

Beaumont House News

Spring 2016



Featuring in this issue...

- The Winter Ball
- Day care artists
- Be Bright Blue
- Volunteer spotlight
- Upcoming events
- 2017 Sahara Trek



Well done and thank you to our Kilimanjaro Trekkers!

On 27th January, five brave supporters of Beaumont House set out to conquer Kilimanjaro Trek. Kilimanjaro is the highest free-standing mountain in the world and the highest point on the African Continent; it is just 300km south of the equator. **Alex Parkin, Emma Parkin, Matt Elsey from Newark, Stewart Mireylees from Bingham and Stephanie Mireylees from Bristol**, bravely took on the challenge, which saw them go through the Machame Gate and up into the humid rain forest. This was a tough 1200m trek on day one to reach an altitude of 3000m (over twice the height of Ben Nevis) into the campsite, camping below the Barranco Wall, through Karanga, before ascending up to Barafu (4600m) in preparation for the summit attempt and they arrived on 3rd February 2016!

"I gave it very little thought, contacted Beaumont House and signed up. Not only was I going on an adventure, but I had the chance to help an amazing charity in the process." **Alec**

"I wanted to go so badly because it was going to be an amazing experience that I would never forget and a great challenge nothing like I've ever faced, all while helping a wonderful local charity." **Emma**

"As a chaplain at Beaumont House I know what a difference it makes to the people that access its resources, whether attending the House itself or being supported at home. I am privileged to see the commitment and passion that the staff and volunteers serve with." **Matt**

"This is my second trekking challenge of the two issued by Beaumont House Hospice in 2014. I decided to participate in these two treks as personal challenges as well as to support the hospice through fundraising." **Stewart**

The trek has so far raised an amazing £7785.25. We would like to say a huge thank you to everyone for taking part, for all of your hard work preparing for and during the trek and for all of your fantastic fundraising.



Chairman's Message



As I began to compose this message, I realised my short time as a Director and as Chairman has provided me with many rewarding moments, as well as some challenges. We are making solid progress on many fronts, including launching our strategic plan and establishing an exciting new beginning for the Resource Information Centre.

I am privileged to be the third elected Chairman in our 29-year history. I know the Board will join me in thanking Dr. Julie Barker, one of our Directors, for so ably holding the position of Chair whilst a new Chair was recruited. The success of Beaumont House and the belief in the importance of our purpose is held in common with the Board, all of our patients, staff, volunteers, supporters and the wider healthcare community.

Personally, I am delighted to help lead the incredibly talented and dedicated people who work and volunteer at Beaumont House. One challenge all of us in England face together is health and healthcare. When combined with the rapidly changing demographics of an ageing population, the persistence of chronic disease and the need to provide more for less money, the complexity of the issue is unprecedented. However, it is my strong belief that providing high-quality healthcare to patients who use our services is at the very heart of what we do.

OUR LEGACY OF CARING

Our mission is 'Local help for local people'. In 2015, we provided help and care for hundreds of local people and in April the Board will be able to share more details of the type of help and care we provided in 2015/2016 through our published 'Quality Account'. The Directors are constantly heartened by the positive experience of patients and their families which reminds me of how firmly and fundamentally care and compassion is woven into the fabric of Beaumont House.

THE BOARD'S COMMITMENT

Our success has been made possible by the belief in our mission which you share with us. The Directors are committed to continuing to offer 'local help for local people' by leading, supporting and valuing the great range and capabilities of our staff and volunteers and through listening to what our patients tell us.

OUR CHALLENGES

The challenges we face in this ever-changing healthcare landscape will require time, research and dedication to ensure we move forward to best meet the needs of local people. The fundraising support we continue to receive from our community is magnificent and we could not continue without the financial support that we receive from you. However, we are in need of more financial help as legacy donations have fallen significantly. This issue is not dissimilar to the financial challenges faced by other charitable organisations and the Directors would welcome any thoughts and ideas you may have on how fundraising can be improved to increase income.

All of the staff and volunteers know we are on a journey to meet our strategic and functional objectives. In addition, we have to meet the requirements of healthcare regulation and deliver care based on national evidence-based guidelines. Every time I meet with our Heads of Care I am inspired by numerous stories of how we have delivered high-quality care to those in need of palliative care and those who are at the end of their lives.

