



INSIDE OUR
INPATIENT UNIT
PAGE 4

INCLUSIVE CARE
FOR ALL
PAGE 12

OUR RECORD-BREAKING
ACCUMULATORS
PAGE 14



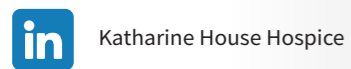
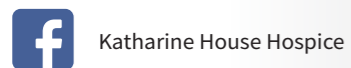
TURN TO **PAGE 17** TO FIND
OUT HOW CLAIRE BRYANT,
ONE OF OUR AMAZING
COMMUNITY NURSES, IS
RAISING MONEY BY TAKING
PART IN OUR CYCLE LONDON
TO PARIS EVENT.

Katharine House Hospice
Aynho Road
Adderbury
Banbury
OX17 3NL

Tel: (Main) 01295 811866
Tel: (Fundraising) 01295 816484
Email: enquiries@khh.org.uk
Website: www.khh.org.uk
Reg. Charity No. 297099

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

Find us on



Issue 63
Spring 2025
Editor: Karen Welsh
Design: www.dougdawson.co.uk

© 2025 Katharine House Hospice
All Rights Reserved

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



Contents

- 3 CEO's welcome
- 4 Inside our Inpatient Unit
- 6 Precious moments
- 7 Dying matters
- 8 Supporter stories
- 10 This is Hospice Care
- 12 Inclusive care for all
- 13 Help make every moment matter
- 14 Our record-breaking Accumulators
- 15 Local businesses in action
- 16 Gearing up for a challenge
- 18 What drives a volunteer role?
- 19 Meet the team and What's coming up?

Open Gardens
for Katharine House

KATHARINE HOUSE HOSPICE

Got a garden you want to show off in aid of Katharine House?

Looking for a family friendly day out?

Find out more about our **Open Gardens Scheme**
www.khh.org.uk/gardens

Reg. Charity No. 297099

THE ROSE



Welcome to the spring issue of *The Rose*.

I'm not sure about you, but I felt the darkness and the mud were never going to end this year, so I am delighted to be able to welcome you to the spring edition of *The Rose* – new life, beautiful gardens and (slightly) less muddy dog walks!

In this edition, we mention Dying Matters Awareness Week (5–11 May), which we take part in every year (see page 7). This year's campaign focuses on 'The Culture of Dying' – both the differences and the similarities between our various cultures within the UK. At Katharine House, we do our best to ensure that everyone from our community, regardless of their faith, culture, sexuality or gender, feels welcomed and cared for. Take a look at page 12 to see how we're maximising equality, diversity and inclusion (EDI) at our hospice. We are very aware that hospices are not accessed equally by everyone, and we are doing our best to break down those barriers.

I want to take this opportunity to thank you once again for your ongoing support. You could not have failed to hear the news about increasing costs for businesses from April 2025 and, unfortunately, we do not escape these costs. In addition to this, we are very aware that many of our supporters have less to give as everyone's household budgets are squeezed from both ends. Despite that, we are humbled by the support we receive, and we are so grateful to the army of you who ensure that we can provide the care that is so desperately needed.

Thank you all and happy reading,

Emma Radley

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

In 2024, our loyal regular donors helped our hospice by giving a total of £54,080.

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. We couldn't achieve all we do without our community of regular donors. Thank you!



For more information about becoming a Friend and setting up a direct debit, please visit: www.khh.org.uk/friend or contact the fundraising team by calling 01295 816484 or email fundraising@khh.org.uk.



Inside our Inpatient Unit

Last year, our Inpatient Unit (IPU) supported 269 patients, providing them and their families with comfort, dignity and support. We asked our IPU Ward Manager, Abbie, how our team help make a real difference when it matters most.

“Our team supports patients and their families 24 hours a day, 365 days a year, offering compassionate care tailored to their needs. This includes regular assessments, communication and involving patients, as well as those who are important to them, in care decisions.

“There are 31 members of the nursing team, including deputy sisters, registered nurses, nursing assistants and myself. We then have admin staff, housekeepers, physio- and occupational therapists, doctors, a social work team and our chaplain.

“The main function of the Inpatient Unit is to offer a safe space for patients and their families. The hospice provides specialist care for patients with life-limiting illnesses, focusing on symptom management, pain relief and emotional support to ensure the best possible quality of life for patients and their families.

