



FEATURING IN THIS ISSUE...

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**Don't miss
our Early Bird
offer! Ends
31/03/2018**

CHASE THE

5K

Rainbow!
RAINBOW!

REGISTER NOW! See page 7



MESSAGE FROM JOANNA PARLBY



It gives me enormous pleasure to welcome you to our spring newsletter. So much has happened since the last issue. Christmas has been a busy time for us, both in terms of fundraising and with our work in the house itself and with Hospice at Home. Opened by our president, Dr Peter Jones, Light Up A Life was once again a huge success. It was run for the second time in the Castle grounds along with the community Carols in the Castle.

This newsletter comes hot on the heels of our flagship event, the annual ball. Once again, this was a fantastic success and enjoyed by more than 180 guests at the Lady Eastwood Pavilion on the showground. Guests danced the night away to the Flipside Party Band and the evening raised £15,103. Our staff at Beaumont House, as ever, have given above and beyond in terms of their commitment and enthusiasm and I would like to take this opportunity on behalf of the directors of thanking them most sincerely.

We have just had the pleasure too of welcoming two new directors to the board recently: Dr Katy Maloney who has been practicing at the Hounslow Surgery, Sutton-on-Trent since 2010 and Philip Hoskins, who has been associated with the firm of solicitors, Andrew and Co for almost 40 years. Both bring an enormous amount of useful experience to the board. But this is a crucial time for Beaumont House. We work tirelessly to meet the annual running cost of £1million, £750,000 of which comes from you as voluntary income. Hitting the voluntary income target is a massive challenge and it is vital for our doors to stay open. Sometimes we

feel guilty about asking the same people to support us, but it's important that we remind ourselves that we are not asking for ourselves, but for the people of Newark, Southwell and all the villages within its 15-mile radius.

We are urging more people to sign up to regular giving as a monthly donation gives us the greatest security of income of all. Let's not forget that as little as the cost of a cup of coffee given every month could fund an hour of Hospice at Home Care. Another vital source of revenue is from legacies and, for various reasons, this has diminished in recent years. We know that there are more and more pressures on people to pay for their own care as they grow older and we don't want to stop people from doing this – or considering their family of course. But, having done that, we want to encourage people to think about supporting Beaumont House as well. Leaving a small amount in their will means that they are providing the most valuable gift, way beyond their own lifetime.

Beaumont House continues to keep up with the times. Do check our new website. We hope you find it user-friendly, easier to navigate and more interactive. We would value your comments and, of course, suggestions on the site.

And finally, I would like to say thank you to all our volunteers, whose contribution of various kinds is invaluable. Volunteering need not be onerous. Just one hour a week, a month or even a year really does help. Whether this is helping with patients, with admin in the office, in the shops, at our events or just helping to tidy the garden. We appreciate it. In fact, next year we are planning to acknowledge the importance of their many roles by celebrating the Year of the Volunteer. Please spread the word. Everyone is welcome to help in so many ways. Could you give 60 minutes of your time? If so, please phone 01636 610556.

BEAUMOND HOUSE HOSPICE USER GROUP (HUG)

Our Hospice User Group (HUG) meets every couple of months and it is a great way for patients and carers to help us look at how we are doing from their perspective.

The HUG meeting gives an opportunity to:

- talk to us about our current services
- help us improve information and communication
- comment on topics we're currently discussing in person, by e-mail or post
- contribute to patient and carer perspectives on future developments



We would love to see more people at the group. Any person receiving care from Beaumont House, carers of people receiving care at Beaumont House currently or within the last year are warmly invited to attend. We also can include people who may find it difficult to attend but would like to be involved. This could be by e-mail, post or phone.

The next meeting is scheduled for Wednesday 25th April at 4.00pm in the Day room at Beaumont House. If you are interested or would like more details please contact Louise Sinclair, Head of Care on 01636 610556.



