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Sign up for the Midnight Walk!

Saturday 22 June • Full details on page 9

Inside: Kitty drops in to find out how her fundraising helps • How Bertie the therapy dog helps patients • Why I work at Katharine House • 79 tinsel tractors take to the streets • Volunteering in our Chipping Norton Shop • Sam's celebration of the faiths

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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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**Festival
of
Open
Gardens
2019**

**Fabulous gardens open
across the community!**

**Raising vital funds for
Katharine House this summer.**

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

Welcome

From the Chief Executive

These are challenging times for hospices across the UK. In general, government funding is reducing each year – we now only receive a quarter of our funding from government sources, which means we rely on people and businesses in our community for three-quarters of the money it costs to run our hospice. That's more than £3.5 million.

With funding to hospices being squeezed, we rely more and more on your support to provide the highest quality care to people affected by life-limiting illness in our area. We work hard to maintain and develop our services to meet the needs of patients and their families, and it is an ever-increasing challenge to fund our services. Even with the wonderful support from our community, we really do need your help.

Your raffle entries, bake sales, and skydives help us provide that care. As do your Midnight Walks, Care for a Cuppa coffee mornings, and the gifts you leave us in wills. We cared for more than 800 people last year, providing support in their own homes, in care homes, in the hospital and in our hospice. You made the difference. Without you we simply couldn't continue to do what we do.

In this issue you'll read about some of our services – how we're supporting people with our existing work, and how we're developing new services to ensure we meet the ever-increasing needs of our patients and their families. You'll see the difference your fundraising – however large or small – can make to someone facing a life-limiting illness. And you'll see that this care and support isn't always about the big, complicated things, sometimes the best part of a patient's day is the freshly-cooked roast dinner, or sitting with someone and completing a quiz.

We know that with your continued support we can keep providing the right care to anyone who needs us, wherever they are in our community.

Thank you for everything you do for Katharine House – you make this all possible.



Angharad Orchard

Angharad Orchard
Chief Executive



A community of care bigger than any of us

by Charlie Bond, Medical Director and Consultant in Palliative Care

In 1994 I worked in a hospital in a refugee camp in Tanzania for three months.

I met a young woman who had been there for three weeks with a pneumonia that just wouldn't get any better. We had tried one antibiotic after another but none of them had cleared it. She almost certainly had HIV, although we didn't have the kits to test for it at the time. One morning, my translator refused to repeat what she wanted to say to me; he just looked at the ground. I insisted that I wanted to know what she was trying to say. Slowly my translator lifted his eyes and said; "She wants to be allowed to go home to die".

Home for her was a length of white UN plastic sheeting stretched over a frame of sticks in the refugee camp. That was where she wanted to spend her last few days with her family. I realised that I had nothing more to offer her. I had no more drugs that would be of any use and I struggled to find any words to say to her. I felt humbled by her courage and grace in accepting what I was finding so hard to accept. She made me reconsider what medicine was about.

We invest a lot in preventing and curing disease. Rightly so. For those who are not going to recover from their illness, whatever time they have left assumes huge importance for them and their family. It is worth investing in that time, and doing all we can to make sure it's as free of pain and other distressing symptoms as possible. It is

worth listening to concerns and anxieties, to do all we can to help with fear and loneliness.

People approach this time in different ways. The young woman in the refugee camp was clear she wanted to spend it at home rather than in hospital. For some people there are things they want to accomplish; unfinished tasks or conversations. For others the acceptance of dying itself is a difficult journey that needs respect and support from those around them. For some people the time they have left feels like an unwanted burden but it still seems important to walk alongside them and to help share that burden in whatever way is possible.

For me this is what defines the care we try to give at Katharine House. It's about establishing what is important for each person on their journey and offering help to them where they need it, whether at home, in hospital or in the hospice. I'm privileged to work with amazing staff and volunteers who help this happen; help to carry the burdens and share the journeys. Each person cared for by the hospice - their family and friends, all the stories, all the difficult times, all the tears, all the laughter, all the conversations, all the shared silences - it all comes together into a community of care that is bigger than any of us and holds all of us.



