org.uk/remembrance



HOW YOUR SUPPORT HAS IMPACTED OUR PATIENTS

Thanks to your support, our team of specialised doctors and nurses were able to provide holistic care to 815 patients and their families last year, helping them make the most of the time they have left and create quality memories with their loved ones.

"I just wanted to thank you for all the help you gave us that enabled my dad to stay at home and receive supportive care. It was his wish to stay at home and it is so comforting to know that he only spent a few days in hospital. This last day in the hospice meant that he was well looked after and did not die on his own."

Both at the hospice and in a patient's home, we cared for people with 47 types of cancer and 21 illnesses that were non-cancerous including Motor Neurone Disease, Parkinson's Disease, Multiple Sclerosis and heart disease.

In the community
Despite being restricted by the pandemic, our community team interacted with patients 2,252 times and cared for 453 people both in their homes, at hospital and in care homes.

We supported more than 130 patients, including 10 children, who were in need of bereavement counselling, offering them a listening ear, emotional support and practical advice.

At the hospice
Our Inpatient Unit team supported 172 patients on the hospice ward, with each patient staying an average of 17 nights. Patients were able to benefit from our exceptional care as well as enjoy our stunning gardens and delicious food – with almost 10,000 meals being served in the last year alone!

Our physiotherapists carried out a range of services including mobility assessments, exercise programmes,

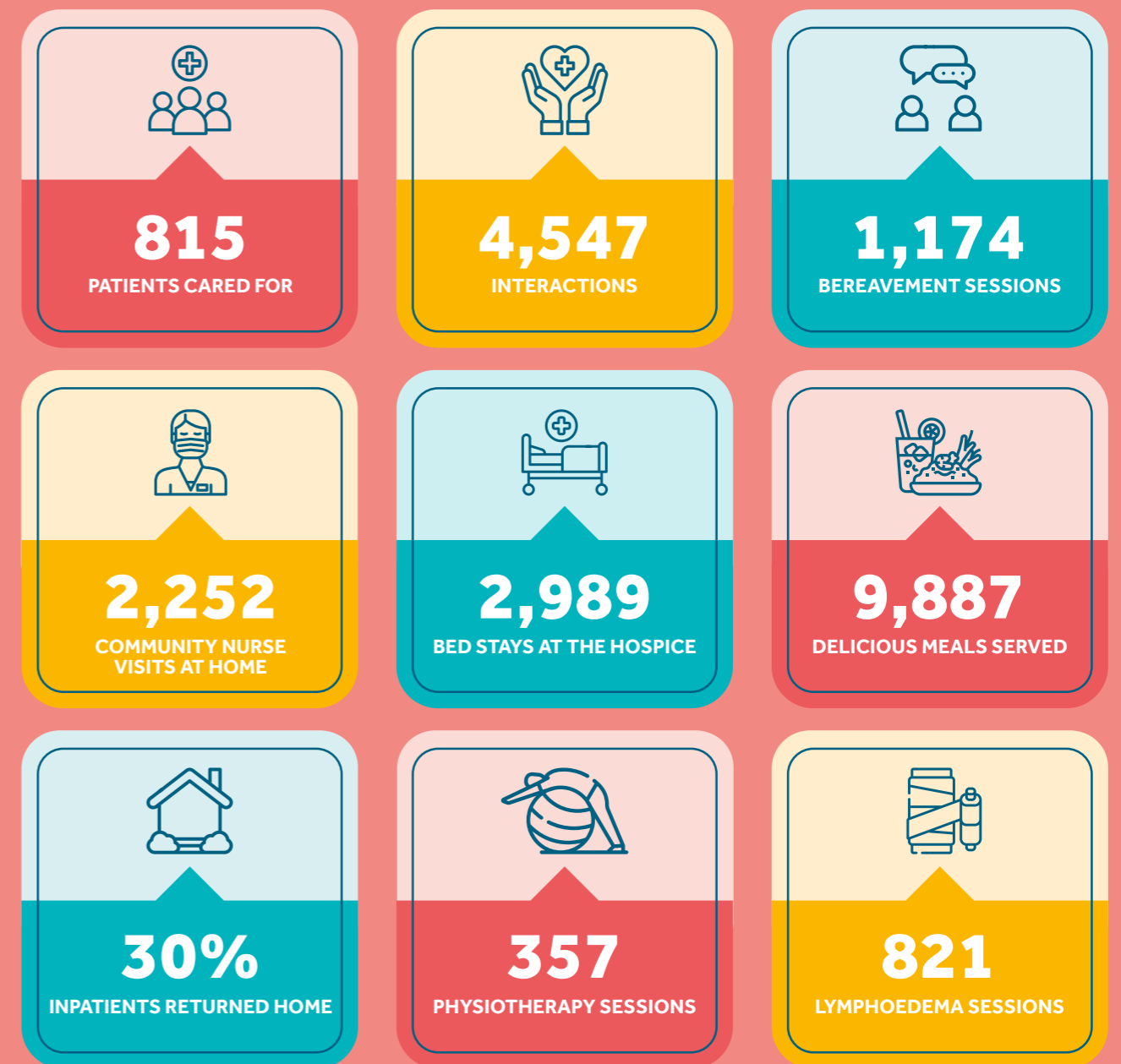
breathing and relaxation sessions, anxiety management, symptom control and acupuncture.

