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# Issue No. 61 Spring 2024

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



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### The End-of-life and Palliative Care (EPiC) Resource Centre

- Information to support you, your family, friends and carers.
- Understand more about palliative care.
- Demystify issues around death and dying.
- Find out what financial support is available.
- Consider how you might plan for the end of life.
- Know what to do after someone dies.
- Get bereavement support and advice.

[www.khh.org.uk/epic](http://www.khh.org.uk/epic)

Here for you whenever you want information following the diagnosis of an incurable illness.



 KATHARINE HOUSE HOSPICE  
Registered Charity No. 297099

# THE ROSE



Hello and welcome to the spring edition of *The Rose*.

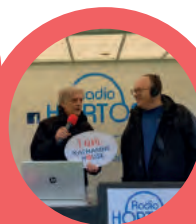
I have been at the hospice almost a year now – and what a year it has been! It continues to be an absolute privilege to work with all of the teams – those within the charity at the hospice and those in our shops; our clinical colleagues on the ward and those who support all of our patients in their own homes. And not forgetting our amazing volunteers who support us in all of those places and in the community. We are truly blessed to work here, supporting our patients and their families in their most vulnerable of times. It is an honour.

As you will go on to read, we have received some amazing support over the last six months, and we are incredibly grateful to everyone who has enabled our work to continue. With statutory funding covering significantly less than half the costs of the care we provide, the support we receive from our community really is vital to ensure the service is able to continue for people who need it now and into the future.

The hospice has had a real upgrade over the last few months, and we are delighted with how it is looking but, as you can imagine, it has meant a bit of temporary upheaval. The team have all been at pains to ensure that none of our patients feel they are getting a second-class service. We are so grateful to our patients and families who have adapted with us. It has reinforced that so much of what makes Katharine House different is the care our wonderful staff deliver, which remains as special as ever.

Thank you again, it is great to have you on our side.

Emma



## How will you be Katharine House this year?

As part of our I Am Katharine House campaign for 2024, we're asking people to tell us how they are going to support the hospice this year. You'll then be added to our special pledge page: [i-am-katharine-house.celebrationpage.org](https://i-am-katharine-house.celebrationpage.org).

There are so many ways you could get involved:

- ▶ Visit a Katharine House shop
- ▶ Take part in one of our events
- ▶ Volunteer with us
- ▶ Join our lottery
- ▶ Share our social media posts
- ▶ Become a regular giver
- ▶ Make a one of donation
- ▶ And much more ...



How will you be Katharine House in 2024? Visit our website to find out more: [www.khh.org.uk/iamKHH](https://www.khh.org.uk/iamKHH)

# Meet THE THERAPY TEAM

Our therapy team, consisting of occupational therapists, physiotherapists and therapy assistants, work hard to help patients live life to the fullest.



## Occupational therapy

Occupational therapy aims to put quality back into a patient's life by seeing beyond the diagnosis and focusing on a patient's hopes and aspirations. Focusing on the everyday activities (their occupations) that are important to them as individuals leads to improvements in a patient's ability to do the things they need and want to do. Occupational therapy also helps make improvements to relationships, communication and connections as well as mood, rest and sleep.

For the past six months, Katharine House has been building a therapy dream team, dedicated to improving the physical and mental wellbeing of its patients.

The new team has a host of different skills and experience which complement each other and enable them to provide a holistic approach for patients both at the hospice and out in the community.

### Personalised care

Lisa Gregory is the hospice's first ever Occupational Therapist (OT), supporting patients, families and caregivers to maintain a sense of togetherness, participation and living – even in the midst of dying.

For Lisa, therapy is all about enabling people to have the best rest of their life. She said: "It's based so much around the individual person. So often,

it's the little things that are important to someone's life. We want to find out what they really want and then it's about making that happen. It could be looking at their spiritual, social or physical needs.

"One of our patients wanted to go to the pub so we arranged for a hoist and a special wheelchair to enable him to go. Another wanted to be able to bake a cake for Katharine House staff so we helped make that possible. One female patient hadn't been able to have a bath for months and she was so desperate for one. We helped make that happen at the hospice."

### Making a difference

Phoebe Montgomery and Kirsten Older are also new to the hospice, having joined as the new physiotherapists. Phoebe said: "The care at Katharine House is second to none. The patient is at the centre of everything. At

Katharine House, we have the time to find out what makes that person them.

"As a physiotherapist, I want to give people the opportunity to enjoy the time they have left. Whether that's just getting them a wheelchair, for example, so they can get out and about."

### Hospice dream team

Phoebe said that Katharine House is an incredibly special place to work: "It's the people you work with that really make it. They are all amazing. I've never worked with nurses who are so dedicated. Every single one of them here is brilliant."

Lisa agreed: "What really makes the difference is the support and dedication from the wider team. You're only as good as the people around you and at Katharine House you are surrounded by exceptional people. There's a level of excellence here."





