

BEAUMOND HOUSE NEWS

WINTER 2021



WIN £500 IN OUR JANUARY RAFFLE!
SEE INSIDE FOR FURTHER DETAILS

We are all getting used to the changing restrictions on our lives. Here at Beaumont House, we continue to maintain a high level of precaution to reduce the risks of transmission of the virus.

Our care for those who need support continues.

We offer virtual and telephone support, home visits where the hospice approach transfers into someone's own home. Our in-patient beds provide care and support for those who require help with symptoms, to prevent hospital admission or who wish to have their

end of life care in a hospice which provides a home from home environment.

Our approach to welcoming visitors has to be in response to the risks at the time, the tier level we are in and other factors. We will always be sensitive to the needs of the patient and their loved ones and try to balance safety with compassion.



If you or someone you know needs help and support please do get in touch.



WELCOME

We are all grateful to see the calendar go from 2020 to 2021, grateful for the vaccine implementation programme and, as a result, being able to greet this new year with hope and optimism.

At Beaumont House we commit to always giving the very best care we can to everyone who comes through our doors. 2020 gave us the opportunity to reflect on and review our long term aims for the hospice and as part of this we updated our values. These are the beliefs and the guiding principles that we hold central to all we do. You can read more about this on our website (www.beaumonthouse.co.uk), but I wanted to share with you the first value as I believe it sums up who we are as an organisation and the approach we will always take for this local community

PATIENT CENTRED, WE 'GO THE EXTRA MILE - We believe that every life matters and every moment matters - patients and their families and friends are at the centre of everything we do.

And I am proud to be able to assure all of our supporters that every penny that you donate to Beaumont House is spent on supporting people from this local community in this way and in help us to find ways to ensure we can continue to do so.

As we start the new year, there are many many people, staff, volunteers, people in the local communities, and local businesses both big and small that we need to say thank you for helping us through 2020.

Thank you to everyone who stepped up and helped confront the extraordinarily difficult circumstances that 2020 brought us.



Your kindness and help to meet both the challenges and the opportunities in 2020 have helped us get through the last 12 months.

Thank you for your dedication in keeping going through both fatigue and frustration. You showed up, and showed you care, and you each made a difference. No one but you know how hard it has been — and it's been hard in different ways for each of you.

Thank you to every person who trusts us with their care needs and to each of you who support us in continuing to provide our care services.

OUR £500 CASH PRIZE RAFFLE!

We ran the first large scale raffle to raise funds for Beaumont House in 2019, and due to the wonderful support we received, we thought that while those who might want to support us can't do so in the usual manner, that we would run another - **but this time offer the wonderful opportunity of winning a cash prize of £500.**

We wanted to offer some of our most valued supporters the opportunity to take part in this – to once again support Beaumont House and at the same time, be in with a chance to win a fantastic cash prize. But importantly, as our fundraising is still on hold and our shops have been forced to close, it helps us to raise much needed funds to help ensure we can continue to offer our vital service to the local community.

There are only 15,000 tickets on sale this time and with the deadline for them to be returned as **March 30th please do send these back as soon as possible to guarantee your chance to win.**



Every purchased ticket will help Beaumont House to continue to provide our specialist care to our patients and their families.



A MESSAGE OF GRATITUDE

During a year when we were discouraged from leaving our homes, from meeting with people, and had to adapt our lives in ways we could never have imagined, my reflections of 2020 are ones mainly of gratitude.

Gratitude for things that continue to provide joy in our lives such as cooking and enjoying a tasty meal, a walk in the park, time to read an interesting book, and time to pursue a hobby such as gardening

Gratitude for technology to enable us to stay connected with our loved ones and with the world, whether that be through programmes on television, or using some type of social media so we can see and hear those precious to us.

Gratitude for technology that is enabling people to continue to work in different ways such as working from home or virtual meetings with other charities and businesses so that work can continue.

Gratitude for the staff and volunteers at the hospice who have worked so hard to continue to provide the care services at such a crucial time. Along with this goes gratitude for the things that keep us safe in our work, hand gel, masks, aprons to name a few.

Gratitude for the amazing people and businesses in our local community.