WINTER BALL

On 27th January we kicked off our 2018 fundraising with the annual Beaumont House Winter Ball.

The event was held at Newark Showground for the third year running and took on a Winter Wonderland theme, with help from Doddington Hall who donated some lovely decorations for our tables and room to really set the scene.

The evening started at 7pm, and we had 175 guests in attendance. Welcome drinks and wine were supplied by Ann et Vin of Newark, and our Vice Chairman John Marshall hosted the evening for us.

A game of heads or tails kicked off the activities, with the winner receiving a Tattinger champagne set and a £50 John Lewis voucher.

Food was catered by CGC event caterers, which was served from 8pm amidst some fun table games. Pass the Parcel was a new activity we introduced this year, where table captains came to collect a gift bag and took to their tables for people to pass along when the music started. When the music stopped the person holding the bag won the contents which included restaurant vouchers and beauty products. Our table raffle was a hit with 162 entries and prizes included high value items such as an iPad (donated by Knowhow), a Simply Spa day for two (donated by Eden Hall), and some designer sunglasses (donated by London Eye).



"I also wanted to say how brilliantly the lady from Beaumont House spoke. She was incredible, inspiring and very eloquent about the work of the hospice which touched us deeply." James & Lucy Truscott

Our very own Amanda Wright (Hospice at Home Coordinator) gave a very moving speech about her experience with working for Beaumont House, which brought in over £2,000 of

regular giving pledges, all of which really help with the on-going support of the hospice. Following the meal, our auction was held which raised a fantastic £7,750 for prizes such as a helicopter sight-seeing tour in London with luxury afternoon tea and first class train tickets, a Beaumont Belles Dinner party and a week's stay in a Koh Samui apartment. Flipside party band provided the live entertainment for the evening, and photography was provided by A D Hall Photography. We have received lots of positive feedback since the evening, and most importantly in total the evening raised £15,103, which is a fantastic start to our fundraising efforts in 2018.

"A great night and a huge success for those that attended" – Ian Phillips



"Thank you for your email, a fantastic fund raising result, we all had a great evening thank you, everything was perfect, well done!"
Sally Sloan



BATHROOM REFURBISHMENT PROJECT

Some major refurbishments have taken place to refurbish and upgrade the personal care, bathing, waste management and infection control facilities for both our in-patients and day-hospice patients.

Bathroom refurbishment:

We have successfully refurbished the first-floor bathroom and converted this into a fully accessible wet room. The creation of the new accessible wet room offers all patients the opportunity to bathe in comfort and in facilities akin to those they have at home which is paramount and central to our values.

New dedicated sluice room:

The creation of a dedicated sluice room means that waste can be disposed of safely and unobtrusively. Staff now undertake waste disposal in a private space, using a modern 'fit for purpose' bed pan washer, which also minimises the risk of spreading of infection.

Ground floor accessible toilet & wet room refurbishment

A complete refurbishment of the existing facilities on the ground floor was carried out to make a more accessible and pleasant environment which is compliant with all infection control, disability and health and safety requirements. We can now offer our day hospice patients personal bathing which is often unable to be met in their own home.



The refurbishments cost £32,251 and were funded by the kind donations from; Municipal General Charities for the Poor, Southwell Lions, The Jones 1986 Charitable Trust and The Schuh Trust.



We're looking forward to spring to see our daffodils and tulips in bloom.....

Acorn Gardening kindly planting 1000 bulbs in October 2017. 1000 yellow and white daffodils and some tulips were planted in the Beaumont House garden which will no doubt look beautiful in springtime.

Pictured right is Paul from Acorn Gardening, Debbie Abrams, our CEO and the Newark Town Mayor planting the first bulbs.

We would like to thank Newark & Sherwood District Council for their grant to make this possible.



BEAUMOND HOUSE MEMORY TREE

The new Beaumont virtual House Memory Tree is a positive and simple way to remember someone special. It creates a very easy way for you to continue to support the work of Beaumont House in the name of your loved one.

