



# REACHING OUT!

A Newsletter from  
**CAMPDEN HOME NURSING**

Winter  
2020

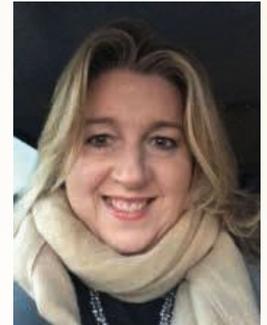


**Dear supporter,**

A very Happy New Year to all. As well as a new year, it's a new decade - a time for new beginnings! There are certainly a few planned for Campden Home Nursing in 2020, and we invite you to you to light the fire, grab a hot chocolate (with marshmallows of course) and hunker down to enjoy our latest newsletter, where you can read all our latest news, including plans for our 30th anniversary year.

## An update from the General Manager

The last two years since we received our legacy have been a period of enormous growth for the charity. Our strategy for 2019 was to increase the profile of the charity to reach more families that might not know about us and who needed our help. We have done this by communicating with GP surgeries, District Nurse teams and hospital teams so that they are all aware that if someone would like to remain at home at the end of life then we can help them and their families carry out their wishes.



The legacy we received in 2017 has enabled us to facilitate and fund this expansion and in the last two years we have gone from nursing 48 patients a year to last year where we nursed 178. In terms of hours we have seen a huge increase from 1,252 to 5,386 free registered nurse hours given to the community by our nursing team.

This huge increase has inevitably created a rise in costs, not only in nursing but in the office support that is needed to operate. This is currently funded by a combination of donations, legacies, shop income, third party fundraising and interest on our investment capital, to date none of our income is supplemented by the NHS or government grants.

We are delighted that our shop contributes to our income in such a positive manner, in its first year of operation the net profit from the shop contributed 15% of our annual income which against a national average of 6-8% contribution is really incredible and is all thanks to the fantastic donations we receive and the support the shop has. It is a treasure trove of quality, well priced items.

2020 sees us launch another service which is our Cancer Support Service. Our plan is to create a centre for the North Cots that offers support to those who have been recently diagnosed with Cancer and offer guidance along their journey to hopefully remission or sadly, through to end of life nursing care. The service already is helping 10 patients and we intend to set up support groups and exercise facilities in conjunction with a fully trained cancer specialist at Freestyle 360 gym in Blockley, who have been so enthusiastic and supportive in setting this service up. We will also offer carer support groups and benefits advice to help people in some of the most difficult times they will ever encounter.

We are excited about celebrating our 30th year in the knowledge that Jecca Brook, our founder, is delighted with the progress we are making. We hope to offer a few events in 2020 that might be of interest to you and that we may have your support going forward so that we are here in the community to nurse many future generations.

Kind regards,

A handwritten signature in black ink, appearing to read 'Helen'.

**Helen Makaritis, General Manager**

## Nursing News

Having nursed 178 patients and provided 5,386 hours of care in 2019, the team at Campden Home Nursing are wondering what will be in store for them in 2020. Of course, it's not all about the figures. The aim of the charity is to provide a high level of nursing care and support to our patients who are reaching the end of their lives and who have chosen to stay at home. We will continue to do this with our team of 23 RGNs and Health Care Assistants enabling relatives and carers to receive much needed respite at a difficult time.



Last year the team met some truly remarkable people; an award winning artist, an actress and many athletes who despite battling life threatening illnesses had still managed to complete marathons and cycle races raising money for many different charities. As a palliative care nurse, people often ask what helps to make your job easier. Meeting our patients and their relatives is often inspiring, enough to make you stop and realise that there are many people in this world who face major challenges in their lives but always with a smile on their face. Sometimes, as a nurse, that is the only motivation you need to know you are doing a good job.

**Janet Oakey, Nurse Manager**

### In 2019 our team of 23 nurses and 3 Health Care assistants have:

- Nursed 178 patients (twice the number we nursed last year)
- Given 5,386 hours of nursing to the community (which has more than doubled since last year)
- Worked with over 13 local GPs' surgeries
- Covered patients in 3 counties: Worcestershire, Gloucestershire & Warwickshire



## 2020 - The Year of the Nurse & Midwife

The World Health Organization (WHO) has designated 2020 as the the first ever “**International Year of the Nurse and Midwife**”, in honour of the 200th birth anniversary of **Florence Nightingale**.



There will be an international focus on the critical contribution nurses and midwives make to global health. Nurses and midwives make up the largest numbers of the NHS workforce. In commemoration of this notable year, we will be holding a small exhibition of nursing memorabilia through the ages, on the same day as **The Cotswold Olympick Games** and **Scuttlebrook Wake** (29th May). If anyone has anything they would like to see in our exhibition we would love to receive it, and promise to take good care of it. Please bring it to our offices at Camperdene Gallery.

## Cancer Support Service up and running

At the beginning of this year we were delighted to launch our new Cancer Support Service, and we already have ten patients signed up and receiving help and advice from our new Clinical Nurse Specialist, **Heather Mitchell**.

We are working closely with **Chipping Campden surgery** and two other local surgeries, reaching out to patients and offering psychological support through one to one appointments and support groups. We have also recently invested in training for staff from **Freestyle 360 gym** to attend an accredited course on cancer rehabilitation. In time, they will provide fitness, well-being and nutritional advice to patients in preparation for treatment or post-surgery.



If you have recently been diagnosed or are struggling post treatment or surgery, then feel free to get in touch independently if you feel we can be of any help. If you have any questions, please call **01386 840505** or email [info@campdenhomenursing.org](mailto:info@campdenhomenursing.org). You can also find more details on our website under the What We Provide section.

