

Beaumont House News



News and events from in and around Beaumont House Community Hospice

June 2009

CONGRATULATIONS



The first Sunday in March saw the draw for our car. Congratulations to Mr & Mrs Hutchinson who were the lucky winners and Mr Nick Hill who won the second prize.

This was a joint project between Beaumont House and our long term supporters Coddington Football Club. Thanks must go to our sponsors Heron of Newark for supplying the brand new VW Fox at a discounted price and Andrew & Co Solicitors for providing the fantastic second prize of £1000.

Unfortunately, the economic climate worked against us and we didn't manage to sell quite as many tickets as we would have liked. However, Andy and his team at Coddington Football club, together with Beaumont House's very own fundraising team worked really hard to sell tickets. We finally made a profit of £3,000. Huge thanks to everyone who supported us by buying a ticket.



Heron Newark Ltd



RPS enables Beaumont House to expand its Community Care Services

At Beaumont House we are continually striving to improve and expand the services we provide for the people of Newark and the surrounding area.



Sue Bates & Debbie Chettle from Beaumont House and Ruth Poole, a member of the RPS fundraising team

With more and more people wanting to remain in their own homes throughout their illness, and indeed the Government encouraging such initiatives, it seemed logical that Beaumont House should expand its current community care provision.

From day one, Beaumont House has always provided care in the community and our team of supportive palliative care nurses and care assistants work with GPs and the Primary Health Care Team to provide care for patients in their own homes.

We were therefore delighted when RPS Burks Green who had been raising money for us during 2007/08 presented us with a cheque for £7,500.

This together with monies received from the

Primary Care Trust has allowed Beaumont House to immediately recruit two part time Care Assistants. Sue Bates and Debbie Chettle are now in post at the Hospice. Debbie and Sue will be providing care to patients in their own homes.

Beaumont House are extremely grateful to RPS for all their hard work in raising such a fantastic sum of money without which the expansion of the community care services would have been delayed.

It is always very exciting when a sizeable donation such as the one made by RPS has such a direct impact on the services that Beaumont House provides. If you would like any more information about our community care provision, please call Louise Sinclair on 01636 610556.

NEWS FROM THE TOP

Welcome to existing and new readers of Beaumont House News.

We see Beaumont House News as your link to the work we do, so please let us have any ideas or suggestions for articles for future editions

Patients and their families are at the core of what we do and what we plan to do. As we develop and expand our services we feel it is absolutely critical that we involve the very people we serve.

We are very mindful that you all

stay with us as we expand, reach more people and provide local hospice care through the months and years to come.

We are continually striving to improve the services we provide and the Directors and Management Team are leading Beaumont House through a period of change concentrating not only on the services we provide in house but also the work we do in peoples' own homes.

With more and more people wanting to remain in their own homes throughout their illness, it seems logical that Beaumont House should expand its current community care provision.

Our staff team has expanded

recently and we have been joined by three new contracted members to the Beaumont House team

Their aim is to supplement our existing service and provide patients and their families with the expertise and support necessary to allow them to maintain the best quality of life as is possible whilst remaining in their preferred place of care - their own homes.

This service provides

- Respite for carers which allows them a break during the day or at night.
- Support for people living by themselves
- Personal Care
- A sitting service

- Free loans of necessary equipment to allow the patient to remain at home.
- Our contracted Welfare Rights Advisor provides confidential help to patients, carers and relatives, more often than not in their own homes.

Beaumont House can only provide what it does with the support from our local community, through the generosity of our benefactors and the expertise of our staff and volunteers – thanks for all that you do for your local hospice.

Patrick Fisher, Managing Director

If you are interested in getting involved or want to learn more about what we offer just contact us on **01636 610556**

Newark & Southwell Shops

Our retail shops in Newark and Southwell, provide Beaumont House with an essential source of income. However, we are acutely aware that there are many factors which contribute to their success.