To support our hospice services, visit khh.org.uk/donate

Bertie brings a sense of calm

Sometimes it's the little things that can brighten up a patient's day. And sometimes a visit from a four-legged friend is just what the doctor ordered!

Volunteer Ros wanted to use her nursing background to help make a difference and spotted an opportunity when a local family she knew mentioned that Bertie, the therapy dog they look after, was due to retire.

Having spent his career working as a support dog in special needs schools, Bertie loves nothing more than being around people. Rather than live a quiet life in retirement, he persuaded his owners to let him visit us twice a week so he could chill out and be stroked by patients. Ros said:

“The patients and relatives love him! Seeing their faces light up when they see Bertie is wonderful. He's totally unflappable. He knows when his jacket is on it's time for work and he can't wait to meet everyone!”

With their loveable nature, it won't surprise you that dogs have been used to help humans through difficult times from Ancient Greece to world wars, and modern natural disasters.

The friendly nature of PAT dogs makes them a great companion for someone facing illness. They don't display any kind of fear or dislike of strangers, quite the opposite – they love new people and want to get to know them as quickly as possible.



PHOTOS: Bertie and Ros getting ready to visit patients at their bedside, and below, Bertie in his formative years.



Do you have special skills you could use to help patients? Find out how you can volunteer at khh.org.uk/volunteering



Kitty's visit to Katharine House



Before Christmas we got an email from nine-year old Kitty, a pupil at Brackley's Winchester House School who wanted to visit the hospice and be a Katharine House ambassador at school.

We arranged for Kitty and her mum to pop in for a tour of Katharine House and to meet some of the patients who were visiting our day hospice to find out about the difference we make.

She prepared some questions and although she was nervous before meeting the patients, she loved chatting to Alma, Brian and Pete, helping them with various craft projects and the famous weekly quiz – a fiendishly challenging puzzle compiled by our nurses.

PHOTOS: Above: Kitty helping Brian with the day hospice quiz; Left: sharing Christmas chocolates with Alma, and; Opposite: helping Pete to pick out the winning horse.

“ I feel like I've got a thousand butterflies in my tummy. I'm excited and nervous. Mummy says it's because I care. ”

- Kitty

Hello I'm Kitty, what's your favourite thing to do at Katharine House Hospice?

Alma: It's friendly isn't it, everybody's so kind.

Pete: I like coming here because it's restful, I can sit peacefully and pick my horses out - hopefully some winners!

Brian: Well at Christmas I made a Christmas cake! I iced it and put things on it. This week we're doing the quiz. Some of the questions are really hard.

What's your favourite food that the kitchen cooks for you?

Alma: The Christmas dinner was excellent, great roast potatoes!

Brian: I like the roast beef with all the trimmings. It's all made fresh in the kitchen and they also make lovely puddings – blancmange and stuff like that, with custard and ice cream!

Pete: Everything!

How does Katharine House help you and your family?

Brian: I come every Thursday, I might come to have a bath, have my hair cut, I'm having my hair cut this morning. All the things I can't do at home by myself.

Pete: They help us tremendously. My daughter is with me every day. So it gives her a day at home on her own.

Alma: It gives my daughter-in-law a rest, she looks after me and does everything for me, bless her heart, and it gives her a bit of a break. She's taking down Christmas decorations while I'm here today and she's as happy as Larry.

What's one thing you'd tell everyone about Katharine House?

Pete: What a wonderful place it is, the staff are so good to us, everybody's friendly. It makes me feel relaxed and secure. Since I've been coming here I've been so much better.

Brian: It's a lovely place to come to, we all talk to one another and all have a good time. I don't know what we'd do if Katharine House wasn't here. Most of us can't do the things we used to, so it's a really good job that it's here for us.



