



DOORSTEP

keeping you in touch with the Iain Rennie Hospice at Home

APRIL 2005



Looking To The Future:

Kathy Winter explains to Amanda King how the Iain Rennie Hospice At Home has helped to prepare her children for life without her. **PAGE 3**

Sports Personalities

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Quiz Total Tops £2,400.

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Reg. Charity No. 297847

CELEBRITY FOOTBALL MATCH IN AID OF IRHH

RALF LITTLE AND MC HARVEY will be joining Luther Blisset and other celebrities in a Charity Football Match on Sunday 15th May 2005 at Chesham United Football Club. Luther's Celebrity Eleven will play Sky One's Dream Team. Luther's team is likely to include John Barnes (ex England, Liverpool and Watford footballer), Ben Shephard (GMTV presenter), Tom Craig

(recently murdered Tommy from Coronation Street), Tim Lovejoy (Soccer am presenter), Andy Scott-Lee (Pop Idol 2), Alec Stewart (cricket), Ricky Hill (ex Luton footballer), Paul Davis (ex Arsenal footballer) and Cyril Regis (ex West Bromwich).

Luther has offered one lucky person (age 16 or

over) the chance to play in the game on Sunday 15th May 2005 at CUFC. For your chance to play, all you have to do is send your name and address with a donation to the charity. Address the envelope Celebrity Football Match, IRHH, 52a Western Road, Tring, Herts HP23 4BB. The first name out of the hat on Friday 22nd April will play alongside Luther's celebrity eleven.

Photo: Kevin Sansbury



L-R: MC Harvey, Luther Blisset and Ralf Little at Chesham United

For tickets, please contact the fundraising team at the Iain Rennie Hospice at Home on 01442 890222 or email hasquith@irhh.org. See www.irhh.org for more information including celebrities taking part and photographs of the team. Family tickets (2 adults, 3 children) cost £10, adults £5, children £2.50.

IAN RENNIE 20th ANNIVERSARY HORSE SHOW

PLANS ARE WELL ADVANCED FOR THE HORSE SHOW which takes place at West Wycombe Park on Saturday 21st May. We have a terrific committee which has already given a great deal of time to the project, for which we are most grateful.

For the horse enthusiasts amongst you, we plan a wide range of classes, Showing, Show Jumping, Working Hunter and Dressage. There is a class for every age and ability from Leading Rein and Mini Jumping to Open Show Jumping. If you would like a schedule, please contact Lesley Gorton Igorton@irhh.org on 01296 660130



Everyone can expect a great day out. A day membership costs £25.00 and includes Welcome Coffee & Danish, Canapés and Champagne, 3 Course Lunch, Afternoon Tea, Members Bar, Private Ringside seating and access to member WC facilities. Spectators are also welcome and entrance is free although there will be a £2 parking charge.

Why not get a party together and support our 20th Anniversary year? Early booking is advisable as space in the marquee is limited to 80 for lunch. To book your membership, please call Lesley Gorton.

OPEN GARDENS 2005

WE ARE ABSOLUTELY DELIGHTED by the enormous interest in our open gardens programme for 2005. The number of gardens taking part grows every day and with more than 45 gardens taking part, we are expecting Iain Rennie Hospice at Home's first official open garden scheme to be a blooming success!

A full colour leaflet listing all open gardens – and with an introduction from horticulturist and landscape architect Bunny Guinness – is now available. To obtain your free copy, send a stamped, addressed envelope marked "Gardens" to IRHH Tring office, call the Fundraising Team on 01442 890222. You can also download a copy from our website www.irhh.org, or pick up a copy from any IRHH shop or office, or any local Wyevale Garden Centre.

STOP PRESS! We are looking for volunteers to help with taking entrance money, serving refreshments, manning the Mobile Exhibition Unit and so on at some of the open gardens. If you or anyone you know might help, please contact Rozina Ahmad rahmad@irhh.org on 01494 877200.





THE CHIEF EXECUTIVE, ROWENA DEAN WRITES

You'll be hearing quite a lot from us this year and that's because we have got a lot to tell you. During our 20th anniversary year, we will be sending out some extra editions of Doorstep as well as a couple of other mailings around particular events. As there are so many events and news items happening during the year we are keen to make sure that no one misses out because they didn't know about a particular event.

