



BeaumontHouse NEWS

News and Events from in and around Beaumont House Community Hospice

Supporting patients & their families

Beaumont House Community Hospice is open 24 hours a day, 365 days a year and provides palliative care to those in need throughout our region. Although 70% of our patients are cancer sufferers, we provide support for patients with life-limiting illnesses such as Motor Neurone Disease, Parkinson's Disease and Multiple Sclerosis.

We have completed our statistics for the financial year and are proud to inform all of our supporters that in 2009/10 Beaumont House supported 418 patients and their families by providing:

- 2523 Days of day care
- 1130 Nights of respite care
- 434 Sessions of complementary therapy
- 386 Items loaned including wheelchairs, electric reclining chairs, walking frames and motorised mobility scooters.
- 24/7 Helpline
- Support and advice including 634 sessions of welfare benefits advice generating over £790,000 direct to the patients.

Beaumont House is not part of the NHS but does receive a grant from the local Primary Care Trust (PCT), which contributes approximately one third each year towards the services provided to the community. This means the Hospice needs to raise over £500,000 each year to continue the love and care that first began some 23 years ago.



Beaumont House, providing care and support to the community of Newark & District at no cost to the patients or their families

Sunflower Run for Fun

Our first ever "Sunflower Run for Fun" took place on Wednesday 14th July at the Newark Showground. Despite a heavy thunderstorm late in the afternoon, over 300 participants completed the 5km course by "sprinting, striding or strolling", raising over £10,000 in the process.

It is thanks to local support from Boundary Sound, Inspired by Print, LA Fitness, Saks Hair & Beauty of Newark, SunPro Window Films, the Newark Showground and many other supporters and volunteers that we were able to organise the event quickly and at no cost to Beaumont House, meaning all the money raised will go towards patient care at Beaumont House.

The second Sunflower Run for Fun is Wednesday 22nd June, 2011

Mandie Elson with
Beaumont House Staff

photography by Paul Saxby



Susan McCormick,
Ambitions Personnel Team
(first past the line)



"The Pink Leggers"

A message from Patrick

At any time of the year when we are looking ahead with our plans and putting together budgets for how much we think it might cost, there is always a balancing act between all the desirable developments in the services we provide against realistic costs and how much we will be able to raise.

I never cease to be grateful for the fact that each month/year our fundraising team, staff, shops, volunteers and fundraising support groups, always manage to raise the necessary income, with the generous help of the wider community,

The number of new businesses that are offering support to Beaumont House increases each month during very difficult financial times. Thanks to all our old friends in the business sector who continue to support our work throughout the year.

It was my great pleasure to say thank you at a recent Social & BBQ. Over 70 directors, staff members and volunteers enjoyed a very pleasant evening in the garden of the Newark Town Club; we celebrated 19 long service awards, presented by Dr Peter Jones (Chairman) for 10, 15 and 20 years loyal and

dedicated service to Beaumont House. Again their ongoing commitment and dedication allows us to provide the excellent service to you the local community - the evening was subsidised and supported by many local businesses again thank you.

Each month brings its own challenges with all the current changes happening in the NHS and Government, coupled with the current economic climate I feel the coming years may be more challenging than ever before.

However, we will continue to look at opportunities to help more people and with the continuing support of our very generous community and the time, skills and effort of our staff and volunteers I have no doubt that we will succeed.

Thank you all for your contributions in whatever way you make them.



Balloon Release/Carnival

Our first Balloon Release took place in June as part of National Hospice Awareness month. More than 200 balloons were dedicated and released from Newark Market Place. The event helped to raise over £1,000 and we hope to make this an annual event.

Twinkle Twinkle Little Star was the theme for Beaumont House as part of "Newark in Rhyme" at this year's carnival. Our thanks to Danusia, Geoff, Adie, Smiths Timber, Unique Scrap Store for their help in creating such a wonderful and eye catching float.



Volunteers ready to walk

Why make a will?

Making a will is one of the most important things we should do, but despite this, many of us die without having made one. This can mean lengthy legal delays, and an additional burden to the loved ones who are left to deal with your estate.

If you make a will YOU decide who receives your money and possessions - without a will the Government will decide. To ensure your legacy goes to those people you wish to receive it, make a will. It is then very important to keep your will up to date, so check it every few years to ensure it still reflects your wishes.

MAKING A WILL AND LEAVING A LEGACY

Making a will is easy and once it is done you can relax in the knowledge that all your affairs will be in order. Beaumont House recommends you contact a qualified solicitor to help draw up your will.

DID YOU KNOW THAT LEAVING A LEGACY COULD SAVE YOU MONEY?