## New faces

We are delighted to welcome three new Health Care Assistants; **Jane Dipple**, **Wendy Mottershead**, and **Mandy Evans** will be supporting our nursing team in offering respite care for existing patients.

## Our charity shop wins an award!

Our charity shop in Lower High Street, Chipping Campden, was delighted to receive the **Developments & Initiatives Award**, presented at the **Campden Business Awards 2019**.



Campden Home Nursing had to demonstrate that it had recently introduced a change to their operation which has improved their business significantly. The prerequisites of the award had been expanded this year to include any developments or initiatives a company has successfully implemented that has led to improvements in effectiveness, efficiency, profitability or growth.

The shop, which has been hailed as a great success by locals since opening over a year ago, has exceeded the charity's expectations in terms of sales and growth. The shop has sold over 28,000 items to date and has made 17,000 shoppers happy. It provides one third of the charity's income, which helps fund the charity's free 'hospice at home' services to those living in and around Chipping Campden.

Not only is it a great success in terms of profitability, the shop has built excellent relationships with other local business and schools. The shop has helped eight pupils from **Chipping Campden High School** complete the volunteering element of the **Duke of Edinburgh scheme** and the shop's many volunteers have formed friendships and a community of their own.

## Employee of the Year Award

This year we have been recognizing and rewarding our volunteers and staff and **Sue Herd**, a Coordinator on our Nursing team is our **Employee of The Year**.



Sue joined us at the beginning of 2019 and has proved herself to be invaluable. As a retired District Nurse we knew that Sue would bring clinical expertise to her community nursing role, we weren't prepared for all the other things she adds.

Her enthusiasm and passion for her job and the charity, means that she constantly goes the extra mile. She has strengthened our relationship with many surgeries, and is responsible for some of our increases in nursing hours. Between assessing patients she drops off collection boxes to shops and retail outlets, increasing our income and awareness in areas of Worcestershire. Sue will always step up to cover shifts or pop in for bereavement support visits with families she has been involved with. Thank you Sue for all that you do.

## Volunteer of the Year Award

Our **Volunteer of The Year** was awarded to **Lisa Hall**, who came to us after reading an article about our new charity shop in the Campden Bulletin last year.

Lisa was taken on as a volunteer, initially preparing clothes and bric-a-brac for the shop which was opening in October. She recalls how, before the shop opened, she helped to sort through piles of donated clothes and household goods. *"I remember walking into the meeting room and thinking we'd never get it all sorted, but it was fun and I felt like I was doing something really useful."* She now volunteers in the shop several days a week and is a crucial part of the team. You can read Lisa's full story on our website.

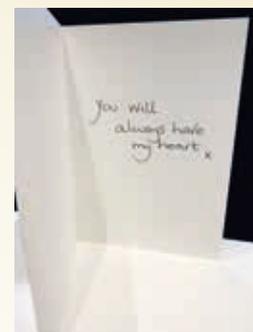


## Our events & fundraisers

### February: 'Share The Love'

Send your loved one a **Valentine's Card** and support us at the same time. The card, that features a lovely **wooden heart** on a good quality white card, is blank inside if you want to remain anonymous, or send us your message and we will write it in the card for you – keep your valentine guessing! It will arrive at the address provided in time for Valentine's Day.

Please go to: [www.campdenhomenursing.org/events/](http://www.campdenhomenursing.org/events/) to purchase a card.



### March (date TBA): Ladies Lunch with a talk by the 'The Knicker Lady'

Talk by **Rosemary Hawthorne** aka: **The Knicker Lady**, author of several books that led to her becoming nationally famed as The Knicker Lady. Described as 'The Joyce Grenfell of Knickers' and as '...having the style and timing of pure comic genius'. A Mother's Day gift - with guaranteed giggles! Please go to our website at [www.campdenhomenursing.org/events/](http://www.campdenhomenursing.org/events/) to purchase tickets.

### April: "All Wool and Good"

We hope you'll all be 'flocking' to buy one or two of our little woolly lambs instead of chocolate for your children, grandchildren, family or friends this Easter. You will be helping to support bereaved children by buying mini sheep, as every penny raised by this campaign will go towards a play therapy session for a bereaved child. They cost £10 and you can buy them on our website. Please go to our website at [www.campdenhomenursing.org/events/](http://www.campdenhomenursing.org/events/) to buy a woolly friend.

### 29th May Nursing Through The Years

We will be displaying an array of nursing memorabilia to commemorate **International Year of the Nurse and Midwife**. Please see our website for more details.

### Friday 4th September 2020: 30th Pearl Anniversary Ball, Lapstone

There are a few tickets still left on sale. They can be purchased from our website at [www.campdenhomenursing.org/events/](http://www.campdenhomenursing.org/events/) and will be allocated on a first come, first serve basis.

## A huge 'thank you'

A huge thank you to the **Noel Arms** who ran our **Restaurant Scheme** throughout December for Campden Home Nursing and have kindly offered to match what was raised, it is wonderful to have the support of local restaurants. The **Red Lion**, **Da Luigi** and **Michael's Mediterranean Restaurant** are lined up to run our scheme this year and we look forward working with you.

## Get in touch!

If you have a story you'd like to see featured, we'd love to hear from you. Please call **Maria** on **01386 840505** or send her an email at: [maria.graham-martin@campdenhomenursing.org](mailto:maria.graham-martin@campdenhomenursing.org). We are always looking for more help, so if you know anyone who fancies lending a hand in either our charity shop or the office, please ask them to get in touch with **Helen** on **01386 840505** or email: [Helen.makaritis@campdenhomenursing.org](mailto:Helen.makaritis@campdenhomenursing.org).

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