The Directors would like to thank staff and volunteers for their endless dedication. Finally, my heartfelt thanks for your continuing support of Beaumont House.

Julie Humphreys.

Winter Ball



This event was sheer magic. Magical in the sense that the room looked like something out of a fairy-tale with its black and silver theme, and in terms of atmosphere too. The evening started well with a glass of bubbly and delectable canapés. Guests were given a heartfelt welcome from the hospice's new Chairman, Julie Humphreys, who spoke about what Beaumont House means to her. It was moving too to hear about the personal experience of our hospice from Gordon Wood. Volunteers and staff worked hard in a fun way to raise extra cash to boost the total from the night, and the evening was punctuated by various operatic arias, beautifully sung by Rebecca Reid.

Dinner was delicious, hot and plentiful and it would be hard not to be lured onto the dance floor by the fabulous Flipside Party Band. A good time was had by all. **Joanna Parlby**



STAR TRUST

The Charitable Entrepreneurs

The Star Trust is an East Midlands-based charity, run by local business owners and entrepreneurs, which supports good causes across the region. The Star Trust's events raise in the region of £100,000 for local charities each year and it's with great thanks to them and their funding, that we now have two CuroCell Cirrus mattresses and two pressure relieving riser recliner chairs in Beaumont House. The

mattresses have made a real difference to patient comfort and the chairs have ensured we can offer patients greater choice, to sit or lie on reducing the trauma of having to transfer frequently back to bed to relieve pressure points. Most people, when asked what is important to them at the end of their life, very often reply that they want to be pain-free and so keeping patients comfortable and free from any symptoms is a top priority for the staff at Beaumont House. This is coupled with our aim of helping people to feel safe, well supported and listened to. As people approach the end of life they may need to be cared for in bed all the time as they become weaker and are no longer able to sit in a chair or move around. This puts the person at high risk of developing pressure ulcers along with other factors. It is therefore important that we provide a support surface (mattress) that offers both comfort and pressure relieving qualities.

If a patient's comfort can be improved and pain reduced without the need for drugs which can cause drowsiness or nausea – the patient is more likely to be able to enjoy time with family and loved ones, increasing the quality of a patient's last days and hours.

Our belief is that everyone has the right to a good death but Beaumont House is also committed to supporting the family and loved ones of those we have cared for. We understand that everyone will need to grieve following the death of a loved one and to be able to do so knowing "we did everything Mum/Dad wanted" is incredibly important and can affect the grieving process immensely. The comfort of knowing the best level of care was given helps to ensure that in the longer term grieving is less anxiety-ridden and comes with greater acceptance. It is a further essential role we play.

www.star-trust.org.uk



Pictured: Elvie Hunter

Spotlight on... Noel Sweet



The **Beaumont House Flagship**

awards were launched in January 2015. The awards provide an opportunity for patients, carers, volunteers or staff to nominate other volunteers and staff for going 'the extra mile'. We know that all of our volunteers and staff do an excellent job here at Beaumont House, but the awards are a way of recognising someone if they go above and beyond what is expected of them.

The panel meets quarterly to discuss nominations and, if the panel agree, then a flagship award can be given. The awards come in bronze, silver and gold. At the first awards, one of our volunteers, Noel Sweet, received many nominations and was awarded a bronze flagship. At the next awards, he received even more nominations and the panel voted to award Noel a silver flagship. At the first awards of 2016, Noel did it again - he had even more wonderful nominations so this time there was only one thing for it and the panel voted to bestow the first ever gold flagship award on Noel.

Here are just some of the things that people have said about Noel in his nominations;

"Noel is always cheerful and has time for a laugh. His care and concerns for patients goes far beyond his duty."

"He is a truly remarkable person that is always cheerful. I have never heard him moan or be down in the dumps. I do not know how we would run this service without him."

"His manner towards patients and staff is always pleasant, caring and understanding."

"Noel always has a smile and nothing is too much trouble for him."

"I have mobility difficulties but his calm demeanour and general willingness to assist me to his car makes my visit to Beaumont House all the more pleasant from the very beginning of the day. These routine tasks to and from his vehicle may seem pretty mundane to some, but I believe how he performs these tasks go well beyond the call of his duties."