I know that our supporters worry about the costs of mailing and this is certainly something that our team discusses very carefully. We have negotiated discount mailing rates with Royal Mail which certainly makes a difference and we always look for sponsorship of items where we can. Volunteers come into the office and help us stuff envelopes, saving a huge amount of staff time and where we can, we hand deliver correspondence.

In the same way, our "new look" has been implemented at minimal cost and we are moving to the new colours as items run out.

Our patron Geoffrey Palmer's recent letter about the Hospice Lottery has generated an excellent response but, regrettably, it was received by a small number of supporters who are already lottery members. This is because Data Protection rules do not allow the Hospice Lottery to share member details with us and it was not an oversight on our part.

So please enjoy our 20th anniversary with us, read

Doorstep and What's On, come along to the events and be assured that we remain very cost aware.

If you know of anyone who would like to advertise in or sponsor an edition of Doorstep or What's On or help us with any printing costs, we would like to hear from you.

Time to Celebrate – and to Remember

Throughout this year, Doorstep will be giving details of a wonderful calendar of events with hopefully something to tempt all of you. I would however just like to focus on one special event which will mark the midway point of our 20th anniversary year. On Sunday July 10th we will be holding a Service of Thanksgiving at RAF Halton and we really want to see everyone who has been involved with IRHH in any way over the last 20 years to be there – so we need your help.

Please tell everyone about this service and if you know of anyone that we should be contacting to make sure they get the details just call through to one of the offices and let us have their details. Past members of staff, families for whom we have offered care, supporters in other parts of the country – we want to see you all on this very special day. Did you receive care from the first team of Iain Rennie nurses? Did you work for the service in the very early days? We may not have current contact details so please, please get in touch. You can call either office or email jnewton@irhh.org.

We look forward to seeing as many supporters as possible over the next few months and thanks as always for your valuable support.

CUT ALONG THE DOTTED LINE AND RETURN TO IRHH, FREEPOST, 52A WESTERN ROAD, TRING, HERTS HP23 4BB



Regular Donor Gift Aid Declaration and Standing Order Form

HELP US TO RECLAIM TAX PAID ON YOUR DONATIONS!

If you pay income or capital gains tax we can reclaim 28p for every £1 you donate. This substantially increases the value of your gift.

DONOR DETAILS

Title _____ Forename(s) _____ Surname _____

Address _____

Postcode _____ Telephone _____

I want the Iain Rennie Hospice At Home (IRHH) to treat all donations I make from the date of this declaration until I notify IRHH otherwise as Gift Aid donations. I am a taxpayer.

Signed _____ Date _____

STANDING ORDER

To: The Manager _____ Bank _____

Branch Address _____

Postcode _____

Please pay The Iain Rennie Hospice At Home £ _____ every year/month (delete as appropriate) starting on _____ (date) until further notice.

Barclays Bank plc (Windsor Branch A/c No. 10523208 - Sort Code 20 97 09) PO Box 1368, Windsor, Berkshire SL4 1PG

Customer Name _____ Customer A/c No _____ Payment Ref _____

Customer Address _____

Postcode _____ Signature _____ Date _____

Please return this form to the IRHH Tring Office



KATHY WINTER explains to Amanda King how the Iain Rennie Hospice At Home has helped to prepare her children for life without her.

LOOKING TO THE FUTURE ...

"It's like being on a rollercoaster," Kathy sighed. "I go from thinking that I could be dead in two months time, to thinking that I may have a future to look forward to after all".

Kathy, a strong-minded, forthright mother of five was first diagnosed with breast cancer in 1995. She had a mastectomy which appeared to be successful, and there seemed to be every chance that she would make a total recovery. Even when the cancer spread to her lymph nodes in 2001 she recovered well from both the chemo- and radiotherapy.

But, in 2003, disaster struck. "I thought I had pulled a muscle", Kathy explained, "but the doctors told me that the cancer had spread to the liver. I went into a complete panic", she remembered. "The oncologist gave me a few months to a year to live. I thought I would never experience normality again."

Since then, Kathy has not only outlived the devastatingly short timescale given to her, but she has fought hard to live as normal a life as possible, especially for her five children the youngest of whom is only 8 years old.

"I still walk the younger children to school every morning, and two days a week I work locally as a cashier. I enjoy it; it gets me out of the house and it's good for me. People there have been so kind. And it has taught me that there are always other people with worse problems than one's own."

