



**KATHARINE
HOUSE
HOSPICE**

Issue No. 50
Spring 2018

Every individual's journey matters

Visit us at www.khh.org.uk

**How Kez's
Love the
Hospice
Day raised
funds for
Katharine
House**



Calling all Superheroes!

Saturday 7 July • Full details on page 9

Also inside: How music therapy helped Roy
Why I volunteer • Get muddy for a good cause
Working at Katharine House

**MIDNIGHT
WALK 2018**
SUPERHERO

Contents

Issue 50 Spring 2018

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The Rt Hon Sir Tony Baldry PC DL
The Rt Hon The Lord Heseltine CH PC
Lord Saye and Sele DL

3	Welcome
4	50 issues of our newsletter
6	Becky's story
7	How music therapy helped Roy
8-11	Fundraising focus
12	Volunteering: Charlotte's story
13	Meet our team
14	The gift of a legacy
15	Upcoming events
16	Midnight walk

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Spring 2018
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In some instances, names and photographs
have been changed to protect the privacy of
our patients and their families.



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**FUNDRAISING
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Raise funds for Katharine House this May with our royal themed Care for a Cuppa.

Why not get your family, friends or colleagues
together to celebrate the Royal Wedding with
a cuppa and a slice of cake? Help offer comfort
and support to over 800 patients and their
families this year.

For some royal
inspiration we've
got a rather regal
(and yummy) recipe
overleaf.

Sign up for your
Royal Care for a Cuppa pack at
www.khh.org.uk/cuppa
contact getinvolved@khh.org.uk
or call 01295 816484



**KATHARINE
HOUSE
HOSPICE**



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Welcome

From the Chief Executive



A few months ago I took part in the Wolf Run; running and wading through 10km of mud, water and obstacles with hundreds of others.

It was a personal challenge for me. I enjoy running, but I'd never done anything quite as challenging – or muddy! – before. I chose to raise money for Katharine House because, like so many of you, I have a personal connection to the hospice. My dad died a few years ago and he was lucky enough to receive great care and support from the nurses here.

Every year, more and more people are diagnosed with life-limiting illnesses. Today those illnesses are more complex, and people live longer with their symptoms. This means that there's more demand for our services than ever before.

It costs £4 million to run the hospice every year, and ensure that people facing life-limiting illness can have access to the highest quality of care whenever and wherever they need it. We look after family, friends and carers through the illness and after death too, because we know that an illness doesn't just affect the person who is ill.

No patient or family member has to pay for their care – it's all provided free of charge. However, with only a quarter of our funding from the government, it means that more than £3 million is donated by people like you; our supporters, local businesses, community groups, trusts and foundations.

The money you raise, donate, or spend in our shops pays for vital care for patients and families. Without you we simply wouldn't be able to continue caring for people and families who need us.

There are plenty of ways you can get involved. Our fundraising team has been busy planning events for 2018, and there's something for everyone in the calendar. Whether you want to join us with friends and family for our new Midnight Walk on 7 July, or hold a Care for a Cuppa afternoon tea or coffee morning to celebrate the royal wedding or the FA Cup final, you'll be helping us bridge that £3 million gap. You'll also be helping a local family through the most difficult of times.

Perhaps you're up for a real challenge and want to get together with friends to take on the mud at the Wolf Run in September (I would highly recommend it – just remember to wear old clothes because they'll get muddy!).

However you decide to get involved, you'll be making a real difference. Thank you for everything you do.

