



6,000k across Europe in 60 days!

BILL BUDD

has hit everyone for six with his incredible long-distance bike ride in aid of The Rosemary Foundation. Bill celebrated his 60th birthday by cycling 6,000k across Europe in 60 days with the aim of raising £6,666.



Bill has been building up to this special birthday challenge for the past decade. He said: "I looked in the mirror when I was 50 and did not like what I saw. From someone who was fit and ran marathons in his 20s I had become this person who would struggle to cycle a couple of miles. So I decided to do something about it." The years since have seen Bill involved in a 10-person bike ride covering 10 countries in 10 days, various cycling Sportifs and pedalling from Land's End to John O'Groats in relay.

But Bill decided to go for the truly spectacular to celebrate his 60th. He said: "Instead of holding a lovely big party, having one too many beers and waking up the next morning regretting it, I thought I'd do something completely different – a cycling challenge that would test me to the limit while raising funds for a good cause. I have supported several of the big national charities in the past but wanted something

He set off from Greatham on July 6 with just Sherman the Bike, Bob the Trailer and Big Agnes the Tent for company. And he returned on September 6 for a homecoming party and well-deserved pint or three of good old British bitter at his local, the Greatham Inn.

Bill finally clocked up just under 6,500km – managing, by complete coincidence, to tot up his 4,000th mile as he pedalled into Greatham! He has also surpassed his sponsorship target with more than £7,000 now raised – a fantastic achievement. Bill visited 14 countries on his epic two-wheeled adventure, spending 325 hours in the saddle and climbing a total of 145,533 feet – that's 27.5 vertical miles, equivalent to FIVE Mount Everests! Towing a trailer containing everything from tent to tyre repair kit to toothbrush, he averaged a very respectable 12.1mph.



more personal and local, who would appreciate every single penny I raised and be with me every turn of the pedal. I saw my doctor, Tom Price at Liss, and he suggested The Rosemary Foundation. I did some research and the more people I spoke to, the more I realised how much incredible work Rosemary do in the local community with their expert nursing, care and support. I couldn't think of a more worthy charity to help."

The highlight of Bill's trip came in Vienna on July 28 – his 60th birthday. His wife Jill flew out with their sons Alex (20) and Laurence (24) to celebrate Bill's big day and the couple's Silver Wedding anniversary 24 hours later. The cycling high point – literally – came when he managed to cycle TWO of Switzerland's toughest mountain passes in one day, climbing 6,600 feet in total and still managing to cover 100km. But poor weather conditions meant he was unable to cross mountain passes to get into Italy and Andorra, meaning he visited 14 countries instead of the planned 16. Appropriately for an expert in sporting endurance, Bill completed his 6,000th kilometre at Le Mans – home of the legendary 24-hour sports car race.

Bill's bike was built by Owen Patterson of Owens Cycles at Steep, near Petersfield. The company also sponsored Bill's trailer. He said: "I'm notorious for breaking bikes, so Owen built me Sherman –and, as the name suggests, it's like a tank. Owen's right-hand man, Phil Bowley, has been my cycling mentor over the years. The trailer is made by a company called Beast Of Burden – hence the name Bob – and Big Agnes manufacture tents, although Little Agnes would have been more appropriate given its tiny size!"

Friends and family were able to follow Bill's progress via his Old Git On A Bike blog – given a fun twist every day by friend Steve Laws. And his entire journey was tracked live on his 'Old Git' website, which was

sponsored by BTE (Bordon Tyre and Exhaust) – who also supplied all of Bill's kit. As for injuries to the intrepid cyclist and his transport, Bill suffered a broken tooth after a disagreement with a pothole in Belgium, while Bob suffered one puncture and five broken spokes.



Bill added:

"The whole ride was an amazing experience. Nothing inspired me to do it – but I'm hoping it inspires other people to do something similar. You are never too old!"

You would think Bill might have put his feet up and relaxed for a week on his return, but he was back working in his job as an estate manager in Alton within a couple of days. And, guess what. He cycled there!

Tony Upfold

Open Meeting on Wednesday 29th October

Would you like to meet the volunteers, nurses and trustees who beaver away to keep The Rosemary Foundation afloat?

Are you interested in hearing about the Foundation's performance, feedback from questionnaires and Care Quality Commission Inspection?

Do you have time to spare and would like to work as a volunteer? Have you comments and suggestions to improve the service and or fund raise?

Do come and join us on Wednesday 29th October at 7pm in Petersfield Methodist Church (Post code GU32 3EB) – The Upper Room.