A few months after Kathy's cancer was diagnosed as terminal, a friend who works for the Iain Rennie Hospice at Home suggested that she might consider using IRHH's services. Up to that point Kathy hadn't realised that she had a choice as to whether she died at home or in a hospital and wasn't aware of the services that IRHH offered. Her first contact was with IRHH Support Nurse, Cate, who still visits Kathy to give her aromatherapy sessions as part of a regular nursing visit.

"Now, I cannot imagine having gone through this without Iain Rennie", Kathy commented. "I couldn't rate the service they give too highly. They help you to manage a chronic illness and to get the best possible

quality of life. Just before Christmas I was really unwell and the IRHH Family Support Co-ordinator, Sue, and Clinical Nurse Specialist, Wendy, came in for a couple of hours with steroids and things and I felt so much better."

"The support that IRHH gives is so encompassing. They help you to live, rather than die. Having someone to talk to who understands what is going on in your head is so valuable. It is so comforting knowing you are not going through it all on your own. They are wonderful at dealing with the medical problems, liaising with doctors about medication and so on. But they also help you get on with your life."

In Kathy's case, the most important aspect of her non-medical care has been helping her children prepare for the future. Family Support Co-ordinator, Sue and Play Therapist, Lindsay, have both been involved in this process.

"Sue and Lindsay visited me and we talked about how best to talk to the children. The help that IRHH gives with the children is almost unique. Now, the three oldest are fully aware of what is happening and the two youngest children are aware I have cancer but not that it's incurable."

Sue has set out to build a trusting relationship with the two youngest children. Kathy knows that the quality of Sue's relationship with them is likely to be important when the time comes for the boys to begin re-establishing their lives without their mum.

Part of Kathy's preparations for the future include a Celebration of her Life, after she has gone. "My father died in his early 50s and I vividly remember his Celebration of Life. It is a happy memory that remains with me to this day. No black clothes and lots of laughter. I want my children to have similar memories of me to hold on to."

"I am glad that I have had a chance to prepare my children for what is to come. It is not going to be easy for them at all." Kathy then smiled, "It is just a tremendous relief to know that, after I have gone, people that they and I trust will be coming in to see them for as long as they need it."

Doorstep and What's On Dates for 2005

Edition	Copy date	Stuffing Morning	Pack & Stuff Day
Summer	Fri 29th April	Sat 21st May	Tues 24th May
Summer "Extra" *	Fri 24th June	Sat 16th July	Tues 19th July
Autumn	Fri 9th Sept	Sat 1st Oct	Tues 4th October

* Please note that these dates have changed

IRHH QUIZZES TONY BLAIR



The Iain Rennie Hospice At Home's Appeals Director, Robert Breakwell, was able to ask Tony Blair about government funding for hospices at a meeting at Watford Football Club on Thursday 20th January.

Robert was invited to join representatives from Hertfordshire constituencies for a meeting with the Prime Minister who made a short speech before meeting delegates and answering questions.

When asked by Robert about the government's commitment to funding the basic costs of running hospices in the UK, the Prime Minister commented on how much the work of hospices was appreciated and made an assurance that core funding for hospices would continue to be a priority.

IAIN RENNIE E-NEWS VOLUNTEER NEEDED

The number of people registered to receive our weekly e-News bulletin is growing steadily and, as a result, we have seen a 36% increase in the number of visitors to our website with over 1,000 people now accessing it every week.

Having set the new system up and ironed out the teething problems, our e-News Volunteer, Peter Holliday, now wishes to hand the preparation and distribution of e-News on to someone else. This job takes roughly 2 – 3 hours, preferably on a Thursday, at our Tring office and involves updating the subscriber list, preparing the bulletin and then sending it out. Peter has prepared full, written instructions and will provide full training. If you are interested in finding out more, please contact Robert Breakwell rbreakwell@irhh.org on 01442 890222.

HOW TO RECEIVE IAIN RENNIE E-NEWS

To comply with the Data Protection Act we need your permission to send you Iain Rennie e-News. The best way to subscribe is to click the link on our website www.irhh.org but you can also apply using the annual questionnaire which has gone out to supporters with this issue. Or just give us a call on 01442 890222 or email enews@irhh.org giving us your name and address.

Subscribe to our free e-News service today and look forward to receiving all the latest news and information from the Iain Rennie Hospice at Home.