“One of the biggest challenges we face is ensuring that we have the right skill mix and staffing levels to provide high-quality care. This involves daily monitoring and adjustments to meet the needs of our patients.

“Additionally, managing the emotional and psychological aspects of end-of-life care can be challenging for both staff and families.”

Much more than clinical care

“A lot of people think that the hospice just deals with symptom management, but we offer so much more.

“We offer various amenities and services to enhance the comfort and wellbeing of patients and their families. These include:

- ▶ A drinks trolley with a tippie for everyone’s tastes.
- ▶ An overnight room for visitors to stay if they need a rest but don’t want to go far.
- ▶ Bubble baths with hoists so they can be used by people with differing mobilities.
- ▶ A ‘bus stop’ created for patients with dementia, after research showed that waiting at a bus stop, side-by-side with a patient, can provide calm and comfort.
- ▶ Our cuddle bed, so that families can spend quality time close together.
- ▶ Delicious and individualised home-cooked meals.



Our Inpatient Unit is more than just a place of care – it’s a space where precious memories are made. We go beyond medical support to help patients and their loved ones create meaningful moments, such as weddings, birthday parties, and even a breathtaking Spitfire flyover, so that everyone’s final chapter is filled with love, dignity and special experiences.



WHAT A TEAM!

Meet Alison (one of our brilliant housekeepers at the hospice) on page 19.



- ▶ Emotional, practical and psychological support through chaplaincy, social work, occupational therapy, physiotherapy and benefits advice.
- ▶ Knitted ‘Twiddle Muffs’ for patients with dementia. Each of these has various textures, buttons, beads, ribbons and other small objects attached to help those who experience restlessness, agitation or fidgeting.
- ▶ Access to our beautiful, tranquil gardens, with each room offering a garden view.

“Hospice care is different from hospital-based palliative care. It focuses on providing comfort and support to patients in the final stages of life in a more homely and less clinical environment. At Katharine House, we work hard to provide holistic care, including emotional and spiritual support, and aim to help patients live as fully as possible until they die.”

Overseeing our IPU

“I have had the privilege of being Ward Manager at Katharine House Hospice for two and a half years – and it’s hard to imagine working anywhere else now!

“As a Ward Manager, my role involves overseeing the daily running of the IPU, ensuring that we provide high-quality care, managing staff and coordinating with other departments to meet the needs of our patients.

“The best thing about working at Katharine House is the sense of community and the dedication of everyone here to provide compassionate care. The hospice environment allows us to make a significant impact on the lives of patients and their families during a challenging time.

“Working in palliative and end-of-life care is incredibly rewarding because it allows us to provide comfort and support to patients and their families during one of their most vulnerable times. It is fulfilling to know that we can make a difference to their quality of life and help them find peace and dignity in their final days. What a privilege.

“It’s hard to find just one memory that stands out for me at Katharine House, as each day is filled with so many special moments. But last summer, we had a gentleman at the hospice for end-of-life care who wished to spend his final moments with his family in the garden. I was so happy to learn that he passed away peacefully in his bed in the garden, surrounded by his family who were sharing a jug of Pimm’s. How wonderful that we could make this happen. I am very proud of the work Katharine House does.”



Precious Moments

Our Inpatient Unit does more than provide expert medical care – we create a space where families can cherish precious moments together. Kriss shares how the hospice made sure his mother-in-law Sue’s final weeks were full of love, laughter and lasting memories.



Much loved wife, mother and grandma, Sue, was cared for by Katharine House when her cancer symptoms became too much to manage at home. Her son-in-law, Kriss, said the family would forever be indebted to the hospice for making her last moments so special.

“Katharine House Hospice accommodated Sue in such unexpected ways, organising a tea party for her and later a birthday party where she was queen for a day. Nothing was too much for the team there and they made her remaining few weeks special. She didn’t just fade away.”

“Sue was so well cared for and there were more laughs than we could have hoped for. She loved to laugh. While she was at the hospice, she was the happiest I’d seen her since her diagnosis. The hospice was incredibly supportive to us as a family. There was always someone to chat to and provide cuddles if needed.

“The peace and calmness of the hospice really stood out for me. Just knowing that Sue was getting the best possible care gave us the ability to breathe. It allowed her daughters and husband to step away from being Sue’s carers and just be there with her, which was a real gift.

“It was unexpected to discover that you can find beauty in each final moment with your loved one, and Katharine House is a wonderful place for allowing this to happen.”

