

WINTER 2011

BeaumontHouse NEWS

News and Events from in and around Beaumont House Community Hospice



Light up a Life this Christmas

For Christmas this year, why not dedicate a twinkling, shimmering Light to someone you love? It's a wonderful way to commemorate a very special person; celebrate how much someone means to you or to say thank you for everything someone has done for you. All it takes is a donation to Beaumont House Community Hospice to dedicate a glowing Christmas Light to that special person. All names and dedications will be entered in our Book of Remembrance which will be on display at Beaumont House from Sunday, 4th December until Twelfth night.

We would like to invite you to be part of our Light up a Life Campaign by dedicating a Light to someone you love and to be part of our Light up a Life Carol Service. Our Beaumont House Christmas Tree will be lit with hundreds of lights, each one shining for special people nominated by you. The Carol Service will be on Sunday, 4th December at 4pm and accompanied by Newark Salvation Army Band and Holy Trinity School Choir. Everyone is welcome and it is free to attend.

4th Dec 2011

Page 3 - "If the Beaumont House Resource & Information Centre was here 2 years ago.."
 Page 4 - The Community Care team increased their provision by over 200%
 Page 5 - Your chance to meet Howard Webb, Steve Hodge and Nottingham Forest players

Light up a Life is kindly supported by

Jane YOUNG

A message from Patrick



Each and every day, I am incredibly proud of all we do to help those in need throughout the communities we serve. The support you provide to allow us to do what we do is overwhelming.

I thought this time it would be good to highlight two very different examples of the way you support Beaumont House.

Light up a Life - 4th December

The background and history

'Light up a Life' events are held by Hospices across the world at Christmas time to remember and celebrate life.

'Light up a Life' is a very special event that takes place every year at Beaumont House during early December. The event is organised by Beaumont House to help families and friends to come together to remember and celebrate the lives of loved ones. It represents a time to be comforted and to share hope with others.

It is a special and moving way of remembering loved ones at what can sometimes be a very difficult time of year for bereaved families. The event involves music, a spiritual element (the service is open to those of all faiths and of no faith) and the 'switch-on' of our Christmas tree lights. We will offer you a unique opportunity to honour those special to us and a Book of Remembrance is produced and will be on display. As always our staff will be on-hand to give support if necessary.

Everyone is welcome and we look forward to seeing you at our Light Up a Life Carol Concert on the 4th December.



Trekkers being put through their paces at a special PTT Sahara Boot Camp

Sahara Trek 2012

Our biggest fundraiser ever!!

As part of the planning for the Beaumont House 25th Year Anniversary Celebrations (the conception of the charity Newark Hospice Aid in 1987) a joint idea between Beaumont House and the Newark Advertiser was born, to take 25 intrepid trekkers on an exceptional experience that will be remembered for a life time.

The Trek of the Sahara is a 10 day trip and includes time in the ancient city of Marrakesh, a wonderful drive to and from the desert and a 6-day, 100km trek in a very different, unique and challenging environment.

What we didn't expect was that there would be so much interest - in February 2012 we will have 49 trekkers travelling to the Sahara raising money for our work.

As you can imagine in the current economic climate the money raised by the Sahara Trek is desperately needed to ensure we can continue to provide our many services.

Can I say a very big thank you for all the hard work, preparation and fundraising that is already in full swing - I can't wait to see the total raised!!!

Once again thank you to one and all for your continued support.



Follow us on Facebook: www.facebook.com/beaumonthouse



Follow us on Twitter: www.twitter.com/beaumonthouse

Web: www.beaumonthouse.co.uk

Contact : 01636 610556 (24 hours)

Ruth

Volunteer at the Resource & Information Centre

"I was diagnosed with thyroid cancer in 2009. Having such a diagnosis was a total shock. I like to think I live pretty healthily and I couldn't understand it. 'Why me?'"

A week after my first operation I had tried to prepare myself for possible bad news before going for the results of the biopsy. My surgeon had told me the morning after the op the tumour was a big one, the size of a golf ball and it had grown just outside the thyroid gland.

