

Newsletter

The Countess of Brecknock Hospice

Providing Palliative Care Throughout the Andover Area

Autumn 2010

Ladies Only Midnight Walk Jubilant and still smiling after 13 miles

TOTAL RAISED TO DATE
£24,500
more photos inside!

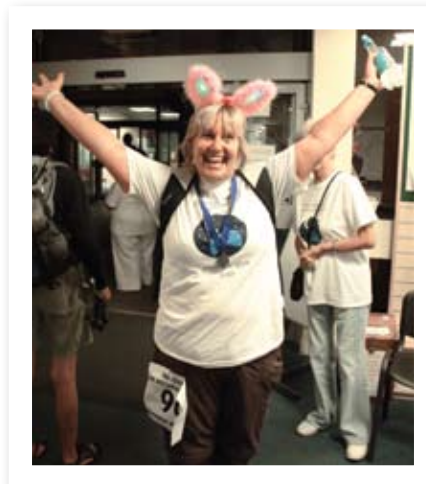
After months of preparation and planning Saturday 3 July finally arrived - The night of our first Hospice Midnight Walk and what a night it proved to be. 281 ladies, from 16 to 80, registered to walk and although a few were unable to join us on the night over 270 took to the streets of Andover. Our Chairman, Dame Mary Fagan, cut the ribbon at the stroke of midnight and off they went. It was a spectacular sight seeing hundreds of flashing pink ears and blue horns setting off down the High Street much to the amazement of the many midnight revellers who could not believe their eyes when the biggest Hen Party to hit Andover made its way through the town centre at the start of the 13 mile route.

Walk leaders Phil and Maureen Wood led the way with Jo Hibbert bringing up the rear and support walkers interspersed to ensure everyone kept on the straight and narrow.

A great team of marshals, co-ordinated by Ken Brown, lined the route to offer encouragement and point walkers in the right direction. Despite many pleas and walkers dragging their men folk along, we were short of marshals and the team did a terrific job of dashing all over town.

Hospice staff, nursing and admin, plus a number of volunteers became "The Hospice Moonbeams". 16 team members walked while the remainder stayed at base camp (The Andover Leisure Centre) where they were joined by other volunteers.

The intrepid Base Team 'worked their socks off' registering everyone in, handing out water and half-time refreshments, awarding completion medals, serving tea, coffee and bacon rolls, plus 101 other things to ensure the night was a success. A quick mention to students Molly and Adam



who took the photographs and Tom and Josh who came along as first aiders – thankfully their skills were not required. A special bottom wiggling mention for Moonbeam Amanda who warmed up the walkers with her very own version of the "Funky Chicken"; and not to be forgotten the nursing staff that stayed at the Hospice – they too were Moonbeams and sported T-shirts proclaiming "Some Moonbeams Have To Work"

Organising an event such as this, with just a small team of volunteers, was quite an undertaking but it was a strong team with everyone working together every step of the way – literally as we lost count of the number of times

we mapped out the route. Everything fell into place on the night and seeing so many happy faces before and after the walk made all the hard work worthwhile.

It was a privilege to help create special memories for so many, to share in their laughter and tears, to be the first to congratulate them and to see the pride in every achievement.

Simple words cannot express our thanks to each and every volunteer, to Valley Leisure who helped with the planning and donated the Leisure Centre, to Neil and his staff who gave so much, to Hildon Water, Randall Parker Foods, Sainsbury's and those who generously donated towards the breakfasts.

Many ladies completed 13 miles in around 4 hours, some were quicker and others slower. For the Hospice; it was not how fast or how much money an individual collected, it was a time to join together with our supporters, old and new. It was not a race and everyone who took part and completed their chosen distance was to us a WINNER.



Meet The New Macmillan Team

Over the past few months there have been changes to the Macmillan Team working from the Hospice.

We have said farewell to Sue Cunningham who has moved to Devon to be nearer her daughter and grandchildren. Sue and her husband have found a lovely house to live in and she is now settled in her new post at the North Devon Hospice in Barnstable.

We also said goodbye to Jane McDaid. Jane has stayed within the Macmillan team but has swapped working in the community to take up a ward based position in Basingstoke Hospital.



On 1st April Maria Miles began working two days a week here in Andover. Maria has been a member of the Basingstoke Macmillan Team for the past twenty years. Maria trained in Chichester and worked at Guys and the Royal Marsden before moving to Basingstoke.