“I wanted to give something back to the hospice. So, since March 2024, I’ve been a Volunteer Tin Coordinator for the Chipping Norton area. Knowing I’m helping a little and seeing the place thriving is the best thing.”



Making a difference

“The hospice gave Sue such freedom in her last few weeks and relieved the stress and depression that had been creeping in slowly at home. Even being able to have a bath was so special – bubbles every time!



To read Kriss and Sue’s full story, visit: www.khh.org.uk/kriss-and-sues-story

Dying matters



As a hospice, we believe that talking about dying helps individuals and families make informed choices, reduces fear and ensures end-of-life care aligns with their wishes. We share some of our tips for approaching these conversations with loved ones.

Each year, Hospice UK organises Dying Matters Awareness Week (which takes place this year on 5–11 May), to encourage people to have open conversations about death, dying and grief.

Mary Walding, Lead Specialist Nurse for Palliative Care at Katharine House Hospice, believes that the more we talk about death, the less scary it is. “It happens to us all and we can’t avoid it,” explained Mary. “People whose relatives have been able to say the important things they want to say, can die more peacefully and their relatives always have those words to remember.”

Talking about dying

In our End-of-life and Palliative Care (EPiC) Resource Centre, we offer some ideas on how to start a conversation about dying, which can often be the most difficult step to take. The following tips may help to get you started.

- ▶ Plan a good time and pick a place where you know you won’t be disturbed.
- ▶ Write down what you want to say before you sit down together. It gives you a chance to sort out your thoughts and a list of things you want to cover.
- ▶ Consider how you might start the conversation. You could try saying something like: ‘I know it might be difficult, but do you think we could talk about what’s going to happen?’
- ▶ Let the person you’re going to talk to know in advance that you would like to discuss your end-of-life plans. That way they have a chance to prepare themselves.
- ▶ Be prepared to have several discussions before you make any plans. If they change the subject or don’t want to talk about it, try saying something like: ‘OK, we don’t have to talk about it now, but can we find another time? Talking about this is really important to me.’

Active listening

Just as it can be difficult to initiate a conversation about death, listening can be hard too.

For more ideas about how to listen respectfully and calmly, go to: www.khh.org.uk/talking-about-dying. Here you will also find information about different people you can talk to about end-of-life care choices and how to talk about plans for end of life.



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.

Bringing the boogie to Banbury

What started out as a one-off 80s night to raise funds for Katharine House has become a popular annual event in Banbury's social calendar. Mother and daughter duo Tracey and Gemma have now put on three incredible events in aid of the hospice and in memory of much-loved mother and grandmother, Jenifer.



Tracey explained: "My mother passed away in October of 2022 after an extremely short battle with both liver and pancreatic cancer. Katharine House regularly sent nurses out to visit my mother before her passing and were so incredibly kind to my dad, so we decided we would love to hold an event in her honour and to fundraise for the hospice."

"We run an events business, so have a bit of experience when it comes to what needs doing, and we had thought about putting on a disco to raise money. Because Katharine House is a local charity and so many people have been touched by what they do, there was no shortage of offers of help, support and donations. The event went so well that as people were leaving they were asking about the next one, so inadvertently, it's become an annual thing! Seeing everyone enjoying themselves makes it all worthwhile."

Huge congratulations to Tracey and Gemma for all their incredible effort. The most recent disco-themed event in April raised a whopping £2,607, taking the total raised over the years to £8,945 – which is certainly something to celebrate!



Over £300 raised



Lap of honour

Back in January, while many of us were still hibernating, Nathan Canning undertook his own 'backyard ultra' as a personal challenge and to raise money for the hospice.

Nathan set out to run as many four-mile loops of Banbury as his body could take. He explained: "I usually run about 60-70 miles a week and I'm a very impulsive person and love a challenge, so I just thought: 'How far can I run?' And just like that I planned to run a backyard ultra!"

"I had some friends join me for a lap or two during the day, but this was mostly a solo effort. It was toughest when darkness hit, and I was out there on my own running the same loop over and over again and getting more tired. I had to battle with voices in my head telling me that after every lap I'm back at my house and can have all the food I want, a shower and a nice warm bed. But I kept going and pushed myself, lap after lap, knowing that the more I do, the more I raise for the hospice. Katharine House has been amazing for people close to me."

After nearly 18 hours of running, Nathan managed to cover an incredible 75 miles! As well as the physical endurance needed to take part in an event like this, it's also a massive mental challenge. What an absolute champ!

