



THE ROSEMARY FOUNDATION

Hospice at Home

Registered Charity No 1064723

Spring 2015 Newsletter

The Rosemary Foundation is looking for Golfers!



Don't miss out on a memorable day of friendly competition, good food and a great raffle, all to raise funds for The Rosemary Foundation! On Friday 8th May the first Rosemary Foundation Charity Golf Day will take place at Petersfield Golf Club which is situated in an area of outstanding natural beauty. The tournament will be played on Stableford rules and there will be many fun competitions to take part in along the course.

Entry costs £55 per person, or £200 per team of 4, to include a 3 course evening dinner and reception where competition winners will receive their prizes. We have a few seats available at the dinner for non-players at £27.50, but these need to be booked early. There will be a small charity auction and raffle with all proceeds to the charity.

We would like to thank Petersfield Golf Club for their kind permission to use the club for our Charity Golf Day, which will raise much needed funds for the vital work that we do. We are looking for golfers to take part and for businesses to sponsor the event and donate auction and raffle prizes so please get in touch! The number of players is limited to 72 with a maximum of 120 for the evening dinner, so please book your place early to avoid disappointment.

For bookings and information about sponsorship opportunities please contact:

Philippa Steward on 01428 717400 appeal@rosemary-foundation.org.uk or

Jeremy Mitchell on 01730 266329 info@rosemary-foundation.org.uk

Come and experience the sights, scents and sounds of a David Austin designed rose garden, by kind invitation of Mrs Rosemary Morrish at Shafts Farm, West Meon, GU32 1LU (on the East Meon road) Entry is £5 and there is ample parking behind the house.

The Morrish family moved to Shafts Farm in 1988, since when Rosemary has created and developed the gardens, the pièce de resistance being the rose garden, established in a former paddock and which contains almost 350 shrub roses interspersed with traditional cottage garden planting.

The roses and perennials should be at their very best in the middle of June displaying their subtle colour palette and imbuing the air with their delicate fragrance. After strolling along the meandering paths amongst the roses and taking in the wonderful view south from the top of the garden it is time to sit and relax with a cup of tea or coffee and a choice of delicious home-made cakes, or enjoy having a light lunch served by the West Meon W.I. and friends. There will also be a bar for lunch-time drinks and sundowners in the evening, hopefully accompanied by live music.

Sunday, June 14th, 11 am - 7.30 pm



**Rosemary's Rose Day
for The Rosemary
Foundation**

Chairman's Letter



A very warm welcome to all our readers.

The last newsletter said that Tony Causton and I had joined the Trustees of the Foundation. Since then, Patricia Golding has decided to step down as Chairman, after chairing the Foundation's Board of Trustees for a number of years and contributing to the work of the Foundation for significantly longer, and I will have the difficult task of filling her shoes.

Patricia has been a profound contributor to the growth and success of the Foundation. In most circumstances, it would fall to me to thank her for her contribution and wish her well. However, I am delighted that Patricia has agreed to stay on the Board for the moment, and that we will continue to benefit from her wisdom, knowledge and insights.

We have also welcomed two more members to the Board. Sue Crawford and Gill Haworth bring a wealth of medical, clinical and stakeholder experience, and will broaden the skills and knowledge of the existing Board, so that we can meet the increasingly complex demands of the Charities Commission and healthcare regulations. I am also delighted that Mike English has agreed to stay on while he completes the introduction of new IT systems and technology.

Hospice care is very much in the news at the moment. Lord Howard, Chairman of Hospice UK, spoke passionately on Radio 4 in February about the need to respond to those, the great majority of the population, who wish to spend their latter days surrounded by the people and possessions that they love; and the need to lift the pressure on NHS hospitals to tend to people who could, and should, be being cared for away from the hospital environment.

The Rosemary Foundation will carry on providing the care that people in the community trust and love. We face growing demands, especially during the colder months of the year. Thanks to the generosity of those who give so kindly to the Foundation, we have been able to bring in a new nurse to help cope with that growing demand. She joins a team of the most dedicated, caring and loving nurses that it has been my privilege to meet.

Without the nurses, without our brilliant team of helpers and volunteers, and without the generosity of our donors, the Foundation would not exist. They are the essence of the Foundation, and deserve all the assistance that the Patrons and Trustees can give them.

Thank you, to all of you, for your care, compassion and support.

Chris Wilton, Chairman of the Board of Trustees

My View from the Kitchen

In 1997 I knew nothing about Hospice at Home or how it would work, but working in a social service day nursery and being a cub leader I did know a little about the need for fundraising. In December 1997 I helped at the first Christmas coffee morning in East Meon village hall. The Rosemary Foundation had only had two patients at that point, but the morning was busy and funds started to come in. Soon after that, the management team asked me to become a Trustee; I didn't think I had any skills for this position, but they thought otherwise!