And our Living Well team were able to run 693 activities to keep patients engaged, via the phone, online and in person (see below).

Living Well's offering

- Relaxation
- Spiritual support
- Health walks
- Creative writing
- Social work
- Art

HOW YOU MADE A DIFFERENCE



453

PATIENTS CARED FOR IN THE HOME OR IN THE COMMUNITY



172

PATIENTS CARED FOR IN THE HOSPICE WARD



130

PATIENTS RECEIVED BEREAVEMENT SUPPORT



60

PATIENTS SUPPORTED BY LIVING WELL AT THE HOSPICE



OUR SUPPORTERS



Pawsitively stylish!

Thanks to the handiwork of Barbara Spicer from Little Bourton, there were some dapper-looking dogs celebrating the Platinum Jubilee back in June.

Experienced sewer Barbara made around 30 dog bandanas fit for a Queen's corgi and sold them around the village and to friends locally, raising a brilliant £80 for the hospice.

Barbara said: "The dog bandanas were a one-off for the Jubilee. They are very easy to make, and I did a range of sizes to accommodate different dogs ranging from XL (St Bernard) to XS (Chihuahua). Some had to be custom fit, including one for a British Bulldog with a large neck!"

"When people found out the bandanas were raising money for the hospice they often didn't want any change!"

Raising lots of dough

Chacombe WI has proved that there's no such thing as 'too many cooks' following the publication of their own recipe book – *The Food Feast Full Monty!*

The talented WI members were inspired to create the cookbook during lockdown to share their love for food and help fundraise for Katharine House. And they certainly rose the challenge.

Alison Castle, group President, said: "In Chacombe WI, we've had first-hand experience of Katharine House, as several members have had family who were supported by the hospice and I personally had support when I lost my dad. This book was our way to say thank you to Katharine House for providing such an amazing service to our community."

The Food Feast Full Monty – which covers everything from starters to puddings and preserves – is available from Waterstones, Banbury; The Old Hall Bookshop, Brackley; by email from chacombewi@gmail.com. You can also buy it online from Waterstones.



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

Beating the RUSH

Running through mud, ice-cold water and jumping off obstacles isn't everyone's idea of a fun way to spend an afternoon. But John 'JT' Turney and his friends were always on the lookout for the next big obstacle race that they could savour.