# Susan's supermarket dash

Lisa Gregory describes a memorable event where the Katharine House team helped a patient achieve her goal.

“ Sometimes we meet people who want us to help them fulfil a combination of needs specific to them and their situation, and we are inspired to go beyond our normal work environment to achieve this. Susan presented us with a challenge which took us on a shopping trip!

When I first met Susan, I asked her what was most important to her. She laughed and said: 'My bras don't fit and I need to go shopping to buy some new ones.'

It transpired that going to M&S was much more than just a shopping trip. It became a way to help her family see how determined she was in the last few days of her life. She had always been in control of things at home and she was totally focused on getting back there.

The trip to M&S took a lot of planning. Susan was permanently dependent on oxygen and needed a portable unit, which imposed a limit for the trip. Despite only wanting bras, Susan was keen to look at pretty much everything in the store, so we ended up doing a 'supermarket dash'. On the way round she decided she wanted to buy her husband a shirt but we couldn't find his size. Instead, we decided to have a coffee which meant going in the lift to the café on the top floor.

Susan, the palliative care nurse and I all had such a fun time, and we laughed the whole time we were out.

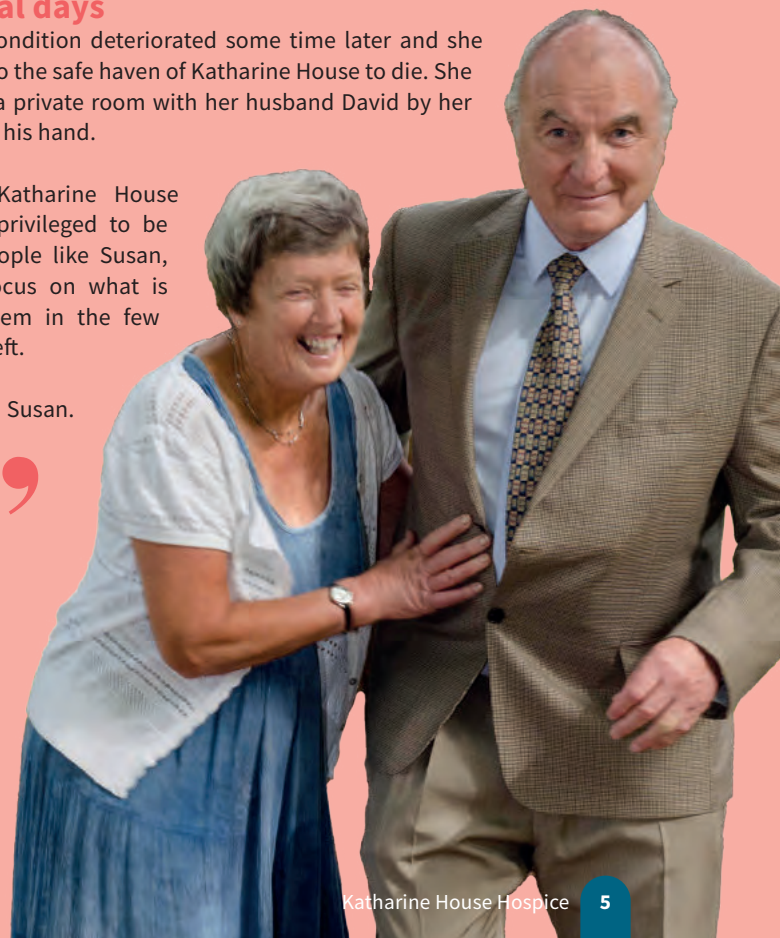
On returning to Katharine House, we were met by Susan's youngest son and his family who were taken aback that she wasn't tucked up in bed in the hospice. The trip had achieved a major objective. It had given Susan and her family the confidence that, with some care and equipment (which included a stairlift installed at short notice), she could go home.

## Susan's final days

Sadly, Susan's condition deteriorated some time later and she asked to return to the safe haven of Katharine House to die. She passed away in a private room with her husband David by her side and holding his hand.

As an OT at Katharine House Hospice, I feel privileged to be able to help people like Susan, who want to focus on what is important to them in the few days they have left.

Rest in peace, Susan. You were an inspiration. ”



## Physiotherapy

Our physiotherapists specialise in helping people with palliative care needs to manage their condition. This is achieved through improving strength and function by using exercise programmes; helping patients to manage their symptoms; improving mobility to ensure a patient can move around independently, and help manage breathlessness and pain.



Find out more about the therapy services available at Katharine House: [www.khh.org.uk/therapy-services](http://www.khh.org.uk/therapy-services)

“

*Susan came to love Katharine House. She loved the gardens and the activities, but most of all, she loved the people who looked after her.* ”

David Barratt, Susan's husband

# Take on a challenge in 2024

Every year, our supporters use our thrill-seeking and endurance challenges to turn their personal goal into so much more.