Any money left to a charity is tax free and will therefore help to reduce the tax liability on your estate. This could save your beneficiaries money and at the same time help your community. If you feel able to remember us in your will we shall be deeply grateful. Your gift will ensure we are still here in years to come, working with patients and families to help improve the quality of their lives in their time of need.

If you would like to leave a legacy to Beaumont House Community Hospice please contact a solicitor who will advise you on how to make one of the following bequests:

Pecuniary: a set amount of money.

Specific possessions such as stocks, shares, items of jewellery.

Residuary: which allows you to remember loved ones and give a percentage to charity. This is often the most effective.

Your solicitor will be able to help you in making your decision.

HOW WILL YOUR GIFT HELP?

Beaumont House Community Hospice has been helping people who suffer from cancer and other life limiting illnesses since 1987. Last year we cared for and supported 418 patients. Hospice care is of no cost to our patients or their families and we continually require donations to enable us to carry on with this important work.



Skydive Challenge

Our first Sky Dive challenge was back in March where 11 intrepid sky divers fell out of the sky at 15,000ft, freefalling at up to 120mph. Collectively the group raised over £7,000 for Beaumont House. Our next Skydive is on September 4th with 12 brave volunteers stepping up to the mark.

The skydive is the first of our many new challenges to be introduced. If you are looking for a source of adrenaline whilst raising money for Beaumont House, contact fund raising on 01636 610 556. Challenges include climbing Mount Kilimanjaro, London to Paris Bike Ride and trekking the Sahara.



Dr Julie Barker
volunteer director at Beaumont House Community Hospice

Alyson Bellamy & Jonathan Carter

Making a big difference with small change

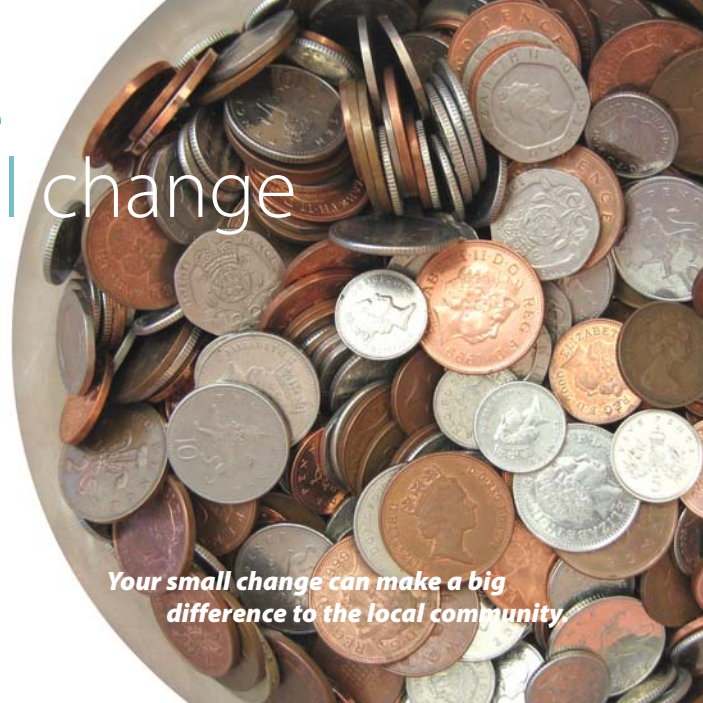
Last year Beaumont House raised over £7,000 through its donation bottles.

This amount equates to around 1,400 patients' lunches, 500 hours of community care or 87 days of day care.

Currently there are over 80 bottle locations in Newark and the local community. We have already swapped out 100 bottles since April! Our target is to reach £10,000 every year through our bottles. This means we need to have around 125 bottle locations so if you know a friendly shop owner or pub landlord, ask them if they would like to hold a bottle on our behalf.

We can also exchange foreign and old coins to generate funds. We have special Foreign and Old coin bottles at Beaumont House and our charity shops. If you go away this summer, please bring your foreign change to Beaumont House.

For more details contact fundraising on 01636 610 556



Your small change can make a big difference to the local community

Sylvia



Sylvia is a breast cancer sufferer who was diagnosed 5 years ago; around 3 years ago it had spread to her femur, parts of her spine and pelvis. At the time of writing, Sylvia had completed her latest round of chemotherapy and is back home after a short respite stay at Beaumont House.