"Noel quite simply never says no! He is wonderful with the patients."

What an achievement, well done and congratulations to you Noel – remarks like these show just what a special person you are. Noel always wears his flagship awards with pride.

With this in mind, there was no other volunteer that we could choose to put the spotlight on in this newsletter.

1. How long have you been a volunteer at Beaumont House?

For six years

2. How did you become a volunteer at Beaumont House?

My wife used to come for day-care at Beaumont House and whilst dropping her off one day I overheard a member of staff saying that they needed a driver for a particular day, and I offered my services. I then received a phone call asking me to apply to be a volunteer. I did this and drove originally on an ad hoc basis, but when one of the other drivers left I was offered his regular drives on a Wednesday and a Thursday. I was then offered alternative Monday mornings, then eventually a Tuesday and a Friday too. I am lucky that I am in a position to help every day so I don't mind.

3. Why do you continue to be a volunteer at Beaumont House?

I really enjoy it. I treat my volunteering as I would a paid job. I left paid employment to care for my wife and I can't deny it was a wrench, so I am happy to volunteer - it is a form of therapy for me too as I get to see and help other people. It really feels like a job, but an enjoyable job! I travelled a lot in my last paid job and have always enjoyed driving. I also get to meet many interesting people; not just the patients but the staff and other volunteers too.

4. What is your role at Beaumont House?

I drive patients to and from Beaumont House.

5. What does the role entail?

I go to the patients' home in a morning to collect them and bring them into Beaumont House, then at the end of the day I collect the patient from Beaumont House and take them home. Without volunteer drivers, some of the patients wouldn't be able to get into Beaumont House at all.



6. What is your favourite part of the role?

Being around other people, I love listening to the stories that some of the older patients tell me as they've lived such interesting lives. I feel I contribute because I'm the first and last point of contact for the patient on their visit to Beaumont House, I like to think I help to enhance their experience. And of course I enjoy the driving.

7. What changes have you seen during your time at Beaumont House?

There haven't been too many that have affected my role really.

8. If you had to describe Beaumont House to a stranger, how would you sum it up?

Well, it says 'hospice' and this may make you think that it's somewhere for people to go and die, but it really is so much more than that; people come here and get looked after for the day, or for longer periods in the in-patient unit. Beaumont House gives excellent care and enables the carer to have a break, be it for a few hours or a few days. It means you can rest assured that your loved one is being looked after whilst they're here, and I know that from first-hand experience.

9. Anything else you would like to add?

Beaumont House is a point of contact for people who need help in learning about or dealing with their conditions. They are helpful in advising people or by signposting them as to where else they might go for further help or about what to ask – especially early on after a diagnosis. Again, this is something my wife and I know from first-hand experience. Beaumont House has made a great difference to us for many years.

10. Would you encourage other to volunteer?

Yes. If you are lucky enough to be in a position to volunteer, do it - you really won't regret it.

We really couldn't provide the services that we do without the help of people like Noel. If you are interested in volunteering, please contact Sharron Cawthorne on 01636 610556 or sharroncawthorne@beaumonthouse.co.uk
We have a role to suit everyone, whatever amount of time you have to give or whatever skills you might have.



LOVE NURSING?

LET SUMMER START WITH A NEW JOB

Be a ray of
sunshine at
Beaumont House

Come & see the nursing opportunities which await you at our

CAREER DROP-IN EVENTS

SATURDAY 11TH JUNE, 11.00AM-3.00PM
THURSDAY 14TH JUNE, 4.00PM-7.00PM

Find out about our other vacancies & volunteering opportunities
YOUR - COFFEE & CAKE - Q&A'S - STAFF EXPERIENCES

ANNUAL GENERAL MEETING

The Board of Trustees at Beaumont House are delighted to announce and invite you to the Annual General Meeting which will take place on:

Wednesday 6th July 2016 at 6.00pm at
Newark Golf Club
Sleaford Road
Coddington
Newark
Nottinghamshire
NG24 2QX

The meeting will cover a wide range of topics including:

Chair's Report
Quality Accounts – the quality of our services during 2015/16
Financial Report
Election of Officers to the Board of Trustees
Open Question and Answer session

Please RSVP by 4th July by emailing:
Cathryn.Crane@beaumonthouse.co.uk
or calling 01636 610556

Day Care

Exhibition of art by day-care patients in the Spotlight Gallery!