Since then I have helped with all the coffee mornings and Fairs that have been held at East Meon, together with many other varied events that have been arranged by The Rosemary Foundation and our supporters.

One of the most rewarding things for me has been watching with pride the bereaved families and friends of our patients when they come to the events, and hearing the wonderful comments they make about the nursing team and the support they have received. This makes all the hard work worthwhile.

Although I have now stepped down as a Trustee, I will still be helping with the events and look forward to seeing you at the next one, I will be in the kitchen!

Joan Smith

Financial Review

A View from the Bridge

Some of you may recognise this as the title of a play by Arthur Miller and probably think of this as a strange way for me to begin my first Finance Report for The Rosemary Foundation newsletter whilst I fit into the large space left by Mike English, who is now concentrating on his role as a Trustee and overseeing our ongoing IT upgrade. I have thought of this as a title to my 'piece', as it is a bit of a production – although without drama and based on fact – it also reflects how I see my role, although having nothing to do with the play, as someone working with many others to steer The Rosemary Foundation through financial waters. Sometimes these waters are calm, sometimes turbulent and occasionally a real maelstrom!

Happily I can report that we have seen a most remarkable return to calmer waters. This has been to such an extent that we were able to add to our reserve fund at the end of the last financial year (30 June 2014) and so far this year (7 months in), and thanks largely to your efforts and support, we have raised approximately 80% of our budgeted expenditure.

Community fundraising – that's from you, our supporters – contributes over 30% of our income and is so important to us that we could not survive without it. It's not only about those who give, it's also about our nurses and volunteers who will help and assist organisers of community fundraising events. These will be referred to elsewhere in the newsletter and I would just like to reiterate the message that we are always willing to help where we can at events and would ask you to let us know if you are planning something so we can help publicise it through our website, Facebook and Twitter pages. We are also grateful for the ongoing support from local Hampshire Charitable Trusts and in particular this year, the first time grant from the John Swire 1989 Charitable Trust.

Of course, the other side of income is expenditure and, in some ways we are fortunate in being able to predict our expenditure fairly accurately. At the start of this financial year, and in the light of increasing calls on our resources, the trustees decided to employ two more nurses. This did however mean that our expenditure budget increased by around 25% and we now need to focus on gearing our income generation to this higher level over the next few years without having to dip into our reserves. It is having those reserves, however, that has given our Trustees the confidence to make this commitment to continuing to build on our capacity to deliver the level of care and support we do in the face of an ever-increasing need. Hospice at Home is the fastest growing part of the Hospice movement today and we are in a stronger financial position this year to be part of this growth. Despite this, there is no getting away from the fact that, on the first July each year we start with only 3% of our budgeted expenditure being covered – which is why all of you, our supporters and volunteers, are so important.

I must finish by saying thank you once again to our community of supporters, and everyone who has made me feel so welcome during my first few months, especially as I had, and still have, so much to learn. Also, I'd like to say that 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, or email info@rosemary-foundation.org.uk

Jeremy Mitchell

Quiz in Liss

Liss Village Hall is the venue for a fundraising quiz evening on Saturday 27 June. The cost is £10 per person which includes a ploughman's supper, soft drinks, tea and coffee, and you can bring your own alcohol. Book your team (maximum of 6 people per team) on **01730 893446**. Payment will need to be made at the time of booking

Organiser Patricia Edwards says "we are looking forward to doing some more fundraising in Liss for The Rosemary Foundation. Please make sure that you arrive by 7:15 for a prompt start at 7:30".

Leigh Park Bowls Club

In 2014 the President and Club members decided to adopt The Rosemary Foundation as their Charity for the Year. The main event was an Open Triples Tournament organised by the Club Captain, Peter Robinson, and local clubs were invited to participate.

The event was a great success and involved 72 bowlers in all. Additional fundraising included raffles, refreshments, and a fines box! The picture shows Margaret McDonald, the Ladies President and Peter Robinson presenting the cheque to volunteer Allison Price.



Ready to Rock



Clanfield's Mark Thompson-Smith and his top tutor team have been teaching youngsters in the area how to sing, play guitar, bass and drums for the past 8 years and Mark was delighted to bring an exciting show to Petersfield to raise funds for The Rosemary Foundation. Mark said *"our local students, from our Herne Junior School base, were particularly excited at the prospect of playing to all of their family and friends from the area."*

The young, teenage and adult rockers, from the Havant, Waterlooville, Portsmouth and Petersfield Ready to Rock Schools played rock songs from across the decades during a very successful afternoon.

