



THE ROSEMARY FOUNDATION

Hospice at Home

Registered Charity No 1064723

Autumn 2015 Newsletter

Bats and balls... and...



Annual Cricket Match

We were blessed with a beautiful warm Sunday afternoon for our annual Charity Cricket Match held at Kingsley United Sports Club. There were 20 players of all ages who drew to select their team, Kingsley or The Rosemary Foundation. The format was that everyone would bowl 3 overs and those batting would retire on 20 runs, going back in when everyone else was out.

The Team Captains ensured some fun especially amongst players from the same family, so there was much hilarity, for example in son dismissing father and the reverse. Jeremy, our Office Manager, did very well, and not having played for a number of years, managed 11 runs and dismissed 2 people in his bowling spell. Our youngsters also did very well in both bowling and batting.

A sumptuous tea, put together by our staff, was enjoyed at half time. There was a raffle and there were bar facilities for those who wanted them. £309 was raised for our funds.

With conniving by the last 2 batsmen, an honourable draw of 144 runs each was declared the result.

A fun afternoon was had by all. Please do join us next year; The Rosemary Foundation is always looking for players for its team! ***Penny Powell, Rosemary Foundation Nurse and Cricket Scorer***

The Rosemary Foundation Inaugural Golf Day – 8th May 2015

When I first mentioned in August 2014 to Philippa Steward – our PR and Marketing guru – that I would put on a Golf Day in 2015, little did I realise how much of our lives I was about to commit!

On more than one occasion it seemed everything would collapse like a house of cards, but eventually – and with thanks to Petersfield Golf Club, and our tournament sponsors - Liphook Motors; Rothman Pantall (Cox Manning Accountants); Business Growth Network, Petersfield; Petersfield Physiotherapy & Sports (cntd)

(Photograph by Michel Focard)



Injury Clinic; Drayton Reed Insurance Brokers; and The Winner Group) – we reached the day of the event.

12 teams competed – being a bank holiday week and with a general election the day before many who would have liked to play were unable to do so – and the stand-out team were Cobra Tool & Die ‘A’ from Portsmouth. Other teams comprised players from local, and further afield, businesses and also of individuals.

The 47 golfers were then joined by a further 35 diners for a three-course dinner provided by Gemini Catering at the Golf Course, which was interrupted on several occasions for a raffle and auction. The star prizes for the auction were a summer week in an alpine chalet and a winter ski week in an alpine apartment – both kindly donated by Steve and Debbie Isaac. Other prizes included donations of meals at Langrish House, Fork Handles and The Gurkha Durbar, as well as a day trip to the Isle of Wight in a skippered RIB donated by local resident Robin Greville. One of the most sought-after prizes was a Rosemary Foundation Teddy Bear – the only one in the World! Thanks to the sterling efforts of our master auctioneer – David Erskine-Hill – the auction alone raised almost £2,000.

The evening finished around 11 pm and overall the Golf Day had raised in excess of £3,500 for The Rosemary Foundation. Thank you to all who took part or contributed in some other way – time or support included.

Jeremy Mitchell

...and...Bill...

Most people probably know the Le Mans Circuit in France for its 24 hour endurance event for sports cars. Considerably less well known is the 24 hour endurance



The indefatigable Bill Budd, who last year rode his bicycle to Vienna and back to raise funds, has not given up on long distances. Most

people probably know the Le Mans Circuit in France for its 24 hour endurance event for cyclists! Bill has just taken part in this race and the statistics are impressive. Bill completed 144 laps, was the first Englishman home in the solo race, coming 15th overall, and clocked up an incredible 374.6 miles. Many congratulations to

Bill and our grateful thanks for his continuing fundraising, which is approaching £10,000. If you would like to support Bill and help him to reach this target you can do so at www.justgiving.com/bill-budd

In July Dave Wilson ran 62 miles along the Ridgeway to the stone circle at Avebury in Wiltshire. Obviously you don't just get up one morning and decide to run 62 miles! Since he started training in February he has clocked up over 1000 miles, run 41 miles in a single day and, on more than one occasion ran 2 marathons in a weekend.

...and...Dave

A close friend of Dave's told him how The Rosemary Foundation's nurses looked after her father. Dave said *"when she told me what the nurses did for her father and the family in his final hours I was reduced to tears. I decided that if I was going to raise funds for any charity then it would be The Rosemary Foundation"*.

His actual time for running the 62 miles was 10hrs 54mins 09secs and next year he intends to take part in The Towpath 100 mile race from Richmond to Oxford. A huge thank you to Dave for his magnificent fundraising.