## Plunge 160ft on a bungee rope

Staff and locals from the Horse and Jockey pub in Bodicote are laying down the gauntlet and challenging local teams to join them take on an exhilarating challenge for Katharine House.

The 160ft bungee jump is a first for the hospice and takes place at the Bloxham Steam and Country Fair on Saturday 29 June.

Horse and Jockey team captain Kelly Woodward has already recruited a team of nine to take on the 160ft leap ... and she's not stopping there.

She told us why taking on the jump was so important to the team: "We all know someone who has been in the care of Katharine House. This sponsored bungee jump is in memory of all the much-loved friends and family members who have spent time at the hospice."

The Horse and Jockey are challenging local pubs and community groups, in a bit of friendly competition, to match them and sign up a team for the hospice.

If you've got a team in mind, simply fancy signing up yourself or perhaps want to buy a post-exam celebration experience for a teen, check out the link and QR code to the right. The event is open to ages 14+.



## Skydive for the hospice this September

Be more Maureen, do a skydive for the hospice. Great Grandmother Maureen proved age was no limit when she took to the skies for Katharine House last September.

"Even in my seventies I still love white-knuckle rides. Doing a skydive had been on my bucket list for years, so when I saw it advertised, I put my name down straight away.

"I would thoroughly recommend it to anyone. The feeling as you freefall at 125mph is amazing. I could have turned around and gone straight back up for another go!

"Nothing can repay the care and kindness we've received from Katharine House and I'm so pleased that I was able to raise over £2,500."



To tick the bungee jump or skydive off your bucket list (or another great challenge from the wide options we've got lined up for 2024), go to: [www.khh.org.uk/challenge](http://www.khh.org.uk/challenge)





# Middleton Cheney

Middleton Cheney have been opening their gardens for Katharine House for the last 12 years. We caught up with Richard, who helps coordinate the event, to find out what is involved and his top gardening tips.



Visit our website to find out more about this year's Open Gardens events, including Middleton Cheney: [www.khh.org.uk/gardens](http://www.khh.org.uk/gardens).

Since 2021, the gardeners of Middleton Cheney have raised an impressive £2,700 for the hospice. On 23 June, you'll be able to spend a delightful afternoon wandering around many of the village's gardens, including Richard's own beautiful outdoor space.

## What's your favourite part of opening your garden?

It's a great way to meet people. It's a real community activity, where the village can come together to open their gardens for everyone to enjoy, while also supporting a wonderful local charity. It is always a lovely relaxing afternoon for the hosts and visitors.

## What would you say to someone who's hoping to get involved this year?

Embrace this opportunity to welcome the local community, inspire others and share planting ideas. You may have a cottage garden, a modern garden design, a vegetable or herb garden or even an allotment to open – everyone has a different garden interest. It's also great to offer refreshments with homemade cakes and teas for them to enjoy.

## What's the best and worst thing about gardening?

I really enjoy researching to make it a success and make it work, with the right plants in the right positions (sun, shade, height positioning). On the reverse side, it's always hard when plants are eaten and destroyed by pests when you have spent a lot of time making it look amazing.

## What tips have you learned?

Pack plants together and don't leave gaps between. If you find that something is too big for where you have planted it, they can easily be moved to a new spot in the garden. Prune your plants and be patient with them growing. Remember the three-year cycle to growing your plants in your garden: 1 Sleep, 2 Creep, 3 Leap. The first year the plants sleep, the second year they creep and the third year they leap and produce an abundance of flowers and foliage.

*Thank you*

Thank you to Graf UK who are generously sponsoring our Open Gardens in 2024.

# PAY<sup>FOR</sup>A DAY

Our new Pay for a Day campaign gives supporters the chance to make a big impact.

We often get asked what we NEED at the hospice, or if there is anything specific that supporters can fundraise for. In truth, it is our core services that need our support the most, and fundraising for this is the most important part of sustaining Katharine House for years to come.

As many of you know, a huge amount of work goes into running all the services in Katharine House, 24 hours a day, 7 days a week, 365 days a year. The cost of running all the services each day is £12,995.

## Could you help us Pay for a Day?

Every gift we receive, whether large or small, is so appreciated at Katharine House Hospice. However, we know that some businesses, individuals or community groups are in a position to aim high, so, for you, we have launched our Pay for a Day campaign.

The campaign encourages people to raise £12,995 in one year as a one-off donation or paid over the year; or as a fundraising target for a group. You choose the day you pay for, and we celebrate it with you.

As a special thank you, we will recognise this unique gift with a leaf on our Celebration Tree, promote your involvement on our channels and feature your name or the name of a loved one on our dedicated Pay for a Day reception screen.