Light refreshments will be available.



Chairman's Letter

Dear Readers,

A warm welcome to you all. The past six months have been both demanding and exciting and there is much of interest for you to read elsewhere in this Newsletter. News concerning administrative changes, improvements in our service made possible through our NHS grant, a variety of enterprising fundraising events and to our delight, the gift of a legacy, a rare but welcome occurrence for the Foundation.

Though to date, benefits from Spectrum our out-of-house fundraising programme have been somewhat disappointing, the Trustee Board agreed in June 2014 to release funds for the appointment later this year of an additional nurse. This will not only meet the challenge of an increasing demand on our fine Hospice at Home service but will give strength to the current team of nurses and health care support workers.

The trustees were delighted to welcome Chris Wilton and Tony Causton to the Board in April (see below). Each brings his particular expertise to enhance the Board and together they will shoulder the considerable responsibilities that Mike English will relinquish later this year.

Joan Smith will resign from the Board in September. She has travelled with The Rosemary Foundation since its inception in 1997. In the early days she was instrumental in acquiring vital funds for the nursing service and she has supported the team throughout the years. Joan is one of our longest serving trustees and she is able to fight the nurses' corner when necessary. We shall miss her but hope to see her at our local fundraising events, which she has contributed to for very many years, busy beavering away behind the scenes.

My sincere thanks to our Patrons, The Earl and Countess of Bessborough and Lady Shauna Gosling, to the trustees, to the wonderful nursing staff, to those who counsel and to the talented volunteers who give so freely of their time. A particular thank you goes to you our brilliant supporters without whom there would be no Rosemary Foundation Hospice at Home.

Very best wishes

Dr Patricia Golding, Chair of Trustees

Chris Wilton has spent most of his career in the Diplomatic Service. More recently, he has qualified as a financial adviser, and specialises in advice on long-term care. He has sat on the board of a number of national and international charities over the past nine years, including being Chairman of Raleigh International, the youth development charity, for five years. He is keen to combine his interest in long-term care with support for a charity with more of a local focus. The Rosemary Foundation perfectly fits that profile in providing essential end-of-life palliative care to the local community. He hopes that the charity will be able to benefit from his knowledge of finances as well as his previous experience of charitable boards.

Tony Causton writes: "The Rosemary Foundation (TRF) Hospice at Home service is one that I have greatly admired for a number of years living in the area covered by the Charity. It provides the highest standard of care and understanding at end of life, which is such an essential service, and one I am very keen to support as a Trustee. As General Manager of a similar sized charity to TRF, I believe I can contribute, as a Trustee, in setting strategic direction as well as bringing expertise in charity operations, administration, finances and fundraising. I look forward to working with TRF over the next few years."

THE ROSEMARY FOUNDATION IS VERY GRATEFUL TO THOSE KIND PEOPLE WHO HAVE REMEMBERED
THE FOUNDATION IN THEIR WILL

If you would like to leave a legacy to The Rosemary Foundation, just ask your solicitor to add the appropriate clause stating The Rosemary Foundation's name and Charity Number 1064723

...more people with pedals!



Tony Upfold (pictured) teamed up with four friends to cycle from John O'Groats to Land's End in memory of his father John Upfold – an architect, JP and active member of many organisations in Petersfield for more than 50 years. John died in 2010 at the age of 80 and was cared for by the Rosemary nurses in the final months of his life.

During the second week of his ride, Tony was hit by a stomach bug and wondered if he would be able to finish. But he then received an anonymous donation of £20 with a message which read: *"a worthy cause, Rosemary nurses are looking after my husband and they do a wonderful job, hope you raise a ton of money, go Tony!"* Tony says "that was really inspirational. It put my aches and pains in perspective and reminded me why I was doing the ride and the importance of the cause I was supporting. So thank you to whoever made that donation and wrote those words."

Having had a hip replacement, local GP **Dr Andrew Holden** from the Swan Surgery in Petersfield set himself a huge challenge to cycle the 100 miles South Downs Way in a day, together with a group of friends. He found that cycling was a perfect way to rehabilitate and strengthen his muscles. Dr Holden says "unfortunately, medicine doesn't have all the answers and we have to accept that we all have a time to pass away. For those who wish to do so at home, we do all we can at the Swan Surgery to facilitate this, but it is The Rosemary Foundation that often makes this practically possible. They do a great job and make a huge difference".

Rosemary Ramble

Pictured at this year's Rosemary Ramble are Phil Beenham with Forest, the real Dalmation!



