

# BEAUMOND HOUSE NEWS

## SPRING 2024



**Our spring raffle is back for 2024, giving you the chance to win one of six cash prizes!**

**There is a first prize of £1000 in cash, plus five runner up prizes of £100 each.**

Pete and Jackie Vale of Birmingham were the lucky winners of £1,000 in Beaumont House's Spring Raffle 2023.

The couple both purchased raffle tickets after receiving the Beaumont House newsletter in the post. Pete's Mum, Joan, was supported by Beaumont House at the end of her life in 2013. The couple have stayed in touch with the hospice since that time.

Pete and Jackie entered the raffle, as they felt that it enabled them to give something back and support the work of the hospice.

They were thrilled to receive a call from the fundraising team following the draw.

It came at an emotional time for the couple, just a few days before a consultant's appointment to discover the results of scans connected to Pete's bowel cancer diagnosis two years prior.

Thankfully, the results were good and he would like to encourage everyone who receives a routine test kit in the post not to ignore it, as Pete would have been completely unaware of his illness without this test.

This year's raffle has been sponsored by DB Wood, a Financial Planning and Investment Management business located in the heart of Newark.

Every ticket purchased will help Beaumont House to continue offering personalised care to our patients and their families, and will help us to continue our important work for local people.

### Could you be our next winner?

Tickets are £1.00 each.

To purchase your tickets, please visit [beaumonthouse.co.uk/raffle](http://beaumonthouse.co.uk/raffle) or scan the QR code below, where you can order tickets online and see a list of outlets. Alternatively, please call 01636 610556.

Would you like to be an outlet for our raffle tickets? If so, we would love to hear from you. Please contact us on 01636 610556 or [fundraising@beaumonthouse.co.uk](mailto:fundraising@beaumonthouse.co.uk)

With limited tickets on sale and the draw due to take place on Thursday 28<sup>th</sup> March, please do send your tickets back as soon as possible to guarantee your chance to win.



# WELCOME - FROM LOUISE SINCLAIR, CEO

**I am delighted to extend a warm welcome to all our supporters, volunteers, staff, and friends as we embark on this new edition of our newsletter.**

It is with great pleasure that I share with you the latest updates and happenings at Beaumont House Hospice.

As we move forward into the new year, it is important to reflect on the core vision and purpose of Beaumont House Hospice - to provide outstanding hospice care enabling our local communities to live well and die well.

Compassionate and personalised care and support is offered to patients and their families facing life-limiting illnesses.

Our commitment to this mission remains unwavering, and I am proud of the dedication and passion demonstrated by everyone involved in our hospice.

I am thrilled to celebrate the achievements of our hospice over the past months. From the successful fundraising events and

our Be Bright Blue campaign to the care and support of many patients and their loved ones enabling them to be cared for and to die in their place of choice.

Each accomplishment is a testament to the incredible support and hard work of our community. Together, we continue to make a meaningful difference in the lives of those we serve.

“**As we look ahead, we are filled with optimism and determination to further enhance our services and reach even more people who can benefit from our care.**”

With your ongoing support, I am confident that we will continue to grow and evolve, ensuring that Beaumont House Hospice remains a beacon of hope and comfort for those in need.

I would like to express my heartfelt gratitude to all our supporters, volunteers, staff, and partners. Your unwavering commitment and generosity are the driving force behind our ability to deliver exceptional care and support to our community.



Whether it's through volunteering, fundraising, or spreading awareness, your involvement makes a profound impact on the lives of our patients and their families.

I would particularly like to acknowledge the gifts in Wills we have received in recent months.

We know that in the future the need for local hospice care will grow as will our need for funds. Leaving Beaumont House a gift in your Will would help secure future hospice care for many local people.

In closing, I extend my deepest appreciation to each of you for your continued support and dedication to Beaumont House Hospice Care. Together, we will continue to make a meaningful difference in the lives of those we serve.

Thank you for being an integral part of our hospice community.