It also means that other family friends and loved ones can share their memories and also easily contribute to their fund. Named after the person you wish to remember, for example, "In loving and eternal memory of Dad - John Smith" it will create a lasting tribute in their memory.

What should the page include?

A Beaumont House Memory Tree page can be the perfect way to remember your loved one and can be bespoke to you. We suggest that one person begins by sending us their memory and two images and then invites friends and family to leave comments and share their memories, stories and pictures about the loved one also.



Pictured: Charlotte Coggings, setting up the first memory tree page in memory of her late Father, Guy Downing

The page can also give people the option to donate to Beaumont House and to support any of their fundraising activities. The memory tree will be a permanent fixture and can be used should you wish to organise any fundraising events in the future

How to set up a Memory Page

You can set up a Memory Page by simply sending us an email to fundraising@beaumonthouse.co.uk or speaking to a member of the Fundraising or Care Team at Beaumont House. If you wish you can then also set up an in memoriam fundraising page directly through our JustGiving page at www.justgiving.com/beaumonthouse. Click onto 'Fundraise for us' and 'In Memory' for step by step instructions on how to set up your page.

We realise that setting up a page on our Memory Tree can be a very emotional decision to make, particularly at this difficult time when you may have just lost a loved one. You might find it easier to speak with one of our highly skilled nurses before you do this. Please feel free to call us on 01636 610556 if you wish to speak to somebody or have any queries www.beaumonthouse.co.uk/memory-tree



COULD YOU BE A CORPORATE SPONSOR?

We are looking for a sponsor for all of our events and campaigns in 2018.

Packages start from £100 for Chase the Royal Rainbow sponsorship, to £2,000 for annual partnerships.

Interested? Please contact Cathy Lowe, Fundraising & Marketing Manager on 01636 610556 or email cathy.lowe@beaumonthouse.co.uk for further details.



BE BRIGHT BLUE 2017

Be Bright Blue was a great success for Beaumont House Community Hospice in 2017.

The Campaign to purchase a specialised Bed for our patients to use at Beaumont House was well received by the community raising in excess of £4,797.00.

Beaumont House was delighted to have been supported by more local businesses and organisations not forgetting individuals than ever before. John Hunt School did a fabulous job of raising funds by going blue for the day and the Fundraising Team were delighted to take Sunshine Bear to an assembly as a special treat to say thank you to all the children for raising such an amazing amount!

We had a group of our very special nurses push a bed into town labelling this "the bed push" which involved a physical push of the bed into the Market Place. We then joined our stall where we played a balloon popping game and did face painting as well as Sunshine Bear in the bed to raise awareness of importance of a bed that is suitable for all patient needs.

We would like to say a huge thank you to all those who helped us by doing loads of different fundraisers for us – THANK YOU.



Keep your eyes peeled for the 2018 Be Bright Blue fun! There are so many ways you can get involved. For further details, please contact Cathryn Crane or Maria Hewitt on 01636 610556 or email cathryn.crane@beaumonthouse.co.uk or maria.hewitt@beaumonthouse.co.uk



DAY THERAPY ACTIVITIES
Our wonderful day therapy patients have been very busy with a variety of crafts and creativty projects!



CHASE THE

5K



Royal
RAINBOW!

SATURDAY 19TH MAY 2018

SOUTHWELL RACECOURSE

REGISTRATION FROM 9.30 5K STARTS AT 10.30



JOIN THE BIGGEST STREET PARTY AROUND TO
CELEBRATE THE *Royal Wedding*, WITH A ROYAL
THEMED COLOUR RUN



SIGN UP HERE

www.beaumonthouse.co.uk/chase-the-rainbow



WEDDING ON HUGE SCREEN  **FAMILY FUN DAY**
REFRESHMENTS  **STALLS**



EARLY BIRD OFFER AVAILABLE UNTIL 31/03/18

Please contact Fundraising on 01636 610556 or email

An event to raise money for Beaumont House Registered Charity No. 1025442



IN LOVING MEMORY OF...



