



THE ROSEMARY FOUNDATION

Hospice at Home

Registered Charity No 1064723

Spring 2016 Newsletter

Rosemary Foundation Nurses



Some of the real stars of the show!

Barbara Pettegree

One of The Rosemary Foundation's joint managers, Barbara Pettegree, will be stepping down from her current position this year to spend a little more time with her husband and family. She says: *"I was 65 in December and feel it is time to reduce my hours and help in the care of my mother (who will be 100 next January) and my grandchildren."*

Barbara will nevertheless continue to work with The Rosemary Foundation to help with the running of the Hospice at Home team, albeit no longer on a full-time basis.

Barbara has been with The Rosemary Foundation since 1997 when the charity was formed, having trained as a nurse in the East End of London (Whipps Cross Hospital) in 1969, and then working as a very junior staff nurse in St Christopher's Hospice, Sydenham where Dr Cicely Saunders was pioneering good end of life care (known then as terminal care).

Barbara says, *"Patients were very much at the centre of the care given and I can remember being quite surprised when a senior Doctor in the hospice thanked a patient for his time, at the end of a medical examination"*.

In 1980 Barbara joined the Sue Ryder Foundation and remained there until 1997 when Bordean House closed. During this period the team had done some preparatory work to provide a Hospice at Home Service, though this



was never completed due to lack of support from the Area Health Authority. Working as a Marie Curie nurse and then community nurse for St Michael's Hospice in Basingstoke, Barbara, together with colleagues, worked to develop a 'stand-alone' Hospice at Home Service within the Petersfield area.

The Rosemary Foundation registered as a charity towards the end of 1997, providing support and 'hands on nursing care' available 24 hours a day, 7 days a week, together with counselling services for individuals who wished to remain at home as life drew to a close. In that first year, the Foundation cared for four patients and the nurses made a contribution to the Charity's funds each time they met. At the time of writing (February 2016), the Foundation has cared for over 1,800 patients and their families.

Barbara writes: *"It has been an absolute privilege caring for individuals and their loved ones. I have many memories of amazing people displaying great dignity, courage and selfless concern for others. I am so grateful to the many who have shared and supported our vision over the years; kind, loyal and hard-working colleagues, volunteers who do so much to keep the Service running, fund raisers and generous donors who provide an income that has kept the Charity afloat, to trustees, past and present who have ensured that the Charity is secure.*

*If The Rosemary Foundation has made a positive contribution in supporting individuals and their families within East Hampshire who wish to remain at home as end of life approaches, I am so fortunate to have been a small part of this and will continue in my support". **Thank you Barbara!***

My Rosemary Foundation Experience

In the office we receive many thank you letters and cards in acknowledgment of the wonderful work of our nurses. We recently heard from the husband of one of our patients and wish to share his words:

My wife was diagnosed with a brain tumour and we were devastated to be told that the tumour was inoperable and that she would probably die within a few weeks. Our GP contacted The Rosemary Foundation to ask if they could take us on. At that stage I was vaguely aware of the Foundation from their fundraising activity, but had no knowledge of what they could do for people in our predicament. After the initial and immediate meeting to establish our needs, the RF team were with us every day until my wife died.

Our GP remained in very close support, and we also had input from Macmillan and the District Nurses. But we simply could not have managed to enable my wife to stay in her lovely home and then die with me holding her hand, without the care and support of the Rosemary nurses. Two aspects stand out so clearly even now 18 months on.

First, the nursing was not just practical and professional, but it was so very lovingly done. Watching them look

after my wife on their twice daily, and emergency, visits literally brought tears of gratitude to my eyes. As did their gentle care and dressing her in a pretty nightgown just after she had died.

Second, they extended their loving care to me. They always stayed on to chat and answer my questions, they arranged for a night nurse when lack of sleep was starting to become a real problem for me, and of course it was so wonderfully reassuring to know that they would be round within minutes when inevitably I occasionally panicked during the night. Although the circumstances were dreadful, I actually looked forward to their visits.

And their care has not ended with my wife's death. I have been grateful for a couple of sessions with the Foundation's bereavement Counsellor, and very touched by the periodic visits from Elspeth and Jeanette just keeping an eye on me.

Our community is so very fortunate to have The Rosemary Foundation to care for us at times when any family will be at its most distressed and vulnerable. I shall always be profoundly grateful and will never forget what they did for me and my family in our hour of need. I now look upon The Rosemary Foundation team as special friends and am doing what I can to support them financially and by spreading knowledge of their invaluable work, and their fundraising needs.

