

# BeaumontHouse NEWS



News and Events from in and around Beaumont House Community Hospice



Bernadette & Jackie

## Exam Success

Two care assistants at Beaumont House have passed major exams. Jackie Hillier and Bernadette Cook have completed their course in Health & Social Care Level 3. The course lasted over 8 months. The pair studied at home and at Beaumont House with the assistance from the care managers and course assessors.

As well as the extra qualifications to add to their portfolio, Bernadette said that it had given her a wider appreciation of the policy and procedures necessary. Jackie enjoyed the course so much that she intends to study a further course in Palliative Care in the near future. The qualifications gained by the pair will ensure that Beaumont House maintain a high level of care to it's patients and to the Commision for Care Quality who regulate us. They will also be able to train and supervise our bank staff in order to give us the flexible care necessary in the community.

## Sunflower Competition



The sunflower is the unofficial flower of the hospice movement.

**To encourage the green fingers of the local community, Beaumont House Community Hospice is holding a Sunflower growing competition.**

The competition is open to anyone and we challenge you to grow the tallest sunflower or the largest sunflower head. Sunflower packs are being distributed to schools in the area and will also be available at Beaumont House or our charity shops. There will be a prize for each school as well as an overall prize open to everyone.

The suggested donation for each Sunflower set is £1 with all proceeds going to Beaumont House Community Hospice.

The competition starts around Easter and your results (via your entry form) must be in by Friday 10th September.

**Good luck and happy growing!**

### **DID YOU KNOW?**

*The typical sunflower grows to around 2m in height, the tallest sunflower on record grew to 25 feet, 5 1/4 inches (7.75m) and the largest head grew to 82cm. Sunflowers are very easy to grow and can grow up to 30cm each day!*



# a message from Patrick

Let me start by warmly welcoming you to the spring edition of our newsletter. The stories, milestones and photos you will see demonstrate the depth of support and commitment by so many individuals, organisations and companies over the past months and years.

Thank you all for continuing to support us by fundraising in so many ways and by buying tickets for our numerous events, for visiting our shops and in the many and varied ways you help.

We are never complacent, however, and we are always looking for ways we can improve how and where we provide services. As the services and the number of patients we care for increases, so too do the costs of providing these. We have seen a significant increase over the last ten years from 200 patients and their families to an anticipated 700 this year. As I am sure you will appreciate the costs of providing these care is considerable and all our care is provided free of charge.

Contrary to popular belief, Beaumont House is not a part of the NHS, it is an independent registered charity. Whilst we are the recipient of funding from the NHS via the local Primary Care Trust, Beaumont House still has to find a significant proportion of its income through fundraising and donations. We rely heavily on charitable giving for around 70% of our income each year. I am very aware during this economic climate times are difficult and we are all watching our outgoings and cutting back where possible and for this reason we really do appreciate the support of our readers and those in the community.

The care we provide is very unique to each person with great emphasis not just on physical symptom control and pain management but also emotional needs. Palliative care offers management of the symptoms of a life threatening illness.

The Hospice team provides care in the truest sense of the word - the holding of a hand, comfort and support, caring words, and emotional support offered to patients and family members alike. The most important aspect of our care is the way it is communicated to each person, with tenderness, understanding and love.

Beaumont House exists to provide support to the community we serve and it has been the active giving by the people of Newark and the surrounding areas that has truly made the difference over the years and indeed I am sure will make a difference in the years to come. We are here for and because of you. By extending and improving the care of individuals, we believe future generations will continue to benefit from the fruit of the work that first began some 23 years ago.

With all good wishes  
and thanks



*“Everyone is so caring, nothing is too much”*

## June is National Hospice Awareness Month

Aimed at raising the awareness of the role played by hospices. Beaumont House is organising a number of events throughout June to raise funds concluding with a Balloon release in Newark on Saturday 26th

We're aiming to encourage as many people as possible to hold a fundraising activity on our behalf in June. This could be something simple like a BBQ at home, a coffee morning at the local community centre or a sponsored challenge. We also require volunteers to help us with a door to door leaflet drop and collection.

Your support during Hospice Awareness Month would make a valuable difference to the lives of local people that attend the hospice each year.