The first exhibition of paintings and drawings done by day care patients from Beaumont House will be held at the Spotlight Gallery, Newark Town Hall. Kindly organised by one of our fantastic volunteers, David Cook, there will be a mixture of works to see, inspired by photographs, still life, and memories. Some of the patients had never drawn or painted before, but have made enormous progress during the last two years.

You can see the artwork at the Spotlight Gallery at Newark Town Hall from 16th March - 16th April, Monday - Saturday from 10.30am - 3.30pm
Some of the works will be for sale; all proceeds will go to support the work of Beaumont House.

“The patients’ enthusiasm and dedication really shows through what they have achieved; there is great variety of subjects to see. Please come along to support them in this venture!”



30 adventurous people needed to help us raise
30 thousand pounds as a celebration of
30 years of Hospice Care in Newark.



2017 Sahara Desert Challenge!

2017 sees 30 years of hospice care in Newark. As part of our celebrations, we are pleased to launch our 30th anniversary trek. We are looking for 30 trekkers to raise a total of £30k. This will be an amazing six-day trek through the Sahara Desert in March 2017 with travelandtrek.com.

For information, contact Terry Crosby at travelandtrek.com
01529 488159 07725 943108 info@travelandtrek.com
or call Beaumont House on 01636 610556
fundraising@beaumonthouse.co.uk



We still urgently need your support...

I would like to support Beaumont House Community Hospice



Please complete and return this form to:

Beaumont House Community Hospice, 32 London Road, Newark, NG24 1TW

Call the credit Card Hotline – **01636 610 556** or donate online at www.beaumonthouse.co.uk

Your Information

Title First Name Surname
Address
Town Postcode
Phone Number Email address

We will contact you from time to time by email with news and events from Beaumont House. Please tick the box if you do not wish to be contacted in this way.

How would you like to help?

To (Bank name)
Address
Town Postcode

I would like to support Beaumont House with a regular monthly donation of

£5 £10 £20 £50 Other - £

(Please tick)

Payments to commence on the 1st OR 15th of (month) (year)
and continue until you receive further notice from me in writing.

Please Pay – **Beaumont House Community Hospice**

Natwest Plc. 1 Market Place, Newark. Nottinghamshire. NG24 1DY. Account Number – **05919142**. Sort Code – **54-10-23**

Account Holder's name

Office use only

Account Number Sort Code

Bank Quoting Ref.

Signature Date

giftaid it

Gift Aid helps your donation go further and is worth an extra 25p in each pound, at no extra cost to you.

Boost your donation by 25p of Gift Aid for every £1 you donate. Gift aid is reclaimed by the charity from the tax you pay in the current tax year. Your address is needed to identify you as a current UK taxpayer.

I want to gift aid my donation and any donations I make in the future or have made in the past 4 years;

OR

I want to gift aid my donation and any donations I make in the future

Please tick the appropriate box

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Please notify Beaumont House Community Hospice if you:

1: Want to cancel this declaration. 2: Change your name or home address.

Or 3: No longer pay sufficient tax on your income and/or capital gains.

Please complete and return this form to:

Beaumont House Community Hospice, 32 London Road, Newark, NG24 1TW

Call the Credit Card Hotline – **01636 610 556** or donate online at www.beaumonthouse.co.uk

www.facebook.com/beaumonthouse | www.twitter.com/beaumonthouse | Registered charity no.1025442

Could you consider setting up a regular donation?

A donation of just £5.50 a month from you will pay for a patient to attend day care for a day. Your donation can make such a difference to the lives of people supported at Beaumont House helping us to continue to give care, comfort, help and support to those people suffering with cancer and other long term progressive illnesses in the Newark area.



The Beaumont House Business Club was launched in December 2014 and is an exciting venture for us - one that means we can engage with local businesses in a partnership offering mutual benefits.

Continued support from local businesses has made a significant difference to Beaumont House over many years and our aim with the business club is to continue to work closely with these businesses, but also to offer something back which we believe will be of benefit to their business locally. The Business Club provides a way to offer sustainable income for Beaumont House so that we can continue to meet the needs of local people for years to come.