Chairman's Letter



A very warm welcome to all our readers

Where did the summer go? I can't remember when I last turned the heating on so early in the autumn. Perhaps we'll have an Indian Summer during this month, or is that wishful thinking? Not that the weather will put off the amazing people who take part in fund-raising events for The Rosemary Foundation and other charities.

Over the next few weeks, we will have the Butser Challenge. I take my hat off to anyone who takes part. I find walking up Butser Hill is enough of a challenge for me. Then, for those of a more cerebral kind, the Quiz Night on 10 October, which will be as hard-fought as always. And a week later, Bargain Hunt, in the form of celebrity auctioneer Jonathan Pratt, comes to East Meon.

All these events, and those taking place regularly through the year, are intended to be fun, challenging, social occasions, when people can get together in a good cause. The commitment of those who take part, organise, and assist is a powerful counter to those who say that society is becoming increasingly selfish.

The Rosemary Foundation is hugely grateful that people continue to show such warmth, generosity and community spirit. It is no exaggeration to say that the Foundation would not exist without your commitment.

That's why I want to use this newsletter to raise an issue which many people find difficult to discuss.

I'm not sure that it is generally known that The Rosemary Foundation receives little in terms of government funding. In many years, we get nothing. In others, perhaps a few thousand pounds. But nowhere near the amounts that we need to provide the care and counselling that our incredible staff give to those who need it.

Fund-raising events, like those I've already mentioned, do a brilliant job of bringing in significant funds every year; as do our approaches to fund-giving trusts and generous donations from individuals.

I would like to ask all of you to consider helping The Rosemary Foundation by making a charitable bequest to us in your Will. Your legacy will make a real difference. £1,000 for example, will cover the cost of counselling to patients and families for a month, while a legacy of £25,000 will provide over 400 hours of nursing care. It's easy to do, and Age UK and Citizen's Advice offer free advice on the process.

Please do think about what I'm asking. You will make a real difference to our work with those who so need our help in the later stages of their life.

Chris Wilton, Chairman of the Board of Trustees

A Quiz Evening in Liss....

....raised £1,000 for The Rosemary Foundation. Nearly 100 people enjoyed the evening in Liss Village Hall with guest Quizmaster the author and broadcaster Rick Edwards. The Rosemary Foundation would like to thank everyone who came to support the evening, but our especial thanks to Patricia and Philip Edwards who worked so hard to ensure the success of the evening, including setting all the questions themselves.

Petersfield Town Mayor 2015-2016 is Lesley Farrow

who has lived in Petersfield for 37 years. For the duration of her year in office Lesley has chosen two charities to support, The Rosemary Foundation and Petersfield Counselling Service. During the year there will be various fundraising events after which all the money raised will be presented to the two charities. Our grateful thanks to Lesley.



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



An Unmissable Opportunity!

The Charity Antiques and Collectables Auction raising funds for The Rosemary Foundation and All Saints Church, East Meon takes place on

Saturday 17th October starting at 6:00pm.

BBC TV's Celebrity Auctioneer Jonathan Pratt is the man with the hammer! It will be an action packed evening with 300 lots to sell. Buyers will wish to note that there will be no buyer's premium. Viewing takes place on Friday 16th October from 6:00-9:00pm and on Saturday 17th from 10:00am up to the start of the auction.

Catalogues will be available at £2 which includes a glass of wine, and a pizza van will be on hand to supply refreshments.

Come and support the hardworking team who have put together this event and bid for a bargain!

Audio Mini-Library

With the kind support of the charity Listening Books, we are now able to provide a Mini-Library of audiobooks to people who find it difficult to read due to illness and disability, entirely free of charge.

The Mini Library consists of 200 titles on CD, both fiction and non-fiction including popular authors like Terry Pratchett, Sebastian Faulks and Agatha Christie as well as modern fiction titles such as 'Game of Thrones'. We can also supply a personal CD player, along with a choice of headphone to accompany the audiobooks.

We are currently cataloguing the collection for publication and access on our website. It will then be available for use by our patients and their families.

Please do not hesitate to contact Jeremy Mitchell on 01730 266329 or at info@rosemary-foundation.org.uk if you would like to know more about this service or if you would like to assist us in administering the Mini-Library.