Angharad Orchard
Chief Executive

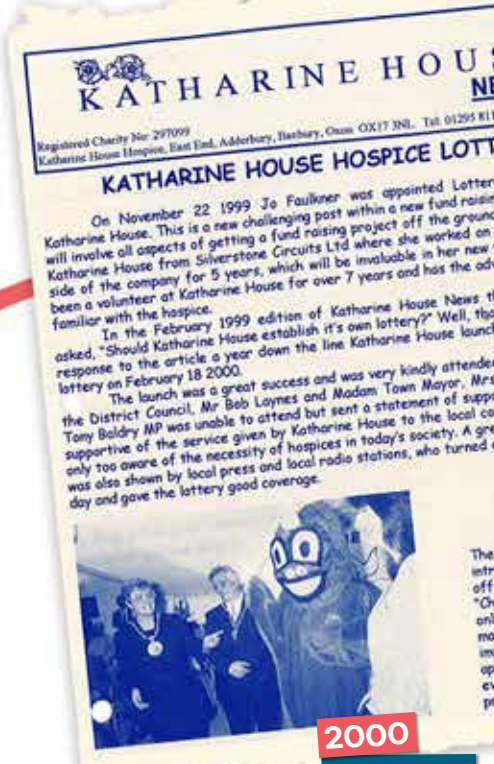
50 editions of the Katharine House newsletter

For this 50th edition of the Katharine House newsletter, we've been rooting around the archives and dug out some articles from previous issues. From the expansion of our services and our super volunteers, to some fantastic fundraisers and one or two famous faces, here's just a little insight in to the work we've done to support people facing life-limiting illness over the last 35 years. You can read recent editions of our newsletter at www.khh.org.uk/newsletter

1985
Our first newsletter from June 1985



2003
Some Royal recognition for our wonderful volunteers in 2003



2000
You can still win £1,000 every week with our lottery, and you'll be helping to raise more than £200,000 every year for our hospice!



2005
Our bereavement support team now supports children, teenagers and adults come to terms with the illness and loss of someone special



2009
2009 saw the opening of our new Day Hospice building by future Prime Minister, David Cameron



2008
Our staff panto entertains patients every year - here's the 2008 cast in all their glory!



Patients enjoy a joke with new Day Hospice Lead Nurse, Pat Smith (centre); E - r: Sheelagh Raven, Georgie Collier, Pat Smith, Christine Frankham and Rita Green.

KATHARINE HOUSE NEWS
 Editor: K. F. Wortelback

Progress as Hospice plans get go-ahead

1987
 Plans approved for our hospice building in Adderbury

More than £1,000,000 has been raised

EDITORIAL

IN the last Newsletter – which was intended to be the last – we announced our final editorial. It would appear, however, that we are in danger of making more “corrective” appearances than Frank Sinatra. There must be a reason and it is this: we ceased publishing the Newsletter on grounds of cost only, but this issue appears as a result of the kind offer of free printing by Banbury Litho and we thank them for the opportunity. The issue is indeed an opportunity for us to have a chance to list our achievements.

1989
 A fantastic achievement: a million pounds is raised

WHEN the last Newsletter was issued in September 1989, work had just begun on the building of the Hospice at East End, Adderbury. The fine building which now stands on the site, and which was formally opened last year by Her Royal Highness The Princess of Wales, bears fitting testimony to the dedicated work of all those who have toiled so selflessly in pursuit of its achievement and to the warm and generous way in which the community generally has taken the Katharine House Hospice project to its heart.

1992
 The hospice building is officially opened by Princess Diana

ISSUE No. 16
 APRIL 2000

NEWS

ERY

Manager of initiative and Jo has joined the operational position. Jo has heritage of being

e question was ks to the great ed it's very own

by The Chair of San Justice. Mr t. All were very unity and were ut in force on the

launch also saw the duction of the ial lottery mascot erlie Cherwell". Not is it fun to have a cot but most ertainly Charlie's arances at various ents will raise the ofie of the lottery.

KATHARINE HOUSE NEWS
 Registered Charity No. 297099
 Katharine House Hospice, East End, Adderbury, Banbury, Oxon. OX17 3NL. Tel 01295 811866

KATHARINE HOUSE TAKES OVER MACMILLAN NURSES

In 1998 Katharine House trustees met with representatives of Macmillan Cancer Relief to discuss the establishment of a Macmillan (i.e. specialist palliative care) nursing service in North Oxfordshire.

The agreement which followed was not unusual in one respect. Macmillan made their usual commitment to fund the scheme for only three years. In most such situations take on the funding. Our first problem arose when Oxfordshire Health Authority would not commit themselves to a service over which they had no management control as contracts were still with Oxfordshire Health Authority who were advising Katharine House for the cost of the service. Some unexpected hills began to arise.