If you would like more information about hosting your own event, about our balloon release or how you can help us with our door to door collection, please contact us in the fundraising office - 01636 610 556



Teresa Rollins & Mandie Elson  
at last year's Newark Half Marathon

## Marina Miller

On behalf of the patients, families, directors, staff and volunteers we would like to express a very big thank you to Marina Miller who has decided to leave the Beaumont House team from her role as Newark Charity Shop Supervisor

We are indebted to Marina who has worked tirelessly since our charity shop opened on June 20, 1998, she and her volunteers have provided the charity with an essential source of income. Consistently increasing takings year on year whilst maintaining a very healthy profit with minimal expenditure, her contribution has allowed us to both maintain and expand the services we provide.

I am sure the volunteers and general public will miss her presence in our shop on Stodman Street and thanks again to Marina and we all wish her well for the future



## Spotlight on.....Becky Dobb

My first fundraising experience was skydiving at 18 in aid of Cancer Research. I felt immensely proud at facing a fear and raising nearly £700 which would go towards helping people with cancer. I think from that moment on I longed to help and care for people.

After studying at University I came home and moved in to care for my Nanny who had dementia. I saw firsthand how important respite care is, not only to the patient but for the carers too.

I continued running small fundraising events from home. It was only whilst on maternity leave, that my sister in law and I planned a bigger event. At the time I was also in touch with a dear friend who was undergoing treatment for a brain tumour and realised the support and care she and her family received from their local hospice, was invaluable.

And so we turned our attention to Beaumont House. We organised a couple of events the first being Pirates of the River Trent, a Pirate Fancy Dress themed river cruise. The event was a success and raised over £1,000. Still on a buzz from this event we started planning our next one ready for the following year and so we had a Hoe Down and Barn Dance. Everybody decked themselves out in cowboy boots and hats and once again raised over £1,000.

Following these events I realised finally what I wanted to do with my life. Then if you believe in fate - the right job came up at the right time and since November I have been Events Co-ordinator.

I can honestly say I love my job wholeheartedly and want to make a success of what I do and raise as much money as I possibly can. Everyone I have met have been so warm, friendly, and passionate about what they do and we have an amazing team of staff and volunteers whose time and dedication has completely humbled me.

I am always looking for new and fresh ideas in Fundraising and I am here to support any fundraising events and ideas that people may have.

*“The house wraps  
it’s arms around you  
and welcomes you in”*



# Choice in Care



The Volunteer Directors of Beaumont House

There has been a large amount of coverage in the media recently about care and dying concerning people suffering with long term conditions.

This is part of a national initiative to raise public awareness around the issues involving choices at the end of life.

Most people (56% currently) die in hospital, whereas most people if given a choice and if assessment of needs is favourable, would prefer to die at home (14% currently). Research also shows that just simply being asked about your preferred place and priorities of care makes it more likely to happen.

This is just one of many changes occurring around us nationally and locally particularly in the NHS. Major changes at Primary Care Trust (PCT) level, changes to tendering for Health and Social contracts, Newark Health Care Review and consulting on the future of Newark Hospital and services. There is also Newark Growth point - a large increase in population over the next few years and of course a general election.

Beaumont House directors and management have been aware of these changes and have spent the last few years looking at options for the expansion of services to meet the increasing needs of local people .

The team at Beaumont House continue to believe in choice in care.

Care offering supportive personal flexible care with choice, continuity, understanding and dignity.

Home in one's own home would be most people's choice of where to die

Options clear options that are available to remain in control of own care

Information what information is available to help support these decisions .

Carer most important person, who also requires support information, training and respite.

Education for all about the systems and processes concerning 'End of Life' care.



*"I love coming into day care"*

Over the last year Beaumont House has provided a Community Care Manager and dedicated community care assistants that are on target to deliver a four-fold increase in 2009/10

This has increased the need for more respite beds so we are looking for innovative ways to provide more capacity. The Directors have looked at a possible new build programme but this would be very expensive in these difficult financial times.

We have also been looking at working in partnership with other like minded organisations sharing facilities and expenses and we hope to be able to announce plans over the next few months.

We are still committed to meeting the increased need and continuing to provide 'Local help for Local people' for all the services that Beaumont House provides i.e. Respite care, Day care, Community care, Complementary therapy, Equipment loans, Welfare rights/Benefits advice and Bereavement & Carer support.

