



**KATHARINE
HOUSE
HOSPICE**

**Issue Number 55
Spring 2021
Reg. Charity No. 297099**

Thank you for helping to
**Make Every
Moment
Matter**



**Newsletter reader exclusive on the back page
head to khh.org.uk/walk21 to find out more**

Inside: Gill's Story, Kev and Emily's Wedding Fundraiser, Star Baker raises £2,700, Moving Forward Together, Keeping Connected




Issue No. 55 Spring 2021

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:
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Editors: Molly Davies and Emma Callery

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Contents

- 3** Welcome from our CEO
- 4-5** 5 Ways to Wellbeing
- 6-7** Our Community in Action
- 8** Keeping Connected
- 9** Moving Forward
- 10-11** Kev and Emily's Story
- 12** Local Businesses in Action
- 13** Gill's Story
- 14** Vicky the Volunteer
- 14** 30 Year Celebrations
- 15** Coming Up
- 16** Midnight Walk 2021



Welcome

From the Chief Executive

After an especially difficult year for us all, I'm writing this welcome note for the last time while reflecting on life here at Katharine House over the last 12 months.

The pandemic crisis has affected Katharine House in powerful ways. Not only have we had to deal with the impact of COVID-19 in the hospice and the surrounding community, we have also addressed our fragile funding picture and a rising demand for our services. Many of you will know this already, and we are truly grateful for the outpouring of support that you have given us over the last 12 months.

Now, thanks to the new partnership with the Oxford University Hospitals NHS Foundation Trust (OUH) (see page 9), we can look forward once again - and to a strong, sustainable future. This is backed up by the renewed vigour that we are putting into our fundraising, as we will continue to need to raise £3million each year to help fund our services.

After five years of being part of a truly talented and inspirational team here at Katharine House, I know that I'm leaving it in good and safe hands. I am also full of gratitude for all the time and financial support that our supporters and volunteers give us. Katharine House is loved by thousands of people in our community and as we look towards our 30th year celebrations (see page 14), we can be sure of a future filled with positivity and hope.

Angharad Orchard

Angharad Orchard
Chief Executive



Living Well at Katharine House

We spoke to Lydia, Head of Living Well, about the changes the Living Well team have seen over the past year at Katharine House. 'As a team we are extremely proud of how we have responded to the pandemic. We've had to reimagine the Living Well service almost entirely, shifting from our usual face-to-face care to a remote and online service. We've adjusted our ways of working, so our service users continue to be supported by our multidisciplinary team.'

Lydia went on to explain more about their remote and online service. 'We began with support telephone calls and a newsletter and then created online groups, including the Living Well Get Together, an exercise group and the Bereavement Café.

'At Christmas we received a wonderful number of donations, which meant Christmas parcels were sent to many of our patients and carers. It was lovely for us to be able to bring a little bit of Christmas cheer to our caseload.'

Other changes at Living Well over the last year have included getting the Volunteer Telephone Companion Service (VTCS) up and running and creating the Living Well web pages.

The aim of the VTCS is to reduce loneliness and isolation by pairing volunteers with patients so they are able to connect and share a chat with each other. This service was planned pre-COVID, but it feels like the perfect support to offer in the current climate.

The new content on the website includes the Five Ways to Wellbeing programme and videos from our Living Well experts. The web pages are a great way for people to get to know Living Well and to access initial support. You can see the pages using the link below.

“It's so good to know even in this pandemic you are still there to support the likes of me. I'm so grateful for your contact and guidance.”



To find out more about our Living Well service please visit our website khh.org.uk/livingwell



Five Ways to Wellbeing

The Living Well programme is based on Five Ways to Wellbeing. These are five themes that are known to enhance wellbeing and support people to live their lives in a happier, more fulfilling way. One of the themes might really resonate with you or perhaps a combination of them all.



Connect

This isn't as easy as normal at the moment, but it's more important than ever to find ways to connect with others. Think of your family, friends and neighbours as the cornerstones of your life and invest time in developing them. Building these connections will enrich you every day.



Take notice

Be curious. Notice the changing seasons. Savour the moment, whether you are out in the garden, looking out of your window or talking to friends on the phone. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Try something new. Rediscover an old interest. Explore technology. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Be active

Step outside. Walk around your garden or sitting room. Take an extra step. Climb the stairs. Move gently to music. Try an online exercise class. Exercising, however big or small, makes you feel good. Most importantly, discover a physical activity you enjoy and suits your level of mobility and fitness.



Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

Our Community in Action

Thank You Betty



During last year's lockdown supporter Betty Harrison raised an amazing £700 selling homemade jams and produce on a stall outside her home in Banbury. Betty's connection with the Katharine House goes all the way back to the beginning, when she was asked to help organise fundraising in the local area to help raise funds to build Katharine House in Adderbury. She and her late husband dedicated their weekends to fundraising and over 30 years later she continues to support us. Thank You Betty!