This crisis coincided with changes in the Health Authority so that the only way one of the trustees (Lawrie Stratford) was to take over the management which happened in mid 1994.

Since then the team has doubled in size to four nurses and Macmillan have contributed the full salary for half salary only for three years in the second. By the new millennium all new millennium all have ceased.

(Figures shown with an asterisk * are estimates)

1998
 In 1998 we took over the management and funding of our community nursing team from Macmillan. The team has been funded entirely by Katharine House ever since, and they now support around 200 people in the community at any one time.

LONDON MARATHON

Lawrie Stratford has taken part in the last three London Marathons and with the help of sponsors, friends and colleagues has raised over £3700 for charity.

This year Lawrie is running again and plans to raise money for Katharine House Hospice.

I know that these are not the easiest of times but I hope that you will be able to support my effort by making a donation. Please give as generously as you can, ask your family, friends and neighbours - remember, every penny really does help. I know I will be doing the easy bit of running just over 26 miles, but it will be so much easier knowing that you will be providing real support for those who need it.

Thank you, from Lawrie Stratford.

1995
 Since 1995, more than 200 people have run a marathon for Katharine House

2016
 Our community nurses featured in Spring 2016 – every year they drive more than 25,000 miles supporting patients in local towns and villages.

The Katharine House Hospice
 1991-2016
 25 years of caring

Miles and Miles of Care
 ON THE ROAD WITH OUR COMMUNITY NURSING SPECIALISTS

Inside: 25th Anniversary Special
 Midnight Walk 2016
 Alison's Journey of a Lifetime
 Visit us at www.khh.org.uk

KATHARINE HOUSE HOSPICE

Every individual's journey matters

Visit us at www.khh.org.uk

John's wonderful wildlife artwork

"The best day of my life"
 Bill's adventure of a lifetime
 Page 6

Sign up for the Santa Dash & Christmas Trail!
 Sunday 26 November • Full details on page 9

Get our lymphoedema nurse • Why I volunteer • Hospice care at the weekend • Garath's Great Adventure • Lights of Love

2012
 Since joining social media, we've reached about four million people. Now we're reaching more than a million people every year.

Join us on Facebook and keep up to date with the latest news and events, on:
<http://www.facebook.com/katharinehouse>

2011
 The stars came out for our Santa Fun Run in 2011. Here's Oscar winner Sir Ben Kingsley before the start

We were thrilled when Oscar winning film star Sir Ben Kingsley readily agreed to attend our first Santa Fun Run (see report, page 6).

2017
 At the end of 2017, we featured two amazing stories of patients.

In safe hands: Becky's story



As the owner of her own photography company, Becky spends much of her time travelling to weddings and corporate photoshoots. She eats, sleeps and breathes photography, and when she's not out snapping, she can be found passing on her knowledge and passion to local photography students.

However, at just 30 years old, Becky was diagnosed with cervical cancer. Following the successful removal of the cancer, Becky now visits the hospice as an outpatient for appointments with our lymphoedema nurse. She also gives back to Katharine House by volunteering as a driver to bring patients to our day hospice! Here's her story:

"My GP referred me to Katharine House because the operation I had removed the lymph nodes in my leg, which means my lymphatic system doesn't drain as it should and I get swelling in my leg.

Heidi is the lymphoedema nurse at Katharine House. She's a specialist so as soon as I met her I knew I was in safe hands. She spent a lot of time getting to know me and putting together a plan that was specific to me and my needs.

Before I visited the hospice, I'd been told to stop going to the gym, but after seeing Heidi and working through the plan, she said I could absolutely carry on doing the running and spinning classes that I love. I've actually seen a few people at my gym who have lymphoedema and have been to see Heidi at Katharine House too!

Going to Katharine House made a huge difference. Once you know what you're doing, you can manage lymphoedema yourself, but it was so helpful to have somewhere like Katharine House, and someone like Heidi to hold my hand and guide me through the whole process. I know I can always phone her for advice and she'll always take care of the little things like making sure the special dressings are ordered, or phoning me to let me know when they will be delivered."