Doreen's sweet treats!

Doreen's chocolate-filled knitted novelties have become a customer favourite in the Brackley shop over the past few years. Every Christmas and Easter, Doreen – who turns 78 in May – creates 50 knitted items for the shop to sell and make some money.

Doreen said, "I first started knitting for Katharine House with the ladies from Helmdon Stitchers after two members received care at the hospice, and I've just carried on making things for my local shop. My favourite Easter design is the little rabbit, which takes a couple of hours, although the time varies depending on the pattern. I allow plenty of time to make all 50; this year I'll start on the Christmas ones in September. Once they are all made, I fill them with chocolates and my good friend Pat often helps with buying some of the treats as well. I love taking them in and dropping them off. It's lovely in the Brackley shop. I often pop in and have a look around or take some things to donate, and I buy my Christmas cards from there each year."

"I've got arthritis now, which makes it harder to walk and I've also got it in my left hand, so after I've been knitting for a while I have to stop for a rest. Katharine House is a special place, and as I can't take part in other events, I am definitely going to try and keep going with my knitting for as long as I can."

Thank you, Doreen, for all your dedication!



Feeling inspired by these hospice heroes? Take a look at our A-Z of fundraising ideas for different ways you could support Katharine House: www.khh.org.uk/a-z



This page has been kindly sponsored by Garrett Electrical Services
The Snug, Suite 1, Unit 8 Sugarwell Business Park, Shenington, Banbury,
Oxfordshire, OX15 6HW
01295 721854 | www.garrettelectricalservices.co.uk





If you'd 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.

Whether in person, over the phone or online, Octopus Legacy offers:

- ▶ An easy step-by-step process
- ▶ Legal experts to check over each will
- ▶ On-hand support.

Call 0800 773 4014 or visit our website: www.khh.org.uk/wills and quote the code: KATHARINEHHFREE



Take a look...

Have you seen the full TV advert for the 'This is Hospice Care' campaign? You can watch it here: www.khh.org.uk/legacy-video



We're delighted to have joined forces with hospices across the UK to take part in a campaign to protect the future of hospice care. Find out how our Individual Giving & Philanthropy Manager, Sally, helped steer the 'This is Hospice Care' campaign from the outset.

Back in February, Hospice UK brought together 143 hospices across England, Scotland and Wales in a groundbreaking collaboration to launch the 'This is Hospice Care' campaign.

With hospices across the UK struggling to cover the costs of services, public support has never been more important. This campaign shines a light on the vital role hospices play in our communities, so we can be here for anyone who needs us, for generations to come.

Our very own Sally Brooks, Individual Giving & Philanthropy Manager at Katharine House, played a key role in the campaign and was a member of the Steering Group that led the work. We asked Sally a few questions to find out more about her involvement in the project and why it's so important.

How did you get involved in the campaign?

We were very keen to sign up to this national campaign and help raise awareness of the hospices and the importance of legacy giving. One in ten of our patients is cared for thanks to gifts left in wills. But hospices have seen a decline in legacy giving, and it's vital that we turn this around to protect the future of hospices everywhere. Hospice UK wanted to make

sure that there was representation across all aspects of the hospice sector on the Steering Group. They were looking for someone who worked at a hospice that is partnered with the NHS and I was very excited to be selected.

What did the Steering Group do?

There were a lot of meetings, especially in the early stages, as this kind of project hadn't been done before and we were representing so many hospices. We worked with an agency to first survey and interview hospice staff across the UK, and then the general public, about their perceptions of hospice care.

These results really helped us shape the creative process and how we needed to demonstrate the incredible care and wide range of services that hospices offer.

We also oversaw the budget, timings and communications, and worked with a creative agency on the TV advert, a website and other campaign images. We were asked to take part in the audition process for the actors in the film, which was fun and a different experience for us all. The stories in the advert are all based on real stories. We've already seen an amazing response from hospices and the general public.

What's next for the campaign?

Following the launch, feedback will be gathered to help develop the campaign for future years. We're hoping that even more hospices will take part next year and that we can expand into radio advertising to help spread the message even further.

Why is the campaign so important?

It has been a real privilege for me personally to play a part in this first campaign, representing a wide range of hospices and working with colleagues across the country. It was important to not only highlight the critical work we all do, but also the lasting impact that gifts in wills can have on our ability to keep caring for the local community. Gifts in wills are crucial to the survival and growth of hospices like ours. With rising costs and growing demand for hospice services, these gifts are more important to us than ever.