The above is a brief list as there are so many things I am grateful for it cannot cover everything. However as we finish the year I am so very grateful for the promise of hope for humanity for 2021 as the vaccine is rolled out and we aspire to achieve increased freedoms in our everyday lives and reconnect with each other to move forward.

Debbie Abrams - Chief Executive, Beaumont House

MONTH OF THANK YOU'S

You may have seen in recent press or even heard on Radio Newark, that we launched a month of thank you's this January in recognition of the amazing support that we received during the past year.

We wanted to take the opportunity to thank those who give time, money, expertise and support to ensure it can continue to offer its services to the community.

Our head of fundraising and marketing Cathy Lowe said Beaumont House was dependent on many different forms of support from the community .

"We have been astounded, and at times have even cried, at some of the lengths people have gone to help us under the most incredibly challenging times we have known in recent history," said Cathy.

"We know we ask so much of the local community. After a year like no other it feels right to go further than we have before to acknowledge and recognise this support with a whole month dedicated to saying thank you."

We are so very grateful for every bit of help and support we have received; people have kindly raised money with cake sales, hair cuts, walking, running, cycling and flying challenges.



Some have given cash and others have increased their regular giving.

Local companies have offered practical help as well as food, masks and other PPE.

The support received from the community, along with a life-line of local and national grants, has meant Beaumont House has been able to continue to support those who need its care.

"As we now enter a new year we are still uncertain when our lives will return to what we previously recognised as normal. One thing is for sure – we will still need your help," said Cathy.

Please remember, Beaumont House is your local hospice; it is here for you and those you love, every day of the year.

BEREAVEMENT SUPPORT

As we go into a third lockdown, support for our families is as important as it ever was.

It is so easy to feel isolated and alone anyway and lockdown can compound those feelings. Our Bereavement Support team continues to be available to anyone who has been connected to Beaumont House, no matter how much time has passed.

We currently automatically offer support by phone to anyone recently bereaved but we are still here for those who lost loved ones a while ago.

If this is you, or someone you know, please just ring us and tell us you'd like a call and we will do the rest. There is also the possibility of a FaceTime or Skype call if you prefer.



Please feel free to call us on 01636 610556.

Despite the difficult circumstances there was a glimmer of light at the end of 2020 with our annual Light Up A Life appeal.

Against all odds we managed to organise a recording of the Light Up A Service at St Mary's Church in Newark, with various staff and supporters of Beaumont House involved.

This recording was broadcasted via Zoom so we could gather together virtually, and for anyone that couldn't make it was added to our Beaumont House Youtube channel; this is still available!

It was a great success with around 50 people joining in the live showing and was so heart-warming and a great comfort for us all to watch it together and share our reflections.

Another great success has been our Trees of Remembrance that were placed in Newark, Collingham and Southwell, a new addition to the Light Up A Life appeal. We have had such lovely feedback on how the trees brightened up the local area and we are so pleased so many of you have got involved – the trees were full of remembrance tags!

Your support with this appeal has been truly overwhelming as thanks to you all we have had one of our greatest responses to Light Up A Life, raising more than £7,000!

This is an incredible achievement, even more so considering the many challenges we are all facing.

Thank you for giving Beaumont House such a positive end to a very difficult year.



We're so grateful to all of the local businesses who have provided equipment and expertise to help Beaumont House.

Derry Building Services have recently stepped in when we needed two walls demolished to make way for a garden room. The new space will be a dedicated area for bereavement support and complementary therapies.

Photographer Claire Andrews of **Little Posy Photography** has given up her time on a daily basis from the first lockdown and beyond, to take pictures of families and businesses in return for donations to the hospice.

The support shown is overwhelming and we really appreciate all of the companies who help us.



BUSINESS CLUB

In February it will mark a year since our relaunch of the Beaumont House Business Club.

Many businesses have joined to benefit from the opportunities this membership provides and have continued to support us through a difficult year that has been challenging for us all.

We want to say a big thank you to all Patron, Gold, Silver and Bronze members for their loyal and unwavering support.

As we enter a new year with similar challenges we want to adapt our Business Club with the different circumstances so we can work with members as effectively as possible.

