

Salisbury Hospice Charity

Spring/Summer Newsletter 2021

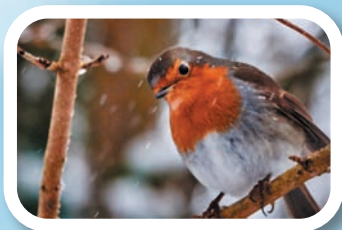
SALISBURY HOSPICE



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CELEBRATING 40 YEARS OF OUTSTANDING CARE



Salisbury Hospice Charity



Welcome to our Spring/Summer Newsletter



Celebrating 40 years of care



Welcome from Lady Rumbold, a huge supporter of our hospice.

The first time I visited Salisbury Hospice was when Willy Garrett, originally our shepherd (and later a groundsman working in Pythouse Farm woods) was being cared for. Willy had a brain tumour, he was dying.

A person who had looked after the sheep, their lambs and the land all so well, was now being impeccably looked after and nursed at Salisbury Hospice. I was moved and thankful. Willy had a long 'bucket list' which included sailing up in a hot air balloon, and he wanted his leaving party to be a barbecue in Hatch garden. When he died, his wife scattered his ashes in the borders of our garden. Hatch garden was destined to link with the Hospice, it seems.

Our support for Salisbury Hospice has long continued and I'm sure Willy Garrett would have been pleased that our gardens are still working to support a cause that will help others as it helped him and his family. The Hospice's work creates peace, relieves physical pain, weaves an atmosphere of calm and orderliness for people dying. By offering great relief from pain and indignity, patients and their families are freed from anguish to address the difficult and final farewell in relative tranquility. This is humanitarian work of a high order.

Working alongside the Tisbury Fundraising Group, Hatch House has been hosting a fiesta / fundraiser for over 10 years and we have raised an incredible amount for Salisbury Hospice. To find out more about the history of the Hatch House garden event and our exciting plans for this year please see page 7.

40TH BIRTHDAY CELEBRATIONS AND HOW TO GET INVOLVED

As we look back and celebrate all that the hospice stands for and what it has been achieved since the service began 40 years ago, we really can't thank our supporters enough, without you, we simply could not have reached this important milestone.

Since the beginning, the contribution from Salisbury Hospice Charity towards funding essential care has risen steadily and the Charity now aims to raise over £1.5 million each year.

Your support is absolutely invaluable, and now, more than ever, we need your ongoing support. If you wish to send a donation please complete the donation page on the back of the newsletter and return it in the pre-paid envelope enclosed.

Alternatively you can donate here –

which links to our 40th anniversary JustGiving page or directly through our website:



www.salisburyhospicecharity.org.uk/donate/

We also have some exciting events happening this year, please see page 11 for ways to help us celebrate our important milestone and raise much needed funds.

Thank you for your continued support, it really is our future.

Paula Flower
Head of Fundraising

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[facebook.com/SalisburyHospice](https://www.facebook.com/SalisburyHospice)
 twitter.com/SalisburySHC

Patient enquiries
Telephone: 01722 425113

Your Hospice Lottery
www.yourhospicelottery.org.uk

This newsletter is produced twice a year and is sent to over 10,000 supporters. If you have any comments we would very much like to hear from you. If you would prefer to receive the newsletter by email or not to receive it at all please either email, telephone or write to us using the details above.

Salisbury Hospicecare Trust Limited (Salisbury Hospice Charity) is a Registered Charity (No. 1123314) and a Company Limited by Guarantee registered in England (No. 6525170)

40TH BIRTHDAY – DELIVERING OUTSTANDING CARE FOR 40 YEARS

Caroline Waldman remembers the early days of the service fondly.



This 40th anniversary brings me a host of memories from the early days! My interest in care of the dying began as a Ward Sister at Salisbury Infirmary in the 80s in the early days of the then Salisbury Hospice Care Trust and I learned the aim of founding an in-patient hospice. These were the days of the 'conspiracy of silence' around dying patients and I wanted to learn how to improve communication and how good palliative care could 'bring living into dying'. To this end I attended study days and courses on care of the dying with the back-up of the inspirational Dr Peter Gillam.