## What's in a day?

But what's in a day? she asks.  
A day is clear to see,  
We get up, we work, we play, we love,  
Minds running, barely pausing, time passing, easily.

But what's in a day? she asks.  
When that time becomes more precious still  
When bodies fail us, strength leaves us,  
Unknown futures now known against our will.  
When is that day?

But what's in a day? she asks.  
Something that need not be feared I reply.  
Look around and they are there,  
To help that love remain,  
To be there when you cry.

But what's in a day? she asks.  
Their strength, their spirit, their care.  
No angels, just humans like you and I,  
Giving so easily all day, every day.

Help them stay there, I reply.

*Written by Katharine House supporters Catherine and Rob Bowley*



To learn more about Pay for a Day, contact fundraising@khh.org.uk or visit: [www.khh.org.uk/pay-for-a-day](http://www.khh.org.uk/pay-for-a-day)





# CUDDLE COMFORT

Our wonderful new cuddle bed helps families spend quality time together at the hospice.

We are now the proud owners of a 'cuddle bed', thanks to the amazing fundraising efforts of one of our patients. Last year, we borrowed a special bed for two weeks to try out in our inpatient unit. Unlike most beds in a clinical setting, the width of this bed could be adjusted to allow for more than one person to comfortably lie together.

Ward Manager of KHH inpatient unit Abbie Hessey said: "Having one of these beds makes such an incredible difference to our patients and families as loved ones are able to snuggle up and spend time together – but to buy one costs close to £20,000.

## Cat's story

"Cat Morgan, a young mum with bowel cancer, was the first patient to try out the bed. She was lost for words at how amazing she found it, enabling her to cuddle up close with her eight-year-old son Archie."

Cat loved the bed so much that she immediately set up a JustGiving page, determined to help the hospice raise

enough money to purchase one so that others could enjoy it too. Her friends and family from near and far immediately got behind the initiative, raising a staggering £9,000, with Cat's employer Volkswagen Group UK also generously donating a further £1,000. The fundraising team at Katharine House helped to raise the remaining amount needed to pay for the bed by applying for a grant from The Francis Winham Foundation.

Cat said: "I would really like to give something back to Katharine House. From the moment I arrived, I have been shown such incredible care and kindness. It's one of the most peaceful places I have ever visited and I am so appreciative of being cared for here."

## Making memories

While under Katharine House's care, the hospice also made it possible for Cat to



Thanks to Cat's efforts, other patients have now been able to share special moments with their family, such as Abigail Watson who recently spent time in the cuddle bed with her young sons Samuel and Finley.

spend one last holiday with her family at Center Parcs, something that she didn't think would be possible. Staff worked with her and her family to ensure she had everything she needed to make those precious memories together.

Cat sadly died in May 2023, but we thank her so much for leaving the most incredible legacy.

“Every single member of staff and volunteer is an amazing human being, who takes their time to make life better for others.” Cat Morgan



# Local businesses in action

We want to thank every business that supported us in 2023, raising over £113,000 to support our hospice! Here are a few highlights...

## Three cheers for Viridor

The staff at the Viridor plant in Ardley nominated us as their Charity of the Year in 2023 and kicked things off with a family fun day in August, which raised nearly £1,300. Wanting to support us in other ways, and inspired by our green initiatives, the company became our Christmas Tree-cycle sponsors in December, with staff volunteering to help the team collect 279 trees! In addition, the staff also took part in the Santa Fun Run and held a Christmas raffle, which raised £665.



Viridor raised  
**£4,154**



Norbar raised  
**£3,594**

## Raising the Norbar

Norbar has supported Katharine House for many years and in 2023 it didn't disappoint, donating £3,594. As sponsors, you may have spotted their logo on one of our Christmas cards and the Santa Fun Run medals, and the staff also joined us in July volunteering in our garden. However, the team weren't finished there. They faced their fears when they took on the Santa Fun Run, a skydive and our abseil! Nicole, who jumped out of a plane in September, said, "The skydive was an out-of-this-world experience, and I would recommend everyone to take the jump, especially to help raise money for such an amazing charity!"

## Going the extra mile

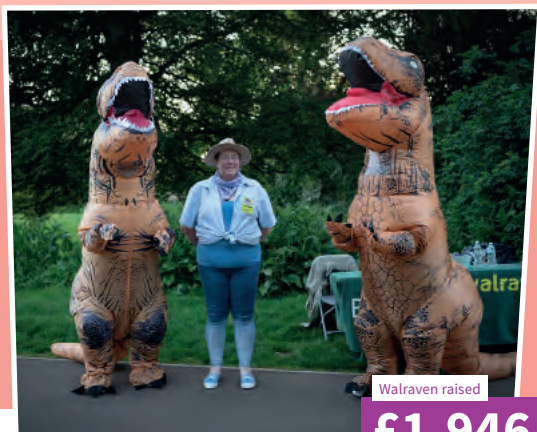
We were delighted to hear that the staff at Milestone Infrastructure raised £1,487 for us last year, and they have pledged to support us again in 2024! The team raised funds throughout the year with fundraising events such as bake offs, a football tournament, an Aunt Sally social evening and various raffles and sweepstakes. We can't wait to see what they have planned for 2024.