The Beaumont House Business Club is a select group of businesses that benefit from their support of Beaumont House through their visible association with a local charity which is trusted, respected, and in many cases, loved by the people of Newark and its surrounding area. Establishing a relationship with Beaumont House Community Hospice provides you with a perfect opportunity to demonstrate social responsibility, not only internally to your employees and stakeholders, but also externally to your market competitors and customers alike.

We believe our business club offers an opportunity for all businesses, whatever their size, a chance to benefit

from an association with the Beaumont House brand and is designed to attract and engage with many of the types and sizes of businesses in our local area. It doesn't matter how big or small your business is, or which sector it is, we would love to work with you. We believe that supporting Beaumont House through the membership scheme will offer you a number of valuable business benefits.

Our business club offers a tiered membership, or subscription, starting at just £100 per year, and rises to £500 for our Gold level. We also have a 'Patrons' Guild' which we'd be delighted to agree with you on a case by case basis. Membership offers various benefits, not least of all Facebook and Twitter acknowledgments as well as mentions in our newsletters. You may be interested to know that Our Facebook has over 3000 likes. We have more than 1500 followers on Twitter and our newsletter goes out in both print and electronic format – we mail, email and post over 3600 copies, each likely to be read by more than one person, and that's not cold copies – they are to those who choose to receive information from Beaumont House.

We are very pleased to welcome the new members to our Business Club!



Sherwood Signs have joined as Gold Members. They are based in Newark and produce a range of visually appealing signs and banners with the emphasis on quality and speed of delivery. www.sherwoodsigns.co.uk



Joining as bronze members, **Blue Castle** is a forward thinking Energy and Environmental Consultancy providing sustainable solutions to commercial businesses across the UK. www.bluecastleenergy.co.uk



Pratt & Gelsthorpe have joined as bronze members and are a family-run garage established in 1919 with great value deals on Peugeot products and services. www.dealer.peugeot.co.uk/pratt-gelsthorpe-newark



CBR Accountancy have joined as bronze members and offer small local businesses accounts, taxation and business advisory and support services. www.cbraccountancy.co.uk/

Beaumont House Business Club



In 2015 **Saint-Gobain** celebrated their **350th anniversary**.

To mark the occasion, the Saint-Gobain UK Management team decided to get all the different brands within the group to fill a box which would be buried in a time capsule at the Coventry Head Office. Formula in Newark filled one of the 41 boxes that were sealed on 15th October 2015 for the 100 years to come.

When deciding what should go in the box, three different criteria were given: people, community, heritage. Various items were included by the Formula team at Newark, such as an external hard drive, shift pattern, employee gifts, and a newspaper along with some brochures and memorabilia about Beaumont House, which is our partner charity.



We would like to thank our valued Business Club members for their continued support.

PATRONS



GOLD MEMBERS



SILVER MEMBERS




Photostatic Copiers East & Co

Talents Solicitors

BRONZE MEMBERS



My Granddad, by Rebecca Reid



My granddad was your typical Irishman. He worked hard all his life, went to Church every Sunday, enjoyed gardening and a pint or two at the pub. When he was diagnosed with lung cancer he gave up his job as a porter and gardener for an Earls Court apartment building to move to Newark where we had only recently moved to so that my mum could help to care for him. When his condition deteriorated in 1996, Beaumont House welcomed him in despite the fact that he had only lived in Newark for six months. There he was treated with the compassion and dignity that he deserved.

Beaumont House made everything so much easier and the level of care could not be faulted



This March will be 20 years since his passing and he is still very much missed. It's easy to remember the big charities like Cancer Research but it is the local ones, like Beaumont House, that really make a difference to not just the patients, but also the families that are affected. I'm more than glad to have the opportunity to repay them, if it is only just a little.