After being diagnosed with cancer, JT spent his final days at Katharine House in September 2020. JT's friend, David Simkins, said: "There was one race left that JT wanted to do but didn't manage to fit it in – The Nuclear Races Rush

obstacle course. Only 12km in length, but with 70 demanding obstacles to complete against the clock. It felt only fitting that we run this race in memory of JT and at the same time support Katharine House where he spent his last days."

So back in May, David and 10 of JT's close friends couldn't wait to get to the start line of the Rush event so they could run, jump, swing, crawl and slide to help raise more than £4,000 in honour of JT. And we think you'll agree they earned every penny!



If these stories have inspired you to raise money for our hospice, why not visit our website and take a look at some of the great ideas on our fundraising page? www.khh.org.uk/fundraising



On course for success!

Following the death of his wife Marie in December 2019, Dan Bones decided he wanted to raise money for our hospice by taking on a challenge in her memory. Dan said: "For the final few days, Marie was cared for exceptionally by the wonderful team at Katharine House. Not only were they brilliant with Marie but they also looked after her parents, and supported me and our young boys with such consideration and care."

So on a scorching summer day back in July, Dan and his friends Phil Short and Dan Walker undertook a tee-riffic fundraising feat to complete four rounds of golf in 24-hours – the equivalent of walking a marathon!

More than 13 hours and 26.2 miles later, they completed the challenge in front of a cheering clubhouse beer garden.

Thanks to their amazing efforts, they raised more than £3,500!

LOCAL BUSINESSES IN ACTION

We continue to be staggered by the support of our local businesses, without whom we couldn't raise the funds we need. From sponsorship to donations to taking part in our events, here's a look at some of their involvement.



Moonlight Walk

The support we received from the local community and businesses for this year's Moonlight Walk has been phenomenal. We couldn't run our flagship event without their generosity.

First, a big thank you to all of our suppliers and volunteers: Beadle's Butchers, BGN School, Brethertons, Carol Ann Photos, CJ Harpers, Easington Sports & Social Club, Enterprise, Fine Lady, Gem Tool Hire, Hook Norton Butchers, Newman Events, Spratt Endicott Solicitors, St John the Baptist (Bodicote), St John the Evangelist, The Dodgers, The Pig Place, TWE Haulage, Woodgreen Leisure Centre and Wykham Park Academy.



We would also like to thank local businesses for supporting the event by entering a team and raising vital funds for the hospice: Bloxham Mill, Castle Quay Job Centre, DCS Group, Fine Lady Bakeries, GMB Union, HSBC Bicester, CMS Wealth Management, JDE, John Nicholls, Norbar, Penhurst Gardens Care Home, Stratton Thorpe Mortgage Solutions, The New Inn (Middleton Cheney), Vantage Mortgages and Walraven.



Moonlight Walk mile sponsors

A big thank you to our supporters that sponsored a mile in the Moonlight Walk: A&C Fish Bar, Bower & Bailey Solicitors, CPB UK, Graf UK, GMB Union, Higham Critchley Barrows, JDE, Plus One, St John the Baptist (Bodicote) and Walraven. See page 16 for other sponsorship opportunities.

Celebrating our ongoing partnership with Cleenol



The hospice is proud to be in continued partnership with Banbury-based business Cleenol. Managing Director, Sam Greaves, recently visited the hospice, along with Marketing Manager Paul Twiss and HR Manager Janice Jordan and was inspired by the work being carried out by the dedicated team.

Cleenol's association with Katharine House goes right back to the hospice's roots. Sam's grandfather, Ken was the headmaster of the hospice's namesake,

Katharine Gadsby, as well as a good friend of her father Neil. Ken helped Neil acquire the land on which the hospice was built. In addition, Sam's father and predecessor as Managing Director of Cleenol, Richard Greaves, was a trustee of the hospice for over 15 years.

Cleenol and the staff have supported the hospice for many years, through employee fundraising, event participation and regular sponsorship of our Christmas cards. They have

also regularly donated a number of cleaning products, saving the hospice over £5,000 a year. The deep-rooted support from the Greaves family and Cleenol, plus Sam's support of the local community is why he has pledged to continue supporting Katharine House and work in partnership with us.