Firstly, those of you who make the generous donations to our shops. The recent response to

our appeal for extra stock was amazing, thank you. Secondly, our loyal shoppers, who regularly come and buy from us and therefore indirectly allow us to continue to provide care for our patients. We are also hugely lucky to have 3 fantastic shop supervisors working in our two shops, who work relentlessly sorting and pricing our stock and

organising our volunteers.

Huge thanks to Sandy, Tracey and Marina for all their hard work.

Finally, we would never be able to run our shops or have created such successful retail outlets without the help of our wonderful volunteers.

All of the people who work in our shops do it voluntarily, many of whom have been with us since the first day we opened. We are incredibly grateful to our shop volunteers who work tirelessly in the pursuit of supporting our shops and thus Beaumont House. So, thank you to everybody involved.



Ladies Who Lunch

The Farndon Boathouse was the venue for our most recent 'Ladies Who Lunch'. 90 ladies joined us for a fabulous lunch and fashion show by Domino of Stodman Street, Newark.

It's the first time we have held our 'Ladies Who Lunch' at the Farndon Boathouse, but we think everyone was in agreement that the venue and food were fabulous. As always Domino put together a great fashion show and the raffle, together with the proceeds from ticket sales meant we raised over **£1300** for the Hospice.

M&S bag packing

Our Easter Bag Pack at M&S was hugely successful as always. 2 days of helping shoppers to pack their bags raised **£1874.33**.

Thank you to Nicola Valance the Newark Store Manager and all her staff for giving us the opportunity to raise money for Beaumont House, we really appreciate it.

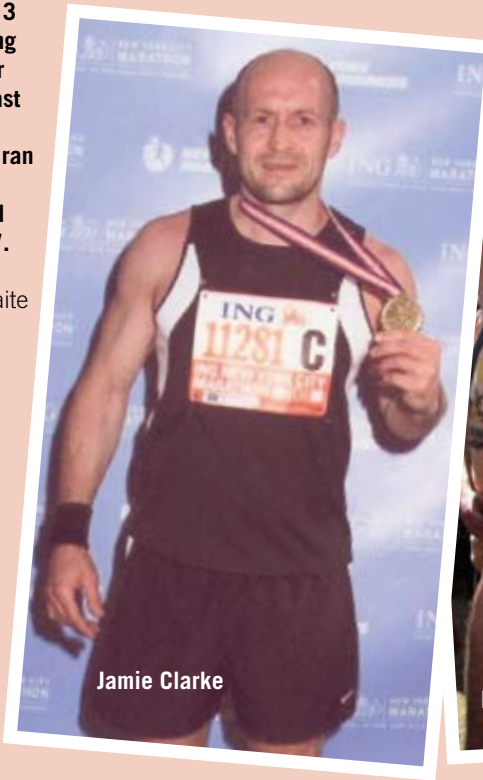
We will be bag packing again at Christmas, so if you'd like to help please contact us in the fundraising office on 01636 706802.

Running for Beaumond House

We have had 3 people running marathons for us over the last few months. Jamie Clarke ran the New York Marathon and raised £1037.

Carl Braithwaite and David Baker both ran the London Marathon in April.

Well done boys, you are quite an inspiration!



Jamie Clarke



David Baker



Carl Braithwaite

Indoor Bowls Tournament



It comes around so quickly we can't believe another

year has passed since Steve Ayling organised the Newark Indoor Bowls Tournament for Beaumond House.

Well done to all involved in this year's tournament raising a staggering £2220.50. As always, we can't thank you enough for your support, your tournament is now a permanent fixture in our events diary!

Brenda Dickinson's Hot Lunch



As regular readers will know, Brenda has been doing

the Hot Lunch at Muskham for many years, and this year was no exception.

Over 60 people enjoyed some fabulous food, drink and entertainment. There was the usual raffle and tombola and of course table bingo, which all added to the fun of the afternoon. Brenda has an army of people

who all contribute to the success of the day, it's a real team effort. Well done and thank you for the £1015

Ann & Doreen's Coffee Morning and Bingo events



Ann and Doreen have been busy as usual fundraising for Beaumond

House. They held a Bingo night in February which raised £280.