I remember the words 'I'm afraid I have got some bad news for you, you have thyroid cancer'.

I said 'oh right' then I burst out crying; much like a child. I had follicular thyroid cancer and needed the other half of my thyroid gland removing. My surgeon said he would be seeing me for checkups forever after my treatment had been completed. He said he felt there was every chance I would be seeing him in 10 years time. I secretly didn't think that was very long.

Recovery was difficult after the second operation. I had a problem with low calcium levels and had to have intravenous calcium twice. I was then admitted as an emergency admission from home the morning after discharge; again to go on a calcium drip. I felt awful, but there was, as far as I could see, no-one to talk to. It seemed I was on my own.

The nurses were all very kind, very efficient, but no one really sat down and had a chat with me to see how I was coping. I wondered had I been like that when I was a nurse, I thought I might have been and felt sad for the many patients I had looked after.

My friends were really good, always ringing. An old nursing friend rang, back from my student nurse days. She had been a Marie Curie nurse and knew what to say and how to listen. I told her of all my fears; she listened and said 'Why don't you ring Macmillan?' I immediately replied 'But I'm not terminal Liz'. She said 'They're not there just for terminal people, they are there for anyone with cancer'.

When I next went to the surgery for a blood test, I asked the practice nurse if she had a Macmillan nurse's contact number. She had one on her notice board.

I rang the number and from then on didn't look back. A lovely Macmillan nurse, came to see me at home and just listened. She came a few times. She put me in touch with Beaumont House Hospice where I had Reiki and massages. Both were amazing!



Ruth at the Beaumont House Resource & Information

I couldn't believe I was walking up the path to the hospice for myself, not someone else, or another patient, it was weird. But I am so pleased I did and I will always be grateful to them. They know how to talk to you, they know what to say, you don't feel like you have to look after them and change the subject about your illness so as not to alarm them or embarrass them. They didn't say 'thyroid cancer is a good one to get' something that had been said to me so many times - **How can any cancer be good?** *It was a turning point for me, I felt cared for.*

I gave up working in school with learning support pupils just before I became ill. When I recovered I visited the voluntary work bureau in Newark wanting to get out there with people again. I saw voluntary work as a receptionist at the new Beaumont House Resource & Information Centre. I realised I wanted to be able to give people the same opportunity for support as I was given and applied for the role.

People with cancer or any life threatening disease need someone to talk to, they need support. The Resource Centre can offer them the personal support they need, what-ever it turns out to be. Everyone who is struggling with an illness or who is a carer needing support themselves should be informed about the Resource Centre, maybe given a leaflet.

There is so much to discover, to help people live with their illness or to help them when things are coming to an end. There are people from specialist support groups and charities who can be on the end of a phone line, often with a free phone contact number. People can receive information or advice from someone who may have gone through the same as they are going through - then they would realise they are not on their own. Beaumont House Resource Centre can help them access advice they might otherwise never have found.

If Beaumont House Resource Centre was here 2 years ago I would most definitely have contacted them... I needed them"

Resource & Information Centre. Open 10am - 4pm Monday to Friday Tel: 01636 610556 (24hrs)

Community Care Team

The Beaumont House Community Team was formed in 2009 with the aim of supporting the existing local community nursing services provided in the local area, to ensure patients who wish to stay at home can do so. In 2009/10 Beaumont House provided 1236 hours of community care, whilst last year 2571 hours were provided, an increase of 208%.

Our Community Service provides a seven day a week service including bank holidays. If the need has been identified as a priority for both the patient and the carer, over-night care can be provided.

"The ultimate aim is to provide a holistic approach to our care provision, with this in mind, we assess and plan the care to incorporate both elements of physical and psychological support.

We are very much part of the whole team at Beaumont House and work to provide a continuation of care that is vital for patients to enable a seamless service approach.