## Thank You!



We would like to say a huge thank you to Bernard from Southwell. Bernard, who is partially sighted, has raised around £3000 over the past few years by making wildlife homes, with the materials being kindly supplied by The Handicentre in Southwell. Bernard today kindly presented us with a cheque for £700

You can order your wildlife box by calling Bernard on 01636 813614.

**Happy New Year to all staff, volunteers and supporters. As we have just waved goodbye to 2023, I would just like to recap the successes of the hospice during that year.**

The year began with a change of CEO. We said goodbye to Heidi Hawkins and welcomed Louise Sinclair our long-standing Head of Care, who took up the post at the beginning of March.

When appointing a person to such a crucial role within the organisation, it was good to have someone with such a depth of hospice experience and someone who knows the charity so well, at the helm. It was also reassuring to have Karen Brown, who so ably supported Louise, take on the role of Head of Clinical Services.

Our services went from strength to strength, as reported by Louise in our Quality Account

## Welcome

**We are delighted to welcome the recent members of staff and volunteers who have joined the Beaumond House family over the past few months.**

Rose Turner, Bank Health Care Assistant  
Julie Patterson, Bank Health Care Assistant  
David Payne, Volunteer Coordinator

published during the summer. The figures show:

- Day Therapy supported 164 patients
- In-patient care provided 1,204 nights of care helping 87 patients
- Hospice at Home delivered 4,500 hours of care to 214 patients

All the people supported live within the Newark and Sherwood are and therefore may be a relative, friend or neighbour to you. Thus, it is vital that we continue to raise funds to help us develop our services further, so that no one with the Newark and Sherwood district goes without high quality end of life care.

We would not have been able to deliver these services without the help of well trained, quality staff who really take pride in the job they do. Also the volunteers who regularly support the staff. Without their commitment we would not be able to support the patients mentioned above.

Last but not least, our supporters, who generously donate funds and goods, which keep us financially stable and able to secure the future of our services.



I would like to thank you all.

“**As for 2024, we plan to continue to develop our services and give quality support to patients and their families. With the continued dedication of our staff, volunteers and supporters, I know we will have another successful year ahead.**

”

Thanking you all again.

**George Cameron,  
Chair of the Board of Trustees  
Beaumond House Hospice**

Hannah Smith, Health Care Assistant  
Tina Sowerby, Fundraising Assistant  
Anita Collinson, Health Care Assistant  
Danuta Michalska, Health Care Assistant  
Tegan Evans, Bank Health Care Assistant  
Stella Dykes, Bank Housekeeper  
Graham Browning, Furniture & Online Retail Assistant



# LIGHT UP A LIFE

**We would like to thank everyone who attended, donated and supported our 2023 Light up a Life appeal and services, which raised over £1,700.**

Our services were held in Newark, Collingham and Southwell.

We would like to thank the following organisations for their support:

Southwell Minster  
All Saints Church, Collingham  
The Church of St Mary Magdalene  
Rock Choir East Midlands  
Southwell Garden Centre  
Liz's Garden Centre, Farndon  
Homebase  
Skanska Volunteers  
Starbuck, Market Place, Newark  
Beaumont House Volunteers, Catering team and Chaplaincy team

We look forward to welcoming you to our services in 2024.

## Congratulations!

We held our first ever Winner, Winner, Christmas Dinner raffle in December 2023, where three lucky winners won their full Christmas dinner with all the trimmings!

Well done to our winners! We hoped you enjoyed your prize. Thank you so much to everyone who purchased tickets.

**The raffle raised £879 in total, helping us to continue to provide our free services to the community.**

We would like to say a huge thank you to the following companies who very kindly donated prizes, making the raffle possible.

Robbs Butchers  
Ernest Banks Greengrocers  
Matthew Williams Podiatry  
Morrisons  
Gadsbys  
KJ's Bakes



Farm to Fork  
J Cottier Butchers  
Iceland  
Ann et Vin  
Pretty Little Nails & Beauty





**Hello, my name is Sue.  
I work for Beaumond  
House, Hospice at Home.**

Our work is different from in Beaumond House itself. We travel a wide area to patients who have chosen to stay at home. All personal care needs are professionally given and support to families as well.