Are you WILLing to help?

Could you help protect the future of Katharine House by leaving a gift in your will? Find out more here: www.khh.org.uk/wills.





Inclusive care for all

Help make every moment matter

It's our aim to make every moment matter for patients and families affected by life-limiting illnesses, ensuring they get to spend quality time with their loved ones at the end of their life. But we can't do it without the help of our wonderful supporters. Here are just a few ways you can contribute to our cause...

We're committed to making sure we provide inclusive and accessible care to everyone. Our Palliative Care Equality, Diversity and Inclusion (EDI) Officer, Nicole Satullo, told us how she's been working with our teams to make end-of-life care welcoming and available to all.

"A large part of my job involves numbers! I have been looking at population, patient, staff and volunteer data to see who we are and are not serving in the community and how well we are reflecting the people in our catchment areas.

"One of our big projects has been mapping who we're supporting with palliative care, compared to the overall deaths in our area. We found some communities weren't accessing our services as much, so we're reaching out to understand why and what we can do better."

Homelessness outreach project

"One of our most impactful initiatives has been a year-long outreach project for people experiencing homelessness. A community nurse works alongside homelessness charities and other agencies to understand their health needs and improve access to palliative care.

"One of our patients in the homelessness outreach project said to our community nurse, 'Thank you for caring', which really stuck with me. So many people had failed to care for this person throughout their life and our staff changed that."

Spiritual care

"We want people of all faiths – and none – to feel comfortable at Katharine House. That's why we're working closely with Banbury Mosque and other faith groups to understand their needs, promote our services and break down the barriers that might be stopping some people accessing palliative care.

"At the hospice, we've made changes to our spiritual space, adding Qibla arrows for Muslim visitors, providing prayer mats, improving privacy and ensuring a diverse range of religious and spiritual materials are available."

Listening to patients and families

"Our Patient and Public Involvement and Engagement (PPIE) group is a great way for patients, carers, bereaved families and the public to have their say and help shape the future of our care.

"Recently, PPIE members helped review the nutrition offered to inpatients, leading to real improvements in meal options. Up next, they'll be helping evaluate our Living Well service and making our patient letters easier to read."

Staff training

"We make sure our staff are well equipped to provide inclusive care. We've organised training on everything from neurodiversity and trauma-informed care to poverty at end of life.

"Last year, I ran an EDI month with daily insights and an interactive fair where staff could experience common challenges faced by our patients – like mobility impairments or visual disturbances – to deepen their understanding."

Why equality, diversity and inclusion matter

"It's a last chance to get it right! For people who have been marginalised throughout their lives, we have a chance to show they are people who deserve to be treated with respect, dignity and care."

Meet the team!

Find out more about Nicole and read her story on our website: www.khh.org.uk/nicole



- TAKE PART IN ONE OF OUR EVENTS**
 Whether you want to challenge yourself with a run, walk or cycle, or take part in one of our other fundraising initiatives, we have a whole range of fun and rewarding ways for you to get involved.
- FUNDRAISE YOUR OWN WAY**
 Get creative and raise money in a way that suits you, from bake sales to skydives – every penny makes a difference.
- VOLUNTEER WITH US**
 Our volunteers are the backbone of Katharine House. Give your time and skills to help in our hospice, shops or events and make a real impact in your community.
- BECOME A REGULAR GIVER**
 A monthly donation, big or small, helps ensure we can continue to provide compassionate care for those who need us most (see page 3).
- LEAVE A GIFT IN YOUR WILL**
 Leaving a legacy gift in your will is a powerful way to support hospice care for generations to come (find out more on page 11).
- SHARE ON SOCIAL MEDIA**
 Help spread the word about our work by liking, sharing and engaging with our posts online.
- SUPPORT OUR CHARITY SHOPS**
 Find a bargain, donate pre-loved items or volunteer in our shops to support the hospice.
- SIGN UP TO OUR E-NEWSLETTER**
 Stay up to date with our latest news, events and ways to support Katharine House by subscribing to our monthly e-newsletter.
- SEND AN E-CARD IN AID OF KATHARINE HOUSE**
 Celebrate a special occasion by sending an e-card online and making a donation in support of our care.