In 1984 I gained community experience with the Home Care Team and applied for the nursing post in charge of the hospice-to be. I was successful and achieved my dream, beginning work on commissioning the purpose-built hospice with Gwyn Blenkinsop of the NHS. I can well remember doing some 'back of envelope' designing on a London train before a hospice conference! Trust funding was released for extra items which would make an environment as close to home as possible with lounge furniture, and television and audio equipment. Patients would eat and drink from special china quite unlike that used in the main hospital. Floors were carpeted!

Advertising for nursing staff produced numerous applicants. Experience and empathy were needed, but so was resilience. Heavy snow on interview day in March 1987 meant some candidates digging out their car in order to arrive in time! We were fortunate to recruit trained staff of high caliber, backed up by experienced auxiliaries.

After staff training came a week of open events to show professionals and the public what the fund-raising had achieved before opening on 11 May. The nurses funded refreshments and welcomed almost 800 visitors! The Royal opening by the Duchess of Kent that September was another memorable occasion.

Both patients and relatives were sometimes surprised to find that laughter was often heard and to be offered the chance of involvement in care planning and free visiting, plus a relatives' room at time of need. Our first Christmas, although poignant was very special. One patient, knowing her days were very limited, had the most joyous Christmas Day with her daughter and son-in-law and gently declined until her peaceful death at New Year. Many special days followed with several weddings, family births and anniversaries.



It was a tremendous privilege to be charged with developing the ethos of this Unit and putting theory into practice the aim of helping patients to die peacefully, but also to add living to the days before they died. Care and support of relatives before and after death was also vital. These were some of the most memorable years of my nursing life.



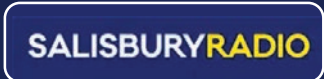


“I was really pleased to assist the charity over lockdown, providing the yoga video and I hope to work on the partnership further other the coming months and years”.



Lloyds Bank,
Blue Boar Row

“Lloyds Bank, Salisbury is delighted to support Salisbury Hospice; it plays an integral part in supporting our local community during some of the most challenging times in people’s lives”.



Along with other fundraising activities, a team of staff are taking part in the Jurassic Coast Challenge.



To celebrate our 40th year of palliative care in the community we’re inviting 40 big-hearted businesses to come together to support hospicecare in Salisbury and the surrounding area.

Jointly to raise £40,000!

Here are some quotes from members that have already joined.



“I decided to join the 40 4 40 club after gaining help from the hospice in the final week’s of my mother’s life. The people who work in end of life are a special type of person and make a huge impact on not just those at their passing, but those who have to carry on living with the world being a slightly different place without their loved one in. It will be a pleasure now doing something that will help others get the support I was offered”.

To find out more, please email
louise@salisburyhospicecharity.org.uk

The Winchester Gate

“As a local live music and arts pub we are delighted to be able to support Salisbury Hospice as they provide such a fabulous service for our community. We raised £250 at our Christmas Fair and look forward to reaching our £1000 target by the end of the year”.

WOOLLEY & WALLIS

“Salisbury Hospice has been a charity close to our hearts at Woolley and Wallis for a good number of years and is usually the beneficiary of our annual lecture. We know how hard it has been for charities to fundraise without the ability to hold events recently, and so this initiative is a great way for local businesses to show their support for the amazing work the hospice does”.



“I chose to support Salisbury Hospice as I have known many people that have used the service with end of life care. In their honour I would like to support the charity to help other people receive the same service”.

GBIM

GORE BROWNE
INVESTMENT MANAGEMENT



“The care and support I received from the Hospice was so compassionate and gave me the opportunity to be just a daughter at times. I will always be eternally grateful”.



“mySalisbury are supporting Salisbury Hospice because we believe the work that they do is so important, not just for the direct recipients, but for their families too”.



“We have chosen this charity to support as it is very close to our MD's heart Ian Locke, his mother Joan Locke whom was very involved in supporting and fundraising for Salisbury Hospice, right up until she passed away aged 91”.



Pam Stallard remembers fondly the early days of Salisbury Hospice

“I attended a lecture by Dame Cicely Saunders which inspired me to begin a career in palliative care.