Bucket Collection

Thank you to all the people who generously gave their time to hold a bucket for an hour (or more) during our latest collection in Petersfield Town Centre. We were blessed with a fine, warm day, the town was very busy at times and, thanks to the generosity of the shoppers, we collected the superb total of £895.

The Petersfield Choir (pictured)

under the direction of Steve Sargent gave their inaugural concert on 5 April in Petersfield. The range of music on a Lenten theme was extensive – from Sixteenth Century Palestrina to a 2011 version of Ave Maria. The programme for their second concert on 5 July had at its core a set of folk songs from around the British Isles. Money from the retiring collections at both concerts was given to The Rosemary Foundation.



Liss Community Choir

has been in existence for almost three years and has performed at a number of local events. The choir is directed by the distinguished singing teacher and Liss resident, Margaret Gussman. At its June concert, the choir presented a beautifully varied programme which included popular musicals and folk tunes. Members of the choir were delighted that so many people came to hear the concert and to support the collection for The Rosemary Foundation.

Well done Meghan!



Meghan Cann of Liss has braved her fear of heights and done a skydive to raise funds. Meghan said "I am doing this in remembrance of my lovely Nan, Eileen Cann. She meant the world to me and I'd like to think she'd be looking down on me and be proud of the person I have become".

Herne Farm Coffee Morning



Our good friends from Herne Farm organised a Coffee Morning at which John Phemister presided over the very popular and probably unique "Aussie Dip", inviting people to win a piece of

Australian memorabilia. Their next coffee morning is on Saturday 8 November, 10:00 - 12:00 at the Herne Farm Community Hall.

Our grateful thanks to an anonymous individual for sponsoring the printing costs of this newsletter.

Financial Review

As you may remember, the Foundation's financial year runs from 1 July to 30 June. Our financial year 2013/2014 finished at the end of June with a good result for our funds: we have been able to further build up the reserve account which we have created to secure the financial future of the organisation and about which I wrote in our Autumn 2011 newsletter.

You may think that a charity should spend all the funds it receives: however this would not be very responsible as should our income be unexpectedly reduced, we might not be able to continue caring for our existing patients or accept new ones. We see no prospect of there being statutory funds available to provide the standard of service of which the Foundation is very proud and there is also little prospect that in the near future the demand for the service will reduce, although we would love to find ourselves out of a job because we are not needed! It is for these reasons that the Trustees have considered what financial reserves policy the Foundation should follow to secure the future.

There have been some significant changes in the administrative arrangements of the Foundation. Following a thorough selection process, Jeremy Mitchell was welcomed in June as a part time Office Manager.

Jeremy says "Having lost my Mum to cancer earlier this year, although not in this area, I was looking for an opportunity to support an organisation similar to the one that had been looking after her. When I saw this role advertised, seeking someone with financial skills and previous voluntary organisation experience such as I have, it seemed pre-destined! I applied, was interviewed and ultimately thrilled in being successful. I am looking forward to complementing and supporting the excellent work being undertaken already by our magnificent team of nurses and volunteers, and to carrying on the work of building the Foundation's financial resilience for the future".

We are delighted at how well Jeremy has settled in. He brings very relevant skills and experience to the role, from his past employments and his current roles with Petersfield Museum.

The IT enhancements I wrote of in the last newsletter in the Spring are underway. Much of this has been made possible by the NHS grant, but just as importantly, we are being greatly helped in the planning and implementation by Richard Taylor, who is also one of the team who bring you the Petersfield Webcams <http://www.petersfield-cam.co.uk>

Our already effective volunteer administrative team is also being joined by volunteer Steve Telfer, who will be helping us with activities in the IT area.

One other point I would like to emphasise: if you are planning to collect on-line sponsorship for an event, please consider using the website "MyDonate" (<http://www.btplc.com/mydonate/index.aspx>) as we receive a greater percentage of donations than with some others providing a similar service.

This will be my last review as it is surely time for me to hand over to new blood!

I would like to think that you have found these reviews informative and of interest and that you feel that your support for the Foundation is fully justified.

Mike English, Trustee



Jeremy Mitchell

News from the Nurses...

The sunshine over the summer has certainly made being out and about in the countryside pleasant. We have not had to battle extreme weather conditions which makes a change, and we are hopeful that the coming winter will be kind to us. However, our nurses will be better equipped for winter driving following our successful and exciting "winter driving course" in which the majority of nurses took part at the Goodwood circuit back in March and April this year. We had an extremely patient instructor with a strong stomach, who sat beside each of us talking us through how to produce a skid situation and how to deal with it. It felt as though we were travelling very fast, but I don't think it was more than 25-30 miles an hour most of the time.