More recently they ran a coffee morning raising a further £250.20. Both events were held in Coddington and thanks go to all who helped make these two events so successful.

Southwell group gardening evening

A wonderful evening of gardening talk and questions was held at Rolleston in March. Martin Fish of BBC

Radio Nottingham and TV fame entertained a large audience with his knowledge of gardening at this time of year including what to plant and prune etc. He answered many questions after



which a light supper was enjoyed. Southwell Garden Centre brought a beautiful array of plants which were for sale. The evening raised £1000.

Della's Kayak Challenge



John Marum (Della to his friends) is one of our busiest fundraisers. This year he has challenged himself to kayak from Darlaston in Staffordshire, down the River Trent to Trent Falls on the Humber estuary, a total of 165 miles.

What makes this challenge even more amazing, is that Della has never kayaked before!?!

He intends to carry out this amazing feat on 25th July. We wish you all the very best of luck Della and thank you for your support.

Lesley & Dusty Hare's Coast to Coast Challenge

As this newsletter went to print Lesley and Dusty Hare and 14 of their friends were attempting to complete the Hadrian's Wall Coast to Coast walk. This is an 84 mile walk which they hoped to complete in 6 days. The team are hoping to raise over £10,000 for Beaumond House and thanks must go to all the local companies and individuals who have agreed to sponsor them.

We'll update you on their success in the next edition of Beaumond House News, after the blisters have healed!!

Charles Brightmore & Co Ben Nevis Challenge

On July 4th, Charles Brightmore and a group of like minded souls will be attempting to climb Ben Nevis in aid of Beaumond House. Good Luck boys and we look forward to hearing from you on your return.

If you would like to sponsor any of our intrepid adventurers, please contact the fundraising office on **01636-706802**, or alternatively you can donate online at www.beaumondhouse.co.uk

Easter Bonnet Lunch

Yvonne Leach, Daycare Coordinator writes about our Easter Bonnet Lunch.



Everyone was welcomed with either tea or coffee and by 11 o'clock everyone had arrived and had taken their places at the tables ready for the day's entertainment. Louise Cross from the Music for Hospitals Company, sang some familiar songs and Philip Robinson played the piano, which got everyone in a happy mood. There was bucks fizz or orange juice and even canapés served half way through, very nice!

Lunch was served with Zoe's culinary skills on display, including a tippie of wine for anyone that wanted it followed by tea or coffee.

After lunch came the Easter bonnet competition, with Reverend Sam Treadwell judging. It was an extremely difficult choice - so much thought had gone into many of the hats for this prestigious occasion.

She chose one candidate from each table - two gentlemen and three ladies and they were each given an Easter egg as a prize for all their efforts. Well done and better luck next time for those who didn't win.

Robert won the Easter Cake draw and Len had his numbers drawn so many times for the raffle he would have needed a pick-up truck to help him home, instead he returned some of his tickets for someone else to have a chance - well done Len!

After all this excitement we had a little sing song of our own and some quiet time to let lunch digest before it was time to go home. Our volunteer drivers turned up to make the return journeys. That left staff and volunteers to do a spot of tidying up at the end of another wonderful day.

On April 8th 2009, Day Care had an Easter lunch at the Holy Trinity Community Centre, Newark. Zoe headed our team of workers to start the day's proceedings. They were on the go early with cooking, laying of tables and generally making the room a very welcoming place. Ann, one of our volunteers, made the lovely spring table centres.

Our Valuable Night Staff

Chris Rattray, Care Assistant at Beaumont House, writes to explain her role and what it's like to work nights.

Over the years Beaumont House has grown. Respite beds are nearly always full and we quite often have a waiting list. Day care has got even busier. When I first started working at Beaumont House some 13 years ago, we used to look after patients with Multiple Sclerosis, Parkinsons Disease, Motor Neurone Disease and Cancer.