“I thought, yes wow, people can be without of pain, they can have their loved ones looking after them. I then went on to gain further experience, never dreaming I would get a job at the hospice.

“I was actually working in the old people's hospital as a bank nurse and someone came up to me and said, 'do you know the hospice is opening Pam,' I said 'no I didn't know,' so immediately I dropped everything, came up to have a look and then I applied, never dreaming that I would get a job there.

“We did everything here to try and do that, get people home if they wanted to, give them good symptom control.

“It was very homely I can remember a patient in a room with his wife, and the family were there and the children were outside playing with his dog with a ball in the corridor, I mean that was just amazing you know, that's how it was and that's what it was all about it was home from home.

“We had a lot of laughter, I remember getting a patient into the bath and she was in tears, she said 'I'm never going to dance again, I'm never going to a dance'. So off I ran to where we were collecting stuff for a jumble sale (we helped with fundraising too) and I came back with these sparkly dancing

shoes, and I said 'Here you are, put these on, you are going to dance' – we laughed and laughed and that's how it was”.

“There was lots of laughter in the hospice, very, very sad times but wonderfully happy times too”.



History of the Tisbury Fundraising Committee

We are incredibly lucky to have the ongoing and tireless support of our fabulous Tisbury Fundraising Committee who have been organising events to raise funds and championing our cause for 38 years.



Jeremy Saye

The committee was formed by Gillian Henderson in April 1983, to assist and co-ordinate fundraising for the Hospice throughout Tisbury and the surrounding areas. At this time Salisbury Hospice Charity aimed to raise £100,000 per year to cover salaries, training and running expenses; a little less than the £1.5 million we now aim to raise each year!

The industrious committee organised such activities as Market Stalls, Bingo evenings, Grand Jumble Sales, Lotteries, Coffee Mornings, Afternoon Teas, Music Evenings, Open Days and Garden Fetes in the early days and received donations from local societies such as the Tisbury Youth Theatre and the Tisbury Flower Group, who organised a Country and Western Fair. They also hosted talks describing the work of the Hospice. Within 5 years they had raised an impressive £13,000.

One particularly interesting fundraiser of this era was the sponsored "Jail Break" from the Tisbury Police Station where, on 3rd September 1988, eighteen people were to get as far away from Tisbury as possible in twelve hours!

With many of the original committee taking a back step, the industrious Tamsin Lee took over as chair of the committee in 2009, ably assisted by Barbara Baddeley (secretary), Jeremy Saye (treasurer), Angie Phillips (ideas member) and many other hardworking and devoted committee members.

Over the years they have organised many wonderful events such as Quizzes, Open Gardens, Cream Teas, Concerts, Bridge Lunches, Lectures and Talks with suppers or lunches and Auctions of Promises, Christmas Craft Fairs and Champagne Receptions.

Almost 10 years ago, Sir Henry and Lady Rumbold offered to host events at Hatch House resulting in the creation of the renowned annual Garden Open (read more about this wonderful event on page 7), together with regular Champagne Receptions in this spectacular setting.

This wonderful committee have raised hundreds of thousands of pounds over the years. In the words of Lady Rumbold "What a difference it makes to work with people who are local, friends with each other and consistent: it is a marriage made in Heaven. Tamsin Lee and her committee are marvellous enthusiastic, friendly and efficient".

Lady Rumbold we could not agree with you more and can never thank them enough.



Tamsin and Nicholas Soames

We are keen to set up more small local fundraising groups, such as our Tisbury and Wilton committee, which both started with small fundraising events.

If you are interested in setting up or being part of a local fundraising group please contact Tamsin Murley, our community fundraiser, who will offer support and guidance, please email tamsin@salisburyhospicecharity.org.uk or call **01722 416353.**

Garden Open at Hatch House



We are delighted that Sir Henry and Lady Rumbold will once again host the annual Garden Open at Hatch House in September, following its' cancellation last year due to the pandemic.



This event, which usually takes place on a Sunday afternoon in June, will take place over two afternoons this year; **Saturday 11th and Sunday 12th September from 2-5 pm.**

From humble

beginnings, the Garden Open has built in popularity over the last ten years and now draws people from far and wide, who relish the opportunity to spend an afternoon admiring the glorious views across the Vale of Wardour and walking through the exquisite 17th century walled Dutch garden which faces the house's theatrical facade.