I have worked for over three years in Hospice at Home and the passion and care is first class. I call my colleagues "Angels in Blue". Many people call us Angels; the smart blue uniform is known to Newark and surrounding areas.

When I first came to Hospice at Home, I was so impressed by the level of care that was given. I had found what I really wanted to do.

We have nursed and met the most wonderful people from all walks of life. I can recall many, many happy and fun times with very poorly people. One lady laughed until she cried.

What a truly wonderful thing to do, bringing smiles to people facing end of life.



My own family and friends have used our Hospice at Home service and this really brought it home for me how wonderful my friends and colleagues were. I will be forever grateful.

**“We find a lot of people don't know about the service we give. Please, if you need hospice care for end of life care, please don't wait to be told. Just pick up the phone, give us a call, or just pop into Beaumond House. Our team are always there to help.”**

We would like to say thank you to all the families that allow us to care for their loved ones at home. It truly is a great privilege and we thank you for all your warm and welcoming invitations to share their final days.

From Sue and all the team at Hospice at Home.



**Gift Aid your donations  
& make them grow by  
25%**

**Beaumond House  
can claim an extra  
25p for every £1 you  
donate.**

Gift Aid is reclaimed by Beaumond House from the tax you pay for the current tax year.

Your address is needed to identify you as a current UK taxpayer.

Beaumond House Hospice Care -  
Registered Charity Number 1025442



**To allow Beaumond House to claim gift aid on your donations please scan the QR code here to complete the form.**



## Leaving a Legacy

**When it comes to writing your Will, we know that you may want to make sure your loved ones, family and friends are considered first.**

**After providing for them, we hope you might consider leaving a gift to Beaumont House.**

There is no obligation to leave a gift to Beaumont House, but if you decide to do so, you'll help us provide compassionate, skilled, professional nursing care of the highest quality; personalised care for you and your family when every moment matters. Leaving a gift to Beaumont House is one of the most valuable and lasting ways

you can support individuals and families that need our support.

We know that in the future the need for local hospice care will grow, as will our need for funds. Each and every gift, regardless of size, makes a difference, and all donations will help our patients and their families to make the most of the time they have together. **A gift in your Will costs you nothing today, but will help to secure the future of Beaumont House.**

### Our pledge to you

- Your Will is completely personal to you. We appreciate that your Will is made in confidence, and we will always respect your privacy
- We respect your right to change your mind about a gift in your Will to the Hospice

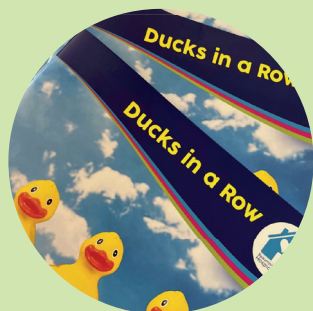
- We promise you that whatever gift you leave us will be used to care for our patients and their families in the best way possible
- We promise to use your gift wisely
- We realise you might want your gift used in a special way – we can arrange that
- We acknowledge that those closest to you come first
- We will never put pressure on you to leave a gift in your Will
- We will treat you and your next of kin sensitively and with respect and gratitude

To find out more, please call the Fundraising Team on 01636 610556 or visit [beaumonthouse.co.uk/leave-a-gift-in-will](http://beaumonthouse.co.uk/leave-a-gift-in-will)



## Are your Ducks in a Row?

**At Beaumont House we know how difficult it can be for some when important information or documents can not be located.**



We also appreciate it can be a bit overwhelming to think about the big question of practicalities when you die. But it can make life so much simpler for your loved ones if you spend a bit of time thinking about those things now.

Our best advice is to be prepared, and to help, we have created a handy 'Ducks in a Row' guide to keep all your important details in one safe and accessible place.

Getting your Ducks in a Row will enable you to record and quickly find important information about your life, without having to sort through all that paperwork.