Stephen Fry is a great supporter of Listening Books and welcomes everybody who uses them:

"A huge welcome to Listening Books! I do hope you enjoy your membership and listening to lots of fantastic audiobooks. Some of my personal favourites in the library have got to be Mansfield Park by Jane Austen and The Adventures of Sherlock Holmes by Sir Arthur Conan Doyle. And of course, not to mention the fabulous Harry Potter series, read by yours truly (among other great works of course!)"

90th Birthday Flight Raised Funds for The Rosemary Foundation



Bob Simmons from Petersfield celebrated his 90th birthday in June. Bob was in the Navy from 1943-1956, the last four years of which were spent as a pilot with the Fleet Air Arm. During this time he flew the Grumman Avenger and the Meteor, amongst other aircraft. Having not flown since then, Bob announced to his family that he wanted to fly again for his 80th birthday and they were able to arrange a flight for him at Goodwood, and then again for his 85th birthday. So the obvious thing to do for his 90th was to take to the skies again! Bob's flight was in an Auster aircraft owned by a friend of his.



Bob and his wife Pam, who had been in the WRENS, moved to Petersfield in 1999. Towards the end of her life, Pam was looked after by the nurses of The Rosemary Foundation. Bob is already a staunch supporter of the Foundation, making historic ships and providing his own paintings to sell at fundraising events.

He decided to mark the occasion of his 90th birthday by raising funds in acknowledgement and thanks for the wonderful care that both he and Pam received.

3 Mad Men went to Dunwich!

The Dunwich Dynamo is one of the 'must ride' events of the summer calendar for many cyclists. It is a 200km night ride from London Fields in Hackney to Dunwich on the Suffolk Coast. The ride is always held on the Saturday night/Sunday morning nearest to full moon in July to ensure that riders have the maximum amount of moonlight to ride in. The event starts in London Fields with riders leaving between 8pm and 9pm and most get to Dunwich between 7am and 9am. Our thanks to Brett, Craig and Rupert for raising funds for us.



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

Financial Review

I am more than happy to say that the outstanding levels of financial support from our community, and for which we are eternally grateful, continued for the last five months of our financial year. So much so, that we were able to make another addition to our reserves just prior to the financial year-end in June.

It is really very humbling to see how much of our income comes from our supporters. I know I have said it before but it is so important to us. In the year just past, public and 'in memory' donations (donations made at funerals and services of remembrance) gave us over 40% of our total income – thank you all.

Community fundraising is also incredibly successful, and it is more than possible to have fun doing it. I managed to avoid the 'ice-bucket' challenge, but in the last few months have played golf and cricket whilst raising funds – both played very badly and for the first time in many years. The Golf Day in particular was very successful financially as reported elsewhere in this newsletter. In September I am representing The Rosemary Foundation at a meet of the Meon Valley Airgun Club – hopefully if I do have to shoot this time I will hit my target and not that of my neighbour!

We were also very fortunate in receiving some legacy income during the year. Legacies do make a significant difference to the financial well-being of many charities, and we are no exception.

There are of course expenses. The largest of these directly amounts to the volume of work we do and is therefore more easily calculated, and regular, than income. Through prudent financial management we were able to deliver expenditure below budget – although we know that will not be easy looking ahead where pressure on our workloads is increasing.

We are now into a new financial year with all the uncertainty that brings with it. However I am pleased to say that in the first month we were able to cover all our expenditure and hope that bodes well for the rest of the year.

As ever, I would like to finish by saying thank you to everyone for helping and supporting us in whatever way you do. Everyone – nursing staff, volunteers, and supporters are vital parts of, and ensure the successful running of, The Rosemary Foundation. If you would like to help us in any way please contact me on 01730 266329, in writing to 35 Lavant Street, Petersfield, GU32 3EL, email info@rosemary-foundation.org.uk or through our Facebook page <https://www.facebook.com/RosemaryFoundation>.

Jeremy Mitchell

White Horse Walks 2015

Walkers of all ages enjoyed a great day of fun and exercise at the beautifully located White Horse Inn (also known as the Pub with No Name) at Priors Dean, near Petersfield – and it was all in aid of The Rosemary Foundation.

Breakfast was available from 9am for those needing sustenance before they set off. There was a choice of three walks through the surrounding countryside to suit all ages and abilities; a 2-mile Toddle along a pushchair-friendly route for youngsters accompanied by an adult, a 6-mile Stroll for walkers with slightly longer legs and a 10-mile Trek for those who really wish to stride out. All the walks were guided and start times were staggered to ensure that everyone arrived back at the Inn by early afternoon for a BBQ lunch.