This page has been kindly sponsored by **Tapper Interiors**
 Unit 1 The IO Centre, Jugglers Close (off Wildmere Road), Banbury, Oxfordshire, OX16 3TA
 01295 221240 | www.tapperinteriors.co.uk



This page has been kindly sponsored by **WPA Private Healthcare**
 Simon Evans – The Private Healthcare Guy
 Tel: 07920 790690 | Email: simon.evans@wpa-hcp.org.uk



Our RECORD-BREAKING Accumulators

Our Accumulator Challenge returned for the eighth year, and it just keeps getting bigger and better! This year, local businesses, schools and community groups truly went the extra mile and raised a record-breaking £50,693! Here's how they got on...

Back in October last year, 14 teams signed up for our Accumulator Challenge. Their mission? To use their business brains, creativity and entrepreneurial flair to grow a £50 seed fund and make the most money for the hospice in just four months. We challenged teams to be creative in their fundraising, but also consider their impact on the environment and how they can raise awareness of the hospice in the community too. And they did not disappoint!

This year's teams blew us away with their fundraising activities, including: Vinted shops, making and selling honey, Christmas craft fairs, quiz nights and cake sales! However, the big theme for this year was physical challenges. Together, our AC teams clocked up thousands of miles, with events including a 24-hour spinathon, a virtual bike ride from Land's End to John o'Groats and a triathlon spanning Glasgow to Banbury!

And the winner is...

We were delighted to welcome our Accumulator Challenge teams to the awards ceremony at Bloxham Mill in March to honour and celebrate their incredible achievements. It was a great opportunity for our staff to thank all the teams for taking part and for helping raise vital funds and awareness for our hospice.

The Accumulator Challenge 2024/25 winners

- ▶ **Sustainability Award:** Banbury College
- ▶ **Community Award:** Brackley Tangent
- ▶ **Creativity Award:** Kington High School
- ▶ **Extreme Challenge Award:** GRAF UK
- ▶ **Best Newcomer:** Walraven
- ▶ **Most Funds Raised by a School or Community Group:** Brackley Tangent
- ▶ **Most Funds Raised by a Business:** GRAF UK
- ▶ **Ultimate Accumulator Award:** GRAF UK



Community spirit

Hanwell Fields school has been taking part in the Accumulator Challenge for the past seven years. Teacher Rebecca Lister said: "Katharine House has touched so many people on a personal level that we feel passionate about supporting them. As a school, we want to be involved with the community and show children how important it is to give back. Giving the children a chance to build this community spirit, hone their entrepreneurial skills and have fun at the same time makes the Accumulator Challenge a great initiative to be involved in."

Accumulator Challenge returns

We're excited to announce that the Accumulator Challenge is back for 2025/26, and you can register now!

If you're interested in taking part in the challenge, contact the fundraising team at fundraising@khh.org.uk or go to: www.khh.org.uk/accumulator.



Local businesses in action

As usual, our wonderful business community has been pulling out all the stops to support us at Katharine House. Here are a few highlights from the past few months.



TWE to the rescue

You may have spotted the TWE truck at our Tractor Run, but this is just one of the ways Trevor, Ross and Tristan from TWE have supported our hospice over the years. In December 2021, they donated £2,000 to the hospice and a special partnership began from there. Last Christmas, they truly came to our rescue. With a last-minute change of venue for the Santa Fun Run, we were in desperate need of a new stage and the TWE crew helped us without hesitation. They also went the extra mile and helped with our Christmas Tree-cycle when we were short of vans. Not all heroes wear capes!

DHL always delivering

We've been the Charity of the Year for the Banbury team at DHL for many years, so we were delighted when teams from Bicester, Didcot and Daventry sites started supporting us too. The staff at DHL really are fundraising heroes and are always thinking of creative ways to raise money for the hospice. Over the years, they have joined us at the Santa Fun Run, taken part in our Accumulator Challenge and organised a whole range of fundraising events and activities. The team has raised over £48,500 for the hospice over the last 10 years, and we are so grateful!



Banbury Chamber champions

We are proud to be members of the Banbury & District Chamber of Commerce and be part of the amazing business community in Banbury. It's been brilliant to have them on board with our Accumulator Challenge for the past two years, where members have organised popular quiz and bingo nights, Christmas parties and also a cycling challenge. The Chamber also helps to raise awareness of the hospice and showcase our work to local businesses. And we want to say a big thank you to the Chamber and all their members.