Now more than ever to support local is of huge importance and we believe the Beaumont House Business Club perfectly encompasses this; local businesses working with a local charity to support and promote each other.

If you are interested in working together please contact fundraising@beaumonthouse.co.uk



Unfortunately our shops have had to close again and will not reopen until lockdown restrictions are lifted.

We look forward to welcoming our customers and volunteers back again as soon as it is safe for us to re-open. We are so lucky to have such loyal supporters on both sides of the counter who make such a difference to the success of our shops.

We thank you all for your continued support.

It is really important that we continue our retail fundraising during this period of closure and in order to progress this we are currently beginning to increase our online sales activity.

We will continue to offer more items for sale on Ebay and hope that these will be of interest. We will continue to post regular updates on our social media pages and website and hope to be able to open our shops again soon.

PATIENT WORDS

A team of our wonderful volunteer drivers started our special doorstep delivery service on Monday 14th December taking day therapy staff Wilma Robinson and Dawn Bannon to homes across the district.



By the end of the week they had taken hampers and gifts to 30 day therapy patients.

Wilma said they had wanted to come up with something extra special for the patients who have been unable to come to the hospice since March because of the pandemic.

"Normally we would have a week of Christmas parties with a lovely dinner and entertainment which all the patients look forward to," she said.

The food in the hampers was made in the hospice kitchen as well as provided by volunteers who have also bought the gifts. Local supermarkets and shops donated items and a nursery garden gave pots of mini daffodils. Students from the Newark Academy very kindly took on some fundraising to buy cakes for the hampers.

Louise Sinclair Head of Clinical Services said, "We are so pleased to be able to deliver these gifts to patients and their families".



Staff and volunteers at Beaumont House have brightened the lives of day therapy patients during the pandemic with regular phone calls and socially-distanced doorstep visits.

Day therapy patient Margaret Roe said she thought that when the sessions were suspended, because of the pandemic, the support for herself and others might end too.

But, she said, the love and support from Beaumont House Hospice Care has continued to be brilliant. There have been weekly phone calls, zoom linkups and door step visits from the day therapy team helped by volunteer drivers to deliver cakes, afternoon teas and things to do.

"It really is appreciated and brightens up your day," she said.

"Thank you so much to everyone involved."

Margaret is paralysed from the waist down because of a spinal injury. She also has kidney disease, heart disease and chronic pulmonary obstructive disease.

Her association with Beaumont House started when a nurse suggested she would benefit from time as an in-patient for respite care.

"I didn't want to go to hospital and when I mentioned the hospice I wasn't really sure," she said.



"But instead of doom and gloom I found a place full of love and laughter."

After a week at the hospice Margaret became a day therapy patient and said her visits had become a real focus for her.

"I miss seeing everyone on a Wednesday but it has been lovely to have the phone calls and the deliveries of cakes, crafts and puzzles," she said.

"So much thought and effort has obviously gone into everything."

At Christmas all the day therapy and Hospice at Home patients received a special hamper and gifts donated by volunteers and local shops and businesses.

Margaret said it had been a wonderful surprise and had made her Christmas.

"I would like to say a very big thank you to Beaumont House," she said. "Thank you so much for all you do."



Beaumont House support people from this community with life limiting conditions; with your regular support, you will enable us to continue to provide vital services to the community, including patient choice for end of life care.

We help to avoid unnecessary hospital admission, offer a place of care where symptoms can be managed in a place close to home, and offer a setting for patients to die in a place of their choosing.

We believe every moment matters through life and to death. It costs more than £1million to fund our services every year.

Just £5 per month can make such a difference to the lives of people supported at Beaumont House



helping us to continue to give care, comfort, help and support to those in our local community, who are suffering with cancer and other long-term progressive illnesses.

Just to give you an idea of the significant contribution you will be making, here are some ways in which your donation could be spent:

- £16 pays for our day-therapy team to hold an online support session with a patient or to deliver afternoon tea.
- £30 pays for one hospice at home visit.
- £208 pays for one 24 hour stay in our in-patient unit

If you would like to support Beaumont House with a regular donation, please feel free to call us on 01636 610556 or visit

1 MILLION STEPS BY CHRISTMAS

Back in September 2020, one of our directors, David Tomkinson decided to take on the challenge to walk 1 million steps by Christmas, and invited others to join him to raise money for Beaumont House.