Milestone Infrastructure raised  
**£1,487**

## Roarsome support

The team at Walraven have been busy supporting Katharine House over the last 12 months, raising nearly £2,000! If you took part in the Moonlight Walk, you would have seen their *Jurassic Park* themed mile and the staff also joined in the 10-mile walk. For the team members who wanted a more relaxed fundraising event, they joined in with a Walraven Care for a Cuppa day in October and the company's quiz night at Banbury United. This year, the Walraven gang have already pledged to support Katharine House by taking part in the Banbury Triathlon in May.



Walraven raised  
**£1,946**



# KHH GETS A REVAMP!

**I** Our hospice received a bit of TLC in 2024 with a long-awaited refurb of the clinical areas.

Thanks to our partnership with Oxford University Hospitals NHS Foundation Trust, our hospice building was treated to a revamp at the beginning of the year to improve facilities for patients, visitors and staff.

The refurbishment works, funded by the NHS, began in January this year and took three months to complete. In order to remain open to patients throughout, we split the work into two phases and moved patients from one end of the hospice to the other to enable the work to take place. We are delighted to say that the refurb is now complete.



## Improvements

The project looked at improving all areas of care at the hospice, with the main priorities including:



New flooring



All rooms freshly decorated



Installation of a new nurse call system



Upgrading the fire alarm system



Improved security



Modernising the reception area



And many other general improvements



Katharine House Facilities Manager Mark Wilson, who has been overseeing the project, said: “We are absolutely delighted with the results. The improvements have made such a difference to us all.

“As with any refurbishment work, we knew there was going to be some level of disruption, but the contractors have worked swiftly and respectfully and made the process as painless as possible.

“Our staff here at the hospice have been amazing while the work went on around them, ensuring that our patients and visitors could be cared for with the same exceptional standard that people have come to expect from Katharine House.”



# Why we volunteer

People volunteer for such different reasons, so we spoke to two amazing supporters, each at a different stage of their volunteering journey, to find out why they volunteer for Katharine House. Jane, our rookie volunteer, has just been through the recruitment process and Georgina has volunteered for 37 years – yes, you read that right, 37 years!



## A big welcome to Jane

Jane stumbled across our request on Facebook asking for donations of alcohol for the inpatient unit drinks trolley. Jane thought, “What a great idea!” Luckily, she had found a bottle of vodka in her recent move so decided to donate it.

Jane said she walked into the hospice and encountered a wonderfully tranquil atmosphere, which felt so soothing that she decided to ask if any volunteers were needed. As part of a previous role, Jane had visited a few hospices and grew to understand how remarkable hospices are and how they play an integral part of our healthcare system.

Jane is looking forward to meeting other people united by this common cause, to help fundraise and become more connected with her new community. “I’m delighted to start volunteering. I am hoping to develop new skills, while helping ordinary people in extraordinary circumstances.”

Thank you, Jane, we look forward to your future volunteering journey with us.



To find out more about our volunteering opportunities at Katharine House, go to: [www.khh.org.uk/volunteer](http://www.khh.org.uk/volunteer)

## A big well done to Georgina

Georgina has been volunteering at the Bicester shop since the second day it opened 37 years ago and was at the hospice the day it was opened by Princess Diana. At a sprightly 87, Georgina is also involved in a ladies’ lunch club, which meets monthly and makes an annual donation to Katharine House. In the past, she also helped to arrange coffee mornings, bridge days, carols in the church, dances and clay pigeon shoots, to name but a few!

About working in the shop, Georgina said: “I like the company. I meet a lot of interesting people and hear their stories. And there are great bargains and ideas for my great grandchildren! I wake up on a Monday and think why would I not get out of bed to do it? I feel I have to give something to charity.”



Thank you Georgina for your fundraising and volunteering and for showing us that age is no limit.



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NICHOLSONS



Meet our

# Community Ambassadors

(From l-r) Community Ambassadors Tim, Sandra, Kim and Sarah at a recent meet and greet session.

## A big introduction to Tim, Sandra, Kim and Sarah

We are extremely proud to present our small but brilliant team of Community Ambassadors! This team is made up of volunteers who are giving their time to help us get out and about in the community more.

Here in the charity team, we face the age-old issue of never having enough hours in the day. We have many requests coming in for us to attend events, give talks and collect cheques but, unfortunately, we have to say no to quite a lot. And we don't like saying no, we like saying YES!