In August we were pleased to welcome back Mary Harris who has returned from maternity leave following the birth of her first baby. Daughter Lola is now a very beautiful one year old and Mary is a very proud mummy.



We were happy to learn that Sarah Deery was returning to Andover for two days a week. Some of our readers may well remember Sarah as she is one of our original in-patient nurses. Sarah was here with Sister Lizzie Baron when, in September 1990, the first patients came to the Hospice.

Four years ago Sarah left the Countess of Brecknock Hospice to join the Community Team in Basingstoke. Welcome back Sarah!

Our three Macmillan Nurses are members of a larger team based at Basingstoke Hospital where the whole team offers a service both in the hospital and the community. Maria, Mary and Sarah all split their working weeks between Andover and Basingstoke and between them provide a seamless service to the Andover community Monday to Friday.

Meet Amelia



Amelia is a reproduction Victorian doll made from a kit that belonged to Valerie Middleton. Valerie was a founder member of the Vernham Dean Sewing Group and a wonderful needlewoman. After she died in 2005 in the Countess of Brecknock Hospice her husband, Peter, passed the kit on to the sewing group. The group were just finishing a large quilt and when this was completed the members decided to make up the doll, plus a set of clothes, and donate her to the Hospice in memory of Valerie.

In addition to the splendid blue outfit she is dressed in Amelia has a travelling trunk containing a party dress, a nightdress and a shawl. To raise funds for the Hospice we have chosen to raffle Amelia, but rather than hold an ordinary raffle we are asking those who would like to win this beautiful doll to guess her birthday.

Amelia was born towards the end of Queen Victoria's reign in 1892 (a leap year) and like Peter Pan she has never grown up! It is a coincidence that our Amelia shares the same birthday date as another Amelia who lives locally and is also a very pretty and charming young lady. If you would like a chance to own Amelia all you need to do is call into the Hospice and choose one of the 366 dates for £1 per guess. When all the dates have been chosen her birthday will be revealed and Amelia will have a new and happy home.



Lead Nurse, Sarah McGaughey, is delighted with an input of funds provided especially to support a new initiative

A very generous contribution of a further £10k per annum from the Hospice charity has enabled the In-Patient Unit to diversify and broaden the existing services.

Following an identified need for flexibility of nursing cover during the weekends, the extra funding has allowed for additional nursing staff to be booked when needed. This ensures that the same high level of care at the weekends is available as during the week.

This funding has also allowed the In-Patient Unit to extend the care available to local people who are currently receiving active, curative, ongoing cancer treatment.

The introduction of a nurse led chemotherapy line care service means that patients with intravenous and arterial chemotherapy lines can come into the Countess of Brecknock Hospice for weekly maintenance and care during the weeks between their chemotherapy treatments. Close liaison is maintained with the Nick Jonas Ward at Winchester Hospital, which has been invaluable in providing initial and ongoing training and support.

The key advantage of this service to its users is that it reduces the impact of costs, travelling and fatigue on people during their cancer treatment. Appointment times are planned at a mutually convenient time and treatment usually takes about twenty minutes.

Other services also being offered include various infusions and injections, as arranged by the patient's Consultant or General Practitioner.

Initial response has been very favourable and encouraging, with many patients enjoying the close proximity to their homes. Sharon mentioned that she found the "staff friendly



and helpful" and quite apart from the obvious convenience Sharon felt "reassured by the close liaison with the Nick Jonas Ward". David who has been attending the Countess of Brecknock for a few weeks commented that "Car parking was so much easier, the girls are great, and living locally time is kept to a minimum enabling me to get on with other things".

The introduction of these services is in the initial stages. Further work is being carried out to evaluate their effectiveness, need and patient satisfaction, but on the whole it is proving to be a very welcomed addition to the care provided.





I enjoyed the walk and it was lovely to see such a good turnout for a very worthy cause. Next time I hope to be able to complete the longer distance!

Margaret

.....
Just wanted to congratulate you and the team for such a great and well organised event on Saturday. Although suffered with some sore feet and legs would do it again!

Tara

.....
A most enjoyable night! Hope to join you again next year.