David said "Due to the pandemic, hospice fundraising has fallen dramatically and Beaumont House is facing a £250,000 shortfall this year, if it wants to keep providing its fantastic, free service to the local community.

I was distressed to find that someone has shrunk my clothes a bit during lockdown, so I thought, after what has been, quite frankly, a rubbish year, why not focus on making Christmas one in a million"

Others joined him in the challenge and amazingly completed 10,162,142 steps – a total of 5,100 miles (the equivalent of Newark to Las Vegas!) and raised a fantastic amount of £3,376.

A huge thank you to everyone who took part and contributed to raising such an amazing amount for Beaumont House!



2021 - THE Y

SKYDIVE

Take Part in a tandem Skydive from 13,000ft to support
Skydive over Nottingham Experience the incredible sport

THE ULTIMATE 3-IN-1 SNOWDON

Challenge yourself to complete this Snowdon challenge
consisting of 3 phases - cycle - climb - canoe!

ABSEIL

An amazing abseiling experience in the most spectacular
District - another adventure to tick off your bucket list!

SNOWDON SUNRISE CHALLENGE

Explore the highest mountain in Wales and England & re
witness the sun rising on this unforgettable adventure!

WING WALK

The perfect challenge for thrill seeking adrenaline junkies
greatest aerial adventures whilst supporting your local



...OR CHOOSE YOUR OWN CHALLENGE
BEAUMOND HOUSE... THE Y
TICK SOMETHING OFF YOUR

For further details, please visit www.beaumont
01636 610556 or email fundra

YEAR YOU...

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okies! Experience one of life's
hospice.

**WANT TO DO SOMETHING AMAZING TO SUPPORT
BEAUMOND HOUSE THIS YEAR WHEN WE NEED YOU THE MOST.
ADD THESE TO YOUR BUCKET LIST - MAKE 2021 YOURS!**

**visit beaumondhouse.co.uk/events or contact Fundraising on
fundraising@beaumondhouse.co.uk**



VOLUNTEERING

Thank you so much to the volunteers at Beaumont House who have continued to support us and have been keen to continue to help when circumstances allow.



The pandemic has sadly meant that the hospice has had to suspend day therapy sessions. So many of the volunteers who normally help with them have been assisting instead by calling patients on a regular basis.

Volunteer drivers have been helping by taking day therapy staff on socially-distanced doorstep visits to patients where they have been given cakes, afternoon teas and crafts and puzzles to keep them busy.

When possible volunteers have been helping on reception, in the kitchen and garden as well as

admin work.

They have also continued to provide crucial help in our three shops when they have been open. There was an overwhelming response from the volunteers to a plea for gifts and food items for hampers which were delivered to day therapy and Hospice at Home patients at Christmas.

"Thank you so very much for your continued support," said volunteer co-ordinator Lucy Millard.

Although new volunteers are not being recruited at the moment because of the restrictions Lucy is always happy to receive inquiries about helping in the future.

"Volunteers will always be an integral part of Beaumont House and their help is so important to us," she said.

Please contact Lucy on lucy.millard@beaumonthouse.co.uk

A TRIBUTE TO JENNY

A much-loved volunteer at Beaumont House charity shop in Collingham has died after a horse riding accident.

Jenny Gadsy, who lived in the village was airlifted to the Queen's Medical Centre, Nottingham, where she died on December 27. She was 66.

She joined the team at the Collingham shop when it opened in October 2019. On her application form said she wanted to volunteer because: "I desire to help."

Shop manager Gary White said Jenny was like a big sister to everyone and brought sunshine to everything she did.

"She was a such a positive lady who was always able to find a common sense solution to any problem," he said.



"She was a great listener, a great friend and a real team player."

Jenny was born in Lincoln and worked for the family firm, a retail business, for 25 years before starting an accountancy company, Yours 4 A Day Ltd, based in Newark.

She retired last year but continued with her voluntary work – she was also treasurer of Newark-based charity Think Children and was a member of Newark Rotary Club, Girton Sailing Club and Collingham Tennis Club.