Now our service can accommodate patients with any illness that is considered to be terminal.

As care staff we have to have regular training so we are knowledgeable and up to date in all aspects of our patients illnesses and care. We also have to be able to use all the equipment

that our patients may require, such as suction machines, oxygen, hoists, air mattresses to name a few. Food hygiene, moving and handling and first aid training also must be done and updated on a regular basis.

All this training is essential for all Beaumont House care staff, but I often work nights and night time can be long, lonely and quite frightening for some of our patients. Not having to stick to a rigorous work routine means we can spend as much time as is necessary with each of our patients on a one to one basis. Chatting, reassuring them and answering their many questions as best we can. Quite often we sit and

reminisce, talking about the 'good times' always brings a smile to anyone's face.

It is our job on nights to continue the efficient day time running of Beaumont House. The main difference being that there are only care staff on duty at night. No receptionist to answer the phone or the door, no kitchen staff to prepare snacks for the patients should they need one. So effectively we care for all our patients needs and those of their family.

My job is often sad, sometimes happy, exhausting but mostly extremely rewarding.



A Gift in Your Will

Did you know that 1 in 4 of our patients care is funded by gifts that people have left to Beaumont House in their wills?

These gifts are vital to help us to continue to provide our special services to the local community.

How will your gift help?

Beaumont House Community Hospice has been helping people suffering from cancer and other life threatening illness since 1992. Over the years we have helped many patients and their families cope with the stress these illnesses can bring. Hospice care is free and we continually need donations to enable us to carry on with this important work.

Making a will and leaving a gift to Beaumont House

Making a Will is easy and once it is done you can relax in the knowledge that all your affairs will be in order. 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 make a will and consider leaving a gift to Beaumont House Community Hospice please contact a local solicitor who will be able to help you.

Did you know that leaving a gift in your will 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.

Please consider leaving us a gift in your will so that we may continue to provide care to those in need of our help. A gift in your will is a wonderful way to ensure your kindness will help future generations.

THANK YOU

KEITH HANGS UP HIS RUBBER GLOVES

After over ten years voluntary service, Keith Sampson has hung up his rubber gloves and bid the kitchen farewell.

Keith volunteered in the kitchen on a Wednesday and Thursday for many years, but since moving away from the area he helped out on Thursdays. Primarily, Keith was chief pot washer, but would often do shopping and help out with patients on a regular basis. He has now retired from his washing up duties and will spend more time fishing and gardening. We miss you already Keith!!

A memorable moment, Halloween 2007, when many staff, volunteers and patients dressed up for the day. It wasn't easy washing up in these gloves!!!



NEWS

Val, our housekeeper

Val, our housekeeper started with us in April 2007. She works three days each week and is assisted by Marie who also works three days.

They work hard to maintain our high standards and adapt willingly to meet the needs of patients and the house.

Visitors often comment how clean the house is and are impressed with the high standards. Well done to both of them and keep up the good work.

Scores on the doors

Newark and Sherwood District Council Environmental Health Services undertakes food hygiene inspections of certain food businesses within the district.

Star ratings are issued after a primary hygiene inspection. Beaumont House was awarded an excellent five star rating, which is the maximum available. We are assessed on food hygiene practices, cleaning and structure and management procedures.

Full details of the scheme and all current hygiene ratings can be viewed through the council's website.

www.newark-sherwooddc.gov.uk



TOP TIPS FOR RHUBARB

We like it when people bring us fresh produce and we have started to get rhubarb. Rhubarb freezes very well, which is handy if you have an abundance of it, but why freeze it when most people enjoy eating it? Apart from the traditional crumble one of the easiest recipes for rhubarb is to make a fool. Who needs a recipe, when all you need to do is fold cooked rhubarb into lightly whipped double cream and add sugar to taste. Serve with homemade shortbread flavoured with orange zest, or buy luxury ones from the shop.