CPI Card Group

Sincere thanks to the employees at CPI Card Group (Petersfield) who raised a significant amount for The Rosemary Foundation with their Christmas Raffle. And thanks to the Company who matched the amount raised by their staff. Pictured are Sarah, Louise and Gavin from CPI, presenting a cheque to Julie Cotsell and some of the team.



Cake, Craft and Cookie Stall

Fiona Willans and 10 friends baked and sewed their way to a very successful fundraising day on a stall in Rams Walk. Fiona said "we all enjoyed ourselves despite the rather dreary weather!" Pictured with Fiona are Susie Best, Annabel Forrest and Jane Brown. Many thanks to Fiona and team!



Our thanks to Emsworth-based Bourne Quilters who recently held their AGM, during which donations were presented to five local charities including The Rosemary Foundation. This money was raised from sales at their quilt show. These local charities were selected by members and were all special to them because of help received in the past.



Easter Eggstravaganza

Raising funds for The Rosemary Foundation and CRY, this fun day for all the family with **free entry** is on Saturday 28 March from 10:00-4:00 at Lavender Fields, Selborne Road, Alton. There will be tractor and trailer rides, bouncy castle, name the lamb, a quiz, tombola and much more!

Charity Auction in East Meon



Antiques expert Jonathan Pratt, well known to viewers of BBC TV's Bargain Hunt and Antiques Road Trip, will be coming to East Meon Village Hall on Saturday 17 October to conduct an auction in aid of The Rosemary Foundation and East Meon Church. Managing Director of Bellmans Auctioneers in Wisborough Green, Jonathan is giving his time free for this auction.

It may seem a long way ahead but the organisers would like people to start looking out any possible antiques, vintage items and collectables. It is hoped that as many of these will be donated, but more valuable items can be sold on a 50/50 basis.

Members of the organising committee will be able to advise, so for all enquiries please contact one of the following people: Hazel Rendle **01730 823598** Gilli Williams **01730 823467** Susie Best **01730 823269** or Emma Gaisford **01730 823700**

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

News from the Nurses...

As the icy cold weather of the last few weeks changes towards hopefully some warmer and brighter weather and longer day light hours, here at The Rosemary Foundation we are looking at the Care Quality Commission which has changed its priorities for care. All organisations are judged against these as to whether they are fulfilling their duty of care to their patients. The CQC will be asking our patients, their families, their GP's, the community nursing teams that we may come into contact with, together with any care agencies that we work alongside when caring for our patients, if we are safe, effective, caring, responsive to people's needs and are well-led. These



five questions are termed key lines of enquiry (KLOE) that will hopefully ensure consistency as individual inspectors will use this same template for each service inspected. They will also check the paperwork policies and procedures and that the processes in the office are robust.

More importantly for The Rosemary Foundation is what the CQC sees as the duties and responsibilities of health and care staff, in their care of the dying patient and their family. We must:

- Recognise the possibility that a patient may die within the next few days, we must communicate clearly with the dying patient and their family, taking into account their needs and wishes, which must be reviewed regularly.
- Communicate sensitively with the patient and those identified as important to them.
- Involve the dying patient and their families in any decisions about their treatment and care.
- Support the needs of the families of the patient.
- Make an individual plan of care which must address nutrition and hydration needs as appropriate, symptom control, psychological, social and spiritual support, and is agreed and delivered with compassion.

Lord Howard Chairman of Hospice UK spoke on radio 4's Today programme on Tuesday 10/02/15. Firstly he mentioned the remarkable and valuable contribution that volunteers make to the day to day running of hospices, then went on to say how most in-patient hospices now had hospice at home teams and these teams could do so much to relieve the pressure on hospital beds by looking after dying patients back in their own homes.

Hopefully we have always kept our patients at the heart of all decisions made about their care and supported their families sensitively and with empathy. However, we are not complacent; we know we must work hard for each and every one of our patients. We are supported in our work by the hard working volunteers who give up their valuable time each week and the unstinting loyalty and commitment of our nursing team. But nothing would be possible without your support and fundraising.

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

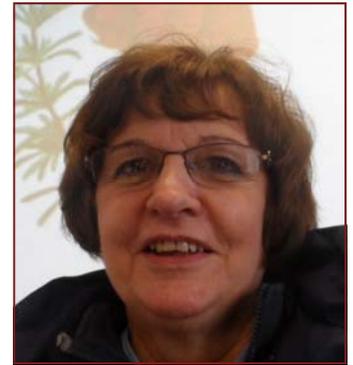
Julie Cotsell

Our New Nurses



We are delighted to introduce and welcome two new nurses to our team.