"My way of dealing with my illness is to pretend it isn't there and to be "normal", I want to get on with my everyday life. I live by myself and although I have a great support network of family, friends and carers, the majority of the time I look after myself. In February 2009, I was becoming increasingly tired caring for myself and Annette; my MacMillan nurse discussed Beaumont House with me. I told her "I was not bad enough for that" as my perception of Beaumont House, like the majority of people, is that it is a place to go for when you are really ill. In Easter 2009 I had a fall, and although I was cleared by the doctor, Annette persuaded me to contact Beaumont House. I was lucky enough that they had a vacancy at the time and even though I spent a short amount of time in Kings Mill Hospital for an operation, they kept my room free so that I could return to recover. I stayed until a care package was put together for me by my GP, nursing staff and Beaumont House.

Since then, I have had several short term respite stays at Beaumont House. The latest one has come after my 'chemo' treatment and has set me up very well. The rooms are very much like hotel rooms, they are not clinical at all. I think if they were I would be reluctant to stay. Each time I go I recognise the same faces that make me feel at home, it sounds trivial but I think that's an important part of being looked after. The staff tell me that I should ring if I need anything and I believe them, nothing is too much for them and I feel that is part of the ethos of Beaumont House."

Beaumont House has 4 short term respite bedrooms, last year we provided 1130 respite nights for patients. Referrals to Beaumont House can be made by anyone including family, friends or the GP with the patient's permission. If you would like more information about our respite care, please contact us on 01636 610 556

Spotlight on... Chris Allen

I first entered Beaumont House as an inquisitive new volunteer early in 1991 following an ad in the local press. Having previously lived in the back of the house when it was divided into 5 flats, I was not only interested in doing some voluntary work, but keen to see what was intended for the building. I helped with office work on a voluntary basis for around 18 months following which I moved on to a paid role as the Volunteer Co-ordinator. As the title suggests, it was my job to recruit and train the new volunteers alongside the then Care Manager, Sue Tomlinson.

The layout of the house hasn't changed much over the years - we've added to and refurbished along the way but in the main it remains the same with a warm and friendly atmosphere where people feel safe. However, the paperwork has, like in all businesses, grown like 'Topsy'. We are of course much busier now than in those first few years when we began. The computer is now my best friend recording statistics (not as boring as it sounds) and care plan documentation alongside tracking the large amount of equipment which we have available for loan. This, coupled with house and garden maintenance and managing the volunteers who work in the house, makes my job varied and flexible.

Whilst I have to admit to being the longest serving member of staff here, a great many of the volunteers are also still here - it's a hard place to leave once your feet are under the table. I've met so many brave people who genuinely make me feel humble and for the moment, I want to continue being part of the team that enables us to help as many as possible within the local community.



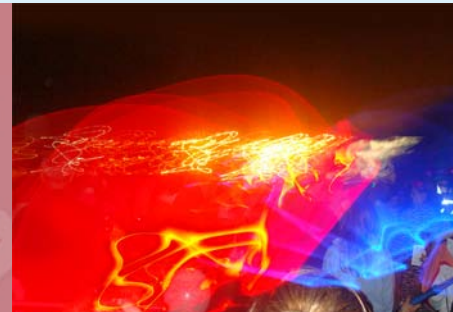
Chris Allen
Support Services Manager

Sleepwalk

The 3rd annual Forget Me Not Sleepwalk is on Saturday October 9th at Newark Showground as part of World Palliative Care Day. The family event is a sponsored 1 mile walk in the dark, with torches, glowsticks and in your Pyjamas! Last year, the 400 participants were entertained by the Balderton Scouts Marching Band, the Blue Sapphires Cheerleading Squad and a host of entertainment.

This year is going to be bigger and better and we hope to beat the £8,000 raised last year. The Sleepwalk will be preceded on the Friday with a "Pyjama Day". We are encouraging as many employers and schools as possible to raise funds for Beaumont House by allowing their employees and students to wear their pyjamas.

For more information visit www.beaumonthouse.co.uk/sleepwalk



Cricket

Monday 30th August sees the return of the very popular family cricket day. Beaumont House along with Newark Cricket Club are organising a Twenty20 format cricket match with a Beaumont House XI competing against Newark select XI. There will be plenty of entertainment to entertain kids from 4 to 104. The day also incorporates "Street Athletics" event, encouraging youngsters to compete in a variety of athletics events. Entry is free with the gates open from 11am, Street Athletics starts at 12 noon and the Twenty20 match starting at 3pm



Thank yous

Beaumont House requires over £700,000 every year to provide our services to patients and their carers. The NHS provide 30% with the rest kindly generated by the community and businesses of Newark & District. We thank the following for their dedication, support and contribution to Beaumont House:

Steve Ayling	<i>Indoor Bowls Tournament</i>	2,486
Robert & Brenda Wright	<i>in lieu of Diamond Anniversary Presents</i>	340
Vicky Hewson	<i>Caunton Tennis club Tournament</i>	800
Toni Smith	<i>Open Gardens at Goverton Hall</i>	307
Andy Hall	<i>Donation in lieu of 50th birthday gifts</i>	856
Ro-An Music Academy	<i>Sponsored music practice</i>	1,251
Mrs Elizabeth Scaife		352
Newark CAMRA	<i>Newark Beer Festival</i>	608
Ann Knight & Volunteers	<i>Coffee Morning/Plant Sale</i>	491
HOSCAN	<i>Fun Run & Ramble in Farndon</i>	2,500
Holy Trinity Football Club	<i>Fancy Dress World Cup Match</i>	465
Emma Clarke & James West	<i>Mayze Fundraising Night</i>	902
Geoff Pogson	<i>Revival Night @ Morton Manor</i>	2,825
Tracey Lee-Waite	<i>Ladies Indulgence Evening</i>	325

Due to space restrictions we are unable to publicly thank everyone within this newsletter but your contribution is invaluable to us.

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

Corporate Supporters



We thank the following local companies for choosing to support Beaumont House Community Hospice as their charity of the year in 2010.

- Co-op Southwell Branch
- DHL / Currys
- Hobsons Chartered Accountants
- Morrisons (through Help the Hospices)
- Natwest Corporate
- Newark CAMRA
- RWE NPower
- Sainsburys Balderton Store
- Sir John Arderne Public House

Working with Beaumont House to raise money helps to raise your profile in the local community and demonstrates social responsibility to your employees and clients. To find out more about how we can work together, please contact fundraising on 01636 610 556



RWE Npower

The staff of RWE Npower Staythorpe Power Station has chosen to support Beaumont House Community Hospice. So far this year their employees have run the Kilomathon and London Marathon, bag packed at Waitrose, have completed a 334 mile cycle ride and will perform a skydive in September.

With match funding from RWE Npower, the employees have so far raised nearly £5,000. Keep up the good work!

photo l to r:
Wil Chung, Dave Tilley, Diane Byrne, Patrick Fisher,
Gareth Maslin, Jasper Carrington



Beaumont House requires over £700,000 every year to continue providing support to the local community. Each newsletter costs around 55p to design, print and post. If you have access to email and the internet you can help us save on this cost by being added to our electronic mailing list. Email fundraising@beaumonthouse.co.uk and we will ensure that you will receive the newsletter 3 times a year as well as the latest Beaumont House news and events. If just 13 people change to an electronic newsletter we will save enough for one hour's worth of nursing care.

For up to the minute Beaumont House news, information, events and pictures:

Facebook - www.facebook.com/beaumonthouse

Twitter - www.twitter.com/beaumonthouse

website - www.beaumonthouse.co.uk

Long Service Awards

Beaumont House Community Hospice is an organisation with over 200 paid and voluntary staff. As a tribute to their hardwork and dedication to the patients and their families, Beaumont House organised a BBQ at Newark Town Club in June. The event also saw Peter Jones, Chairman of the Board present staff with their long service awards.

15 years

Jean Everington
Joan Haywood
Barbara Mabbott
Ed Prasai
Betty Wheat
Beryl Wheat
Cynthia Woolley
Rae Russell
Edith Smith

10 years

Ann Ashton
Shirley Cartwright
Bernadette Cook
Vera Ellis
Margaret Lawson
Elizabeth Pilsworth
Monica Reader
Teresa Rollins
Barbara Seymour
Jean Watt
Anne Welch

Summer Flower Bowl

Beaumont House volunteer, Dee Nichols recently won an award at the Newark & Nottinghamshire show for her floral arrangements. Dee shares her passion with you with an easy to follow arrangement.

MATERIALS NEEDED

1. Small round bowl
2. Oasis Foam - suitable for fresh flowers, can be purchased from a florist or Online
3. Fixing tape - this can be purchased Online or from a florist - not essential
4. 4 stems of sweet williams
5. 5 roses pick a colour to compliment your sweet williams
6. Foliage - e.g hostas, ivy, fern, rose leaves, fatsia - try to pick leaves which will not overpower your arrangement
7. 4/5 strands of steel grass

HOW TO ARRANGE

Firstly cut 1/2" off the bottom of each rose and then place for 15 seconds in boiling water. This will help the roses stay fresh for longer and open fully.