Sam said: "It was a lovely experience to get to walk around the hospice and see the staff with smiles on their faces. Thank you Katharine House Hospice for all the incredible work you do. We will continue to support you for many more years to come."

We are very much looking forward to growing this partnership and super excited about being involved with celebrating Cleenol's 75th birthday next year.

Team Hawkins take on triathlon challenge!

Staff from the Hawkins Group in Banbury took part in the Banbury Triathlon on 15 May to raise funds for Katharine House. As part of the challenge, the team of 12 undertook a 400m swim, 20k bike ride and a 5k run, raising an incredible £9,900 for the hospice.

Hawkins are a family run business, with many of its staff having had a connection with the hospice at some point. Mike Hawkins, Director of the company, further supported the event by generously match funding all the entrance fees for the team.

Mike said: "The support and care Katharine House Hospice provides is priceless. Many of the Hawkins team, and their family and friends, have had first-hand experience of Katharine House, whose incredible team have helped them through difficult times.



"We are all absolutely blown away by the amount raised and the generosity shown by so many – a true testament to the work and dedication of Katharine House. I am also extremely proud of the Hawkins team for taking on such a challenge."

A massive thank you to everyone that was involved in this event and for sponsoring the team. A very special thank you to Ben, Erika, Heidi, James, John, Lindsey, Marta, Matt, Natalie, Paul, Russ and Zoe for taking part in the challenge. The team at Katharine House are overwhelmed by your support.

Ongoing support

As you can see from the previous two pages, local businesses support us in many different ways. Here we would like to say a big thank you to our Christmas card and calendar sponsors and our corporate supporters who are always there for us.



Regular corporate supporters

We couldn't do what we do without the ongoing support of our corporate supporters. A very special thanks to:

- BRG Banbury
- The Coach & Horses (Banbury)
- Dematic
- DHL Site 1
- Fortress Technology
- Hadsham Farm
- JDE Student Charity
- Karcher
- Krone Forage Solutions
- Mayday Employment
- Morrisons
- The Natural Health Store
- NFU (Deddington)
- Norbar
- Oxford Planters
- Paw Paw
- Principal Medical
- Saltway Construction Ltd
- Silbury Foods
- Smiths of Bloxham
- Tesco
- Waitrose
- Zurich

Christmas merchandise sponsorship

A host of businesses have been getting into the festive spirit by sponsoring our Christmas cards and 2023 calendar:

- AC Services (Banbury) Ltd
- Agetur UK
- Amsel & Wilkins
- Avara Foods
- Brethertons
- Cleenol
- Humphris Funerals
- Norbar Torque Tools Ltd
- Saul Roux Scrivener (Keller Williams)
- Vantage Mortgages
- Whitley Stimpson

To find out how you can order your Christmas cards and calendar, please see page 3.



Sponsor a page

Would you like to sponsor a page in our magazine? The Rose is sent to over 7,000 of our supporters and available online on our website.

By sponsoring a page in The Rose magazine, you will be helping the hospice raise vital funds to provide palliative care for our patients and support for their families.

We can also offer various other sponsorship opportunities to you as a business, please contact Sue Blank at partnerships@khh.org.uk for more information. Thank you.

Find out how you can support us as business by going to www.khh.org.uk/corporate



10TH ANNIVERSARY OF POPULAR SCHEME

Make a Will Fortnight 2022

Every year during MAWF, participating local solicitors and will writers waive their fees to write or amend a basic will, asking for donations to be made to Katharine House instead.

For 2022, we're delighted to have the support of the following six solicitors who all took part in our first campaign ten years ago.