For more information on lymphoedema, download our leaflet at khh.org.uk/downloads



Lymphoedema is just one area of our work that needs support. Please donate now so we can continue to provide outpatient appointments to people like Becky. You can donate at khh.org.uk/donate

One small tick from you can make a huge difference to local people facing life-limiting illness

We want to make sure you're happy with the way we communicate with you. This means we'd like to check how you'd like to hear from Katharine House and what you'd like to be informed about.

To ensure you don't miss out on updates and inspiring stories of the work you're supporting, we'll continue to send you occasional mailings, including our newsletter, unless you tell us otherwise. You may also have received our email newsletter in the past and we would love for you

to reconfirm you are still happy for us to continue sending these to you.

If you've received this newsletter by post, the simplest way to update your preferences is to complete and return the response form. Alternatively, you can fill in our online form at khh.org.uk/tick or call on 01295 816484. Thank you.



Music therapy

Can you think of a time when music has had an impact on you? Moved you to tears, or inspired you to dance? Helped you relax or kept you motivated in the gym? Have you ever been taken back in time when a song you remember from your teens comes on the radio?

Music has an incredible ability to move, inspire and heal, and it can also help people who are facing life-limiting illness come to terms with the things they're facing.

Music therapist, Diana, uses the power of music and works with patients at Katharine House in different ways to help support people through their illness. She helps patients create improvised music or write songs, and guides them through listening to music that has personal meaning. Sometimes she simply plays supportively alongside a patient at their bedside.

Diana explains how the work she does helps our patients:

“Music therapy is mainly a psychological therapy. It works on many levels because music engages our emotions, bodies, memories and imagination. Creating music can help us express and process our feelings, it can enable us to communicate with others in a language that is beyond words, and it can help us to relax or become energised.

Many of the patients I see have never played an instrument before, and don't have any musical knowledge, however, that doesn't stop them from making some really great music or getting the benefit of music therapy.



Roy, a day hospice patient who attends the sessions, had been struggling to come to terms with the death of his wife five years ago and was recently diagnosed with cancer himself. I worked with him to write a song reflecting on his life with his wife and helped him to share emotions and memories.

Working together, Roy was supported through a very difficult time and music therapy helped him understand and express some of the feelings he was holding on to. The sessions gave Roy the confidence and bravery to begin going through his wife's clothes and jewellery and start making decisions about what to do with them before his own death.

When he'd finished the sessions, Roy shared a recording of the finished song with his family, who were all moved by what he had achieved. Not only did Roy gain a sense of achievement from what he had accomplished, but the recording will be a wonderful memory for his family.”



A donation of just £40 could help pay for a music therapy session for a patient like Roy. Please donate today at khh.org.uk/donate

Fundraising Focus



Kez's Love the Hospice Day

Nine year old Kez wanted to do something special to raise money for Katharine House, so she invented and organised the first ever 'Love the Hospice Day' at her school.

Kez asked everyone at The Grange Primary School to donate and wear hearts or red clothing for the day with all the proceeds going to Katharine House.

Hundreds of pupils at the school joined in on the Friday before Valentine's Day, and Kez was even asked to stand up in assembly and answer questions about Love the Hospice Day. In total, Kez raised more than £400.

Next year Kez wants to get more schools involved to raise money for the hospice, so keep an eye out for a Love the Hospice Day at a school near you!

What a fantastic job by one of our youngest superstar fundraisers – well done, Kez!

Banbury Lions and Rotary

A huge thank you to the Banbury Lions Club; a group who have been supporting us for many years. Lion President, Phil Hassell, popped in earlier this year with this super cheque for £1,000. And also many thanks for another fantastic year of support from Banbury Rotary who recently donated £4,500 raised from their Christmas organ playing.