The summer months have been a busy time for the nursing team, who, as always, have risen to the challenge with their usual enthusiasm, loyalty and efficiency. We have also had a new registered nurse, Sandy Philips, join the nursing team in July. Sandy is settling in well and is a welcome addition to our team.

Over the last six months we have had the additional pleasure of spending the NHS grant. We are using this funding to improve and enhance the service that we offer to our patients and their families. We have purchased nursing equipment such as commodes, light-weight wheel chairs, slide sheets for moving patients in bed when they are too weak to help themselves, pressure-relieving equipment, together with hair washing equipment (a small inflatable pool for washing hair whilst someone is in bed). This sounds so simple and low tech but it can improve wellbeing enormously. Having this equipment available at exactly the time it is needed and not having to wait for NHS stores to deliver it can make all the difference to our patients and their carers, helping to make what is a stressful time more bearable.

As always if there is anyone you feel would benefit from our involvement, do please pass on our contact details.

Julie Cotsell

NHS Grant

Last year NHS England invited Hospices to bid for a capital grant to help them make improvements to their activities and services. The Rosemary Foundation bid for a grant, which is administered by Help the Hospices, to provide better healthcare equipment and to upgrade our IT support, thus enhancing our care for people in their own homes. We were awarded a grant of £25,000, and over the last few months have been busy buying the equipment that will help us deliver a higher level of service.

For example, wheelchairs, commodes, bed supports and lifting frames have been put to immediate use, whilst the management office and all nurses have much better IT support so they can access each patient's data easily.

Much more has been bought with this significant grant and a full report on how these enhancements have really made a difference to our support to our patients will appear in the next Newsletter.

Jeremy de Halpert, Trustee

Fundraising

If you would like to raise funds for The Rosemary Foundation please email:

fundraising@rosemary-foundation.org.uk

or tel: 01730 266329

On-line shopping

Do you know that you can raise funds for The Rosemary Foundation by shopping on-line? You don't pay any extra!

easyfundraising helps thousands of good causes and charities to raise money for free. With over 2,700 retailers, shopping via easyfundraising is a great way of fundraising online.

Over £7 million has been raised so far for UK charities, schools, sports clubs, community groups and more.

<http://www.easyfundraising.org.uk>

Lights of Remembrance Service 2014

Sunday 30 November at 5:00pm at Langrish House
by kind invitation of Mr & Mrs Talbot-Ponsonby.

You are invited to attend our service, however,
please note that places are limited, and it might
not be possible for us to accommodate parties of
more than 4 people.

**Please note that our deadline for the receipt of
dedications is Tuesday 25 November 2014**

✂

Name

Address

.....

Post Code

Tel No: (just in case of queries)
.....

I would like to dedicate a light in memory of
.....

Number of people attending

Please accept my donation of £.....

Gift Aid Declaration

Please treat as Gift Aid
donations all qualifying gifts of
money made today, in the past 4 years and in the
future. I confirm I have paid or will pay an amount
of Income Tax and/or Capital Gains Tax for each
tax year that is at least equal to the amount of tax
that all the charities or CASCs that I donate to will
reclaim on my gifts for that tax year. I understand
that other taxes such as VAT and Council Tax do
not qualify.

Signed

Date

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2014 Fundraising Events

OCTOBER

11 Saturday

the gemini consort, 7.30 pm, St Peter's Church,
Petersfield Retiring collection for The Rosemary
Foundation

18 Saturday

Rosemary Foundation Annual Quiz Night
East Meon Village Hall, 7.00 for 7.30 pm
Teams of up to 8 people. To book tel: 01730 266329

29 Wednesday

Rosemary Foundation Open Evening
7:00 - 9:00pm
Petersfield Methodist Church Hall, Upstairs Room

NOVEMBER

8 Saturday

Herne Farm Coffee Morning
Herne Farm Community Hall 10.00-12.00 noon

22 Saturday

Charity Bazaar
Liphook Village Hall, 11:00 - 2.00 pm Raising
funds for The Rosemary Foundation and
Liphook Day Centre

29 Saturday

Rosemary Foundation Christmas Fayre
East Meon Village Hall, 10.00 - 12.30pm

30 Sunday

Lights of Remembrance
Langrish House at 5.00pm