Janet

.....
I would just like to say a VERY BIG thank you for organising The Midnight Walk. I took part with a colleague from M&S. We did a lot of fundraising for The Countess of Brecknock last year with M&S and I met you and when this walk came up I was gladly happy to get involved. It was just a fantastic night. The headgear was a good touch. A few blisters and sore legs four hours later but well worth it. I have been lucky not to loose anyone through cancer but it was emotional reading some of the ladies t-shirts saying they were thinking of their loved ones. Please do arrange this walk again. I will certainly be there.

Sarah

I would like to say how very well organised the walk was. Special mention must go to the wonderful marshals who not only apparently managed to be in six places at once, but also were so encouraging! If you are going to do it again next year (and I sincerely hope you will) put my name down. All best wishes

Jill

.....
Thank you for all your hard work in making the Midnight walk possible and thank you also for organizing it on such a lovely night. The weather was perfect and everything was so well organized. Rhona and I thoroughly enjoyed it, the bunny headbands were an excellent idea as we could see the people in front and people behind as well, it kept us all together, even though sometimes we were far apart. The marshals were lovely, their banter kept us going too, especially as our job was a lot easier than theirs. Even though we thanked each and every one as we went around, please thank them again. Also the walk support team, what a lovely idea and very necessary, especially to us who had never been to Andover before. Thanks also to the back up team, without them it obviously would not have happened. As I tell people what I have done they are still offering to sponsor me. Our thanks again.

Sylvia

Well done on a fantastic event! Hope we've all raised lots of money. When we all set off it looked so amazing!

I think we could have raised extra cash from all the pubs and clubs if our support walkers had a few buckets with them as people seemed very supportive of us all, maybe an idea for next time, Thank you to you and all the many other helpers.

Vanessa

.....
I was one of the walkers on Saturday night and I must say it was a fantastic experience. I have never walked so far ever, but felt it a wonderful thing to be able to do. A lot of my work colleagues have said they will join me next year. I'm sure this will become an ever increasing event. Many thanks to all of your support workers who really looked after us.

I have not had any contact with the hospice apart from my parents who donated to you on their 60th wedding anniversary with money gifts instead of presents. Thanks again.

Christine





A Night in the Life of a Hospice 'Moonbeam'

After months of planning, training (?) and preparation, it was finally ten to Midnight on Saturday, July 3rd, 2010. The first long awaited sponsored midnight walk was upon us! After registration, welcome by Dame Mary and a warm up, it was time for everyone to take their place at the start line. I remember looking behind me and feeling blown away by the sight of nearly 300 flashing pink bunny ears!

Then – Midnight came and we were off. The High Street was packed with lively people enjoying Saturday night. They were tremendously supportive and cheered us as we wound our way down to London Street to begin the thirteen miles in earnest. I walked in parts of Andover I never knew existed.

The weather was kind to us as it was dry all night. The atmosphere was like nothing I have ever experienced. Everybody was in good spirits, but it was also quiet and peaceful as well. We were well supported by marshals and felt safe throughout the night.

All walkers achieved their personal goals and we were well rewarded with medals and bacon butties for breakfast. The event was a roaring success, and I hope lots of money has been raised for the Hospice. I feel so proud to have been part of this and, like my colleagues, am grateful to everyone who supported the event.

Debbie Calder

Senior Staff Nurse and 'Hospice Moonbeam' Countess of Brecknock in-patient unit .

Thank you all for organising the smooth running of such a fantastic evening. It was great to meet so many lovely ladies and those bunny ears looked amazing! A big thank you to all who gave up their time and a night's sleep to keep us safe along the way hope we can do it again next year.

Maxine

It was a pleasure and a great experience. I already have lots of friends who are interested in doing it next year so let's hope you get the support to make it an annual event. I will definitely be taking part again next year. Well done to you and all who were involved with the organisation. Many thanks

Sharon

Although I have said it in person I just wanted to confirm it in writing that I thought the Midnight Walk was very well organised and to a mere walker it all looked professional and had a great atmosphere. All your hard work and the work of all the helpers paid off! Congratulations!

Clara



And not to be left out the guys have been fund raising too!