A donation of just £10 could help provide refreshments and freshly-cooked meals for patients like Alma, Brian and Pete. Please donate today at khh.org.uk/donate



Kitty's sponsored run for Katharine House

Inspired by a recent visit to school by our fundraising team, when Kitty discovered that Katharine House has to raise more than £11,000 every day because we only get a quarter of our funding from the government, she decided to do everything she could to help out.

This spring, she'll be doing a sponsored run with two friends to raise much-needed funds. And it's clear she's got a top supporter in day hospice patient Alma, who said:

"Good girl, Katharine House needs all the money it gets, it does really good work. It really helps me, and a lot of other people too."

Fundraising Focus



Richard's leap of faith

Ever fancied doing something different, daring, and a bit scary but need a little inspiration to get you started? We caught up with Richard who has taken the leap and signed up to do a skydive in May to raise money for Katharine House.

Richard's inspiration is his own first-hand experience of the care offered at Katharine House. He's taking on the challenge to say thank you after two of his friends were cared for at the hospice. Richard was so moved by the support and care given to his friends, and also the consideration and compassion shown to their family and friends throughout their time at the hospice.

He said; 'It wasn't just my friends who had support, but we were all looked after throughout. Even after they had passed away we could get bereavement support. If I did something to raise money every day for the rest of my life, it would never be enough to thank the Hospice team!'

Richard's skydive in May marks a milestone birthday for him, and it would also have been his friend's birthday the day after, so he thought it a fitting way to celebrate the life of his friend.



If Richard's story has inspired you to take a leap for Katharine House, why not join us for our skydiving day on Saturday 28 September? Find out more at khh.org.uk/skydive



Heather's wild wingwalk

A huge thank you to another daredevil, Heather Baldwin, who ticked an amazing wing-walk off her bucket list for her 50th birthday and raised £565 which will be matched by her employer DHL. She was thrilled by the experience and would recommend it to anyone:

"I am still on a high from doing it and can't recommend it highly enough. If you do ever get the chance to try it, then go for it!"

"As a local charity that helps a so many people in so many ways, when life is possibly at the darkest it can be, I think we need to make sure that Katharine House's services are never lost."



Festival of Gardens

From May to September, we're proud to be supported once again by garden owners from across our community who will be opening their gardens to raise money for Katharine House.

With a host of horticultural marvels on display and teas, home-made refreshments and other activities on offer our Festival of Gardens is a great day out for all the family!

Find out more at khh.org.uk/gardens

Midnight Walk 2019

Community fundraising

Claire Abbey completed the Oxford Half Marathon and raised a fantastic £1,000. She said: "I went into it with a sense of fun, raising funds in memory of my mother. My dad, brother and sister-in-law came along on the day to cheer me on. The crowd were amazing on the day, cheering on the Bumblebee!"



Over the last 10 years Jenny Hanks has raised £9,000 with her bingo events, raffles and jumble sales, and she's also been a regular volunteer at our Midnight Walk. Her dedication and fundraising has made a huge difference.



Thank you to the 20 dedicated students from Bloxham School who turned out in force for our Morrisons Bag Pack in December, raising a whopping £806.71 in the process!



The Midnight Walk is our biggest fundraiser of the year and we need you to make it a success!

This year we're celebrating Flower Power and asking you to love your hospice. Help raise funds to support our nursing team who work seven days a week, 365 days a year, caring for people in our community.

We're making the event bigger and better this year. It will start earlier, there will be a bar and food, and lots of great activities. Get your hippy on and join us on Saturday 22nd June at Banbury Rugby Club. Registration opens at 7.30pm and the 6-mile and 10 mile walks will start at 9pm.



Whether you're a daredevil, or prefer to keep your feet firmly on the ground, there are plenty of ways you can get involved and help raise money for your local hospice. Find a way that fits you at khh.org.uk/fundraising



Show some love and sign up today! Early bird registration £15 for adults and £8 for under 16s until 7 May at www.khh.org.uk/midnight.