Stakeholder Evening Please come and join us at Petersfield's Physic Garden on Tuesday 5 April, starting at 6.00 pm, when we will hold our annual Stakeholder evening to review our work during the financial year ending 30 June 2015. Light refreshments will be available and, to help with catering arrangements, it would be helpful if you could let us know by Thursday 24 March if you are hoping to join us. You can contact us on 01730 266329.

Chairman's Letter



Since this is the first newsletter after the New Year, may I wish all those who read this newsletter a very happy and prosperous 2016.

The role of State healthcare in looking after those in later life may seem to be of relatively small concern when set against the larger issues currently affecting the NHS, such as the proposed new salary structure for doctors, and the series of action days by doctors in protest at what they see as an attempt by the government to impose new conditions on them.

Whatever the rights or wrongs of what the government is aiming to do, it is an inescapable fact that the result of any protracted dispute will impact on patient care. And this in turn impacts on that part of society that The Rosemary Foundation and other later-life carers aim to care for and support.

If asked, the vast majority of people will say that they would prefer to spend their later days at home in the company of those they love and cherish. It is a sad reality that the NHS, as currently structured, does not have the resources entirely to respond to those preferences, especially at a time when medical advances and increased longevity mean that the number of people seeking such support is steadily increasing.

The Foundation is incredibly lucky - in the nurses and carers who work for us, the huge number of willing volunteers and supporters, and those who help us raise the funds we need to keep going year after year. It will not surprise any of you that our costs increase year on year. The introduction of opt-in pension rights is one of the latest obligations to place more pressure on our finances.

On another matter, you will read elsewhere in this newsletter of Barbara's decision to stand down from her position with the Foundation. Barbara has been a mainstay of the Foundation since its inception, and she has many friends, supporters and admirers who have benefited from her kindness, her compassion, and her limitless supply of common sense. We will hugely miss her dedication and skill, but I am delighted that she will continue to play a (hopefully less-demanding) role within the Foundation as well as spending more time with her family and friends.

She has been an inspiration to all those involved in providing hospice at home care, and we wish her a peaceful, contented and fulfilling semi-retirement.

In the meantime, I thank all of you who give so generously to the Foundation and who enable us to continue to serve the area of Petersfield and its surroundings. The wonderful families who came to the Lights of Remembrance Service in December left me in no doubt about the affection in which our nurses and carers are held.

Chris Wilton, Chairman of the Board of Trustees

Charity of the Year – Emsworth Business Association

In January 2015 we were delighted to hear that the Emsworth Business Association had nominated The Rosemary Foundation to be their Charity of the Year for 2015 and that we would benefit from many fundraising events put on by Giles Babb and his committee.

These events, many of which we were able to attend, included the Emsworth Community Apple Press in September, the Christmas Lights Switch-On at the end of November, and the annual Christmas Tree re-cycling in January. We were also given the opportunity to attend two of the monthly Hampshire Farmers' Markets and take a stall to raise awareness of The Rosemary Foundation and to sell some of our merchandise items.

The highlight event however, was the Association's Annual Ball, held at the excellent Brookfield Hotel in Emsworth at the end of October. This was a Black Tie dinner featuring a welcoming glass of fizz, a magician (at whose tricks many of us are still scratching our heads), raffle, auction and dancing to the local band 'Hit Squad'. Some 80 guests had a great time and contributed significantly to the overall money raised during the year. There is still money coming in and the provisional total is currently £5,300. What a fantastic achievement; a big thank you to everyone in Emsworth and in particular the Emsworth Business Association.

The Petersfield Ukulele Band

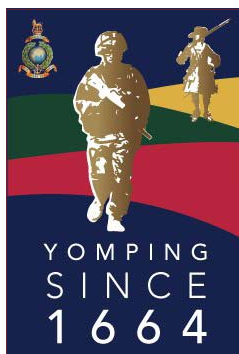
The accidental birth of The Petersfield Ukulele Band began when Buriton resident Dave Grant was asked to play his ukulele at the Buriton's Got Talent evening in April 2015. Not really being a solo performer, Dave asked two other players to join him to form a small group for the event. The two were John Lucas, who was also booked for the concert with his guitar-and-bass band Sentimental Journey, and Bob Chambers, who led the folk band 'Ampshire 'Arf for many years. Although originally guitarists, these two had recently seen the error of their ways and started playing the ukulele. (A superior instrument - who needs six strings? less is more and small is beautiful).