Gary said Jenny was able to turn her hand to anything in the shop and had a wonderful relationship with both the customers and volunteers.

"Jenny always put other people first and if you needed help with anything she was there," he said.

"Her support for those around her and Beaumont House, her friendship, warmth and wonderful personality will be sadly missed."



The contribution to trusts and foundations, or organisations which exist to distribute money to causes which meet their objectives, is huge and often goes unnoticed.

Many trusts and foundations ask for little or no public thanks and prefer to remain anonymous.

Every year Beaumont House makes many many applications of this type. They take much work to ensure each one fits the criteria and application detail.

We ask for support to help keep our core services running, for contributions towards patient related capital items and specific project work.

We are grateful for the support we have received. This year alone we have secured funds from Trusts and foundations to make our offices covid secure, to build a new garden room space to extend our service offering, new blinds for bedroom and hand washing facilities as well as donations of more than £130,000 to support the essential services of Beaumont House.

Thank you to all of these organisations which have helped to keep Beaumont House and many other charities going when other usually reliable fundraising sources have come to a complete stop in 2020.

Amanda Winkett – trusts and foundations manager

We would like to say a big thank you to James Talbot, who is very kindly holding yard sales for Beaumont House at his home at 168 Devon Road, Newark.

Pictured are Beaumont House volunteer Ann Marie Kitchen and James Talbot cutting a ribbon to mark the start of yard sales.

The sales will run as soon as it is safe to do so again under government guidelines, and will run until January 2022, on Tuesdays, Thursday and Saturdays.

Thank you James!



SUPPORT BEAUMOND HOUSE FOR YOUR CHANCE TO WIN UP TO £25,000 IN OUR WEEKLY Lottery

HELP BEAUMOND HOUSE PROVIDE COMPASSIONATE, SKILLED, PROFESSIONAL, PERSONALISED NURSING CARE OF THE HIGHEST QUALITY

You can join online at www.theweatherlottery.com

The Weather Lottery pps BeGambleAware.org 16+

WAYS TO SUPPORT US

Providing care and support to patients and their families costs Beaumont House around £1,000,000 every year.

Since the first lockdown in March 2020, most supporters had to change plans and cancel planned events and our shops are now closed once again. Our shops alone provide around 20% of our total income.

Keeping the hospice open at this time is imperative; we have received such amazing support from our wonderful community and we need that to continue to enable us to be there to care for those who need us the most.

We'd like to ask every single person to continue or to start supporting Beaumont House at this difficult time to ensure we can continue to provide this vital care to those who need us most.

Here are some of the many ways you can support us, even through lockdown:

- Raise funds for us whilst you shop online - at no extra cost to you - visit www.beaumonthouse.co.uk/online-shopping
- Make a one-off donation or regular monthly amount

- Set up a Facebook Fundraiser (see image right)
- Join our Weather Lottery
- Follow us on social media and like/share our posts
- Leave a gift in your will
- Get together some donations and keep aside for when our shops can safely open and accept donations
- Fundraise from home - visit the link below for ideas
www.beaumonthouse.co.uk/fundraise-from-home

Find out more here:

www.beaumonthouse.co.uk/support-us



Did you know you can Fundraise for us via Facebook?

- Go to the **Beaumont House Community Hospice Facebook page**
- Click on the **Fundraiser tab on the left & then click raise money tab on the right**
- Enter the details of your fundraiser
- Invite your friends & family!



If you think Beaumont House can help you or someone you know please feel free to call us on 01636 610556.

Our skilled team will help to determine whether we can support directly or point you in the right direction.

To find out more about referrals, please visit our website (see the bottom of this page).

COVID-19 has been the single greatest public health emergency in the history of the NHS.

Vaccination means increased protection for you and those around you.

To aid the success of the vaccination programme it is vital everyone continues to play their part and abide by the necessary restrictions in their area so we can further suppress the virus.

As the covid-19 vaccine is rolled out, we support people receiving this in order to achieve immunity in our community.

PLEASE NOTE, SOME PHOTOGRAPHS IN THIS NEWSLETTER WERE TAKEN PRIOR TO SOCIAL DISTANCING



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