Corporate connections



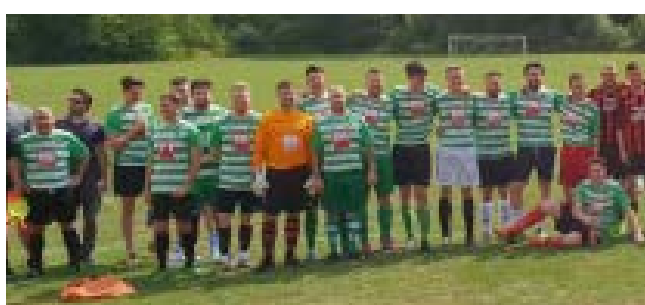
Fairy-lit tractor run raises more than £6,000

A record-breaking 79 tractors took to the streets for RC Baker's third annual Christmas Tractor Run in December as local villagers came out in their hundreds, braving the cold to line the route in a bid to catch a glimpse and cheer on the Christmas convoy as they passed by.

Raising more than £6,000, it was their biggest and best Tractor Run to date. The event was featured on several national news and travel updates, and even garnered national attention

with a special feature on BBC Radio 4's *Farming Today* programme on Christmas Eve!

Jennie Steenkamp, Commercial Manager at RC Baker Ltd said: "We are absolutely speechless by the turnout this year. I never thought that our little event would snowball quite so quickly, nor that we would attract such a high number of tractors! We are so grateful for the generosity and support of the local community".



Football's coming home

Inspired by England's epic achievement in the World Cup last year, Norbar Torque Tools and Mayday Employment both organised charity football matches to raise money for Katharine House. Raising over £1,800, the matches could fund the new walking groups we're launching in 2019 and help people affected by life-limiting illnesses get more exercise.



Foodie's fancy dress

Faccenda Foods and Avara Foods raised over £7,000 in just one fantastic week of fundraising! Their amazing support could fund food and drink for our day patients for over a year! Here's the team looking fabulous in their fancy dress.

Estate agents on the run!

A team from Finders Keepers estate agents in Banbury raised £1,560 by running the Oxford Half Marathon in October. Even more impressive considering they only put their team together two months before the event!

If your company wants to take on the challenge and see if you can beat the feat by Finders Keepers, please get in touch at getinvolved@khh.org.uk



Jewellers donate a sparkling £700

The team at Beaverbrooks jewellers in Castle Quay Banbury donated £700 from the Beaverbrooks Charitable Trust. Katharine House's Director of Fundraising & Communications, Justine Williams, was delighted to accept the cheque on behalf of the hospice. We look forward to working closely with Castle Quay and other retailers over the coming year.

Are you a charitable trust or foundation?

Are you a trustee of a charitable trust or foundation? We're launching a number of exciting new projects this year, such as our companion service for patients and carers, and we would love to work together to find a project your trust could support. Please get in touch on 01295 816 484 or email partnerships@khh.org.uk

A big thank you to...

...Hayfield Homes for sponsoring this year's Santa Fun Run and also donating bottled water and hand warmers for the rosy-cheeked runners who braved the December weather to raise more than £20,000. We are also grateful to Banbury Charities for supporting the Santa Fun Run and our Lights of Love events.



Woodford Halse-based Main Line Timber has supported us for many years. Their collection tin is usually overflowing – thank you to all their lovely customers! – and last year they made a wonderful donation of £2,500. This generous donation could fund 50 appointments with our physiotherapist, helping to ease breathlessness, fatigue or anxiety and improve mobility and independence.



DCS Group brought the Christmas cheer in December and our patients were absolutely delighted to receive the wonderful donation of beauty and toiletries gift sets. Thank you!



We are grateful to Bag 'n' Box Man, Adderbury, for providing all of the traditional wrapping material for our Christmas wrapping service at Castle Quay in December. We raised over £380 in just one day, and this wouldn't have been possible without owner Terry's support.

Thank you to Bicester-based Baker & Taylor, Brackley-based Jupix and Banbury-based White Commercial for choosing Katharine House as your Charity of the Year! We look forward to working with you in 2019 to raise money for local people facing life-limiting illnesses.