Festive funders

Three cheers for the following businesses who supported us during the festive season: local building developers Barratt Homes, Hayfield Homes, Persimmon Homes and David Wilson Homes for sponsoring our Santa Fun Run; Norbar for sponsoring our Santa Fun Run and Schools Santa Run; Brethertons Solicitors for sponsoring our Lights of Love event, and CN Glass for sponsoring our Tractor Run decorations.

Gearing up for a challenge

Large-scale fundraising challenges – like our upcoming Cycle London to Paris event – take months of planning, coordination and creative thinking to ensure everything runs smoothly. Here's a glimpse behind the scenes of our sell-out cycling event!

After a brilliant response, we have 45 incredible supporters who are gearing up to take part in our Cycle London to Paris event this September. This isn't just any ride – it's 187 miles over three days, all in aid of the hospice.

But while our cyclists are busy training and fundraising, there's a whole team working in the background to make this event happen.

The planning starts long before the pedalling

Long before our cyclists clip into their pedals, our fundraising team is setting the wheels in motion – literally. From securing places for the challenge and working with our event organisers to ensuring everyone has the right support, the preparation is intense. We also rely on key sponsors, like Silbury Ltd, who have helped fund essential kit, including the all-important cycling jerseys our team will wear with pride.

Fundraising: more than just miles

Cycling to Paris is only half the challenge. Each rider is also tasked with raising nearly £2,000, which means we need to equip them with the right tools and support to hit their targets. That's why we recently held an online fundraising clinic, where our participants could share ideas, ask questions and get tips from experienced fundraisers.

Since then, we've seen JustGiving pages pop up, social media stories take off and plans for cake sales, quiz nights and employer match-funding roll in. Our role as a fundraising team is to keep up the momentum – checking in with participants, offering advice and celebrating their successes along the way.

Logistics, support and event day magic

Behind every successful event is a detailed logistics plan. We work with our event organisers to manage travel and accommodation, medical support, on-the-day coordination and communications.

And if that wasn't enough, Carley from our fundraising team isn't just organising the event, she's taking part too! At Katharine House, we really don't do things by halves.



Claire's journey

Many of our participants, like Claire, a specialist palliative care nurse at Katharine House, have personal reasons for taking on this challenge. Claire was inspired by a patient, Hilary, for whom she's named her bike.



"I wanted a challenge for 2025, and what better way of achieving this than a London to Paris charity cycle ride for Katharine House Hospice – a cause close to my heart.

"It has been something of a challenge for me to get going as I didn't even have two wheels, appropriate clothing or road bike experience when I signed up for the challenge back in November. But, in the last few months, I am pleased to say that I am now fully equipped with clothing, a comfy saddle and proudly sporting my new road bike named 'Hilary'.

"Hilary has been named after one of our wonderful patients who has true grit and determination and has a love and care for others, all while navigating her own health battles. I therefore feel in very safe hands with Hilary. When the going gets tough while training or during the event, Hilary will provide the extra motivation I need!"

No train, no gain

"Training is going well. I have only fallen off once – when I first used my cleats to clip into my pedals – hopefully I won't do that again! I am slowly gaining confidence to go a little further every time I head out for a ride.

"I am so hungry since I started training. I think it's the only time in my life when free calories have been encouraged, not only when riding but also in preparation for the big event.

"I am excited to be part of this wonderful challenge, grateful to have the ability to get fit enough to be a member of the charity cycling team, and humbled by all the generous donations that have been made by those who are encouraging me and trust that I can do this!

"I have got this!!!"

Take on a challenge!

We've got some incredible challenge events coming up, including our Waterfall Challenge, the return of the Snowdon Sunrise walk and our epic Great Wall of China Trek. Ready to tick something off your bucket list? You can find all our events here: www.khh.org.uk/whatson.



What drives a volunteer role?

With the huge variety of volunteer opportunities on offer at Katharine House, have you ever wondered how the different roles are identified and created? We took a look at our new Retail Driver role to find out how it came about.

Katharine House could not function without the amazing contributions of our volunteers. Together, they contribute around 2,500 hours every month in a whole range of roles. It's an incredible amount of gifted support! We spoke to our Voluntary Services Manager, Jill, to find out how a new volunteering role is created.

"The first step in creating a role is identifying an area that would be enhanced by a volunteer or where an existing paid role would benefit from support. With the Volunteer Retail Driver role, this began with an observation by one of our charity shop managers that some donated items might sell more easily in a different store.