**In loving memory of
Peter Francis Monahan 22.09.29 - 30.03.96**

Free Friday

RESIDENTS EVENING
A FREE EVENT FOR LOCAL PEOPLE

FRIDAY 15 APRIL

IN PARTNERSHIP WITH
Advertiser
MEDIA GROUP
IN AID OF BEAUMOND HOUSE

RETURN SHUTTLE BUSES FROM SOUTHWELL AND NEWARK SEE WEBSITE FOR DETAILS
GET 2 X FREE TICKETS USING PROMO CODE 'SRES16'

A FREE Residents' Race Evening with Live Music to be held at the **Southwell Racecourse** on Friday 15th April 2016. The evening will be run in partnership with the Advertiser Media Group and **in aid of Beaumont House Community Hospice.**
Live Music after racing from Flipside Party Band.

Will you join us & turn the place Bright Blue for Beaumont House?

During **Hospice Care week in October 2016**, we would love everyone who has ever been touched by the support offered by Beaumont House or who would like to help us to ensure that we are always here for local people, to raise as much money as possible. By taking action, you will also help us to raise awareness so that more people can be helped.

In 2015, the support of the community and local businesses made our Be Bright Blue Campaign a great success.

Our ambition is to ensure that we can help every single person from Newark and the surrounding area who needs us at their most difficult times of life. We believe that the care provided by Beaumont House is second to none and that it should be available to everyone who would like to be supported by us.

By taking action and joining us to Be Bright Blue for Beaumont House, you will also help us to raise awareness so that more people can be helped.

There are so many ways to get involved

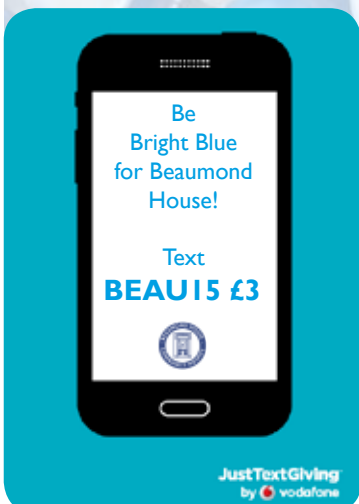
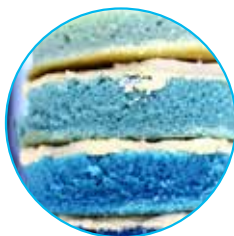
Here are just a few suggestions on how you can support the campaign.... make it fun, take lots of pictures and don't forget to tell us what you are planning!

- Have a 'bright blue' cake sale
- Get messy and have a bright blue powder paint fight! (see our Rainbow Run for inspiration)
- Dress in your finest and have a blue themed cocktail party, disco or tea party
- Turn your hair, nails or make-up blue for the day!
- Dress your shop/office/house window bright blue - blue bunting, blue balloons, blue pom poms...a chance to **get really creative**
- 'Bright Blue' nomination.... paint your face blue - take a selfie - post on Facebook - Text BEAU15 £3 (or an amount of your choice) to donate, tag friends and pass on the nomination.

Or why not take it one step further and light your building blue using filters/uplighters for maximum impact?

For further information please contact the fundraising team on
01636 610556

fundraising@beaumonthouse.co.uk or visit
www.beaumonthouse.co.uk



**Be Bright Blue for
Beaumont House**



2015 in Pictures



2015 saw a fantastic variety of fundraising events and campaigns including our Doggy Fun Day, Rainbow Run, Winter Ball, Strictly Newark and many more.... We would like to thank everyone who has supported our events by attending or donating and also to all of our wonderful volunteers for helping make the events possible...



Our Up-coming Events 2016

March

Thursday 17th - Inspire Day, Kelham Hall
Friday 25th & Saturday 26th -
Easter bag packing, Marks & Spencer

April

Friday 15th - Free Friday, Southwell Racecourse

June

Wednesday 15th: Chase the Rainbow - Newark Showground
Saturday 11th 11-3pm Recruitment open day
Thursday 14th 4-7pm - Recruitment open evening

July

Late July: Coast to Coast

August

Sunday 14th:
Newark Half Marathon & Fun Run

December

Early December: Light up a Life & Winter Wonderland

You can find out more about our **supporter** and **volunteer-led** events by visiting our website: www.beaumonthouse.co.uk/events/supporter-events

Ever thought about organising your own fundraising event?

We can support you in a variety of ways such as providing you with marketing materials and helping you to promote your event. Please contact Sharron Cawthorne on 01636 610556 or email sharron.cawthorne@beaumonthouse.co.uk