Could we be your next Charity of the Year?

Do you own a business, or is the company you work for looking for its next Charity of the Year? To find out how your business can help people in our community facing life-limiting illnesses, get in touch on 01295 816 484 or email partnerships@khh.org.uk

▶ Are you interested in sponsoring a page in our newsletter and reaching 12,000 people in the local community while supporting a wonderful cause? If so, please contact Laura Horton at fundraising@khh.org.uk – we'd love to hear from you!

YOUR LOGO HERE



Looking to the future

At some point in our lives, we all need to think about the future. Ensuring your Will is up to date is an important way of looking after your family and friends in years to come.

Every year we run our Make a Will Week where local solicitors waive their fees for making a Will in return for a donation to Katharine House. Last year's campaign was a great success, raising £11,000 – enough to run the hospice for a whole day.

Sarah Meads, our Legacies Manager, told us: many of us put off going to see a solicitor or Will writer. Make a Will Week provides a great

opportunity for people to get their affairs in order so they can just get on with living their lives knowing everything is taken care of.”

A big thank you goes to the local solicitors and Will writers who kindly gave their time and expertise, and to those supporters and sponsors who made such generous donations to Katharine House.

A Will is also a great way to support your favourite charities. A gift in your Will to Katharine House could be the most important gift you'll ever make, and it will help provide care to the local community for years to come. To find out more, please get in touch with Sarah on 01295 816 484

Create a tribute for your loved one

Did you know you can set up a free online tribute in memory of a loved one via our website? It's a lovely way of recording memories, photographs, music, stories and much more. You can even light a virtual candle or mark a special anniversary by making a donation to Katharine House.

Your online pages can be created so they can be seen only by you, or you can choose to share them with selected friends and family – it is entirely up to you. It is simple to set up, but we can also do this for you if you prefer.

“After losing my Mum and Dad I have somewhere to feel close to them share my feelings and keep them alive to me.”

- Catherine



For more information, visit khh.org.uk/tribute or give us a call on 01295 816 484.



PHOTO: Shop volunteer, Cicely, with Chipping Norton shop manager, Paula.

Hospice on your High Street

It's a Thursday morning and our Chipping Norton shop is bustling with customers buying little treasures, and supporters donating everything from books and DVDs to designer clothes and silver dinner services.

It costs more than £4.5 million every year to run the hospice and three-quarters of that comes from people in the local community. The money you spend in our shops is vital in helping raise that money.

Chipping Norton Shop manager, Paula and one of her trusty volunteers, Cicely spared a few moments between serving customers to chat about what happens in a charity shop:

What does the shop sell?

Cicely: Everything you can imagine. We've got everything from books and birthday cards to fine china, children's toys and designer handbags!

What's the best donation you've seen?

Paula: We're always getting designer clothes and children's toys, and we get a lot of gadgets too. I think the most interesting thing I've seen was a donation of fine china which went to auction in the end and raised £1,800.

Why did you start volunteering?

Cicely: I'd never been in a charity shop before, but I donated some books when the shop opened and Paula asked me if I would volunteer. I'd just retired so thought it would be a good thing to do – that was 12 years ago!

Having been very seriously ill myself, I know what Katharine House means to people, I didn't have to use the hospice's services, but I know the difference they make.

What's the best part of working in the shop?

Paula: There are so many wonderful things. I love meeting all the customers. There's a real community feel, with people coming in for a chat as well as to buy their bargains. Everybody is welcome and we'd love to meet you!

There's also an opportunity to promote the hospice in a positive way. People in the community know that we rely on them for three-quarters of our funding, and they're more than happy to help out. They often find a bargain too!

Anything else you'd like to add?

Paula: Please remember when you drop off your donated goods to sign up for Gift Aid. It's really easy, and means that we can claim an extra 25p from the government for every £1 raised. Gift Aid raises thousands of pounds every year and it doesn't cost you a penny!

Did you know?