There are different sections such as:

- Your information – to include your next of kin, dependents, pets, close friends etc
- Your contacts – to include your key health contacts, utilities suppliers etc
- Your documents – to include your birth certificate, driving licence, National Insurance numbers, NHS card, your Will etc

You can pick up a free copy of 'Ducks in a Row' from the hospice reception or our charity shops in Newark, Southwell or Collingham.

**Meet Nik,  
our soul  
midwife  
here at  
Beaumont  
House**



Nik supports anyone with an end of life diagnosis. Her role is to provide emotional, psychological and spiritual support, to enable each person to have the most peaceful death that they are able to.

Nik's help is wide ranging and is always driven by the needs of each individual, from emotional support and reflection to providing a listening, non-judgemental ear, to being an advocate, or simply and perhaps most importantly, by offering friendship and comfort when we are at our most vulnerable.

“ **In the same way that a midwife brings a soul into this world, a soul midwife helps a soul to depart this world.** ”

Nik trained as a soul midwife following her own personal loss. After her experience with the death of loved ones, she wanted to make a difference to others to provide a safe space for people to share their inner most fears, feelings and thoughts and to have someone to turn to, to have the difficult conversations around death and all that it encompasses, without feeling constrained or scared.

Nik provides all of her time and support freely and with a deep commitment to help others, as best as she can, to navigate their way through their final journey in this world, with love, care and compassion.

**Please feel free to contact us on 01636 610556 if you would like to access this support.**



**Carrie started APT Legal in April 2016 after working in practice as a Solicitor for over seven years.**

**She provides a personal and friendly service to discuss your Wills and Powers of Attorney.**

At APT Legal, they offer home appointments to clients so that they can be comfortable in their surroundings.

Carrie has a colleague, Lindsey, who deals with all matters in the office and is often the first point of contact.

We are lucky that Carrie has supported Beaumond House with fundraising, entering a team in

the Dragon Boat Race for the last three years, and provides Wills for our supporters. She has also previously taken part in our free Will promotion.

Carrie is extremely passionate about her work and does not see it as a job.

At home Carrie is often found in the gym taking part in circuits and bootcamps. Whilst also enjoying a steady swim. To relax, Carrie enjoys yoga and reading and can often be seen reading a book whilst drinking coffee, with her pet cat Jasper by her side.

If you need any advice on Wills, Powers of Attorney or Probate matters, Carrie would be delighted to help you.



Carrie Boughtwood

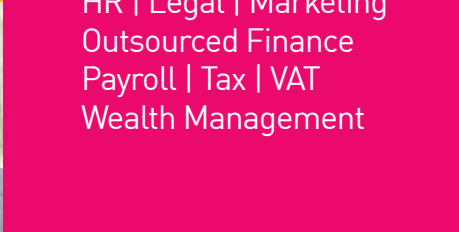
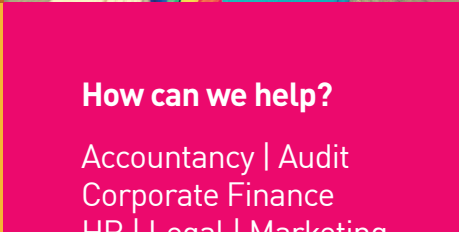
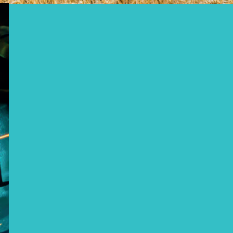
07771868235

carrie@apt-legal.co.uk

www.apt-legal.co.uk

## DUNCAN & TOPLIS

### Proud to support Beaumond House



#### How can we help?

Accountancy | Audit  
Corporate Finance  
HR | Legal | Marketing  
Outsourced Finance  
Payroll | Tax | VAT  
Wealth Management



I qualified in 1996 having trained in The Royal Berkshire Hospital Reading, where I worked for just over a year in cardiac medicine. Following this, I got married and moved to the Royal Devon & Exeter Hospital, again, on a cardiac medicine ward.