Prevention

One of our aims is to prevent unwanted hospital admission; with that in mind we try to prevent 'the crisis' situation from



The Community Team

The team consists of Debbie Chettle as Community Co-ordinator and three health care assistants; Sue Bates, Wendy Brown and Sue Clarke who provide the "hands-on personal care" to patients. Debbie, a trained Registered Nurse aims to carry on improving community services provided by Beaumont House for patients and their carers.

The community team can provide the following:

- **Personal Care**
- **Relaxation techniques and massage treatments**
- **Sitting service - enabling carers some 'Me time'**
- **Managing symptoms alongside the primary care team and community nursing teams**
- **Advanced care planning**
- **Carer Support**

occurring. We meet with the hospital Macmillan team on a regular basis to discuss and plan the future care needs for patients. This helps to get patients home as soon as possible as well as keeping patients at home for as long as possible.

Our day is very enjoyable, challenging, at times demanding, however we aim to ensure that at all times our care is delivered with high level of standards so we can try and 'make a difference' to patients at a time when the most important aspect of our role is to 'Be There'.

Our aim for the future is to continue to support as many local people as we can to ensure patients can have a choice where they wish to die; home is not always possible for all patients for a variety of reasons but we will aim to be there."

For more information about our community team or any of our services, call us on 01636 610 556 (24 hours) or visit www.beaumonthouse.co.uk

Sportsman's Dinner

Our first Sportsman's Dinner is on Monday, 21st November from 7pm at the Cedric Ford Pavilion, Newark Showground. Our special guests are Howard Webb, Premier League and International Referee and Steve Hodge, former Nottingham Forest and England International.

There will be opportunities to ask our guests a question and have a photo taken. Current Nottingham Forest stars will be attending with the opportunity to dine with them.

The evening will be a perfect early Christmas present for the Forest or indeed any Football Fan and includes a two course dinner and coffee.

Prices are £30 per person or £270 for a table of 10.

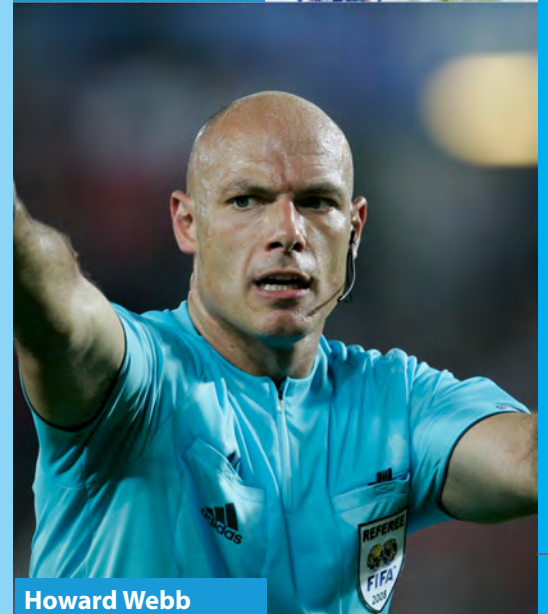
Suitable for all ages.

For booking details, contact: Fundraising on 01636 610 556

sponsored by



Steve Hodge



Howard Webb

jazz in the garden



Jazz in the Garden, now in its seventh year, was a spectacular success. With over 100 tickets sold, the event was a total sell-out, such was the high demand for tickets. Bob Wilson and his band did not disappoint, with many in the audience toe-tapping, singing and even dancing in the aisles. Zoe Appleyard and the catering team served a fantastic lunch whilst Ann et Vin served the reception drinks and provided the bar.

The event raised over £2,000 with nearly £14,000 in total raised over the 7 years. We look forward to the eighth Jazz in the Garden at "Little Apples" on Sunday, 2nd September 2012.

For more information about our events visit: www.beaumonthouse.co.uk/events or contact the fundraising team on 01636 610 556

Thank yous

Beaumont House requires in excess of £800,000 each year to continue to provide care to over 400 patients and support for their families. £600,000 is kindly funded by charitable donations from the public and business community. Thank you to the following who have chosen to support Beaumont House.