- Aplins
- Bradley Saul
- Brethertons
- Johnson & Gaunt
- Spratt Endicott Solicitors
- Lionheart Later Life Planning (formerly known as West Oxon Wills)



This year, Make a Will Fortnight (MAWF) celebrates its 10th anniversary and is running from 3 to 14 October. Since its launch in 2012, the campaign has raised over £120,000 and over 500 wills have been written by local solicitors that have taken part in the scheme.

A big thank you to all the solicitors that have partnered with us again this year and a special thank you to Aplins and Spratt Endicott who have taken part in the campaign every year since its inception.

Brethertons Solicitors, who have offices in Banbury, Bicester and Rugby, are keen to be more involved with local projects to aid the community like Katharine House, which many staff have a personal connection to. Sarah Horton, Partner at Brethertons said: "A will is one of the most important documents you will ever sign and the only way to ensure those closest to you benefit as you would wish.

"As a local firm, it is really important to us to ensure that we support our local services and Make a Will Fortnight is a great opportunity for us to provide vital support to our local hospice and one that we really enjoy taking part in."



Find out how you can sign up to take part here: khh.org.uk/make-a-will



Top tips when preparing your will

There's a lot more to preparing a will than simply listing beneficiaries. Here are some points to set you off in the right direction.

- Consider who you want your assets to go to when you die – don't accidentally miss someone important.
- Beneficiaries needn't necessarily be the people closest to you – you have the right to choose who receives part or all of your estate.
- Name your beneficiaries – don't say 'leave it all in equal parts to my children'. You could inadvertently omit any step-children.
- Property, savings and investments are the most likely assets you will want to hand on, but don't forget about smaller items you own – do you have personal items, such as a much-loved piece of jewellery, that you would like a specific person to receive?
- Don't forget pets – who do you want to look after your four-legged friends?

- To avoid any conflict after your death, consider if you have already given some money or other assets to one beneficiary and rectify the balance in your will, rather than automatically dividing your investment equally between beneficiaries,

Once you have written your will, make your wishes known to your family so that you can explain the reasons for your decisions.

Top Tips

Read more about top tips for writing your will and why you should use a solicitor at khh.org.uk/willtips



If you're planning on leaving a gift for Katharine House in your will, please do let us know. Also, if you would like to share your story with us so that we can promote the value of leaving a legacy, please email fundraising@khh.org.uk.

THE HOSPICE HEROES

Here at Katharine House, you'll find incredibly selfless volunteers in every area of our hospice, willing to give up their time to make a difference to the lives of local people.

Over the last year, 269 people volunteered for us either on the ward, at events, in our gardens, on reception, in the local community or in one of our shops. The range and breadth of volunteering roles is staggering, and each volunteer works tirelessly to make every moment matter for our patients and their families.

Our regular volunteers make a huge contribution to our work. Working 62,140 hours in total. Were we to have to pay for the amazing work that they undertake then this would cost the charity more than £1million!

How volunteers help

At Katharine House, we place volunteers at the heart of everything we do as we know we simply couldn't run the hospice without them.

This year we have:

- Expanded our hospice companion service to include home visits in the community in addition to the current phone support
- Created an E-commerce volunteer role to help generate essential income to maintain our services
- Established volunteer ward receptionists on Saturdays
- Reintroduced complementary therapy which had been stopped due to Covid.

Over the coming year, we plan to explore more ways to expand our volunteer roles and numbers, to enable us to reach more families and generate more income to fund our services.

Volunteering in numbers



Volunteer's voice

Lindsey Smith first started volunteering at the hospice when she brought her therapy dog in to see the patients. She went on to do patient bathing and now teaches photography as part of the Living Well Service.

She said: "It was nice to have put my nursing skills to use. Now with the photography, I can put a different skill to use."

"It's the atmosphere here that makes Katharine House – just how caring everyone is. You don't get that in many places. It's the time that everyone gives. They have time for patients and that really makes a difference. Most people know someone that has received care here and all you hear are good reports."