Since being without an oven for nearly two weeks, we have had our inventive caps on in the kitchen. And with the rhubarb donation we gently cooked chopped rhubarb with orange juice and zest with sugar to taste. We then made a basic meringue mix and poached meringues in milk flavoured with vanilla. The poached meringues and rhubarb were then served with homemade orange ice cream.

Delicious!

A Night of Spice



The menu was as follows;

- Hot chilli butternut squash soup, with mini poppods
- Spiced chickpea cake with red onion and coriander salad
- Chicken with fenugreek and homemade naan bread
- Ginger pudding served with lime sauce
- Cinnamon chocolate truffles served with coffee

A raffle was organised by Hospice volunteer, Ann Ashton, and prizes included a hamper and a Mercedes remote control car. The event raised £830.27. Thanks to the generosity of Ann Hayes and her staff at Ann et Vin and all the volunteers on the night. There was a relaxed atmosphere throughout the evening and an enjoyable time was had by all.

On Wednesday 25 March at Ann et Vin, Zoe Appleyard, our catering manager, organised an event called "Night of Spice".

Tickets for the event sold out quickly and it was attended by 40 people. Guests were served five courses with drinks to complement, which were served by staff from Ann et Vin.

Homemade Orange Ice cream

Ingredients

6 egg yolks
6oz caster sugar
10floc milk
10floc double cream
zest two large oranges
orange liqueur (optional)



1. Whisk together the egg yolks and caster sugar until light in colour.
2. Gently heat the milk with the orange zest.
3. Gradually stir the warmed milk into the egg mix, then return to the pan.
4. Heat gently until it thickens to a smooth custard consistency.
5. Pour into a large bowl and allow to cool. Place cling film onto the custard to prevent a skin from forming.
6. Place a large plastic container into the freezer.
7. When the custard is cool, add the double cream.
8. Pour into the plastic container and place in the freezer.
9. When the mixture is semi frozen (2-3 hours) place into a food mixer and beat until it doubles in volume. Add the liqueur to taste, if using.
10. Return to the freezer and leave overnight.

Jazz In The Garden



Sunday 6th September is the date for our annual Jazz in the Garden Event. As always, this will be held at 'Little Apples', London Road from 12.30pm.

Bob Wilson and his band will provide the Jazz and there will be a buffet lunch and bar. Come and join us for the best way to spend a Sunday afternoon! Tickets are priced at £18 and can be reserved through the fundraising office.

Sleepwalk & Pyjama Party



After the success of last years sleepwalk, we thought we'd attempt to do it again only bigger and better!

put the date in your diary and help us to raise some much needed funds for Beaumont House.

The sleepwalk will be held on Sunday 10th October at the Newark Showground, but this year we hope to incorporate a bit of a pyjama party theme. There will be refreshments, music and entertainment before and after the walk. Please



Angela Foreman & Healthguard Ltd Raise Funds

Paul Furneaux and Angela Foreman are working together to raise funds for Beaumont House.

If you currently have or require Pest Control or Hygiene contracts please contact Angela Foreman direct on 07828 476906 and she will refer your call to Paul Furneaux, Managing Director of Healthguard Limited.

For each new Contract Customer referred to Paul by Angela, Healthguard will donate



the commission usually given to their Technicians to Beaumont House Community Hospice. He will also be doing a sponsored climb in January 2010 with a 21-day expedition climbing ACONCAGUA.

If you wish to sponsor Paul please go to www.justgiving.com/paulfurneaux

Paul Furneaux

CHALLENGE HAYLEY

Hayley Gillingham of Beta Blinds has embarked on some imaginative sponsored adventures to help raise money for Beaumont House Hospice.

To date they have included a cream pie eating challenge, a loop the loop in a glider and swimming in the icy waters of the Serpentine. For more info visit www.challengehayley.co.uk

Newark Lions Donate PA System

We are delighted that the Newark Lions have bought a PA system and have generously offered for Beaumont House to have it on permanent loan.

Many of you have attended our Light up a Life service and will therefore know how important a PA system is to events like these.