All of this costs money and we are so grateful for the continued support of the people of Newark & District who provide over 70% of our funds for patient care.

# thank yous

Beaumont House requires over £600,000 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:

**Charlotte Smith & Newark & Sherwood District Council**  
Christmas Sales at Kelham Hall

**Newark & Sherwood Homes - Carols & Festive activities**

**Jean Watt, Barbara Seymour & Volunteers**  
Newark Town Hall Coffee Morning

**Maureen Tunnard - 60 mile sponsored walk**

**Hayley Gillingham - Boobie Night**

**Farndon Brownies - Carol Concert**

**The White Swan Newark - Charity Night**

**Britannia - Christmas Hamper Raffle**

**Little Gates for Little People - Nativity Play**

**Flowserve - Christmas Lunch Collection & Raffle**

**The Chesters Pub - Auction Night & Elvis Night**

**Farndon Residents Environment Group -**  
Christmas Collection

**Thoresby Hall - Duck Race**

**Amber Self & Becky Cobb - Odd Day**

Due to lack of space, 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](http://www.beaumonthouse.co.uk)

# Volunteering

Volunteering at Beaumont House is a great way to help your local community. Without the 150+ volunteers giving their time to us, we would not be able to operate in our current form.

Our volunteers help us in a variety of different ways at Beaumont House including caring for patients, fundraising at events and working in our shops and at the magistrates' coffee bar.

Many of our volunteers have been helping us for over 10 years. Mo and Brenda both say "We get so much out of it, friendship and affection. The people, the atmosphere, its great." Volunteer, Rae says "I have made many new friends and can't think of my life without coming to Beaumont House"

As a volunteer you will receive

- training if required
- a chance to do something worthwhile for your local community
- a chance to meet lots of interesting people and make new friends

We welcome anyone to volunteer and assist us at Beaumont House however we are looking for volunteers who may have an interesting skill such as crafts, beauty/make up, complementary therapy and hairdressing

Anyone interested in volunteering can contact Chris Allen by telephone on 01636-610556, or fee free to call in and meet some of the team during office hours.



Molly & Sheila

## Sweet Success

Thank you to Tracey Ferguson and her Weight Watchers group from Newark & Balderton for donating their chocolates and sweets after Christmas. Some were used as treats for the patients but the majority are to be used as raffles prizes and Easter Hampers, ensuring that as the weight watchers lose their lbs we put on the £s



# Christmas Lunch



Volunteer Ann with day care patient Len

**Holy Trinity Community Centre** was the venue for Beaumont House patient' Christmas Lunch. Over 70 patients and volunteers were treated to a 3-course traditional lunch which was prepared and served by the staff of Beaumont House Community Hospice. As the nominated charity; Newark town mayor, Rita Crowe and councillor Robert Crowe also assisted in serving the patients. The patients were entertained by the Holy Trinity School Choir and The Palace Singers.

## Long Service Awards

The lunch also saw the Beaumont House Long Service Awards presented to staff and volunteers. Chairman of the Board, Dr. Peter Jones thanked all the staff and volunteers for their support and contribution to Beaumont House.

### 20 years

Sal Riley  
Jean Hughes  
Bobbie Bush

### 15 Years

Molly Sykes  
Ed Prasi  
Ann Tomlinson  
Barbara Mabbott  
Rosemary Wesson  
Christine Smith  
Jean Everington

### 10 Years

Teresa Rollins  
Liz Pilsworth  
Shirely Cartwright  
Vera Ellis  
Patricia Gray  
Kaye Hunter  
Dorothy Rawson  
Ann Welsh  
Mary Welsh  
Hilary Hamilton  
Jenny Rouum  
Sheila Rimmington  
Mavis Dowling  
Janet Lockwood  
Gladys Bird

# Easter Lunch

## Menu for Easter Sunday Lunch Serves 4-6

Dauphinoise Potatoes 10 floz milk  
1kg floury potatoes Salt & freshly ground black pepper  
2 cloves garlic, crushed Nutmeg  
10 floz double cream

- 1 Preheat the oven to 160°C
- 2 Cut the potatoes into thin slices
- 3 Place a layer of potatoes onto the base of a large gratin dish, season with salt, pepper and nutmeg
- 4 Continue to layer the potatoes with seasoning until all the potatoes are in the gratin dish
- 5 Mix together the cream, milk and garlic and pour over the potatoes. The cream mix should come to just below the top layer of potato.
- 6 Place into the preheated oven for 1-1½ hours until tender when knife inserted and golden on the top.