IRHH ANNUAL QUESTIONNAIRE AND STAMPS

Thank you to everyone who returned their annual questionnaire which was sent out with the last edition of Doorstep; the information really helps us to keep our postage costs down and enables us to keep you informed about events that will be of interest to you. We are also grateful to everyone who sent in a book of stamps; we received over £700 worth, which really helps with our mailing costs.

RIP Tony Crossman

It is with sadness that we report the death of Tony Crossman, past chairman of The Pepper Foundation who died suddenly whilst recovering from injuries received in the Asian tsunami.

COMINGS & GOINGS



• Janice Newton, Suzanne Britton and Liz Clarke

Welcome to: LORRAINE BAYFORD, Bank Nurse with the Pepper Paediatric Team; ANN TAYLOR, Specialist Support Nurse with the Ridgeway Team; JANICE NEWTON, PA to Chief Executive; SUZANNE BRITTON, PA to Appeals Director; and LIZ CLARKE, Community Fundraiser; TERRY FRYER, Volunteer Receptionist at Tring; JANET BROADHEAD, Bank Volunteer Receptionist at Giliian King House; DOROTHY ARTER & ANNIE BLACKWOOD, Bank Volunteer Receptionists at Tring; SALLY LAMBIE & CAROL SMITH, Fundraising Project Volunteers; ALAN MALONE & JAMES HARRISON, Retail & Trading Volunteers; DAVID LONG & JACK DUGDALE, Retail & Trading Volunteer Drivers. **Goodbye to:** DELIA ORBELL, PA to Chief Executive and SUZIE LALÉ, PA to Appeals Director; HEATHER BEESON & JUDITH DALTON, Volunteer Receptionists; DERRICK BALL, Retail and Trading Volunteer Driver.

NEWS FROM OUR FUNDRAISING GROUPS

THE MAYOR'S MAY DANCE WITH MR KITE'S BENEFIT BAND



Why not join us at the Mayor's Rock and Roll Charity Dance, featuring Mr Kite's Benefit Band, on Saturday 7th May 2005 in Dean's Hall, Berkhamsted Collegiate School, Castle Street, Berkhamsted? All proceeds will be split between IRHH and the Mayor's charity, Alzheimer's Society,

RHYME & REASON

Sales of the 2004 book continue to go well and preparation is now under way for the 2005 edition, to be released in the latter part of the year. Snap up a copy of the 2004 book on Saturday 9th April, at the Council Green in Beaconsfield, where Rhyme and Reason would be delighted to see you. The books are also available from the Iain Rennie shops, by calling Joanna Dyson at IRHH on 01442 890222, or by visiting the Beaconsfield Awareness Day on Saturday 11th June.

BEACONSFIELD FUNDRAISING GROUP

With IRHH's Chief Executive as the quizmaster, the Beaconsfield Group held a quiz night at High March School on Saturday 19th March. Teams enjoyed a sausage supper which helped to "feed the brain" of the participants and the evening raised an excellent £1300.

Tickets are now on sale to see the London Welsh Male Voice Choir perform at the Royal Grammar School in High Wycombe, on Saturday 29th October. This is a highly popular event and tickets are expected to sell out quickly. See What's On for details.

FARNHAMS FUNDRAISING GROUP

The residents of Warren Court continue to enjoy themselves in style and, following their regular tea dances, presented the Farnham's Fundraising Group with a cheque for £100.

Continuing with the "tea" theme, the Farnham's group is looking forward to taking part in this year's "Tea at 3" event on Friday 17th June.

COLESHILL FUNDRAISING GROUP

The talented group which, once again, made and sold beautiful hand-made Christmas Crackers raised £679.

WHERE THERE'S A WILL THERE'S A FUTURE
The IRHH offers a free Will Writing Service. Call us for details.

FASHION HISTORIAN RAISES FUNDS



If you have ever wondered about the origin of the phrase "You're never too old to ...", the inspiration could well be ninety-year-old IRHH fundraiser, Mrs Lois Hibbard.

Lois has travelled the world (including both north and south poles) and has drawn on her experiences and her remarkable creative skills to create a home in Beaconsfield filled with rich evocations of her experiences. Through her creative work, which includes embroidery, painting, marquetry and appliqué as well as souvenirs from across the globe and mementoes of some of her wonderful experiences, Lois has chronicled her astonishing life. Her tales of distant lands and exotic people capture her enthusiasm for life, knowledge and her thirst for

adventure, and this is all set against a profound sense of history which brings her stories to life in vivid colours. In recent years, Lois has allowed the IRHH to benefit from some of her unique fundraising activities.