Historically we've always had to beg, steal or borrow someone else's....but not anymore!

Thank you Newark Lions for providing us with such a useful piece of equipment.



Beaumont House 'Back to Front' Day

June is hospice awareness month and on the 18th we are encouraging local schools and businesses to hold a 'Back to Front' day for Beaumont House.

This involves students and employees wearing their clothes back to front and donating £1 to Beaumont House in return.

If you'd like to get involved and hold your own 'Back to Front' day, please contact the fundraising office on 01636 706802

Poets Corner

One of our regular day care patients, Wendy recently had a short stay of respite with us. As she often does, she wrote us the following poem:

'Thank you all, for what you have done for me, in my weeks stay,
I hope I haven't been too much trouble, if I have please talk when I'm away.

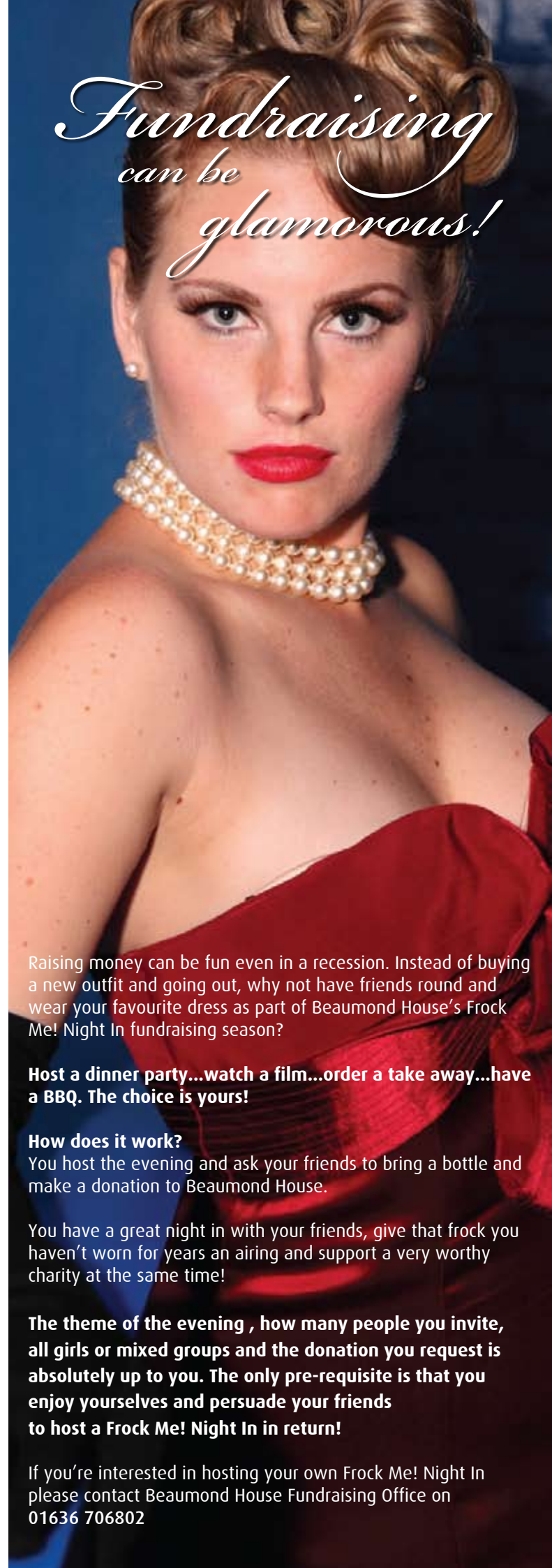
You are the most wonderful people I could ever wish to meet,
From the caring to the talking to the making something to eat.
I'm greeted every morning with a smile on every carer's face,
And shift by shift it's repeated
Now that's what makes this a very special place.
I've always thought of it as a hotel on a main street,
But the care and attention you have given me makes it all complete.

Thank you all, love, Wendy W.