Thanks to all our Santas



We want to say a huge thank you to all the local schools and colleges who took part in the 2020 Santa Fun Run. In December a mix of 19 primary and secondary schools took part in our first ever Schools Santa Relay in December, raising over £30,000 for Katharine House. The support from our community never ceases to amaze us!

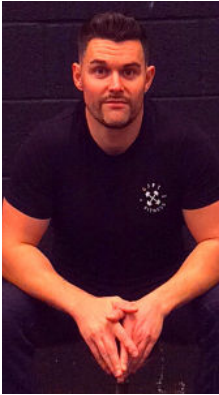
Thank you to Kineton High School who raised £3,000 during their annual charity week, thanks to Bloxham School who raised vital funds through their virtual Christmas concert, and thanks to Activate Learning who undertook an Accumulator Challenge and Santa Run.

We also want to say thank you to all of our amazing runners who took part in our virtual Santa Fun Run this year. We couldn't do what we do without your support. Thank you for raising over £15,000 to support our patients and their families.



Inspired by any of our wonderful supporters' stories? Find out how you can get involved at www.khh.org.uk/fundraising

Chris lifts in memory of friend JT



After his friend John was cared for by Katharine House Hospice last autumn, personal trainer Chris Jackson set himself the ultimate mental and physical challenge of dead-lifting 100kgs 2,500 times, raising over £3,000 in the process.

“I wanted to do something to honour him, and to help Katharine House who gave such great care at the end, and continue to do so for his wife in what are very tough times.”

Team Porcino



A group of friends, known as Team Porcino, completed both a 24-hour ultra-marathon and a sponsored virtual 5k run on Boxing Day and collectively raised an incredible £3,500 for Katharine House.

“Some of our members have had loved ones under your care in the past so our support is very close to home.”

Star baker Katie raises over £2,700



Katie Hurst began baking to raise funds for Katharine House last summer, sharing her creations on Instagram @boredombaking. Katie has even received praise for her cakes from David Beckham! With her parents kindly covering the cost of ingredients so that every penny raised can support the hospice, Katie has already raised £2,700 and is still baking.

“I chose to support the hospice because I know how important the service that you provide is. During this pandemic, I thought I would take the opportunity to put others needs in front of mine.”



Katharine House Keeping Connected

The Coronavirus (COVID-19) pandemic has been an immense challenge for our clinical team, patients and their families, especially around the difficult subject of visiting loved ones. Early on in the pandemic it became apparent all too quickly that we would need to find new ways to enable patients and their families to keep in touch as the hospice doors were closed to visitors.

Nikki Tout, social worker at the hospice, told us about some of the initiatives in the inpatient unit (IPU). 'Because of the visiting restrictions, keeping families connected during COVID-19 became vitally important in the IPU.

'We sewed matching buttons chosen by patients onto handkerchiefs to share with their families and similarly shared donated crocheted hearts between loved ones. We also made use of technology. One family was living abroad so they Facetimed their dying father at the hospice. The nurses in IPU put an electronic tablet in his arms and touchingly said, "Your dad has his arms around you."

Mandi Kitching, our clinical nurse specialist at the Horton Hospital, went on to say, 'During lockdown, a 94-year-old man in the Horton Hospital became very poorly and bedbound, but only one visitor was allowed to visit. His daughter was very close to her father and what mattered most was that she and her father could be together, so the clinical team managed to set up an extra bed for her at the hospital. To enable them to speak to the rest of his family, we set up one-to-one Skype calls, allowing each family member to say their own personal goodbyes. The father died peacefully with his daughter at this side.'



We want to thank everyone who donated personal protective equipment (PPE), made scrubs for all our staff, and to those who donated electronic tablets so that our patients could continue to see their loved ones from afar.



Moving Forward Together

Katharine House and Oxford University Hospitals NHS Foundation Trust (OUH) are now working together in partnership and the management of our clinical services has transferred to OUH as we embark on a new way of working together. We can remain with confidence at Katharine House, our home for the past 30 years, providing the highest standards of care for our community, for our patients and for those people who will be our patients in the future.

- providing care when it's required, where it's required, be that in the hospice, in the home or in the hospital.
- Patients and families will notice no difference in how care is delivered, and will receive the care they currently have from our clinical team.



Read more at khh.org.uk/movingforward

“I am delighted that we have been able to progress this partnership for the community we serve because it protects the outstanding care that the hospice provides for our patients, their families and future generations.”
Angharad Orchard

Partnership Advantages

Transferring the management of our clinical services to OUH brings a number of advantages.