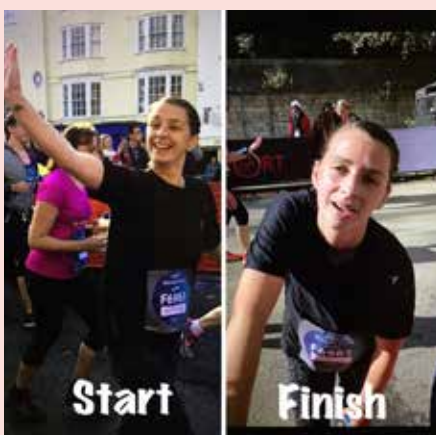
Coach and Horses pub

Local landlords Tony and Shani Watts from the Coach and Horses Pub in Adderbury raised more than £1,000 from their Halloween disco and a Fun Day. They're regularly popping in to drop off a full collecting tin or to donate money from their scratchcard machine.



Have you got a fundraising story you'd like to share?

Please get in touch at fundraising@khh.org.uk and we might be able to feature you in one of our newsletters.



Michelle's Half Marathon for Mum

Keen runner, Michelle Edwards, took on the Oxford Half Marathon last year and raised £525 in memory of her mum, who passed away at Katharine House. She said;

"I feel very privileged to have run the Oxford Half for Katharine House. The hospice made some of my mum's worst weeks a little bit easier; providing her with the pain relief she needed, a calm and peaceful setting for her to rest, the most amazing nurses whose compassion was endless, somewhere for the children to play while the adults had 'grown up' talks and reassurance on many aspects of end of life care. For that I am ever in debt to them - running a marathon was the least I could do! This one's for you Mum."

What can you do?

It costs £4 million every year to keep our hospice services running. More than £3 million of that comes from people like you. We're truly grateful for everything you do. Here are some of the ways you can get involved and raise money for your local hospice:

Care for a Cuppa?

Thanks to two royal lovebirds, we're giving our Care for a Cuppa campaign the royal treatment this May. What better way to celebrate the Royal Wedding than with a Great British tea and cake party? Help raise much needed funds by holding a royal-themed cake sale in your work place or invite your friends over to watch the Royal Wedding together with a slice of cake (or two!).

Royal wedding not your cup of tea? Don't worry, we know all the hype isn't for everyone. Why not invite your friends over one evening for a Care for a Curry night, or get together with mates for a Care for a Cup Final, cheering on your team in the FA Cup on 19 May.

To get your Care for a Cuppa event pack, visit khh.org.uk/cuppa

Get Grubby for a good cause

Remember when you splashed in muddy puddles as a child? Why not take on the adult equivalent? Wild runs in mud, through water, and over obstacles are going to be huge in 2018 and they're a great way to have a blast and raise money for Katharine House at the same time.

This year, events like the Wolf Run and Monster Race will be bigger, muddier and more fun than ever, especially when you get together with family, friends and workmates to take on the challenge!

From super cyclists to mighty marathons

If you're a keen cyclist, why not pump up those tyres and don your helmet for Bike Oxford (20 May) or the Broughton Castle Sportive (8 July). For a bigger challenge, why not join one of this year's London to Paris cycle rides! Or if marathons are more your thing, you can take part in the Oxford half marathon on Sunday 8 October.



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

MIDNIGHT WALK 2018

SUPERHERO

Calling all Superheroes!

Grab your cape, and sign up for the 12th Midnight Walk on Saturday 7 July.

Starting out from Banbury Rugby Club, join hundreds of others along a brand new 10 or 6 mile route for a smashing night of superhero fun!

Sallie Connery has taken part in each of the previous Midnight Walks, and is already planning her costume for this year's event. She said;

"The Midnight Walk is always a great night. It's a brilliant atmosphere and an opportunity for friends, family and colleagues to get together to raise money and make a real difference for people in our community facing life-limiting illnesses."

Whether you're Iron Man, Wonder Woman, or Wolverine, we hope you'll be a superhero and join us for our biggest fundraising night of the year!



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



Superhero image © Marvel Entertainment LLC/The Walt Disney Company



Vine House Studios

We'd like to say a big thank you to Becky and Ivor at Vine House Studios, who have helped us with our photography this year. You can find out more about their wedding and corporate photography at vinehousestudios.co.uk



Corporate connections

Competitive spirits rising at TSB



In December, staff from regional TSB branches staged a takeover of our seven shops and competed against each other to see who could increase our typical daily sales the most.