Our thanks to Licensees Georgie and Paul Stuart, the 2nd Cowplain Guides, Horndean Division, for their superb cake stall, Steve Hughes for organising all the walks and Jenny Broadhead from the local MacMillan volunteers.



News from the Nurses

I hope you have had an enjoyable summer, managed a little relaxation and were able to recharge your batteries in the sunshine.

The nursing team has been facing many challenges this year, partly due to the lack of care available from care agencies, and fewer care agencies to provide the carers. This increases the demand for our skilled nursing team to become involved as our community colleagues hope that we can help them to fill some of these gaps in service.

This means that in some instances The Rosemary Foundation has been needed to provide packages of care for patients. This in turn, reduces our ability to respond when patients known to us, and visited regularly, become less well, and need more of our time. Our nurses always respond loyally and efficiently when this happens, providing the extra visits needed. Their willingness to fill the gaps is the thing that always impresses visitors from other teams when they join us for our clinical meeting.

Once a week, all the nurses who are able to do so come into the nursing office at Langrish. We discuss the patients known to us, the nurse most involved will give an update on their patients and we work out what is needed for the coming week and who is available to do it. This is then printed out for each of the nurses to take away with them. Invariably by Saturday something will have changed and things will need to be rearranged. We feel that our flexibility in meeting the changing needs of our patients is one of the main strengths of The Rosemary Foundation.

We regularly receive requests to join us for our clinical meeting from nursing students, newly appointed community nurses and clinical nurse specialists in palliative care. This helps forge links with our community colleagues and other palliative care teams, improving communication and hopefully the experience of our patients and those close to them. Our nurses in turn regularly attend the community nursing team meetings.

Another challenge is in the nature of the referrals that we are now receiving. We have found over the last year that patients may be referred, we meet them, provide support for a short time and then their situation improves, which means that we no longer need to have regular contact and can discharge patients for a time. On occasions, patients are referred by health care professionals, but the patients decide this is not what they need at this particular time. The opposite is also happening. Some patient's situations are so complex that they may need a package of care from a care agency, together with regular visits from Rosemary Foundation nurses and the support of the community Macmillan nurse as well as the community nursing team. It is hard to give you an accurate idea of how diverse and challenging the work of The Rosemary Foundation can be.

Finally, The Rosemary Foundation would like to reassure you that any contact details we hold are used solely by the Foundation. We do not share this information with any other charity or organisation.

As always, please pass on our contact details if you know anyone who would benefit from our support.

Julie Cotsell

Christmas Cards

Pictures of snow, robins, candles and snowmen can only mean one thing; The Rosemary Foundation's Christmas Cards are now ready! This year we have eight different designs and all our packs contain ten cards. The price per pack ranges from £2.99 to £4. Order forms are available; you can pick one up from Barter Durgan and Muir, Chartered Accountants, at 35 Lavant Street,

Petersfield, download one through our website www.rosemary-foundation.org.uk or call us on 01730 266329 and we will be pleased to send you one. Alternatively, our cards will again be on sale this year in Petersfield Library as part of the Cards for Good Causes from Saturday 10th October to Friday 18th December.

Lights of Remembrance Service 2015

Sunday 29 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 24 November 2015**

✂

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

giftaid it

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

2015 Fundraising Events

OCTOBER

3 Saturday

*Around the World in Twenty Songs with
Soprano Joanna Weeks, St Lawrence Church,
Alton 7:30pm Tickets £10 unreserved from
Waterstones Alton or tel 01730 266329*

10 Saturday

*Rosemary Foundation Annual Quiz Night
East Meon Village Hall, 7.30 pm
Teams of up to 8 people, £10 per person.
To book tel: 01730 266329*

17 Saturday

*Charity Auction East Meon Village Hall 6:00pm
with viewing of the lots from 10:00am and on Friday
16th from 6:00-9:00pm Enquiries to 01730 823598*

NOVEMBER

7 Saturday

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

28 Saturday

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

29 Sunday

*Lights of Remembrance Service
Langrish House at 5.00pm*

DECEMBER

5 Saturday

*Charity Bazaar
Liphook Village Hall, 10.30 - 1.30 pm Raising
funds for The Rosemary Foundation and
Liphook Day Centre*

*the gemini consort, 7.30 pm, St Peter's Church,
Petersfield Free admission, retiring collection.*

9 Wednesday

*Petersfield Community Choir Christmas Concert
7:30 pm St Peter's Church, Petersfield
Free admission, retiring collection.*