...Sheila Bullimore

Jayne has been a volunteer with Beaumont House since January 2017. She helps both in Beaumont House and increasingly she helps at fundraising events.

In Jayne's words it is because she wants to give something back to the place that was able to care for her Mum so well.

“ During the week, the staff were amazing, offering support to the family too, offering Jayne aromatherapy as well as guidance and advice on what would happen next. It was the very best care we could have wanted for Mum, it gave us peace of mind and reassurance ”

Jayne's Mum, Sheila, (Bullimore) was diagnosed with bowel cancer in 2010. Sadly the cancer spread to her bones. Sheila received treatment in the form of chemo and radiotherapy which did extend her life. The family celebrated Christmas 2011 thinking this would be the last time they would all be together but in fact whilst she was very poorly, Sheila was still here for Christmas 2012.

A local palliative care nurse suggested to Sheila that she should consider attending day-care at Beaumont House, and whilst attending a visit to look around Sheila enjoyed a bath at Beaumont House, something she had missed very much since her mobility had declined with the progression of the cancer. Whilst she enjoyed her visit, Sheila did not want to come to day-hospice- feeling it was not for her.

In January 2013 Sheila's condition had deteriorated badly. The family had been using a care service to support her, but again the intervention of the palliative care nurse suggested that Sheila did not have too long left and that some time in Beaumont House would be beneficial for all.

As Sheila became more poorly it became harder for the family and the carers to offer the level of care and love they wanted to and the conversation about where she would like to be was started. Sheila's husband and Jayne's Dad (Terry) did not want Sheila to come to Beaumont House, fearing that she would never come home.

Sheila did spend a week in Beaumont House and sadly did not come home. She spent her final days surrounded by the love of her family but in the wonderful care and support of the staff at Beaumont House, in a room where all her family could be together and where her every need was provided for. During the week, the staff were amazing, offering support to the family too, offering Jayne aromatherapy as well as guidance and advice on what would happen next. It was the very best care we could have wanted for Mum, it gave us peace of mind and reassurance – at home we often had to leave her on her own as the room was so small. At Beaumont House, the beautiful room meant we could all be with her, there was space and support for all the friends and loved ones who wanted



to come and say goodbye. Her time there meant we could deal with the situation so much better. It was less stressful and the support was incredible.

We know that hospices can be sad places, but there is so much fun and laughter in Beaumont House. It is a happy, caring friendly place and I would urge everyone to take the chance to call in and look around at this wonderful community facility. I chose to volunteer as my way of saying thank you. As a volunteer you don't have to come every week; you can just do what you can and want to do.

Having started as a volunteer in day-hospice, Jayne now volunteers at fundraising events such as markets and bag packing. She loves it and urges everyone to think about getting involved – even 60 minutes can make a difference.

*** PROMOTIONAL OFFER ***



Supported by



A GIFT BEYOND YOUR LIFETIME

Make an appointment to write your will at Tallents, **Newark**. In return for a suggested minimum donation* to Beaumont House, Tallents will write you a simple will or two simple mirror wills.

To book an appointment, please call Sarah Allen at Tallents on 01636 671881 or sarah.allen@tallents.co.uk

For further details, please contact Cathy Lowe on 01636 610556 or cathy.lowe@beaumonthouse.co.uk
*£95 for a single will. £150 for two mirror wills. Offer applies during June 2018 only



VOLUNTEERING HELPS TO BOOST HAPPINESS, HEALTH AND GENERAL WELLBEING FOR THOSE WHO GET INVOLVED.

Want to share your skills? As a volunteer, you have a chance to use your existing skills or abilities, and at the same time have a positive impact on other people's lives.



Want to learn a new skill? Want to do something you have never done before? Well, volunteering is a great way to do that too! You'll be surprised at how much you can learn, or what it can lead to - a number of our staff members started out as our volunteers!