IRHH Volunteer Feature Writer, Amanda King, has spent some time with Lois and has recounted some of her stories and experiences in a special article. Regrettably, Doorstep does not have space for the whole piece, but you can read it, in its entirety, on our website www.irhh.org. If you do not have access to the internet, please send a stamped addressed envelope marked "Lois" to our Tring office – enclosing a small donation if you wish – and we will gladly send you a copy of Amanda's article.

FUN, FACTS & FIGURES

We could fill the pages of Doorstep with details of all the amazing fundraising activities that have been going on over the last few months. The following is just a selection, but a much fuller chronicle of F, F & F appears on our website www.irhh.org which is regularly updated. We wish to thank everyone who has raised money for us and regret that it has not been possible to include everything.

Celebrations

- Thanks to MR DEREK GRAY whose friends marked the occasion of his 70th birthday with gifts to IRHH totalling £200.
- Congratulations to MRS COOPER on her 90th birthday and our thanks for the donation.

Sponsored Events

- ROSALIND WHEELER arranged a sponsored tooth-brush at her son's school and the children raised £210.
- THERESA ALDIS skydived from 10,000 feet and raised £2,580.
- DAVID VOGWELL competed in the Great South Run and raised £140.00.

Community Organisations

- ROTARY CLUB of HIGH WYCOMBE presented £450 from their popular annual Pedal Push.
- ROTARY CLUB of BEACONSFIELD presented our Director of Nursing with a donation of £900.
- The KNIGHTS OF ST COLUMBA COUNCIL 422 High Wycombe kindly donated £150.
- The LIONS CLUB of BERKHAMSTED continue to support us and recently donated £600.00
- FULMER WOMENS FELLOWSHIP gave £106.00 following South Bucks Nursing Team Leader, Sue Wright's, talk.

• Thanks to GREAT MISSENDEN ROTARY CLUB whose members held several fundraising events over the Christmas period and raised £901.

• IRHH was delighted to receive a cheque for £1,000 from WENDOVER & DISTRICT ROUND TABLE

Schools

- A big thank you to pupils and staff at DROPMORE INFANT SCHOOL in Slough for their donation of £220.00 from the proceeds of their Christmas play.
- KINGS WOOD COUNTY FIRST SCHOOL gathered pupils, past and present together with parents, staff and friends for the fifth year running and sang carols in and around the school raising £110.

QUIZ TOTAL TOPS £2,400

This year the quiz has raised just over £2,400, helped along by generous extra donations sent in by people with their payment for the quiz and the answers. As always we are extremely grateful, and full of admiration, for quiz supremos Irene Cammegh and Joyce Bailey, who put an incredible amount of work into the organising, setting and marking.

The response this year has been fantastic, even though many have found it an extremely difficult quiz. There was a tie for first prize with a score of 231½ out of a possible 240. By an amazing coincidence, and with different answers, the two prize winners were sisters – Miss H & Miss S Walshaw from Fife in Scotland. They have shared Dixons vouchers to the value of £50. Kodak Advantix cameras were sent to the five lucky winners drawn from the returned quizzes. These were Mr. H. Wooliscroft from Derby, Mrs. J. Adams from Hemel Hempstead; Mrs. K. Marlton from Charvil near Reading, Mrs. Farrow from Wokingham and Mr. Haynes from Tring.

Joyce and Irene tell us that the 2005 Quiz will be available at the end of April. To receive a copy, send £1 and stamped addressed envelope to Suzanne Britton at Tring office.

SPORTS PERSONALITIES DINNER



- L-R Chairman of the Organising Committee, Chris Langford with James Cracknell and IRHH Vice Chairman, Tom Johnson.

Following the huge success enjoyed last year, the Sports Personalities Dinner was once again held at the Pendley Manor Hotel in Tring on 3rd March 2005.

The celebrity panel was hosted by Eleanor Oldroyd from BBC Radio Sport and featured a panel of showbiz personalities including James Cracknell, twice Olympic gold medal winner, David Pleat, ex Tottenham Hotspur manager, Rob Styles, premier league football referee, and Chris Whyte, world cup rugby referee. The dinner was generously supported by Kodak Ltd and although the figure's yet to be confirmed, over £15,000 was raised.