The Buriton evening went well and the trio had so enjoyed playing together that they continued with Monday morning practice sessions at John's house. It soon became clear that the group would benefit from some expansion and especially from having some female voices to blend with the "three billy-goats gruff". Four more local uke players and singers were persuaded to join, two of them being lady members of a Petersfield choir and in October 2015 we adopted the name Petersfield Ukulele Band, known as the P.U.B. (hence our slogan "We're in the P.U.B."). With Carol, Jan, Geoff and Sue we now have seven members which we think is the ideal number, as it's the same as the world-renowned Ukulele Orchestra of Great Britain.

Like the UOGB we now have the full range of instrument sizes from the well-known little soprano ukulele through concert, tenor and baritone size ukes and also a couple of ukulele-banjoes or banjoleles that are brought out occasionally. Any other resemblance to the UOGB is very unlikely! We have been expanding our repertoire and our song list extends across a large part of the

twentieth century (but not into the twenty-first - we are too "mature" for that) and it embraces a range of genres from country style to skiffle, humour and jazz, but the core is made up of familiar popular songs from various eras.

We have performed for several organisations local to Petersfield, including the Stroke Club, the Welcome Club and the Townswomen's Guild and we are looking forward to playing for the Liphook Over 60's Club and joining in with Portsmouth's Pompulele festival and the Winchester Uke Festival later this year. Although we work at our musical and singing skills during practice, as with most ukulele groups the emphasis is always very much about enjoying ourselves and giving entertainment and amusement to others. We are always happy to consider requests to play for local organisations, especially community-based and charitable bodies. We don't charge a fee but we do accept donations, which we pass on to our chosen local charity, which this year is The Rosemary Foundation. Contact John **01730 231234** or Bob **01730 264060**.



Keep on Yomping 28-29 May 2016

In 2014 the Royal Marines Charitable Trust Foundation (RMCTF) started a non-stop 'Yomp' (technically a march over difficult terrain whilst carrying a heavy load) along the South Downs Way, to raise funds for its charitable purpose of helping to provide a better quality of life to serving and retired Royal Marines and their families – particularly those severely injured in the course of duty.

This year, the RMCTF has opened it up to individuals and teams who would like to raise funds for other organisations as well as the RMCTF, and we are delighted that a local resident has donated 8 places in memory of his wife who we looked after last year.

If you feel a brisk, non-stop walk of 100 miles is just for you over the late May bank holiday then there may just be some places left. Please contact Jeremy Mitchell if you would like to take part on 01730 266329 or info@rosemary-foundation.org.uk Full details of this amazing event can be found at <https://www.since1664.com>

The Openbox Theatre Company

On Saturday 13 February 2016, the Openbox Theatre Company presented Little Red Riding Hood and Hansel and Gretel in the sports hall at Churcher's College to raise funds for The Rosemary Foundation. The event was organised in memory of a number of close family and friends, although the choice of charity was inspired by the fantastic support that Jill Sheen and her family recently received from The Rosemary Foundation.

There were two separate shows, one in the morning and a repeat in the afternoon. Each show ran for an hour with a 20 minute interval and both were greatly enjoyed by children of all ages – some of us just had to stay for the afternoon show as well!

An audience of more than 200 attended throughout the day. With an excellent raffle, for which the star prize was two tickets to a performance of Mama Mia in the West End, over £1,700 was raised. We would like to extend our thanks to all involved in organising and promoting this event, and especially those who performed and supported on the day. I think all will agree that Carol Tubbs and Kenn MacDonald (the principal, and only, actors) were brilliant and kept the audience fully entertained.

The Openbox Theatre Company (<http://www.openboxtheatre.co.uk>) works with primary schools in Hampshire and beyond, running curriculum workshops and shows based on traditional tales.



Butser Challenge

Our thanks to the organisers of the annual Butser Challenge, who have not only made a generous donation to our funds following the event last year, but have once again nominated The Rosemary Foundation as the supported charity for 2016. This year's Challenge will be held on **Sunday 18 September**. The course, with three steep ascents and descents of Butser Hill provides a challenge even for the serious fell runner. Hopefully the weather on the day will be kind and give the runners the chance to enjoy the magnificent views of the surrounding countryside. The Rosemary Foundation will be entering a team led by team captain Andy Coles and Andy is busy signing up runners to join him.