Not qualified? No problem - all we need is your enthusiasm.

Don't have time? Even the smallest act of volunteering helps - you don't have to make any regular commitment at all if you would prefer not to. There is quite literally, something for everybody.



So the last question is - **will you come and volunteer for us?**
You will make a difference - however you choose to get involved.

To learn more about volunteering for Beaumont House, please contact Sharron Cawthorne on 01636 610556 or sharron.cawthorne@beaumonthouse.co.uk



FLAGSHIP AWARDS

The Beaumont House Flagship awards provide an opportunity for patients, carers, volunteers or staff to nominate other volunteers and staff for going 'the extra mile'. We know that all of our volunteers and staff do an excellent job here at Beaumont House, but the awards are a way of recognising someone if they go above and beyond the normal expectations of the role.

We're delighted to take this opportunity to congratulate our recent members of staff and volunteers, who have recently received a flagship award. The nominations for these awards for all flagships are made by colleagues and patients and are an excellent way to say that special thank you that each of them deserve.



AN INSIGHT INTO HOSPICE AT HOME

There have been many changes for the Hospice at Home team over the recent months in an effort to promote our service and increase the amount of referrals we receive.

The Hospice at Home team continue to provide care for patients in their own home and maintain a comfortable quality of life in their own familiar surroundings. Our service enables people to have greater choice when thinking about their end of life care and their preferred place of death. The team can help with personal care, respite care, emotional, psychological and spiritual care.

The team works holistically and is part of a community-based multidisciplinary approach to patient care. We work closely with GP's, specialist Palliative Care Nurses, Community Nurses and Community Based Therapy teams to ensure

that patients, families and carers have the right support at the right time. This enables patients to make informed decisions about their ongoing care and ensures that they can achieve a good quality of life throughout their journey. The Hospice at Home team has changed its working hours and now provides Hospice at Home care from 08.00 until 18.00. This has been changed to enable more staff to be on duty each day and is helping to promote continuity of patient care. The team are now using System1 fully and all of our patient documentation is now computer based. This has a huge impact on patient care as once their medical records are shared, all of the healthcare professionals involved can see the holistic care given each day and who is involved in each individual patient's care. System1 also enables care to be individualised and personalised to each patient ensuring that they receive a care plan that is appropriate to them.

In addition to this, Helen Foster has joined the team on a permanent basis and is now part of a team of five working in the Hospice at Home team overall. *Pictured: Paul Hudson (left) Helen Foster (right)- Hospice at Home*

Congratulations to:

- Lynnette – Silver Flagship Award (top left)
- Jim – Bronze Flagship Award (top middle)
- Sue – Bronze Flagship Award & 15 years (top right)
- Jo Cobb - Silver (bottom second left)
- Jayne - Bronze (bottom second right)
- Maureen – Ten year long service volunteer award (bottom left)
- Catherine - Ten year long service volunteer award (bottom right)

Long service awards also went out to Zoe Appleyard and Daphne from our Southwell shop





THANK YOU TO KNOWHOW FOR A NEW MULTI-FUNCTION WIRELESS PRINTER WITH SCANNER



We have kindly been donated a new hp 'business grade' printer / scanner by Team KnowHow to enable our patient record department to maintain compliance with the latest NHS governance procedures.

Our new machine enables electronic delivery of scanned, secure documents instead of communicating with our healthcare partners via a fax system.

L to R: Jude English, Marilyn Griffiths (Team KnowHow), Jo Cobb
Care Service Support Manager

THANK YOU TO ONE-STOP FOR TWO NEW SYRINGE DRIVERS

A generous donation received from One-Stop stores has enabled us to purchase two new syringe drivers to help ensure that patients at the very end of life are comfortable and experience as little pain and distress as possible.



Pictured right Thank you presentation at One Stop store, Sleaford Road with store manager Wendy Springett.