So, we decided to grow our team with amazing volunteers. Our Community Ambassadors are knowledgeable about our work at Katharine House and passionate about why we do it. So now we can say YES more often. Yes to attending events, yes to giving talks and yes to cheque presentations.

Community Ambassador Kim Benson said: "The hospice helped friends of mine and I wanted a way to repay all the help they give people, from the encouragement they give to patients, to the support they offer family and friends."

## Book a Community Ambassador



Are you part of a community group? Are you a teacher? Do you lead a team? Perhaps you already support Katharine House in some way or would like to. Either way, by booking a talk you can hear about our work and why your support is crucial.



Are you organising a fundraising event for Katharine House and would you like someone to attend to either give a talk or informally mingle with guests to spread the word about what we do?



Have you raised money for Katharine House and would like to present it to one of our team? Our Community Ambassadors would love to visit you to collect your donation and talk to you about the hospice.



Do you know of community events in your area where Katharine House could have a free stall to promote our work and raise funds?



To book your Community Ambassador, visit: [www.khh.org.uk/request-a-ca](http://www.khh.org.uk/request-a-ca)

# Supporter stories

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

## By George – he’s done it!

Back in December, nine-year-old George Fearn took on a fitness challenge to help raise money in memory of his Auntie Hannah.

George’s dad Adam, explained: “George wanted to raise money to show his thanks and as a tribute to his auntie who was cared for by Katharine House last year. He loves exercise so he decided to do 30 sit-ups a day for 30 days.”

As well as his daily sit-ups, George even did a presentation in his school assembly to explain to his classmates about the challenge and why he decided to raise money for the hospice. George said: “My auntie was very sick and Katharine House helped to look after her so I wanted to do something to thank them. I found the challenge difficult, but it made me want to push myself more. My friends said it was courageous and said I was doing a good job.”

Thanks to George’s brilliant efforts, he helped raise just over £400 for the hospice. What a wonderful thing to do in memory of his Auntie Hannah.

MORE THAN  
**£400**  
RAISED



## Tony’s tyre-ing tribute

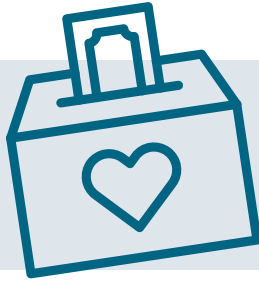
Following a special request from his mum before she died, Tony Clare saddled up for a cycling adventure in her memory.

Tony told us: “My mum was in Katharine House in December 2022. We were all so well looked after during my mum’s time there that I decided that I would like to do something to show my appreciation for the time and care that we were all given. So when my mum mentioned that she would like some of her ashes taken to the top of Monte Cusna in Italy, an idea was formed... What better way to honour my mum’s wishes and also raise some money for Katharine House than to ride from my home just outside Banbury all the way to Monte Cusna?”

Tony cycled the majority of the 1,200 mile journey on his own, but was greeted by family and friends for the final stage of the challenge – to climb the mountain his parents had previously climbed together in 2017 and scatter her ashes.

As well as honouring his mum’s wishes, Tony’s incredible challenge raised a whopping £4,000 for the hospice in her memory.





If these stories have inspired you to support our hospice but you need a few ideas, why not take a look at our A-Z of fundraising or download our free fundraising kit?  
[www.khh.org.uk/fundraising](http://www.khh.org.uk/fundraising)



### Carole's creations

Over the years, keen crafter Carole Russell has made a range of knitted items to sell and help raise funds for the hospice. "I've always enjoyed knitting, crochet and sewing – and with age comes more time for me to do it for charity," said Carole. "I've known people who have needed Katharine House and it is a local place that needs support."

Carole has recently been working with our charity team on a project to support children following a bereavement. She set to work making some specially commissioned bears that we're able to give out to young children after someone close to them has died. Here's Michelle, Nic and Sandra from our IPU with some of Carole's creations.

We're so grateful to Carole for supporting us in this way and helping provide some comfort to our youngest visitors.



**£6,059  
RAISED**

### Netball dream team

Earlier this year, students from The Warriner School competed in a 24-hour netball game in memory of much-loved staff member Jackie Cunningham – who spent her final week being cared for at the hospice.

Around 100 students from years 7 to 13 stepped up to take part in this epic netball event in honour of Jackie.

PE teacher, Hannah MacLachlan, explained: "The event was definitely a challenge – lots of students were struggling with lack of sleep and some struggled to get up in the early hours. Midnight to 5am was tough!" Hannah continued, "Thankfully students worked together to ensure we continued the netball throughout the night where matches were an hour long! We are extremely proud as a school and community of the students that took part, and very grateful for all of the support received. By fundraising, we are supporting the hospice in being able to provide care for others."

Talk about dream team! They absolutely smashed their fundraising goal and raised £6,059.



# Be part of our future...



... leave a gift to KHH in your will.