Supercuts Charity Week	£200.98
Bleasby Open Gardens	£900.00
The Minster School raised by Rufford House Students & Staff	£251.38
Ellen Jackson of The Olde England - Ladies Lunch	£1,900.00
Tuesday Quilters Garden Party	£100.00
Friends of Barnbygate Surgery Afternoon Garden Party	£500.00
Lawrence Cobb - Coast to Coast Walk	£395.00
Vicky Fearon & Katherine Lloyd - Psychic Evening	£667.07
Audrey Scott - Fashion in the Garden	£1,348.50
Grove Pub Quiz Night	£236.46
Clare Kawamoto Mini Gardening Fundraiser	£200.15
Margaret Kirton - Coffee Morning	£764.69
Shona Smith - Northern Soul Charity Night	£728.34
Dom Harker Static Line Skydive	£1,616.32
Caunton Lawn Tennis Club Charity Tournament	£500.00
Flowserve 3 Peaks Challenge	£1,416.50
EDF CCGT Project	£1,400.00
Ian Goy - Newark half marathon	£500.00



Newark Flowserve



EDF



Ian Goy

Maureen Tunnard completed her third sponsored walk for Beaumont House earlier this year. Maureen who is 89 years old completed a 90-mile walk over Easter. This is in addition to an 88-mile walk last year and a 60-mile walk in 2009. She has managed to raise £1,000 to support our work. It is thanks to her amazing support and of the whole community that we are able to carry on caring for over 400 patients each year.

Unfortunately due to space, we cannot publically acknowledge everyone in this newsletter. Your contributions however, are very important to Beaumont House and the patients we support.

If you would like to organise an event or challenge, please contact the fundraising team on 01636 610 556 or you can download a fundraising pack from www.beaumonthouse.co.uk

About Beaumont House

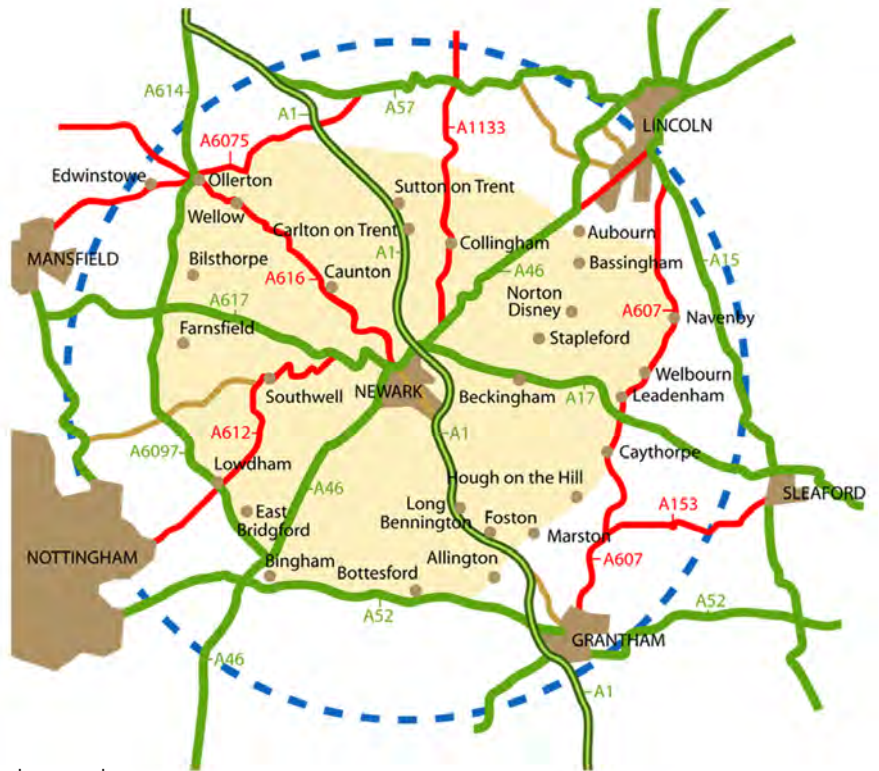
Beaumont House Community Hospice has been committed to providing supportive palliative care to patients with life-limiting or terminal illnesses and their families living in Newark and District, since 1987.