Growing for Charity

For the last eight years a not-inconsiderable amount of money has been donated by The Harrow Inn at Steep from a variety of fundraising activities which have been greatly enjoyed and very well supported by local residents. Proceeds from these events are split between The Rosemary Foundation and Macmillan Cancer Support, regularly in excess of £2,000 per annum for each.



Amongst these activities has been the sale of flowers and vegetables grown by Tony Clear, partner of Claire McCutcheon, in the Harrow Field Cutting Garden. Tony has been a landscape gardener for 57 years and although now semi-retired he has been growing flowers since the age of 13 when he was living at Ash Vale.

He started working aged 14 in a nursery at Tongham during the school holidays, cycling 6 miles each way. It wasn't too many years before he started working on his own and now brings his experience and expertise to Steep, growing flowers and vegetables for The Harrow and selling the abundant surplus to local residents and pub customers with all proceeds going to the two charities.

Tony is particularly impressed by the way in which the nurses of The Rosemary Foundation like to see things through and continue supporting the families for as long as they require, without being intrusive. Tony's satisfaction is the feedback he receives from people who buy his flowers. He is also particularly gratified by the generosity of the people of Steep; one day the money jar in which donations were kept was stolen from The Harrow. News quickly spread of this outrage and out of the blue someone who had heard about this handed over a cheque and when Tony looked at it, it was for £1,000! It is clearly an ill wind that blows no good.

Jeremy Mitchell

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

Financial Review

We are now just over six months into the 2015/16 financial year and I am pleased to say that the enormous financial contributions from our community continue unabated. I know that often such fundraising for The Rosemary Foundation takes place against the backdrop of a family bereavement and in those difficult circumstances it is always heart-warming to us how generous you all are – thank you from all of us.

Public and 'in memory donations' have contributed 43.5% of our income so far this year, slightly more than last year, and community groups another 11% - altogether over half of our income comes from these sources.

Our overall income at 31 December 2015 was 69% of 2015 levels and expenditure 118%. Whilst on the face of it, this looks to have been a substantial fall in income, most of this is due to what may be called 'exceptional' income in 2015, including our first ever major legacy – and what a difference that made. If that is excluded from the calculation, income as at 31 December 2016 is within 2% of the previous year – and 23% ahead of budget.

Looking at expenditure, 7.2% of the increase was due to increased call on our nurses (nursing provision, including salaries, and bereavement support accounts for 83% of our costs). Beyond that, it is comforting to say that other expenses are within 1% of the previous year, and 5% below budget.

At present we are not expecting to see much more than a break-even between income and expenditure this year. However, we do not expect to have to touch our reserves, which was not the picture a few months ago.

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 to, 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

Petersfield Voices

Petersfield Voices, the popular local harmony singing group, perform for a variety of local organisations and care homes. They sing a mix of traditional and modern songs and continue to raise funds for The Rosemary Foundation. They have now raised over £2,000 in total and would like to thank everyone who has given so generously to this fund-raising. If you would like them to sing for you and continue to help raise more funds for the Foundation, please contact **Carol** on 01730 267817 for more information.



Hannah Graham (age 13) writes:

Together with my Mum (and other friends/family who get their arms twisted to come and join in) I am aiming to visit 100+ Ordnance Survey triangulation pillars between June 2015 and June 2016 in memory of my uncle, Steve Murley who did 'fabulous walking' with me when I was younger. As well as keeping a scrapbook of all the places I visit, I have been logging them on Trigpointing UK too. And I have a sponsorship page <https://www.justgiving.com/Hannah-Graham5/> if you would like to help me raise money for The Rosemary Foundation.



News from the Nurses

It's that time again, a clinical report needed for the Spring Newsletter. I find it a challenge to think of something different to write about that maybe of interest to you all. Our nursing staff continue to give their best on each and every shift for their patients and families and The Rosemary Foundation. It is thanks to them we can deliver excellent care.

Through the Leadership Alliance for the Care of Dying People, the Government has now launched new guidelines for the care of the dying. This is partly in response to the withdrawal of the Liverpool Care Pathway for the Dying Patient. All in-patient hospices, hospice at home teams, and palliative care teams in hospitals must embed the following five priorities into the care they give:

1. **Recognise:** the possibility that a patient may die within the next few days or hours. We must communicate clearly with the dying patient and their family taking into account their needs and wishes, which must be reviewed regularly. We must consider reversible causes of deterioration e.g. infection /hypercalcaemia.
2. **Communicate:** sensitively with the patient and those identified as important to them.
3. **Involve:** the dying patient and their families in any decisions about their treatment and care.
4. **Support:** the needs of the patient and their families. Respect and meet these needs as far as is possible.
5. **Plan and Do:** make an individual plan of care. This must address nutrition, hydration needs as appropriate, symptom control, psychological, social and spiritual support, and is agreed, co-ordinated and delivered with compassion.