These days the repertoire has been extended to offer vintage clothes, bric a brac, books, jewellery, toys, face painting, ice creams, teas and cakes in addition to the famous clothes marquee. In the best year more than £12,000 had been raised.

Lady Rumbold takes up the story of the sale, which she organises each year with her dear friend Elspeth Vernon and many more enthusiastic volunteers:

'We had opened Hatch House Garden every year since the late 1970's, in aid of one good cause or another. At the start it was all very haphazard and hot-headed, like an overexcited debutante at a ball, rushing from swain to swain, until we met Tamsin Lee and her marvellous Tisbury fundraising committee.'

'How did we get into this? For years Elspeth Vernon and I had a shop in London selling handmade English and Austrian clothes for women, men and children.

We had started our life in the rag trade by working in Edina Ronay's 'Vintage' clothes shop, EDINA & LENA in the King's Road, Chelsea in the 1980's. We loved the divine 1930's and 1940's dresses and sweaters and our wages were always converted into irresistible clothes. When we outgrew or tired of items, we offered them to a wider public in a once a year sale in the garden at Hatch...acquiring chic cast offs from other donors in a fever of selling and buying. This is the way to buy posh clothes ultra cheap: IT'S CHIC TO BE GREEN. This philosophy runs in my family: my mother was always dressed in the Dior suits of ladies who appeared in the society pages of VOGUE, etc., garments they sold through Michael Resale on Madison Avenue in New York City. Let us hope they gave their takings to charity!

'2020 was a difficult year for us all and The Dutch Garden at Hatch suffered in sympathy: a winter cataclysm of rain toppled an ancient garden wall, COVID struck and all summer festivities were cancelled.

In early 2020 resurrection of the garden wall was miraculously accomplished, just in time for the Hospice's annual fund-raising fiesta in June, but pestilence put paid to all revelry and fundraising. The result is that we amassed a vast collection of superb merchandise and our valiant Tisbury volunteers are poised for a grand event on 11th & 12th September'

We would like to thank Lady Rumbold and Elspeth for the many hours they spend sourcing, sorting and organising the numerous items of clothes, their wonderful team of "Hatch House" helpers who devote their time and energy and of course our fabulous Tisbury Fundraising Committee who work so hard to ensure this day is always such a resounding success.



Peter Gillam Day Centre in Lockdown

It's hard to believe it has been a year since we have had to close the Peter Gillam Support Centre for face to face sessions.



However the service has continued to provide telephone support and also remote therapy packs to patients throughout the pandemic.

Telephone support has been available from the centre staff as well as a buddy system being set up linking

the patients with a volunteer who would normally help on their day at the centre.

The volunteers have been calling weekly to provide support, friendship and maintaining the connection with the patients. The remote therapy packs have been very much enjoyed with a variety of crafts, quizzes and gifts being sent to help the patients maintain their motivation, abilities and stay positive through this really difficult period of time we have had. Highlights have been CDs recorded

by our Spanish guitarist Andrew, autumn card making, and a 'Christmas party in a bag' pack which included a beautiful winter light kit which patients could light on Christmas day knowing fellow group members would be doing the same.

More recently during the second wave of Covid-19, due to the centre staff being required to assist in other areas of the service, the packs have been being put together by Stephanie Jalland who very kindly volunteered to do this for us. Stephanie put together the winter light kit as she would normally have produced the Christmas play with

the patients, and has since done a February pack and a spring pack which included a daffodil plant for each patient.

Patients say how much they love receiving these packs and that it makes them feel they continue to have a connection to the centre. Our volunteers have been a great support in being able to deliver the packs. The hospice therapy team have also continued their support of the centre with exercises to send out and also some community horticulture visits to replace the sessions they would normally have undertaken with the group coming in.

We continue to hope for the day to come when we can once again open our doors to groups coming back to the hospice but until then our remote support will continue.



Design our Robin Christmas Card

Enjoy being creative? Then we have the perfect challenge for you!