In May 2000, I moved to Newark and started bank work on the Sconce ward where I worked for many years. I started a permanent part-time night shift position in 2016 and continued to work on Sconce until March 2022.

As much as I loved the staff and patients on the sconce ward, I was becoming increasingly frustrated about underscores within the NHS. I felt I was not able to give care to my patients at the level that I wished. I then saw the post for a health care position at Beaumont House. I had previous experience with palliative patients, but not as a constant, so I felt that a HCA role within this specialist field was the right thing for me at the time.



I knew from the moment I started, that I had made the right decision. I felt welcomed and that I was in the right place at the right time.

We can work at a pace that is comfortable for the patient. I loved the new experience of going out and giving care to people in their own homes. It is a privilege to be able to do so.

My years of ward nursing stood me in good stead, and I was able to draw on that experience. I felt happy and able to support the Registered Nurses at Hospice at Home with basic patient assessment, gradually taking on more responsibility. After 18 months at Beaumont House, the opportunity arose for

a Registered Nurse position with the Hospice at Home team. I was unsure initially whether this was the right thing to do, but with support and encouragement from the staff at Beaumont House, I applied for the Registered Nurse post and was delighted to be successful. I still feel I have a lot to learn about end of life care, but I have a new passion for learning and want to give my best. I love my job and love working at Beaumont House. My regret is that I never moved to work here sooner; I feel I have found my home.

**“The ethos of Beaumont House just sat right with me. Care was and is given most compassionately. Nothing is too much trouble for patients and their relatives. Nothing is rushed.”**

People think of a hospice as a sad place, and of course, it is at times, but it is also uplifting, and there is joy and happiness and it is an absolute privilege to be able to support a patient and their loved ones at the end of their life. If we can bring calmness and comfort to those in need there is no greater reward.

**Ann Gibbs,  
Health Care Assistant  
Beaumont House**

## Thank You!

Five colleagues from NSK precision assembly department have kindly donated £50 to Beaumont House.

Joanne Smart, Sharon Cummings, Julia Brumpton, Amanda Cooper and Ellen Springett decided not to send Christmas cards to workmates this year and donated to the hospice instead.

They chose the hospice as Ellen's father-in-law was supported by the team a few years ago.



# BE BRIGHT BLUE



**We wanted to take the opportunity to thank everyone who has supported our Be Bright Blue campaign, which ran from November 2023 to January 2024. We are so grateful for the support shown by our local community.**

People usually face some feelings of loneliness following a terminal diagnosis, losing their self-image, sense of control, relationships or independence. Often this can mean that they are isolated from the things they love the most. Caring for a loved one can also be lonely and isolating.

The aim of our campaign was to address the feelings of isolation and loneliness following a terminal diagnosis.

The campaign has raised funds and awareness through many strands, including the Be Bright Blue Winter Ball back in November, which was kindly sponsored by The Barcode Warehouse. Our bag packing at Marks & Spencers, Newark through December raised £5448.40 and our Christmas raffle, which raised £879.



Pocket hugs have been displayed and sold at our reception and shops as well as many local retailers in Newark, Southwell and Collingham.

The pocket hugs are still be availble should you still wish to purchase one.

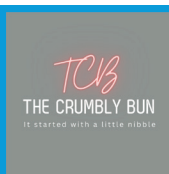
Along with Sunshine Bear, Rebecca Andrews our Wellbeing Lead and Vicky Forcras, Registered Nurse at Beaumont House have visited schools to deliver talks, educating young minds about the challenges faced by people at the end of their lives and their families.

We were honoured to sponsor the Newark Business Club on Friday 1<sup>st</sup> December, where we had the opportunity to talk and spread the message of our campaign to businesses and organisations.

From the 13<sup>th</sup> – 21<sup>st</sup> January, many local retailers and companies enthusiastically turned Newark into a vibrant sea of bright blue in support of the campaign. Sunshine Bear took the opportunity to visit and thank the numerous participating retailers, receiving a warm welcome, hugs, and photo opportunities.