Looking at these priorities of care, I wonder how many of us have had that "Big Conversation" with our families and loved ones. Have we expressed our wishes about where we would like to be cared for as life draws to a close, or written our thoughts and wishes down in an advanced care directive?

We hope that these "new" priorities of care have always been evident in the care that we have provided. We are always happy to hear from you, if there was more we could have done. *Julie Cotsell*

Staff News — Two New Nurses



Mrs Jean Holloway

We are pleased to introduce Jean, a trained nurse who brings with her a wealth of experience and skills, having worked in a variety of settings, both in the public and private sectors.

Training and supporting colleagues in previous roles, together with experience in end of life care, will make Jean a welcome addition to The Rosemary Foundation team.

Mrs Elizabeth Peel

"Having retired from the NHS, working on the 'Twilight Shift' for the past 28 years, I felt I still had something to offer. I was introduced to The Rosemary Foundation by a former colleague; I applied and was accepted to work as a Care Support Worker.

I am married with four sons and enjoy reading, walking my dog and swim several times a week. Family gatherings feature largely in my life and I thoroughly enjoy catering for these occasions. I feel much happier now I have a full diary!"



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

The Rosemary Foundation - Hospice at Home
35 Lavant Street, Petersfield, Hampshire, GU32 3EL
(01730 266 329 (administration) or 01730 269 996 (clinical staff)
www.rosemary-foundation.org.uk info@rosemary-foundation.org.uk

2016 Fundraising Events

<p>MARCH</p> <p>19 Saturday</p> <p>Family Fun Day, Lavender Fields, Selborne, 10:00-4:00 Admission free</p>	<p>JULY</p> <p>2 Saturday - 3 Sunday and 9 Saturday - 10 Sunday</p> <p>Open Days at Lavender Fields Selborne 11:00-4:00</p>
<p>MAY</p> <p>13 Friday</p> <p>Rosemary Foundation Golf Day Petersfield Golf Club For further information please tel 01730 266329</p> <p>21 Saturday</p> <p>Rosemary Foundation Craft Fair 10:00-12:30 East Meon Village Hall</p> <p>28 Saturday - 29 Sunday</p> <p>South Downs Yomp For further information please tel 01730 266329</p> <p>29 Sunday</p> <p>The Pub With No Name, Annual Walks (The White Horse) For further information please tel 01730 266329</p>	<p>SEPTEMBER</p> <p>18 Sunday</p> <p>Butser Hill Challenge</p> <p>OCTOBER</p> <p>15 Saturday</p> <p>Rosemary Foundation Annual Quiz Night</p> <p>NOVEMBER</p> <p>19 Saturday</p> <p>Coffee Morning Herne Farm Community Hall, 10:00-12:00</p> <p>26 Saturday</p> <p>Rosemary Foundation Christmas Fayre 10:00-12:30 East Meon Village Hall</p> <p>27 Sunday</p> <p>Lights of Remembrance, Langrish House 5:00pm</p>
<p>JUNE</p> <p>12 Sunday</p> <p>LiDBA Annual Charity Bike Ride</p> <p>18 Saturday</p> <p>gemini consort St Peter's Church, Petersfield, 7:30pm Admission free, retiring collection.</p>	<p>DECEMBER</p> <p>3 Saturday</p> <p>Charity Bazaar Liphook Village Hall, 10:30-1:30, Raising funds for The Rosemary Foundation and The Peak Centre, Liphook</p> <p>10 Saturday</p> <p>gemini consort St Peter's Church, Petersfield, 7:30pm Admission free, retiring collection.</p>
<p>JULY</p> <p>9 Saturday</p> <p>Yeoman of the Guard, Performed by Havant Light Opera, Methodist Church, Petersfield 7:30 Admission free, retiring collection.</p>	

The Rosemary Foundation Golf Day 2016

Following our successful and inaugural Golf Day last May, we are returning to Petersfield Golf Club for our second Golf Day on **Friday 13 May 2016**. Full details are available on our website, or from Jeremy Mitchell (info@rosemary-foundation.org.uk, telephone 01730 266329).