As part of our celebrations to mark Salisbury Hospice's 40th birthday we are launching a Christmas Card Competition. We are asking supporters of all ages, to design and create a Christmas card which features a robin which will appear in our 2021 range of festive cards.

The robin is synonymous with both Christmas and Salisbury Hospice. Many are often sighted in our gardens and appreciated by patients, families and staff.

To enter your Christmas card design, please create something that is no bigger than A5. Entries need to include a robin and must be a festive scene suitable for people of all faiths to receive.

Entries to the competition will be judged by Lady Rumbold at the Hatch House Garden Party on Sunday 12th September 2021. The winner will be announced on our website and presented with a fantastic craft hamper!



Use any medium, or combination of media other than video; for example:

Paint • Crayon • Pencil • Collage • Digital Media

Be creative and let your imagination run free!

Please send your design to:

Robin Christmas Card Competition, Salisbury Hospice Charity, Salisbury Hospice, Odstock Road, Salisbury, SP2 8BJ

Or email your design to:
david@salisburyhospicecharity.org.uk

The closing date for entries will be 30th June 2021.

COMMUNITY NEWS

Despite much of the past year being spent in lockdown many of our wonderful supporters have found creative ways to raise funds for us. We would like to say a huge thank you to you all, a few examples are:

Walk the Test Another Way

Despite the annual Rotary Club of Romsey's annual event being cancelled in September, six ladies – **Mandy's Fit Bits** walked the full marathon distance down the Test Way raising more than **£2,200**. Amazing!



Amesbury Rugby Club

Always being up for a challenge, the players and members of Amesbury Rugby club took on the 12 Labours of Hercules, 12 particularly difficult and exhausting physical tasks over a period of 6 weeks. These included lifting the equivalent of 100 blue whales in the gym, climbing the equivalent of Mount Everest and a press up for every person in Amesbury (1,2523). What an extraordinary challenge from all of the teams – young and old – raising more than **£1,700**.

Frank Cunnane

Another inspirational fundraiser who pushed his body to its' limits, Frank completed 10 x 16k spin classes with 100 press ups between each one – a huge total of 160 kilometres cycled and 1000 press ups, back to back. Frank, a leukemia survivor, completed this challenge and raised more than **£6,450** in memory of his friend Steve Buxcey. Frank we are totally in awe of you!



Gislaine's 90 walks for 90th birthday

The incredible **Gislaine Woods**, inspired by Captain Sir Tom Moore, decided to celebrate her milestone 90th Birthday by walking to the end of her road and back 90 times, raising more than **£3,550**. Gislaine you are a truly remarkable lady, thank you. You can still donate to support Gislaine here:

www.justgiving.com/fundraising/gislaine-woods

Christmas Trees

Sadly we had to cancel our Christmas Tree collection due to the latest lockdown. However, we would like to thank all of those who generously allowed us to keep their donations, we are truly grateful. Watch this space – we will be back next year, with an even bigger and better collection!



Now It Can Be Told

Now It Can Be Told was written by **Arthur Stiby** on his return home from war after his release as a Japanese PoW. A light-hearted story written for his eight-year-old

son, Robert, about the adventures of a little dachshund called Vicky who is involved in a secret wartime mission. 75 years later Robert re-discovered this tattered, dog-eared copy of the manuscript, publishing it to raise funds for us. Purchase your copy by giving us a call.



40 Memory Miles

#40memorymiles

As part of our 40th birthday celebrations, we are asking supporters to lace up and walk 40 miles during the month of August to raise vital funds for Salisbury Hospice.

This exciting new event replaces our annual Midnight Walk which we are unable to hold due to current mass participation restrictions.

You can walk in memory of a loved one, or walk to show your support for this incredible end of life service, it is entirely up to you.

The challenge is straightforward: choose your own routes, do it at your own pace and in your own time over a 31-day period.

It's easy to sign up, there's no registration fee, and you'll receive a free T-shirt and fundraising pack. Those walking in memory will also have the opportunity to dedicate a star on our Memory Website.



Date for you diary

Registration for this exciting fundraiser will open on **1st July 2021** to find out more please visit salisburyhospicecharity.org.uk



We do hope you'll join our 40th anniversary challenge where every step makes a difference.



Can you take the heat?