## Slow Cooked Shoulder of Lamb

1.5kg shoulder lamb  
1 onion peeled and quartered  
1 carrot peeled and cut into large chunks  
1 stick celery cut into large chunks  
6 black peppercorns  
2 star anise  
4 cloves  
Salt

- 1 Place the lamb shoulder into a large pan with the other ingredients
- 2 Cover with cold water
- 3 Bring to the boil and then turn down to the lowest heat setting
- 4 Simmer gently for three hours
- 5 Turn every half hour and ensure the lamb remains covered with liquid
- 6 Remove from the pan, cover and rest for 20 mins
- 7 Use the stock to make gravy

Serve with seasonal green vegetables and dauphinoise potatoes.



# Diary

## 18th April

Sponsored Dog Walk supported by Barking Mad  
From 10am onwards Riverside Park, Newark.  
£5 per walker.

## 26th May

Quiz Night  
From 7pm onwards at Holy Trinity Community Centre, Newark.  
£20 per team.

## 14th - 25th June

Door to Door Collection  
Can you help? Please contact us on 01636 610 556

## 23rd June

Tea at Three  
From 2.30pm onwards at The Deincourt Hotel, Newark

## 26th June

Balloon Release & Charity Stall  
From 1pm, Newark Market Place, Newark.  
£5 per Balloon.

## 27th June

Hoscan Fun Run & Ramble in Farndon  
From 2pm at Newark Seascouts Headquarters, Farndon Marina.

## 28th June

Ladies who Lunch  
The Cauntton Beck - Cauntton, Newark Featuring YoYo Style.  
£25 per person including 2 course lunch & coffee.

## 4th July

Newark Carnival Beaumond House Float  
theme is 'Twinkle Twinkle Little Star'

## Future Events

### 5th September

Jazz in the Garden at Little Apples

### 9th October

Forget me not Sleepwalk

### 17th October

Service of Thanksgiving

### 5th December

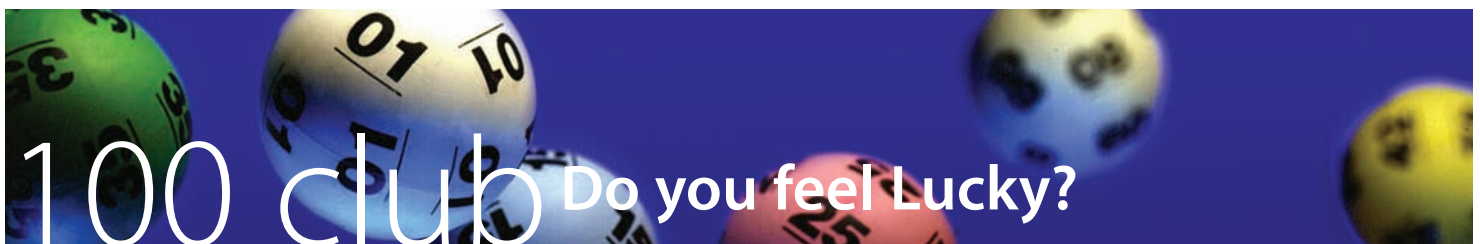
Light up a Life Carol Concert

For information or tickets contact Fundraising  
tel:01636 610 556

e-mail: fundraising@beaumondhouse.co.uk

[www.beaumondhouse.co.uk/events](http://www.beaumondhouse.co.uk/events)

[www.facebook.com/beaumondhouse](https://www.facebook.com/beaumondhouse)



The Beaumond 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 Beaumond House, download from our website [www.beaumondhouse.co.uk](http://www.beaumondhouse.co.uk) or simply complete the form below and send it to Beaumond 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 2 numbers for 12 months

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

please tick as appropriate

Please return this form to Beaumond House Community Hospice, FREEPOST (MID08018) 32 London Road, Newark, Nottinghamshire NG24 4BR.

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

Beaumond House Community Hospice 100 Club is registered as a lottery with Newark & Sherwood District Council. Registration number 1056.  
Beaumond House Community Hospice, 32 London Road, Newark. Nottinghamshire. NG24 1TW. Registered Charity No.: 1025442