**There is still time to support our campaign. You can find out more or donate via [bebrightblue.co.uk](http://bebrightblue.co.uk)**



**Do you fancy showing off your baking skills whilst being in with a chance of winning a fantastic prize?**

Then we have good news. Our Bake, Donate, Nominate competition, which has been generously sponsored by The Crumbly Bun in Newark, will continue to run for the next few months.

Find out more by visiting [beaumonthouse.co.uk/bake-donate-nominate](http://beaumonthouse.co.uk/bake-donate-nominate)





Since starting here I have seen a lot of changes and being able to see the vision for what Beaumond House will be in the future is quite exciting.

I love the flexibility of my role and each day is different. I feel proud of the person-centred care we provide.

## Klair Pollard, Catering & Housekeeping Team Lead

I joined Beaumond House in 2014 and feel I have achieved my ambition to run a kitchen for a charity that makes a difference to people's lives.

“Nothing is too much trouble; whether it is adapting the menu to meet a patient's dietary needs, providing the relatives with a meal, or going out to the shop to buy a patient's favourite drink or food.”

Nutrition is a big part of everyone's life.

It is good that we can provide homecooked nutritious meals for our patients (some of which don't have anyone at home to cook for them). It is great that our patients can sit around the dining table together and not have to worry about their dietary needs.

I have helped to raise funds for the hospice by taking part in the 5k rainbow run, doing a tandem skydive and an abseil - ask anyone who knows me and they'll tell you that I'm not good with heights!

## Thank You!

Ellie is a Duke of Edinburgh candidate doing her Gold award. Part of her criteria is to volunteer, and we have been lucky enough to have her as part of our team in Stodman Street for the past few weeks.

Ellie has brought a blast of youthful enthusiasm into the shop and no task is too large for her. She has slotted into the team seamlessly and is deservedly popular with our customers.

Thank you Ellie!



## Volunteering Opportunity

With four busy shops in Newark, Southwell and Collingham we are looking for people who can help with a range of tasks from serving customers to sorting stock, from creating displays to collecting furniture.

Our shops are at the heart of raising the funds needed to run Beaumond House and a vital part of our work to support and promote our services

To find out more about becoming a volunteer and our other volunteering vacancies, please call 01636 610556 or visit [beaumont-house.co.uk/volunteer](http://beaumont-house.co.uk/volunteer)

## VOLUNTEER VACANCY

### Retail Volunteers

01636 610556 [beaumont-house.co.uk/volunteer](http://beaumont-house.co.uk/volunteer)





## NEWARK DRAGON BOAT FESTIVAL

SUNDAY 15 SEPTEMBER  
NEWARK RIVERSIDE PARK

Raising funds for



[newarkdragonboatfestival.co.uk](http://newarkdragonboatfestival.co.uk)  
NewarkDragonBoatFestival

## BEAUMOND HOUSE HOSPICE CARE EASTER FUN DAY

FRIDAY 29 MARCH  
NEWARK MARKET PLACE

AND...

## Chicken Run

A 2.5km family fun run

FURTHER DETAILS ANNOUNCED SHORTLY

## CARERS Coffee MORNING



Beaumont House  
Hospice Care

The last Friday  
of every month  
10.00am - 12.00pm  
At  
Beaumont House



01636 610556

## Teapot Group



The first Tuesday of every month  
Drop in any time from 2.30pm - 4.30pm  
Beaumont House Hospice

If your loved one has been supported  
by Beaumont House, our 'Teapot' support group offers the  
opportunity for you to join us for a cup of tea and talk in a  
safe and supportive environment.

A huge THANK YOU  
to everyone who  
volunteered at our bag  
packing sessions at Marks &  
Spencers, Newark during  
December.

Our bag packing  
sessions raised an  
amazing £5448.40!



We would be so grateful if you could give us a  
like/follow on our socials! Facebook, Twitter,  
Instagram & LinkedIn @beaumonthouse