Download our Newsletter

To save us the cost of postage, this newsletter can be e-mailed. If you'd like to receive it via email, please call us on 01636 706 802 or email nicola.tyszka@beaumonthouse.co.uk

*Fundraising
can be
glamorous!*



Raising money can be fun even in a recession. Instead of buying a new outfit and going out, why not have friends round and wear your favourite dress as part of Beaumont House's Frock Me! Night In fundraising season?

Host a dinner party...watch a film...order a take away...have a BBQ. The choice is yours!

How does it work?

You host the evening and ask your friends to bring a bottle and make a donation to Beaumont House.

You have a great night in with your friends, give that frock you haven't worn for years an airing and support a very worthy charity at the same time!

The theme of the evening, how many people you invite, all girls or mixed groups and the donation you request is absolutely up to you. The only pre-requisite is that you enjoy yourselves and persuade your friends to host a Frock Me! Night In in return!

If you're interested in hosting your own Frock Me! Night In please contact Beaumont House Fundraising Office on 01636 706802

Will You Make a **BIG** Difference With a small Donation?

Standing Order Form

Please support us by becoming one of our regular donors. Complete the standing order form and make a much needed monthly donation to Beaumont House. Thank you for your support - please return to the fundraising office.

Name:	Mr/Mrs/Ms/Miss	Initials	
Address			
Postcode		Tel No	
Email			

Office use only	Bank Quoting reference(s)
------------------------	---------------------------

Beaumont House Standing Order Authority
Please complete this section with your bank details

To (bank name)	
Address	
Postcode	

Please pay	Natwest plc		
Branch	1 Market Place, Newark, Notts, NG24 1DY		
For the credit of	Beaumont House Community Hospice		
Account No	05919142	Sort code	54-10-23

The sum of: Please tick the appropriate box:

£2 per month	<input type="checkbox"/>	£25 per month	<input type="checkbox"/>
£5 per month	<input type="checkbox"/>	Any other amount (please state)	<input type="checkbox"/>
£10 per month	<input type="checkbox"/>	£___ per month	<input type="checkbox"/>
£20 per month	<input type="checkbox"/>		<input type="checkbox"/>

Payments to commence immediately and continue until you receive further notice from me/us in writing

Please complete this section with details of your own account

Account name																						
Account No																Sort Code						
Signature (s)																						
Date																						

Calendar of Events

June

- 1st Ladies who Lunch, Caunton Beck, 1pm
- 6th Hadrian's Wall Coast to Coast walk ends
- 17th Cheese & Wine Evening, Holy Trinity Community Centre, 7.30pm
- 18th Tea at 3, Deincourt Hotel 2pm
- 23rd Afternoon Tea at Highfields School, 3pm

July

- 4th Newark Rugby Club TAG Rugby Tournament
- 4th Charles Brightmore & friends climb Ben Nevis
- 5th Lime Tree Designs, High Tea, Collingham
- 12th Newark Carnival, The Blues Brothers
- 18th Zoe's Big Breakfast
- 25th Della's Kayaking challenge

September

- 5th Beaumont Bewers Barndance in Farndon
- 6th Jazz in the Garden, Little Apples, 12.30pm
- 12th Newark Collecting Day & Charity Stall
- 14th Cafe Bleu Ladies who Lunch, 12noon
- 17th Champagne Gourmet Night at Caunton Beck, 7.30pm
- 29th - 3rd Oct Patchwork Exhibition, Newark Parish Church, 10am till 4pm

October

- 3rd Southwell Collecting Day & Charity Stall
- 10th Forget Me Not Sleepwalk, Newark Showground
- 18th Thanksgiving Service

November

- 9th Ladies who Lunch, Caunton Beck
- 29th Light switch on

December

- 6th Light up a Life Service at Beaumont House 4pm
- 7th Ladies Day, Cedric Ford
- 20th Bag Packing at Waitrose 10am till 4pm
- 22nd-24th Bag Packing at M&S 8.30am till 3.30pm

Contact us

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