In addition to our shops in Banbury, Bicester, Brackley, Chipping Norton, Moreton in Marsh and Shipston, we have an ebay shop selling everything from clothing to DVDs, visit khh.org.uk/retail for more information



Every year the money you spend in our shops raises vital funds which goes directly towards supporting patients and their families facing life-limiting illness in our community.



PHOTO: Katharine House Chaplain, James, with Sam Canale-Hopwell, in front of two of the new pendants.

Sam's celebration of the faiths

In the Autumn, local representatives from the world's six most widely practiced faiths joined us at the hospice to unveil and bless six new stained glass pendants which will hang in our chapel.

Created by Bloxham School pupil Sam Canale-Hopwell as part of his A-Level Design Technology project, each pendant features a centrepiece from a faith - Christianity, Islam, Hinduism, Buddhism, Sikhism and Judaism.

Sam made the pendants in memory of his grandmother, who was cared for at the hospice last year, and he worked with hospice chaplain James Grote to develop something that reflected the hospice's welcoming feel.

We caught up with Sam to ask about his inspiration for the project:

"I wanted to make something for the hospice as a way of saying thank you for the care they gave to my gran. I knew the journey would lead somewhere, but I never thought it would have the impact it did. I wanted to make a difference and put a smile on people's faces. In the end it became much more than just an A-Level project. I'm so pleased it has been able to bring people from different faiths together and help show that Katharine House is here for everyone."

Chaplain James met with local faith representatives to understand how they could incorporate different faiths in to the pendants, and at the unveiling, each representative offered a short prayer or blessing in front of the 40 guests.

James was delighted with the pendants, saying:

"Sam has done an amazing job. The pendants are beautiful and they say so much. I love how the different colours remind us of the spectrum of religious beliefs and spiritual experience, which is different for everyone."

"That's what Katharine House is about. We're here for everyone - anyone - facing a life-limiting illness regardless of their faith, background, culture or anything else. That's what these pendants represent."



Could your faith group get involved with Katharine House and help raise essential funds? Contact us today at getinvolved@khh.org.uk

Upcoming Events

Date:	Event:	Information:
March - September	Care for a Cuppa	khh.org.uk/cuppa
3 May	Brackley town centre collection	getinvolved@khh.org.uk
June - September	Care for a Cocktail	khh.org.uk/cocktail
June - September	Festival of Open Gardens	khh.org.uk/gardens
1 June	Guitar Recital at Broughton Castle	getinvolved@khh.org.uk
8-9 June	Race to the Tower (double marathon)	racetothetower.com
12 June	Chipping Norton town centre collection	getinvolved@khh.org.uk
22 June	Midnight Walk	khh.org.uk/midnight
22-23 June	Race to the King (double marathon)	racetotheking.com
Sept. - November	Care for a Curry	khh.org.uk/curry
28 September	Skydive day at Hinton in the Hedges	khh.org.uk/skydive
13 October	Oxford Half Marathon	khh.org.uk/run
1 December	Santa Fun Run	khh.org.uk/santa



Care for a Cuppa

Raise funds for Katharine House this Spring with our Care for a Cuppa campaign.

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

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



KATHARINE HOUSE HOSPICE



Reg Charity No. 29099

URGENT BED APPEAL



Thank you to everyone who has donated to our urgent bed appeal. Your generosity means we've already raised funds to replace four specialist beds and mattresses in our inpatient unit.

You can still donate to the Appeal so we can replace all ten of our beds and ensure local people will continue to receive excellent care.

www.khh.org.uk/beds

Your chance to **win**

£1000

each week!

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

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

"It's easy and fun to play and winning came as a brilliant surprise!"

Denise, Lottery Winner



**KATHARINE
HOUSE
HOSPICE**

**FLOWER
POWER**

Midnight Walk 2019

**Love your hospice
this summer!**

Saturday 22nd June 2019

**Brand new start time!
9pm at Banbury Rugby Club.**

Feel the love, put some flowers in your hair and dress up groovy to raise money for people facing life-limiting illness in our community.

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

Reg. Charity No. 297099