- We're able to protect the services that we provide to the community we serve.
- We will continue to be here when people need us most,

Thank you for your generosity

Over the last year, we have been very touched by the support that you have continued to give us, especially during this difficult time for everyone. Thank you! You have helped to make every moment matter for more than 900 people living with life-limiting conditions. But it's important to stress that despite our new partnership, we remain a charity, and **we will continue to need your support to raise £3million annually** to help fund our clinical services and meet the needs of the patients and families we care for every year.



To donate, please visit khh.org.uk/thefuture



Kevin and Emily's Story

Kevin

When we got engaged, we were passionate that if people did want to give a gift, that they donated to the hospice to recognise the amazing work Katharine House does and acknowledge the support they gave us as a family when my mum spent her last days at the hospice.

Emily

It felt like a no-brainer to us. We were trying to think of a way to honour the people that wouldn't be at our wedding, it felt like the most perfect way to honour Kev's mum. We want our wedding to be personal, and try and support the local community too, we are getting married at our favourite local restaurant, and our neighbour Betty (see page 6) is making our wedding favours.

Kevin

Having grown up in the area, I was very aware of the hospice. Pretty much everyone you speak to knows someone who has been supported by Katharine House.

Both my Mum and Grandad spent time in the hospice, the support offered was faultless. The hospice went beyond all expectations, it made what was such a difficult time, a little easier. We just wanted a way to say how grateful we are really, that the hospice was available to us and helped us through that period.

Emily

I hadn't been to the hospice before so I didn't know what to expect but I think I thought it would be more like a hospital with fixed visiting hours; we could come and go as we pleased and be there all day every day.

Kevin

At a time when everything was in disarray and falling apart in our lives, the hospice was calm and supportive with people who just made it easier in ways that are hard to articulate. Time spent there when we weren't at my Mum's bedside, but in the common areas, taking it all in, living through that experience,

Mark a special occasion and support Katharine House

Whether you're getting married, or want to remember a loved one on a special day, mark the occasion with Katharine House. Head to www.khh.org.uk/mark-a-special-occasion

it was as nice a place as possible to do that. I think it's because the hospice takes on all the responsibility for the care and the admin, all the questions you don't know how to answer, all the things you haven't been through before. It just lets you be and do what you want to navigate your way through that situation.

Emily

They really valued things to do; we could sit and do jigsaws all day and just be there in each other's company. We are so grateful to be able to reflect on the experience in a positive way. I loved her room, we could have the doors open and it had beautiful flowers, which she loved, so that was really special.

Kev

Katharine House just lifts the burden from you, so you can focus on what is important; making the most of those last days, and supporting each other through it. It allows you to do that in a way that seems so effortless to the people there at the hospice. We didn't have to ask for anything,

everything was just taken care of. We didn't even have to think. After weeks of caring for Mum at home, that was a real relief really, because, all you do is think and then you worry and you think you're doing everything wrong. When we got to the hospice we didn't have to worry about that anymore because we knew she was in the best hands.



Create your legacy for Katharine House

Katharine House has been helping the community for the past 30 years. Leaving a gift in your Will helps to ensure our care and services can continue to support local people for years to come.



If you are considering leaving a gift in your Will please head to khh.org.uk/wills

Local Business in Action



Tractor Run raises over £23,000

Our amazing supporters at RC Baker put on another spectacular Tractor Run this year, spreading Christmas cheer throughout the local villages and raising over £23,800 in the process. We want to say a huge thank you to everyone involved and to everyone who donated.

“I never thought the event would see a donation figure this high, it’s absolutely astonishing, after such a challenging year. I just couldn’t believe it and burst into tears. The support and turnout from our tractor drivers, volunteers and the general public was incredible, and it really showed just how important Katharine House is to our local community and beyond.”
Jennie Steenkamp

Higham Critchley Barrows

A huge thank you to the team at Higham Critchley Barrows for their amazing support raising over £10,000 to support our patients and their families.



“With the hospice being unable to perform many of its usual fundraising activities in 2020, we were even more determined to help by smashing our initial target for 2020. We were delighted when we hit it with a couple of months to spare! Thank you to our loyal customers for helping us achieve this!”

Royal Cars raises £500

We want to say a huge thank you to Royal Cars for their continued support this year and for raising £500 from their 40 in-house staff, management team and over one hundred drivers.



Get your company involved to helping raise funds whilst having fun too. Email partnerships@khh.org.uk



Gill's Story

How did you feel before coming to the hospice?

I was scared, my friends were telling me I couldn't go there, because they thought it is just where you go to die. They got it all totally wrong. If I had gone into a hospital at that time, I probably wouldn't still be here, I would have given up. As soon as I was here at Katharine House, it was different, I was surrounded by positivity. Of course there are people here who are dying, and the care they get is second to none; but there are also a chunk of people who need Katharine House for lots of other reasons, for respite and managing their symptoms.