The teams fought hard and there was plenty of lively banter between TSB staff on social media and WhatsApp. Every group managed to increase sales, by closing time it was the team at the Moreton-in-Marsh shop who came out on top. Each team also increased the number of Gift Aid declarations we received, meaning an additional 25% is donated to the hospice at no cost to the customer.

To find out more about corporate volunteering as a way of giving back to your community while providing a unique team building opportunity for your company contact fundraising@khh.org.uk

Cherwell Cars raise money from their Christmas fares

Thank you to Cherwell Cars who have donated a portion of all fares they received over Christmas 2017 to Katharine House again – a total of £1,000. Thank you so much for your support!



Can you help us raise money from local trusts?

We apply to many trusts and foundations throughout the year to support our work. If you're a trustee or know any local trusts that might like to support our work, we'd love to hear from you. Please get in touch at fundraising@khh.org.uk

Kärcher Accumulator Challenge raises record amount!

Thank you to the 21 teams who took part in the Accumulator Challenge this year – raising a record £14,000. We're thrilled with the effort our teams went to, from Christmas fair to car washes, Strictly Come Dancing parties to football tournaments and everything in between! Congratulations to all our award winners. **See more at khh.org.uk/karcher**

Thank you for all your Christmas gifts

We were overwhelmed with the amount of donations and gifts given to us over the festive season, from donations in lieu of Christmas cards to hampers and raffle prizes. We'd like to extend a special thanks to Denys Shortt and his team at DCS Group for donating gift bags to our patients who visited or stayed at the hospice in December. The gift bags were delivered by Santa himself, who bears a striking resemblance to our founder...

RC Baker gathers 53 tractors to raise £2,800

T'was a few weeks before Christmas and all through Adderbury and the surrounding area, a procession of 53 tractors decked out in Christmas lights twinkled their way to raising £2,800 for Katharine House. The organisers, R C Baker, encouraged local tractor owners to bring Christmas to life, and the result was a truly magnificent spectacle with hundreds of people lining the streets of local villages to donate money along the route. What a creative way to raise funds. Thank you!





Members of the Midcounties Co-operative take part in an instore bake sale to raise money.

Celebrating a two year partnership with Midcounties Co-operative

Over the last two years we've been working in partnership with the Midcounties Cooperative Banbury regional community. And what an incredible two years it has been! In total, the 10 branches have raised close to £20,000 for Katharine House, and that doesn't include the in kind support they have given through donations of chocolate for our Christmas and Easter knits, food and water supplies for Midnight Walks and Santa Fun Runs, and the hours and hours they've dedicated to volunteering and raising money for us.

We caught up with district manager, Gavin, to find out what the partnership has meant to them.

"The two year partnership has been nothing short of fantastic. From Midnight Walks & Santa Dashes to raising money through cakes sales, tombolas & car washes, every single colleague has thoroughly enjoyed getting involved in a very worthwhile cause. Midcounties Cooperative know Katharine House does such great work in the community & touches so many lives, so to have been able to help in any way has been truly rewarding. You can be assured you will still see Midcounties Cooperative colleagues plodding the pavement at midnight or dashing through a park dressed as Santa as that is too much fun to miss out on!"

We've had so much fun working with everyone at Midcounties Cooperative and we're looking forward to seeing them again soon!

On behalf of all the staff and patients here at Katharine House, thank you so much to every staff member and customer who has supported us through the partnership. You've made a real difference to our work and we hope you're all incredibly proud of what you have achieved!

CubanEight chooses us as Charity of the Year

We're pleased to welcome Bicester-based CubanEight, a PR and communications agency who have chosen us as their Charity of the Year. We look forward to working with them on their fundraising.