To read Lindsey's story in full, visit khh.org.uk/lindsey



Meet the team

Meet Ayshea – one of our brilliant Healthcare Assistants. Ayshea joined the team initially as a Volunteer Ward Receptionist after her mother received care at Katharine House back in 2005. Then in 2016, she applied for a full-time Health Care Assistant role in our Inpatient Unit (IPU) – and she's never looked back! We caught up with Ayshea to find out a bit about her role, plus a few other quick-fire questions...

Name: Ayshea Brockbank
Job title: Healthcare Assistant
Joined the team: 2016 (but worked as a volunteer ward receptionist from 2011)

If I had to sum up my role in one sentence, I'd say:
 Giving the very best care I can to patients and families.

My highlight since joining Katharine House is:
 I don't have one particular highlight: I just absolutely love being part of such a fantastic and supportive team.

What makes Katharine House so special?
 I think it's the time and level of care that we give to our patients and families. And people often comment on how peaceful and beautiful the setting is.

My proudest moment was:
 Marrying my husband and having our daughter. I know that's two, but how could I choose between those?

My favourite way to unwind is:
 I love to read. I usually get through a book a week. I even started a book swap at work so that I can share the books I've read with others and find some new ones!

If I could go anywhere in the world, I'd go to:
 Australia! I've been twice before, but we've got family and friends there, so I'd love to go back one day. And it has special memories as my husband proposed there 25 years ago.

My favourite thing to have for dessert is:
 I'm not really a dessert person. I would always choose starters over dessert, although I do have warm chocolate fudge cake with cream on Christmas Day.

My all-time favourite song is:
 The Greatest Love of All by Whitney Houston. It was our first dance on our wedding day and also one of the songs played at my mum's funeral, so it means a lot to me.



Read Ayshea's full Q&A here: khh.org.uk/aysha



Fund a patient!

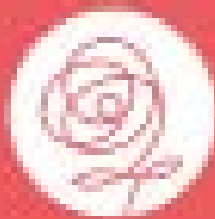
Could you help a patient receive dedicated care from our specialist doctors and nurses for a month?
 Go to khh.org.uk/fund-a-patient



What's coming up?

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

DATE	EVENT	FIND OUT MORE
Sep	Christmas cards and calendars on sale	khh.org.uk/christmas-shop
10-11 Sep	Thames Path Challenge	khh.org.uk/thamespath
17 Sep	Swim Serpentine	khh.org.uk/swim
18 Sep	Chicken Run Brackley 10k	khh.org.uk/chicken
30 Sep – 2 Oct	Hadrian's Wall Challenge – autumn	khh.org.uk/hadrian
2 Oct	London Marathon 2022	khh.org.uk/marathon
3-14 Oct	Make a Will Fortnight	khh.org.uk/make-a-will
10-14 Oct	Hospice Care Week	
14-16 Oct	Jurassic Coast Trek – autumn	khh.org.uk/jurassic
14 Oct	Katharine House Hospice anniversary	www.khh.org.uk/ourhistory
16 Oct	Oxford Half Marathon	khh.org.uk/oxford
29 Oct	Halloween Walk	khh.org.uk/halloween
Dec	Schools Santa Run and Tots Santa Run	khh.org.uk/schoolssanta
4 Dec	Santa Fun Run	khh.org.uk/santa
8 Dec	Lights of Love	khh.org.uk/lights
17 Dec	Tractor Run	khh.org.uk/tractor
6-7 Jan 2023	Christmas Tree-cycle collection dates	khh.org.uk/christmastree



KATHARINE
HOUSE
HOSPICE

khh.org.uk/santa

Santa Fun Run



When: 4 December

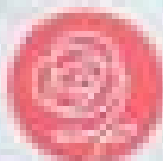
Where: Spiceball Park

£16 Adult
£8 Child
Includes
Santa Suit!

Join us for a festive
5km or 1.5km run



We are fundraising



In support of
**KATHARINE
HOUSE
HOSPICE**