Helen Lymbery, who is our new senior nurse, comes with wide-ranging experience in end of life care, having worked as a Macmillan lung cancer and mesothelioma specialist nurse in Hillingdon and then with the Phyllis Tuckwell Hospice in Farnham. Helen joins the team as changes locally and nationally are taking place and her contribution will enable the team to engage with and meet the needs of our patients in 2015 and beyond.



Sandy Phillips comes to us with a background of District Nursing over many years and is also an ordained Anglican Minister. She has already proved to be a great asset to The Rosemary Foundation!

Our New Trustees

Gill Haworth writes: Our choice of where we die is a fundamental right, but despite this the majority of people do not die in their place of choice. The Rosemary Foundation is a local charity that offers that choice and beats the national statistics in providing amazing care at home to patients and their families.

I hope I can support and assist the Foundation to continue with this work, using my experience as a consultant in childhood cancer care with involvement in the National Cancer Survivorship Initiative and my work within the EU to improve and provide equality of cancer care throughout Europe.

Sue Crawford writes: My involvement in social work began before Social Services was invented. My work has centred on dealing with children and adults with special needs. Over the years I worked for both statutory and voluntary agencies, including a small charity, so I know the problems associated with finances. I was a magistrate for twenty years and currently work on a sessional basis for HM Courts and Tribunals Service, adjudicating appeals relating to disability benefits.

My involvement with the Foundation began when my husband was terminally ill and I found the expertise and committed and dedicated care that we both received from the Foundation extremely helpful. I feel strongly that this service is of vital importance to people at a time when life is very difficult; therefore I am pleased to have continuing involvement as a Trustee. I am an intermittent volunteer, assisting with delivering newsletters, and hope to get to know many of the other volunteers in the coming 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

2015 Fundraising Events

<p>MARCH</p> <p>7 Saturday <i>the gemini consort</i>, 7.30 pm, St Peter's Church, Petersfield Retiring collection for The Rosemary Foundation</p> <p>8 Sunday <i>Annual Walk</i> Liss Forest to the Deer's Hut and return, 10:45 for 11:00 Contact Gill Elmer 01730 893485</p> <p>21 Saturday <i>The Rosemary Foundation's Easter Fayre</i>, East Meon Village Hall 10.00-12.30pm</p> <p>28 Saturday <i>Easter Eggstravaganza</i> with Free Entry, Lavender Fields, Selborne 10:00-4:00</p>	<p>JULY</p> <p>4 Saturday, 5 Sunday, 11 Saturday, 12 Sunday</p> <div style="border: 1px solid purple; padding: 10px; margin: 10px auto; width: fit-content;"> <p><i>Open Days at Lavender Fields, Selborne</i> 11.00 - 4.00pm</p> </div>
<p>MAY</p> <p>8 Saturday <i>The Rosemary Foundation Golf Day</i>, Petersfield Golf Club Enquiries to 01730 266329</p>	<p>AUGUST</p> <p>8 Saturday <i>Music Festival</i>, the Temple Inn, Liss Forest, 12:00 noon onwards. Fun for the whole family with different bands playing during the day, food and face painting.</p>
<p>JUNE</p> <p>7 Sunday <i>LIDBA Annual Charity Bike Ride</i>, Liphook</p> <p>14 Sunday <i>Rosemary's Rose Day</i> for The Rosemary Foundation An Open Rose Garden by kind invitation of Rosemary Morrish, Shafts Farm, West Meon, GU32 1LU (on the East Meon road). Entry £5 11 am - 7.30 pm</p> <p>20 Saturday <i>the gemini consort</i>, 7.30 pm, St Peter's Church, Petersfield Retiring collection for The Rosemary Foundation</p> <p>27 Saturday <i>Rosemary Foundation Summer Craft Fayre</i>, East Meon Village Hall 10:00-12:30 <i>Quiz Evening</i> Liss Village Hall, 7:30 pm</p>	<p>OCTOBER</p> <p>10 Saturday <i>Rosemary Foundation Annual Quiz Night</i> East Meon Village Hall, 7.00 –11.00pm Book on 01730 266329</p> <p>17 Saturday <i>Charity Auction</i> East Meon Village Hall Enquiries to 01730 823598</p>
	<p>NOVEMBER</p> <p>28 Saturday <i>Rosemary Foundation Christmas Fayre</i> East Meon Village Hall, 10.00 - 12.30pm</p> <p>29 Sunday <i>Lights of Remembrance</i> Langrish House at 5.00pm</p>
	<p>DECEMBER</p> <p>5 Saturday <i>Charity Bazaar</i> Liphook Village Hall, 10.30-1.30pm <i>the gemini consort</i>, 7.30 pm, St Peter's Church, Petersfield Retiring collection for The Rosemary Foundation</p>