£1,000 Community Award from Vodafone

Thank you to Banbury's Vodafone branch whose staff nominated us for a community award aimed at supporting local causes. We're so pleased to have our work recognised and received a donation of £1,000

dlc raises an incredible £11,600

Brackley-based dlc chose Katharine House as their Charity of the Year for 2017 and we were delighted when they presented us with a cheque for £11,600. Half of the total was raised by staff and dlc matched the donation pound for pound. The donation is enough to fund the hospice for a whole day, and when some of the team visited us at the hospice, we were able to show them exactly how their support will help local people.



Could we be your next Charity of the Year?

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

Why I volunteer

Charlotte – fundraising volunteer



Can you tell us a little bit about yourself?

I grew up locally and my family has always volunteered at the hospice. Therefore, while on a break from university, Katharine House was my obvious volunteering option. I'm now married, a mother and for over 10 years have worked in event management within education, motorsport, at the NEC and most recently overseas at a Zoo. I've loved the variety of my work, however, discovering Red Pandas and meeting baby tiger cubs was definitely a real volunteering highlight!

Through the years Katharine House has remained a constant inspiration. Whilst living overseas I volunteered at a local hospice, an experience I really enjoyed. Now that I'm back in the area I'm delighted to be able to reconnect with Katharine House and volunteer regularly.

How long have you been volunteering at Katharine House?

I've been a volunteer receptionist since 2007 and in January this year I also started volunteering in fundraising, helping in their very busy team.

What do you do in your volunteering role?

I mostly volunteer in fundraising and support the wide range of activities and events. I work on some of the day to day administration tasks and for special events too. I've been doing a lot of work on the Blenheim Palace Gala Dinner, looking at everything from sourcing audio visual equipment for the evening to securing prizes for the auction and table decorations. I am also working on research for promotional merchandise, online ticketing, venues for upcoming fundraising events and identifying supermarkets for bag packing days. The tasks are really varied and always interesting!

What made you want to volunteer at Katharine House?

Growing up locally I have known about the hospice from a young age. My mother is also a very active volunteer. To know such a place exists so locally, supporting individuals and families in their most challenging times is so important and something I wanted to support.

For individuals amid such personal turmoil Katharine House is an extraordinarily welcoming and relaxed place, like home. From my first shift on reception 10 years ago, I have always enjoyed coming to Katharine House; it feels immediately familiar and it is a privilege to volunteer here.

What's the best part about volunteering?

All the different people you meet and knowing that you're supporting a cause that helps so many people locally.



We're always looking for volunteers. From drivers and day hospice helpers to receptionists and handymen and people to help with our fundraising and administration, we can find the perfect role for you. For more information on how to volunteer, visit khh.org.uk/volunteering



PHOTO: Katharine House Chaplain, James, chatting to patients in the day hospice

Meet our team

Why I work at Katharine House

“

I like working at Katharine House Hospice because of its sense of community and belonging; family and friends around a patient's bed, patients in the day hospice who become close friends, volunteers coming together to care for the gardens, work in a shop, or support the bereaved, staff meeting at a book club or out for a meal and the deep lasting friendships that have grown between people over the years.

A sense of community and belonging is the greatest gift, and especially when life is at its most difficult.

James Grote, Chaplain ”

“

I work with people who donate in a variety of ways from responding to an appeal to making a gift in memory of someone special or even deciding to include Katharine House in their will.

My role puts me in touch with many people on a daily basis, and I am always struck by just how much the Hospice means to everyone. It's such a privilege to hear people's personal stories of how Katharine House has supported a loved one, a friend or a neighbour at some time.

Working as a fundraiser can be challenging, but knowing Katharine House plays such a special part in the life of the local community really makes my job worthwhile.

Sarah Meads, Individual Giving and Legacies Manager ”

“

It's a privilege to work as part of the team, as the service is such a valued part of the local community making a difference to families at a very difficult time.

Beth MacGregor, Consultant in Palliative Medicine ”



We have a fantastic team of people at Katharine House, and we're always looking for enthusiastic and dedicated people to join us. If you'd like to find out more, visit khh.org.uk/jobs



Where there's a Will...

A big thank you goes to everyone who took part in our Make a Will Week last autumn which raised over £10,000 to support our work. Solicitors and will writers across our area kindly provided their services for free in return for donations to Katharine House, and promotional costs were covered through the support of local freemason groups.