We are looking for a team of daredevils to face their fears, and take on our first ever Fire Walk on Saturday 11th June, in front of the stunning back drop of Salisbury Guildhall.

Fearless fundraisers are offered the ultimate challenge, walking between 15-20ft over hot coals at 550 degrees celsius! Perform this unique mind-over-matter experience following expert tuition from Guinness World Record Holder Scott Bell.

Scott Bell is the twice Guinness World Record holder for the 'Greatest Fire Walking Distance' by walking 328 feet on burning coals. You will undergo a one-hour seminar from Scott in

which he will explain the history of fire walking and the technique behind it. Then, to the beat of the drum, it will be time for you to take up the challenge.

Registration is £30 per person and we ask you to raise a minimum of £150 in sponsorship. Participants must be 16yrs old and over. Register now as places are limited!

To register, please visit our website. Once registered you will receive a sponsorship pack, including guidelines and further information.

This event is proudly sponsored by ?????



Easy Ways to Support Us



Hospice Lottery

Have you heard about our hospice lottery? Our weekly lottery draw is a fun and easy way to raise money for Salisbury Hospice Charity, plus you could win up to £25,000! For just £1.00 per week, it's a great way to support us! www.salisburyhospicecharity.org.uk



Help us every month...

Now, more than ever before, having regular monthly donations is vital. Knowing that each month we have a guaranteed donation will allow us to plan and continue our services, no matter what the circumstances. A small monthly donation can really make a big difference. However much you can give, be rest assured that it will be spent in the best possible way. www.salisburyhospicecharity.org.uk/donate/



Co-Op

We are delighted to have been chosen to benefit from the Co-Op Local Community Fund. Every time a member shops in a Co-op store and chooses us as their beneficiary, Salisbury Hospice Charity will benefit. Become a Co-op member to help us provide our care for everyone who needs us most. membership.coop.co.uk/causes/51199



Amazon Smile

Wouldn't it be great to be able to go shopping online and donate some cash to your favourite charity as a result? Well, you can now donate to Salisbury Hospice Charity through your purchases via the Amazon website - and it costs you nothing!



Give as you Live

Did you know there's a really easy way YOU can help Salisbury Hospice Charity today! You can sign up for 'Give as you Live' online: www.giveasyoulive.com



EasyFundraising

We're all shopping online more and more at the moment. You can shop at a vast array of outlets and help us raise funds too - find out more here: www.easyfundraising.org.uk



Recycle 4 Charity

With so many of us working from home at the moment, this is a great way to support us! Recycle your ink cartridges via our Recycle4Charity programme. To start, go to the link below and sign up for your free account: www.recycle4charity.co.uk

Dates for your diary



Saturday 8th May
Virtual Fabulous Family Fun Day

Saturday 11th June Firewalk



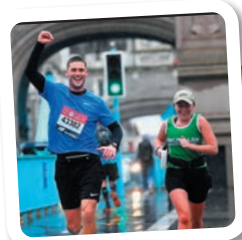
Saturday 19th June
Woodford Valley Great Garden Open Event

Throughout August
Memory Walk



Friday 10th September
Beacon Hill Clay Shoot

Saturday 11th & Sunday 12th September
Garden Open, Hatch House



3rd October
Virgin Money London Marathon

For more details on events please visit our website: salisburyhospicecharity.org.uk or call **01722 416353**



Your donation will ensure the unique care given to patients and families will continue into the future.

To donate by cheque please make your cheque/CAF voucher payable to **Salisbury Hospice Charity**. Alternatively you can make a donation by debit or credit card – see below.

Please accept my donation of:

£10 £20 £50 £150 £200 Other £

Name
Address
Post Code

giftaid it

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 for the current tax year.

I want to Gift Aid my donation of £

Card No.

Start Date / Expiry Date /

Issue Number (Switch Only) 3 Digit Security Code

and any donations I make in the future or have made in the past 4 years to Salisbury Hospice Charity.

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

Signature Date

Please send your donation/completed form to Salisbury Hospice Charity, Salisbury Hospice, Odstock Road, Salisbury, SP2 8BJ using the freepost envelope enclosed. Tel: 01722 416 353