Coast to Coast – Alex Head’s story



Alan – my dad



Start



Finish

Between 24th April and 4th May (the first anniversary of my father’s death), I completed the Wainwright’s ‘Coast to Coast Walk’ doing the 192 miles alone and self-supported from St Bees Head on the Cumbrian coast to Robin Hood’s Bay on the North Sea, passing through three of Britain’s loveliest and most dramatic National Parks. My father was first diagnosed with cancer in January 2008 and, after lengthy treatment and major surgery during the course of that year, appeared to have

bravely overcome the illness. Tragically the cancer reappeared in early April 2009 and sadly my father passed away at the beginning of May, aged just 57. It was during this brief period that he was cared for by staff at the Countess of Brecknock Hospice and their professionalism and kindness was a great comfort not just to my father but to family and friends as well. Whether you knew my father or someone who has fought the same illness, you’ll recognise the invaluable and tireless work that nurses at the Countess of Brecknock Hospice undertake - It takes a special kind of person to do what they do.

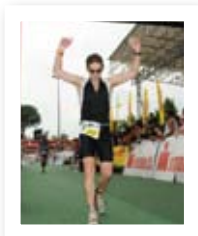
The final day was a real mixture of emotion – a combination of pride and sadness, and I’m not embarrassed to say I shed a good few tears for my father on the beach. It was a glorious day with blue sky and blazing sun the whole way, so someone was definitely looking down on me. I hope I did him proud.

Thank you to everyone who generously sponsored me resulting in a fantastic donation of £1783.

Ironman 70.3 Switzerland - Charlie Palmer’s story



Pain



Delight



Louis – my inspiration

On 6 June I took part in the Ironman 70.3 triathlon in Switzerland involving a 1.9km open water swim, a 90km bike and a half marathon – why I hear you ask? Well why not, would have been the understated response of Louis Bernon (the cheeky Irish chap in the photo), my Brother-in-Law and general “partner in crime” who sadly died last year after a battle with cancer. In the last few months the wonderful staff of the Countess Brecknock Hospice looked after Louis and gave incredible support to the whole family. With all of this in mind I decided to raise money for the Hospice.

Thanks to the support of many I was able to donate the magnificent sum of £2633.

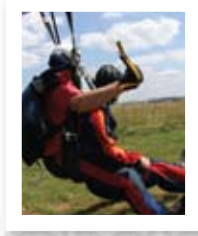
Tandem Parachute Jump – Aaron Hatcher’s story



Jump



Fly



Land

For a long time I have wanted to do a tandem skydive and for 21st birthday my family and friends clubbed together to help pay for me to fulfil my ambition. I wanted to do this for charity and as my friend’s mother is a nurse at the Countess of Brecknock Hospice the choice of charity was easy. So on 25 June I travelled to Netheravon and after 30 minutes of basic training I found myself kitted out in a flying suit, strapped to my jumping buddy and 12,000 feet above the ground with nowhere to go but down. It was an exhilarating experience, I am so pleased that I did it but would I do it again? Maybe!

I was pleased to donate £230 to the hospice from my jump.



Other recent fund raisers include

Andover and District Lions Club's "Pink Pig Charity Race Night"

This event was attended by over 100 adults and children, who all enjoyed some very exciting racing. The racing combined with a raffle and other attractions resulted in a donation of **£500**.



The second Do You Remember Party was held at The Bell at Weyhill on 31 July where party goers danced the night away to The Rocking Bandits and Stealer. Organiser Geoff Foss was extremely pleased to have raised **£1,100** from the evening which was split equally between our Hospice and Naomi House.



Sue Hounslow and Diane Timms organized a Locomotors Reunion at the Hayward Suite, Wolverdensene Club on Friday 14th May 2010. The evening brought together ex-employees from both near and far. As this was also a fund raising event the organisers, Sue and Diane chose the Countess of Brecknock Hospice as the beneficiary of any monies raised.

A small charge was made to attend the evening and a grand raffle was held. Thanks to the generosity of the Wolverdensene Club who kindly gave the hall free of charge and the many companies and individual who donated the raffle prizes a total of **£653** was raised on the evening. This sum was increased by a further £100 kindly donated by Simplyhealth.

Photograph shows Sue Hounslow presenting cheques to Sarah Redhead, who incidentally worked at Locomotors for 10 years prior to taking up her present position at the Hospice.



Martin and Anna Smith gave an Afternoon Tea Party in their Penton garden to celebrate the 70th birthday of Marian Rich. Many of Marian's good friendas were invited and she was delighted that they gave a total of **£345** in donation instead of gifts to here.