Check that your oasis fits the bowl tightly. You can cut the oasis foam when dry to your desired size. If you have florist fixing tape use this to secure the oasis in place. Use one piece across the middle of the oasis and wrap underneath the bowl to ensure it is secure. I would recommend using fixing tape if you are considering giving the bowl as a gift as this will ensure that the oasis stays firmly in place when being moved. Once you have cut the oasis place it in a bowl that is already filled with cold water. Let the oasis sink when completely wet, do not try to quicken the procedure by pushing it down as this will only cause the centre to stay dry. When the oasis is saturated place it in the bowl and secure it using fixing tape.

Begin by arranging the foliage around the base of the oasis. Use the larger leaves first. Continue by placing your sweet williams and roses into the centre and intersperse with your smaller leaves. Always remember that your roses if not already open will do so in time, so you need to give them space.

Finally get a piece of steel grass and cut to approximately 16" and bend to make a triangle effect - you will find it very pliable and will bend easily without breaking. Place each end into the oasis. You could if you wanted place the steel grass over the top of the arrangement from corner to corner to give you a different effect. This will give your arrangement a bit of height.

Once completed you have a floral display to impress all your friends or to make the perfect gift.



photography courtesy of Newark Advertiser



Diary

August

Sponsored Bike Ride

10am, Sunday 8th August
Beaumont House to Bottesford,
suitable for all ages and experience
levels
£5 registration

Gig Night showcasing various local bands and artists

7pm, Thursday 12th August
Castle Pub, Castlegate, Newark

Fashion in the Garden and more

2.30pm, Thursday 19th August
£10 per ticket includes cream tea and fashion show by Jane Young

Twenty/20 Cricket and family fun day

from 12pm, Monday 30th August
Free entry at Newark Cricket Club, Kelham Road
TV and Sports celebrities to be announced soon!

September

Sponsored Tandem Sky Dive

Saturday 4th September

Jazz in the Garden

12.30pm, Sunday 5th September
£18 includes two-course fork buffet
live Music from the Bob Wilson's
Jazz band

Prize Bingo Night

from 7pm, Friday 10th September
Holy Trinity Community Centre, Newark
£8 per person includes 8 prize games and 2 jackpot games

Ladies Who Lunch at Cafe Bleu

from 12 noon, Monday 13th September
Featuring Aura Fashion & Glacier Arc
£25 per person includes two-course lunch

Cocktail Party @ Gannets Bistro

from 7.30pm Saturday 18th September
£20 per person includes reception drink and canapes
Live music and bar flare cocktails

Champagne Gourmet Evening at the Cauntton Beck

23rd September 7.30pm for 8.00
£45 per person
3 course dinner, coffee and accompanying champagnes

October

Pyjama day

Friday 8th October

Annual Forget me Not Sleepwalk

from 6pm, Saturday 9th October
Newark Showground

Service of Thanks giving

3pm, Sunday 17th October
Holy Trinity Catholic Church

Bollywood Ball

7pm, Saturday 30th October
Newark Showground
More details to be announced soon

Tickets are available from Beaumont House and selected outlets. Contact Fundraising on 01636 610 556 or email fundraising@beaumonthouse.co.uk

100 Club do you feel lucky?

The Beaumont House 100 club draw is a monthly draw to be held on the first Friday in every month. It will cost you just £2 per month, every month for which you will be allocated a number (you may purchase more than one).

Every month two numbers will be drawn from our paying members for a chance to win £100 and £25 respectively!

You can pick up your 100 club form from Beaumont House, download from our website www.beaumonthouse.co.uk or simply complete the form below and send it to Beaumont House along with a cheque for the appropriate amount.

Surname:		Mr/Mrs/Ms/Miss	Initials:
Address:			
Postcode:		Tel No:	
Email:			
Date of Birth:		I confirm that I am over 16 (please tick)	
Signed:		Date:	

I enclose a cheque for the amount of £24 for 1 number for 12 months

I enclose a cheque for the amount of £48 for 2 numbers for 12 months

I enclose a cheque for the amount of £72 for 3 numbers for 12 months

I enclose a cheque for the amount of £..... for.....numbers for 12 months

Please return this form to Beaumont House Community Hospice, FREEPOST (MID08018) 32 London Road, Newark, Nottinghamshire NG24 1TW

The use of a stamp instead of the Freepost address will help us save money

Beaumont House Community Hospice 100 club is registered as a lottery with Newark & Sherwood District Council. Registrstion Number 1056

Beaumont House Community Hospice, 32 London Road, Newark, Nottinghamshire NG24 1TW. Registered Charity No. 1025442

Tel: 01636 610 556 | web: www.beaumonthouse.co.uk | email: info@beaumonthouse.co.uk