Donna Walker of Brackley solicitors, Gilroy Steel told us “Katharine House provides a vital service to local families, and we were very happy to lend our support.”

Having an up to date, professionally prepared Will is an important way of ensuring that your

wishes are carried out and that your family and loved ones are taken care of after you've gone. Some people also choose to leave a gift to Katharine House in their Will, helping to secure our future in providing care and support to people across our community. It costs £10,000 a day to keep our services going and a gift in your Will, whatever size, will help ensure we are here for families long into the future.



If you're considering leaving a legacy gift to Katharine House, please contact our Legacies Manager, Sarah Meads, for a confidential chat on 01295 816 484 or email sarah.meads@khh.org.uk

Upcoming Events

There are plenty of ways you can get involved with Katharine House. Below are just some of the events coming up this year. Don't forget you can keep up to date with the latest news and events on our website at www.khh.org.uk

Event:	Venue:	Information:
May - July	Festival of Gardens	khh.org.uk/gardens
May	Care for a Cuppa	khh.org.uk/cuppa
18 May	Katharine House Open Day	khh.org.uk/open-day
19 & 20 May	Rough Runner - Great Tew	khh.org.uk/get-muddy
20 May	Bike Oxford	khh.org.uk/cycle
17 June	Kineton Music Festival	kinetonmusicfestival.co.uk
7 July	Katharine House Midnight Walk	See page 9 / khh.org.uk/midnight
8 July	Broughton Castle Sportive	khh.org.uk/cycle
7 October	Oxford Half Marathon	khh.org.uk/run
November	Kärcher Accumulator Challenge	khh.org.uk/karcher

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



Our new Brackley Shop is now open!

In April our Brackley shop moved to a larger premises in the middle of Brackley's bustling Market Square. We caught up with Scott Bloomfield, Head of Retail, to find out how the move has gone;

"We've had a great start to trading in the new shop. Being in the middle of the market square is a great location, and the larger store means we can display much more of our quality stock. It does mean that we'll need more donations from our supporters, so if you have quality unwanted items, please donate them and help support your local hospice."

You can find us at 19 Market Square (next door to Barclays Bank). Why not pop in and bag yourself a bargain next time you're in Brackley?

Did you know?

Every year our shops raise more than £800,000 which goes directly towards supporting patients and their families facing life-limiting illness in our community.

Find your nearest shop:

Banbury Bridge Street	15-17 Bridge Street, OX16 5PN
Banbury Cross	40a High Street, OX16 5ET
Bicester	12 Market Square, OX26 6AD
Brackley New location!	19 Market Square, NN13 7AB
Chipping Norton	8 West Street, OX7 5AA
Moreton-in-Marsh	25 High Street, GL56 0AD
Shipston on Stour	4 Sheep Street, CV36 4AF



Spring cleaning?

Please donate your quality clothes, CDs, DVDs, bric-a-brac and other items to one of our shops. For more information, visit khh.org.uk/retail



**KATHARINE
HOUSE
HOSPICE**

Talks and
tours, coffee
and cake.
Come and find out
more about your
local hospice.

Open Day Friday 18 May | 1-4pm

Katharine House Hospice, Adderbury, OX17 3NL

Drop in for cake and a cuppa and find out about the work we do for people and families facing life-limiting illnesses in the community.



www.khh.org.uk/open-day

Reg. Charity No. 297099

Festival of Open Gardens

Over 30 gardens open in the local area!

The Festival of Open Gardens will raise vital funds for Katharine House this summer.

Find out more
www.khh.org.uk/gardens



**KATHARINE
HOUSE
HOSPICE**

MIDNIGHT WALK 2018

SUPERHERO

Superheroes wanted for our Midnight Walk!

Saturday 7 July 2018

**Registration from 10.30pm at Banbury Rugby Club
Brand new 10 mile or 6 mile route!**

**Dress up as a Superhero or remember your
own personal hero to raise money for people
facing life-limiting illness in our community!**

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