Remembering the hospice in your will is a very special way of making sure the local community can receive care and support for years to come.

Gifts in wills are a vital source of funding for Katharine House. In fact, one in ten people are cared for due to the generosity of those who leave the hospice a gift in their will.

### Write your will for free today

If you would like to use a will writing service for free, we've partnered with expert will writers, Octopus Legacy, to make giving a gift in your will to Katharine House even easier.

There is no obligation to include Katharine House in your will, but if you can support us, we would be so grateful. If you do decide to leave a gift to us, you'll need to use our full charity name (Katharine House Hospice Trust) and registered charity number (297099). Whatever you decide to leave, we will make sure your legacy gift is used carefully and responsibly to help people at their most difficult times.

One Katharine House supporter told us: "Making my will with Octopus Legacy was so quick and easy, every step was clear and simple. They reviewed it and sent it back well within the time they say. I have already recommended them to a friend."

### Our free will writing service



Easy step-by-step process



Legal experts check over each will



On-hand support



Call 0800 773 4014 to write your will over the phone or book a face-to-face meeting



Make your will online



Use the code **KATHARINEHFREE**

octopuslegacy



Find out more about your free will at: [www.khh.org.uk/legacies](http://www.khh.org.uk/legacies).

### Get in touch

If you have any questions, contact our fundraising team today by calling 01295 816484 or emailing [legacies@khh.org.uk](mailto:legacies@khh.org.uk).



*Every gift left in a will helps me and other nurses and doctors provide compassionate care to patients and their families.*



Abbie, Ward Manager of KHH inpatient unit



This page has been kindly sponsored by Blue Water Pools

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# Become a Friend of the hospice today by signing up to regular giving



A monthly gift, no matter how big or small, enables us to provide vital care and support to local people living with a life-limiting illness, not just now but for many years to come. Regular income provides security and ensures the hospice can keep delivering essential care and support while planning for the future.

Making a regular gift by direct debit is a great way to become a Friend of Katharine House. It's simple to set up and easy to manage. You can give any amount monthly, quarterly or yearly. Being a Friend and supporting the work of Katharine House with a regular gift means you can help us care for patients like Julie and their family.



"During her time at the hospice, my sister was always treated with respect and so were those close to her. A place where family meant everything. When my sister struggled to speak, the wonderful staff and volunteers took their time to understand her. For me, to give something every month is the easiest thing I have done." Miggy, sister of Julie (pictured)



Lights of Love

In December, our Lights of Love event saw more than 250 people come together to remember their loved ones at St Mary's Church, Banbury. Hospice staff were on hand to support the attendees, as well as perform a programme of poetry and music. Thank you to Humphris Funerals for sponsoring the event. This year it will take place on Thursday 5 December 2024.

## Give every month so we can be here every day

Whatever you can afford to commit each month will help us to care for more local people today, tomorrow and into the future.



**£5** each month could provide delicious meals for our patients, prepared by our onsite catering team.



**£13** each month could ensure a companion volunteer can travel to a patient's home, where they provide much-needed support and companionship.



**£20** each month could fund an hour of compassionate, expert nursing care for a patient at the hospice.



**£40** each month could pay for a full patient symptom review and related follow-up work.



We couldn't achieve all we do without our community of regular donors. For more information about becoming a Friend and setting up a direct debit, please visit:

**[www.khh.org.uk/friend](http://www.khh.org.uk/friend)**

or contact the fundraising team by calling 01295 816484 or email [fundraising@khh.org.uk](mailto:fundraising@khh.org.uk).



# ACCUMULATOR TEAMS RISE TO THE CHALLENGE!



After a two-year break, the Accumulator returned in October 2023 and this year's teams definitely rose to the challenge and raised an incredible £31,084.19.



Between October 2023 and February 2024, 11 teams across the business and education sector battled it out to become the Ultimate Accumulator and raise as much money as they could for the hospice from a £50 seed fund. The teams were tasked with being creative and sustainable in their fundraising, and to raise awareness of the hospice in the community. To name just a few of the wonderful and wacky events, the teams raised funds through bake sales, pop-up

shops, bingo and quiz nights, a Snowdon trek and a 24-hour rowing challenge!

Over 50 people attended the awards ceremony at Bloxham Mill on 7 March, where all the teams came together to celebrate their successes and receive their awards. A big thank you to all 11 teams for taking part and our sponsors, the Banbury & District Chamber of Commerce, for raising vital funds for our hospice.

It was the second challenge that Graf UK had taken part in and they had one mission, to become the Ultimate Accumulator and take the crown from Dematic who have held the award since 2020. And they didn't disappoint!

Graf UK raised a record breaking £15,305.94 and were crowned the new champions, bagging both the 'Most Money Raised' and 'Ultimate Accumulator' awards.