As you will have seen we have created a wonderful new wet room on the first floor at Beaumont House. The bathroom is now more accessible to more people. We would now love to purchase an ergonomic hygiene chair with raiser facility. In other words a shower chair which will ensure all patients at Beaumont House, even those who are most poorly, can enjoy the benefits of bathing without numerous transfers and discomfort. This multi-functional versatile chair will allow all patients to have comfort, safety and dignity in every hygiene situation. It will mean that a single carer can take care of dressing, and undressing, showering, hair washing, foot care, toileting and other hygiene routines in a controlled and ergonomically sound working position. Subject to us raising the necessary funds the chair we would love to be able to buy costs £3762.00, but we know it is worth every penny.



We already have £1,000 committed from Tesco and £1000 from Southwell Lions. We are actively seeking other support to help us to buy this chair.



The Beaumont House Business Club

THANK YOU TO WILLOUGHBY 396 LTD FOR RENEWING THEIR BUSINESS CLUB MEMBERSHIP

It doesn't matter how big or small your business is, or in which sector it is. We would love to work with you. We believe that supporting Beaumont House through the membership scheme will offer you a number of valuable business benefits. Our tiered membership scheme is designed to offer benefits to you whatever size your company is. The Beaumont House Business Club provides your business with

the possibility to reach thousands of local people and organisations in your market catchment area. We would of course be delighted to discuss creating a bespoke partnership with you which meets joint, strategic goals.

For further information, please call 01636 610556 or email fundraising@beaumonthouse.



BEAUMOND HOUSE COMMUNITY HOSPICE

NEWARK HALF MARATHON

#running4BH

Newark Half Marathon

Sunday 12th August 2018
from Sconce Hills Park

FREE place and **FREE** running vest if you pledge to raise **£150** for Beaumont House*

*Limited places available

We would love to hear from you!
For more details about the event contact
cathryn.crone@beaumonthouse.co.uk or 01636 610556

Registered Charity no. 1025442

BEAUMOND HOUSE COMMUNITY HOSPICE

JOIN US ON THIS INSPIRATIONAL ADVENTURE TO WITNESS SUNRISE ACROSS THE HIMALAYAN SNOWCAPS OF NEPAL

Annapurna Sunrise Challenge

27 Mar - 6 Apr 2019

For further information please contact:
Holly Fowler, Beaumont House Hospice Fundraising and Events Officer
tel: 01636 610556 or email: holly.fowler@beaumonthouse.co.uk

Registered charity No. 1025442

www.charitytravelandtrek.com
info@travelandtrek.com
01529 488 159 or 07725 943 108

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DATES FOR YOUR DIARY!

Saturday 19th May - 9.30am registration
10.30am - 5k start
Chase the Royal Rainbow - Southwell Racecourse (see page 7)

July (date/time TBC)
Open Garden Event - Southwell

Sunday 12th August - 9.30am
Newark Half Marathon - Sconce Hill Park,

Sunday 19th August - 11.00am
Ladies Day, Southwell Racecourse

Monday 27th August - time TBC
Race Afternoon, Upton



Thursday 18th October
Glow Run - Newark Showground

8th - 14th October
Be Bright Blue Campaign

Wednesday 5th December
Light up a Life - Southwell Minster

Thursday 20th December
Light up a Life - Newark Castle

27th March 2019 - 6th April 2019
Annapurna Sunrise Trek



FIND OUT MORE HERE!
www.beaumonthouse.co.uk/events

New legislation on how we use your details means that to continue sending our newsletters and house/events news via email, we must have your permission to do so.

If we do not hear from you then sadly, we will be unable to use email as a way of sending you this information.

We would like to continue to tell you about all aspects of our work. If you would like us to continue to do so all you need to do is forward your preferences to fundraising@beaumonthouse.co.uk or 01636 610556
Please indicate if you are happy to receive:

a) Newsletter b) Emails c) both d) post only e) post & email f) no further communication