For many years Marion has Helped Martin with his monthly book sales at the Penton Village Hall and in Hungerford, and hosting a party for Marian was a thank you for all her hard work. A special cake was made by Carol, an expert in sugar craft, depicting Marion with a case of books.



Freda Horne celebrated her 90th Birthday with a "no presents please party" raising **£325** for the Hospice. 43 guests joined Freda and her family at the in the beautiful surroundings the Andover Golf Club to mark this very special occasion. The weather was fine and "the icing on the cake" was a steel band who soon had everyone up and dancing including Freda. Freda's brother who is 92 attended the party as did one of her sisters-in law who is almost 92, so Freda felt comparatively young when enjoying her glass of bubbly.

Volunteer Annual Meeting

At the beginning of September a new style annual meeting was held at the Hospice. The aim of the meeting was to provide an opportunity for all the volunteers to come together and to meet with fellow volunteers who help out in different areas of the unit. Often paths do not cross and many volunteers never meet except at occasions such as annual meetings or social gatherings.

Volunteering at the Hospice is divided into various teams namely, Bereavement, Day Care, Drivers, Complementary Therapies, Fund Raising, Gardening, In-Patient, Reception and Shop. A representative from each team gave an update on their particular area which provided an in-sight into their role within the Hospice.

New volunteers were introduced and welcomed. Newly recruited Graham Tyler, a massage therapist, spoke about the relaxing massages he has offered to give to Hospice staff and volunteers. Concentrating on shoulders, neck and head, the areas where most of us carry and feel our tension – generously Graham will not be charging for these sessions.

Sarah McGaughey, Susan Turner, Sarah Redhead and Clara Sanjar were unanimous in their thanks and praise for the dedication and time volunteers give, reiterating that volunteers were vital to the smooth running of the Hospice by carrying out various duties to help the nursing staff and give compassionate support for visitors.

We are delighted that we still have a number of volunteers who have been with the Hospice since it opened



twenty years ago in September 1990 and it was particularly nice that Marion Spaul was able to attend the meeting especially as she is so often on duty either in the out-patients unit or on reception. Marion is a real star and will often fill in at a moment's notice and we are all dreading the day that she decides to retire!

We are always looking for new volunteers, to help in the various areas of the Hospice or with fund raising activities. If you are interested in volunteering within the Hospice then do please call our volunteer co-ordinator, Clara Sanjar, on 01264 835288 for an informal chat. We are especially seeking volunteers for our small Hospice shop as we would very much like to have the shop open five days a week instead of the current three days. Should you be interested in fund raising we are currently looking for volunteers to help out on our Christmas Sales Table located in the new Out Patients

Department. We will have the table open Monday to Friday for six weeks from Monday 8th November to Friday 17th December. Those who have 'manned' the sales table in previous years will be pleased to know that the days of sitting in a cold draughty, although often sunny, entrance way are over as the table will now be sited inside – thermals no longer required!

We also need raffle ticket sellers at the Andover Garden Centre, Saturdays, Sundays and Tuesdays during November and December.

It is not necessary for fund raising volunteers to be registered hospice volunteers, although many are, so it would not be necessary for you to go through the rigorous form filling and checks which are necessary for those volunteering in the hospice itself.

Please call the Appeals Office on 01264 359789 for more information.

In Memory of Carolyn



On the day that her mother, Carolyn, died in February, our daughter Ailsa decided that she wanted to do something to raise money for the hospice in memory of her mum. Carolyn's stay in the hospice was a short one, but in the days that she was there she was wonderfully treated and I can honestly say that she was genuinely happy there, even though she knew that she was approaching the end of her life. Ailsa and I will never forget the kindness shown to Carolyn and to both of us.

I'm sure that it has been said many times, but the hospice is an inspirational place and many of Carolyn's and my friends decided to join Ailsa in the Winchester 'Race for Life'. Some of the participants walked the route and raised funds for Cancer Research UK, but I'm proud to say that Ailsa ran every metre of it (further than she'd ever run before), and she and a friend of mine, Jane True, decided to focus their sponsorship efforts on the hospice and raised around £2000 – money that will hopefully help the staff to continue their wonderful work.

Colin Boag

A round up of Thank You's

As always there are far too many people to thank individually in our Newsletter, but we would like to give a quick mention to a few just to give a flavour of the many different fund raising activities that have taken place over the past few months.