## The Accumulator Challenge 2023/24 winners

 <b>Sustainability Award:</b> Kington High School	 <b>Community Award:</b> Caroline Cares for You	 <b>Creativity Award:</b> Hanwell Fields Community School	 <b>Most Funds Raised Award:</b> Graf UK Ltd	 <b>Ultimate Accumulator Award:</b> Graf UK Ltd
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## The Accumulator Challenge is back for 2024

We are delighted to announce that the Accumulator Challenge is back for 2024, and you can register now! Just follow the link or QR code to the right.

The campaign will launch on 21 October 2024 and is open to local businesses, schools and community groups.

Each team will be provided with £50 to kickstart their fundraising and will have until 21 February 2025 to raise as much money as they can, in exciting and creative ways. Plus, if you register before 21 July 2024, your team will receive an extra £25 to start your fundraising campaign.



If you want to get involved or are interested in taking part in the challenge, contact the fundraising team at [getinvolved@khh.org.uk](mailto:getinvolved@khh.org.uk) or go to: [www.khh.org.uk/accumulator](http://www.khh.org.uk/accumulator) to register your interest.



# Meet the team

Our Head of Retail, Scott, may have been at Katharine House close to two decades, but we still had a lot of questions for him! He told us a bit about his role, what he likes to do in his spare time and his inability to pick a favourite dessert ...

**Name:** Scott Bloomfield  
**Job title:** Head of Retail  
**Joined the team:** June 2006

**If I had to sum up my role in one sentence, I'd say:**  
 Looking after our seven local charity shops and online retail: it's challenging but rewarding.

**The best thing about my job is:**  
 The variety – no two days are the same.

**My highlight since joining Katharine House is:**  
 Hopefully coming this year when retail income should hit £1m for the first time.

**If I could go anywhere in the world, I'd go to:**  
 Not fussed. Just somewhere sunny that I haven't been before.

**My favourite dessert is:**  
 Difficult one. Baked Alaska. No, trifle. No, Bakewell Tart. No, cheesecake. I don't know, all of them.

**My favourite season is:**  
 Summer. Being out in the garden is my favourite way to unwind.

**If I won the lottery, I would buy:**  
 A new watch. I have six already, but I'd really like an OMEGA watch.

**People are often surprised when I tell them:**  
 I've run the London marathon, twice.

**My idea of a perfect day is:**  
 Just mooching about with Mrs Bloomfield.

**My favourite thing to eat is:**  
 My wife's cottage pie.

**Without doubt, the best animals are:**  
 I don't know! I've never really thought about it. Hedgehogs?

**The best advice I've ever been given is:**  
 Don't worry about things you can't control.

**My proudest moment was:**  
 Being a Dad, and then a Grandad.

**My go-to biscuit is:**  
 Chocolate Hobnob. Milk or dark – I'm not fussy.

Read Scott's full Q&A here:  
[www.khh.org.uk/scott](http://www.khh.org.uk/scott)



## What's coming up?

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

DATE	EVENT	FIND OUT MORE
Apr-Sep	Open Gardens for Katharine House	<a href="http://khh.org.uk/gardens">khh.org.uk/gardens</a>
1-2 Jun	Blenheim Triathlon	<a href="http://khh.org.uk/triathlon">khh.org.uk/triathlon</a>
3-9 Jun	Volunteers' Week	
22-23 Jun	Cotswold Way Challenge	<a href="http://khh.org.uk/cotswold">khh.org.uk/cotswold</a>
29 Jun	Bungee Jump	<a href="http://khh.org.uk/bungee">khh.org.uk/bungee</a>
18-30 June	Rose to Remember	<a href="http://khh.org.uk/rose-remember">khh.org.uk/rose-remember</a>
7 Jul	Broughton Castle Sportive	<a href="http://khh.org.uk/sportive">khh.org.uk/sportive</a>
7 Sep	Skydive	<a href="http://khh.org.uk/skydive">khh.org.uk/skydive</a>
22 Sep	Snowdon Sunrise Challenge	<a href="http://khh.org.uk/snowdon">khh.org.uk/snowdon</a>
13 Oct	Oxford Half Marathon	<a href="http://khh.org.uk/oxford">khh.org.uk/oxford</a>
21 Oct	Accumulator Challenge kicks off	<a href="http://khh.org.uk/accumulator">khh.org.uk/accumulator</a>
Year round	Care for a Cuppa events	<a href="http://khh.org.uk/cuppa">khh.org.uk/cuppa</a>

# SNOWDON SUNRISE



**KATHARINE  
HOUSE  
HOSPICE**



**START YOUR DAY DIFFERENTLY**

**JOIN OUR SNOWDON SUNRISE CHALLENGE**

*SIGN UP TODAY!*



**Sunday 22 September**  
**[www.khh.org.uk/snowdon](http://www.khh.org.uk/snowdon)**



Charity reg no. 297099