PLANNING A FUNDRAISING EVENT?

We are always pleased to provide practical help and support for anyone who raises funds for us. Please call us on 01442 890222 if we can help in any way.

TRING LIONS CLUB CELEBRATES

Tring Lions Club celebrated its 32nd Charter Anniversary with a Dinner & Dance at Mentmore Golf & Country Club on Saturday 12th February 2005.

Lion President, Hazel Butler, welcomed fellow Lions and guests from around the area and reported on another successful year of service for the club. IRHH Director of Nursing, Sue Varvel, accepted a cheque for £1000 from Hazel Butler and, in thanking Tring Lions for their generous gift, acknowledged the support received from Lions Clubs throughout the Chilterns area and praised the Lions for their dedicated commitment to local communities.

WENDOVER ROUND TABLE

The hardworking members of Wendover Round Table continued their long-standing commitment to IRHH with another substantial boost to IRHH funds: a cheque for £1000.

ROBIN HOOD

Staff, and regulars at the Robin Hood pub in Tring have been raising funds for the IRHH for many years. Their latest contribution – a cheque for £1,200 – was handed over to the IRHH's Suzie Lalé on 17th March by Landlord, John Robinson.





BOOTLEG BLUES IN BERKHAMSTED

Photo: Carole Niven



• The Bootleg Blues Brothers hit Berkhamsted

The evening of Sunday 13th March was certainly enjoyed by over 250 people who attended the Bootleg Blues Brothers gig at Berkhamsted Collegiate School in aid of the Pepper Foundation which supports the IRHH's Pepper paediatric nurses.

Masterminded by Pepper patron, Joe Collier of Eastwoods, the show kicked off with a "Busted" tribute band followed by support band "Shout" from Daventry.

The evening culminated with the appearance on stage of our much-loved friends, Jake & Elwood, the famous Blues Brothers along with with guests from the Commitments, Joe Collier and our very own Rennie Bear! .

Over £2,200 was raised towards funding the Pepper paediatric nursing team, making the occasion successful as well as highly enjoyable. More at www.irhh.org.

23rd BERKHAMSTED ANNUAL HALF MARATHON & FIVE MILE FUN RUN

Organised by The Rotary Club of Berkhamsted, this year's event took place on Sunday 6th March in aid of The Pepper Foundation. Organisers are confident that over £4,000 will have been raised. The IRHH works increasingly closely with The Pepper Foundation which provides substantial financial support for the IRHH paediatric nurses, our Family Support Co-ordinator and our Play Therapist.

If you would like further information about other running events this summer, including the Tring Midsummer Fun Run on 22nd June and the British 10k in London on 3rd July, email Tony Yates tyates@irhh.org or call 01442 89022.

ELVIS ALIVE AND WELL IN WILSTONE VILLAGE HALL!

Elvis appeared to a sell-out audience at the Wilstone Village Hall in January. Several people donned their blue suede shoes and danced the night away as the King crooned and entertained. A fantastic £579.51 was raised by the Wilstone Village Hall Committee who kindly donated the proceeds from the ticket sales to IRHH.



KODAK PHANTOM PREMIERE

Tickets for the premiere of "Phantom of the Opera" in Leicester Square were snapped up by lucky Kodak employees with the proceeds of £550 coming to the IRHH.

VISIT US ON THE WEB ...
The IRHH website www.irhh.org is updated every week and has all the latest news and views.

MAZDA'S CLOSE SHAVE



Mazda, a daring regular of the Green Man Pub in Flackwell Heath, braved the razor in December and had his head shaved in aid of the Iain Rennie cause. Extra money was raised when Mazda also agreed to have his eyebrows shaved off and when another regular was privileged to make the first cut. Hannah, the Landlady's daughter, was responsible for Mazda's new look and a fantastic £1,004 was collected through sponsorship and donations on the day. More pictures at www.irhh.org.