Barton Stacey Football Club held a very successful night of Pig Racing and split the proceeds of £400 between our Hospice and their Village Hall. Chairman Paul Gibson wrote *"A number of people from our village have spent their last days with you, and all the families that I have spoken to have been particularly impressed with the care that their loved ones received"*.

Karina Lucy organised a Memorial Night in memory of her husband Keith who sadly died in the Hospice in May 2009. The event was held at the Wolverdene Club and 200 people attended this memorable occasion which raised **£1,805**.

Staff at Lloyds TSB, Charlton Place have regular Dress Down Days when they are encouraged to make a donation to charity. Thanks to their generosity Mark Radmore and Josh Hammett came along to the Hospice to present a cheque for **£433.35**.

Heather Dawson held a Pampered Chef party at her home in Andover and raised **£164.32**.

The Andover Golfing Society whose Captain Simon Hickman once again chose the Hospice as the beneficiary of their Charity Golf Day 2009 resulting in a donation of **£2,000**.

Clegg and Brooking Customers who are exceptionally generous and regularly fill up our Hospice Collection Box. The last time the box was counted it contained the magnificent sum of **£235**.

Year 8 Farleigh School who this year raised **£665** from their sponsored walk.

Margaret Nolan who celebrated her 60th Birthday and asked for donations to the Hospice in lieu of presents and was pleased to donate **£105**.

The Border Masonic Club raised **£651.54** for our charity (with a similar amount going to Naomi House) when Sheila Smith held her Ladies' Night at The Masonic Hall in Andover

The Rotary Club of Andover continued their support of over 20 years with a donation of **£2,500** raised during David Moulton's year as President.

Mrs Kathleen Coombes who since 1988 has never stopped fund raising for us and recently made a donation of **£300**, her thirty-second, bringing her grand total to over **£17,500**.

The Customers of The White Hart at Stoke who never stop giving – their total donated now stands at **£7,914**.



Thinking of Christmas?

Our full range of Christmas Cards, as shown on the enclosed leaflet, are now available from the Hospice Shop or Reception. You will notice from the leaflet that we are now able to take payment by debit or credit card, so if you would prefer to pay by this method you are welcome to telephone your order through to the Appeals Office if this is more convenient for you.

We also have a good selection of wrapping paper, decorations, beanies and soft toys. A new addition this year are Christmas Meerkats – we are certain these loveable characters will prove to be very popular.

We are happy for you to take cards, beanies etc to your place of work to sell for the Hospice or why not take one of

our popular large Christmas Soft Toys to raffle. Just sell 30 squares at £1 each to family, friends or work colleagues and one lucky person will take home a lovely cuddly Christmas toy.

If you are interested in having personalised Christmas Cards these can be purchased for the benefit of our Hospice through Charity Choice and can be ordered on line www.charitychristmascards.com or the Appeals Office would be happy to send you a brochure.

Contact the Appeals Office on 01264 359789 for further information on any of the above.

In a bid to save paper and costs our Hospice Newsletter is now available to read on our website or we can send it to supporters via e-mail. Supporters who would prefer to receive our twice yearly newsletter and accompanying fund raising leaflets by e-mail should contact the Appeals Office on info@countessofbrecknock.co.uk stating that this is their preferred method of receiving information.

Please accept my apologies if you feel that I have perhaps given too much space to The Hospice Midnight Walk in this edition of our Newsletter, but I am personally very very proud of our achievement and wanted to share this with you. This is the first time that the Appeal has undertaken an event of this magnitude and I know that its success is due largely to the wonderful support I received from all the staff and so many of the volunteers. It really was a time when everyone pulled together to guarantee a successful event and to ensure that all the ladies who of "Walked for the Hospice" had a night to remember – Thank you everyone.

Sincere thanks to our many supporters who have stayed loyal to our charity through this time of financial uncertainty. Your continued generosity is greatly valued and appreciated. I would like to take this opportunity of wishing one and all a very happy Christmas and good wishes for 2011.

The Editor

Please contact the Appeals Office if you would rather not receive further copies of our Hospice Newsletter, or details of future fund raising events and we will ensure that your name and address is removed from our mailing list. Also, if there is an error within your mailing details please let us know so that it can be corrected.

Contact us at: The Appeals Office, The Countess of Brecknock Hospice Trust, War Memorial Community Hospital, Charlton Road, Andover, Hampshire SP10 3LB

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