How do you feel now you are preparing to go home?

Katharine House was the help I needed to be able to talk about my illness with my family. It offered a place to gather my thoughts, step back and think about what steps to take next, with expert advice. When my time comes, a huge chunk of fear of that time has now gone. I now have a sense of peace and acceptance. I don't worry now, it is totally different.

How has Katharine House helped you?

Before I came in to the hospice, my community nurse was so important, she could tell, just from that phone call that I was at the end of my tether, I was gone. She arranged for me to come here very quickly and I think that saved me.

Katharine House has given me hope, and a real quality of life before I go. Now I will make the most of the time I have left. When the time comes, I hope, sincerely, that this is where I come and spend my last hours, I can't think of anywhere nicer.

Is there anything else you'd like to add?

The food is excellent by the way, things like that matter. It's the norm isn't it? What do you do when you stay somewhere? You talk about the food you eat! Things like this are important, and to the rest of the family too. That's life, not death.



If you would like to share your story, please e-mail us at getinvolved@khh.org.uk



Vicky Volunteer Ward Clerk

Vicky started as a volunteer ward clerk, but after three months and the onset of COVID-19 she moved to reception and is now involved in lateral flow testing, helping visitors see their loved ones.

After moving here five years ago I wanted to offer my time to the hospice after a friend, a bereavement counsellor, spoke so highly of the hospice. As I have a nursing background, I wanted to give it a go to see how it would work out.

I really like the sense of purpose and achievement that I get here. The hospice is very welcoming and friendly. You might only get one thing right that day, but that thing will be helping someone. It's very fulfilling. The environment at the hospice is so welcoming. Everyone is so helpful and nothing is too much trouble.

I would highly recommend volunteering! A lot of people have skills that they don't feel they have. Katharine House don't necessarily want skills with a big 'S', they just want people to be a part of a team.

Find out more at khh.org.uk/volunteering

Our 30th Year

Katharine House Hospice has been supporting the community for the past 30 years. Since opening in October 1991, Katharine House Hospice has supported so many patients and families affected by life-limiting illness, here at the hospice, in the community and at the Horton Hospital.

In our 30th year, this April we transitioned all of our clinical services to be managed by Oxford University Hospitals NHS Foundation Trust. This means we can continue to support our community in just the same caring and compassionate way and Katharine House remains as a charity, needing to raise at least £3million annually to fund our hospice services.

We could not have provided the care and support to patients and their families without your help. Thank you for your support over the past 30 years. We would love to hear your hospice story from past years, please get in touch email: getinvolved@khh.org.uk



Keep up to date with activities coming up later in the year for our 30th anniversary khh.org.uk/30years

What's On in 2021 With lots more exciting events to come!

Date:	Event:	khh.org.uk
Spring/Summer	Open Gardens for Katharine House	/gardens
17/18 July	Walk for Katharine House	/walk21
2 September	Wing Walk	/wingwalk
21 September	Fire Walk	/firewalk
18 September	Swim Serpentine	/swim
17-19 September	Yorkshire Three Peaks Challenge	/threepeaks
October	Make a Will week	/wills
1 October	Jurrasic Coast Trek	/trek
3 October	London Marathon	/marathon
17 October	Oxford Half Marathon	/oxfordhalf
2021-2022	30 Anniversary Celebration	/30years



Stay up to date with Katharine House news and events by joining our e-newsletter. Head to khh.org.uk/newsletter

Your chance to

win

£1000

each week!

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

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

“ This went down as an excellent gift with all of our grandchildren! ”

Celebration Tree 

To remember and celebrate the lives of people that mean so much to us.

khh.org.uk/celebration-tree

Jane's Story

Last year myself and a group of friends and family took part in the Reimagined Midnight Walk to walk in memory of my amazing sister-in-law and friend Ingrid. Her last three weeks were spent at Katharine House and gave Ingrid, her family, and friends time together. Knowing she was receiving the best care and pain relief helped at this difficult time, and her husband Chris, was able to stay by her side. She had many visitors and even enjoyed her last gin and tonic at the hospice! Memories can still be made at the saddest of times and Katharine House enabled this.

The day of the walk was beautiful and sunny. There was a lovely atmosphere and of course remembering our dear friend Ingrid along the way. Through friends and family support we raised over £10,000 for the hospice.

Jane



Sign up

to join this year's walk
khh.org.uk/walk21

Back by popular demand Katharine House's biggest fundraising event the annual Midnight Walk returns this summer! We've been working hard to create a 2021 COVID-safe event for you to enjoy this July, but it may look a little different this year...

Take on the challenge and join us as we walk to remember those we love, and support patients and families who rely upon Katharine House.

khh.org.uk/walk21

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