"So we put it to the test! Our Head of Retail, Scott, began to move donated goods between shops to maximise their



selling opportunities. Once this proved to be successful, it highlighted the need for the new role – one with tangible benefits for the hospice as it supported fundraising in our shops."

Finding the right fit

When creating a volunteer role, it's not just about what benefits the hospice, it also needs to be meaningful for our volunteers too.

Jill continued: "We want people to feel like they're doing something worthwhile and enjoyable. The key is to offer a mix of roles that suit different interests and motivations, making volunteering more rewarding for individuals and more valuable for the hospice.

"In the case of our new Volunteer Retail Driver, Karl, he said the role appealed to him because he was keen to do something different using his existing expertise. Driving was part of his former career, so he has the skills and knowledge of the local area. He owns a van that could

be used, he enjoys being physically active and sociable, he likes meeting people and he wanted to do something to support Katharine House. It ticked all the boxes!"

Jill explained: "Matching a volunteer with a role that suits their skills and brings benefits to both the individual and the hospice is what it's all about. And this is at the forefront of every new role that we create, so that our volunteers feel motivated, comfortable and valued."

Could you make a difference?

If you want to find out about the different roles at Katharine House or have an idea how you could use your skills, visit: www.khh.org.uk/volunteer.



Meet the team

Meet Alison – one of our brilliant housekeepers at the hospice. As well as keeping the hospice clean and tidy, Alison always has a smile on her face and a fabulous way with our patients. She told us a bit about her role, her love of cleaning and her clever plan for being stranded on a desert island.

Name: Alison Sillis
Job title: Housekeeper
Joined the team: November 2023

If I had to sum up my role in one sentence, I'd say:
 Greeting patients before cleaning their rooms and making sure all areas around the hospice are clean and tidy.

My highlight since joining Katharine House is:
 Becoming part of an amazing team of people and seeing the outstanding work that happens here.

My favourite dessert is:
 Homemade apple pie, always with custard.

My all-time greatest song is:
All of Me by John Legend

If I won the lottery, I would buy:
 I would love to have a donkey sanctuary. There's one locally to me and we always used to take the children. Donkeys are such gentle souls.

My favourite thing to eat is:
 Cheese and biscuits. I absolutely love a good Cheddar and Wensleydale with cranberries.

Without doubt, the best animals are:
 That's a hard question. I can't pick just one, so I'd say dogs, cats, guinea pigs and donkeys.

If I was stranded on a desert island, I would want:
 To be with Ray Mears. I hate being cold and he is an amazing survival expert so would be able to light great fires.

My proudest moment was:
 It has to be raising four amazing children. They've all left home now and range in age from 40s to 20s.

My favourite way to unwind is:
 A long walk with tea and cake at the end.

When I'm not at work, you will probably find me:
 Cleaning! I love to clean and especially enjoy ironing. I even go round to my children's houses for extra ironing as I don't have enough of my own.

My all-time favourite film is:
 I love the original *Mary Poppins* with Julie Andrews.

Read Alison's full Q&A here:
www.khh.org.uk/alison.



DATE	EVENT	FIND OUT MORE
Mar-Oct	Open Gardens for Katharine House	khh.org.uk/gardens
5-11 May	Dying Matters Awareness Week	
2-8 Jun	Volunteers' Week	
10-22 Jun	Rose to Remember	khh.org.uk/rose-remember
29 Jun	Broughton Castle Sportive	khh.org.uk/sportive
6 Sep	Skydive	khh.org.uk/skydive
13 Sep	Waterfall Challenge	khh.org.uk/waterfall
18-21 Sep	Cycle London to Paris	khh.org.uk/L2P
12 Oct	Oxford Half Marathon	khh.org.uk/oxford
20 Oct	Accumulator Challenge kicks off	khh.org.uk/accumulator
Year round	Care for a Cuppa events	khh.org.uk/cuppa



What's coming up?

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



This page has been kindly sponsored by Higham Critchley Barrows
 1 South Bar Street, Banbury, Oxfordshire, OX16 9AA
 01295 252199 | www.hcbmortgages.co.uk



WATERFALL CHALLENGE



KATHARINE
HOUSE
HOSPICE



JOIN OUR WATERFALL CHALLENGE
SATURDAY 13 SEPTEMBER
WWW.KHH.ORG.UK/WATERFALL

SIGN UP
TODAY