70% of our patients suffer from cancer, whilst we also support patients with long term conditions such as Parkinson's Disease, Motor Neurone Disease and Multiple Sclerosis.

All of our services are at no cost to the patient or their family.

Our catchment area is approximately within a 15 mile radius of the Hospice.

Contact details:
Beaumont House Community Hospice
32 London Road, Newark. NG24 1TW
01636 610 556 (24 hours a day)
info@beaumonthouse.co.uk
www.beaumonthouse.co.uk
Registered charity no.: 1025442



We acknowledge and thank the Newark Advertiser for the use of their photographs

Local charity of the year



Beaumont House Community Hospice are pleased to announce that they have been chosen by local Championship Football Club Nottingham Forest as their local charity of the year.

The partnership will enable Beaumont House to have unrivalled access to players, staff, memorabilia and other "money can't buy" prizes to use for fundraising purposes. Nottingham Forest Chief Executive, Mark Arthur is very happy to be supporting us;

"The work and care that Beaumont House undertake in our community is so beneficial to the many patients and their families in the Newark and surrounding area. We are pleased to be supporting the charity this season."

Our first bucket collection raised over £500 with many more fundraising initiatives planned including support of the Sportsman's Dinner in November.



Diary

NOVEMBER

Brenda Dickinson's Muskham Hot Lunch

- at The Muskham Rural Community Centre
Saturday, 5th November from 12.30pm
 £10 per person and includes a two-course lunch

For more information on forthcoming events or to purchase tickets please speak to a member of the Fundraising Team on 01636 610 556 or visit: www.beaumont-house.co.uk

Sportsman's Dinner

featuring Premier League and International referee Howard Webb & former Nottingham Forest & England International Steve Hodge.
Monday, 21st November from 7pm
 £30 per person includes two-course dinner at the Cedric Ford Pavilion, Newark Showground

DECEMBER

Last Night at the Proms

Newark Town Mayor's event supporting Beaumont House and Newark Emmaus Trust.
 7.30pm - 10.30pm at Newark Town Hall, Market Square, Newark.
Thursday, 1st December
 £12.00 each including Supper and a glass of wine.
 Contact Helen Crossland - 01636 684801

Ladies Day

at the Cedric Ford Pavilion, Newark Showground
Monday, 5th December from 10.30am
 £30 per person and includes two-course lunch. Join us for some festive shopping, lunch and a presentation from our special guest speaker

Light up a Life Carol Concert

Carol Service in the gardens of Beaumont House with festive refreshments
Sunday, 4th December from 4pm
 Featuring Newark Salvation Army Band and Holy Trinity School Choir - All welcome

Christmas Party

Newark Town Mayor's event supporting Beaumont House and Newark Emmaus Trust.
Friday, 16th December
 7.30pm - 10.30pm at Newark Town Hall, Market Square, Newark.
 £15.00 each including Supper and a glass of wine.
 Contact Helen Crossland - 01636 684801

Christmas Cards & Gifts

Each year, a kind benefactor commissions a water colour to be used as our special Christmas card to be sold on behalf of Beaumont House. This year, the scene is of Newark Castle. We have four new Christmas card designs for you to choose from including a Jolly Santa and Christmas Robin.

Our Christmas cards are now available to purchase from Beaumont House, our shops and other nominated outlets at £3 per pack.

We have a huge selection of Christmas toys and decorations this year. Finger puppets, tree decorations and key rings will be sold at participating schools and businesses throughout Newark and the District. Reindeers and Christmas Bears can also be bought from Beaumont House, our shops and at various events that we are attending or running. If you are a school, business or community group that wants to support Beaumont House by selling our Christmas gifts, please contact fundraising on 01636 610 556.