FUN FACTS FIGURES

- AMBER CAMPION and JADE BASSETT, DANIEL COHEN and GREG HARVEY made cakes and biscuits and sold them in the school playground, raising a fantastic £30
- BUTLERS COURT COUNCIL COMBINED SCHOOL shared the proceeds raised from their Christmas concert and we thank them for their gift of £50.
- Clubs, Pubs & Associations
- The HALF MOON at Wilstone's bonus ball lottery raised £445.
- Thanks to the BEACON ART CLUB for £176 from their Christmas exhibition and sale of work.
- We are grateful to JORDANS VILLAGE LUNCH CLUB for their donation of £150.
- Halton Miniatures Club donated £22 from the proceeds of their raffle
- TRING SQUASH CLUB sold their bar stools to Tring Athletic Club and IRHH benefited by £25. The club also sent a donation of £150 following their "festive lunch".
- Thanks to CHINNOR SILVER BAND for donating the proceeds from their concert and to Barclays Bank for matching the funds, raising a wonderful total of £3,012.
- SIMMERS BRIDGE CLUB donated their Christmas collection of £324.50 to IRHH.
- Thanks go once again to the WHITE LION whose customers raised £55 from a Sloe Gin Competition!
- Thanks also to MR KETOE who volunteered to have his head shaved at The Anglers Retreat in Marsworth and raised £80.
- The WILLIAM SUTTON SPORTS & SOCIAL CLUB raised £250 from their Christmas raffle which they kindly donated to our funds.
- HALTON SINGERS held a Christmas Gala Concert with the ROYAL AIR FORCE HALTON AREA VOLUNTARY BAND and raised £607.
- JORDANS BOWLS CLUB forwarded a cheque for £200 as sadly they had to close through lack of membership.
- WARREN WOOD RESIDENTS' ASSOCIATION held a Christmas Carol Charity collection and donated the proceeds of £100.
- The residents of a cul-de-sac in Beaconsfield organised a "Light up your Street" which was a great success and raised £447.56.
- The BEACONSFIELD OPERATIC SOCIETY very generously donated £1,000.

FUN FACTS FIGURES

- Following their 'Fireside Xmas' event, The BUCKLAND SOCIETY were kind enough to donate £160 from their proceeds.
 - The staff at BROOK HOUSE NURSING HOME donated £40.
 - The LANE END PLAYERS performed "Puss in Boots" during January and kindly donated £465 from the proceeds of their raffle – oh yes they did!
 - BERKHAMSTED PROBUS CLUB donated £100 as part of their funding this year to local charities.
 - WIGGINTON VILLAGE SHOW gave £545 from a Bucket collection when they went around the village with Santa. The show funds covered all expenses so they could donate the full proceeds – "all the Committee are proud to be able to raise funds for such a worthwhile cause."
 - The LADIES PROBUS CLUB of Hemel Hempstead asked to hear the 20th anniversary presentation and donated £30 as a speaker's fee afterwards.
 - The customers from THE TOP OF THE WORLD pub in Hemel Hempstead raised £6.55.
 - AMERSHAM & DISTRICT PHILATELIC SOCIETY raised £5.50 selling booklets
- Churches**
- HOLY TRINITY CHURCH in Hazlemere continued their support and kindly donated a further £840.
 - THE PARISH CHURCH OF ST PETER & ST PAUL GREAT MISSENDEN donated £500.
 - The MEN'S LUNCHEON CLUB at Amersham Free Church donated £50.
 - IRHH benefited from a performance of Handel's Messiah at ST MARY THE VIRGIN, IVINGHOE WITH PITSTONE receiving a gift of £400.
 - ST PETERS CATHOLIC CHURCH kindly donated £372.40 from their Christmas Fayre.
 - The HOME MISSIONS COMMITTEE OF SUNNYSIDE CHURCH in Berkhamsted donated £1,000 as part of their church's annual Gift Day.
 - The congregation of AMERSHAM FREE CHURCH sent a gift of £197.55.
 - ST MARY THE VIRGIN, HEDGERLEY donated £291.40 through their fundraising activities.
 - PARISH OF CHINNOR WITH EMMINGTON & SYDENHAM & ASTON ROWANT kindly donated £450 from their Mission Budget.
 - ASTON CLINTON BAPTIST CHURCH sent £236.80 as part of their annual donation.

2005 FLORA LONDON MARATHON

Help the Hospices is the official charity for the Flora London Marathon this year, and it is expected that 3,000 people will be running for local hospices on Sunday 17th April 2005. As we go to print, 22 of those runners will be raising money for the Iain Rennie Hospice at Home and we are indebted to each and every one of them.



For the first time ever in IRHH's history, two members of staff will be running the 26.2 miles.



JULIE MOFFAT is a Clinical Nurse Specialist with the Ridgeway nursing team and has worked for IRHH for 6 years. She's been running for nine years and always dreamed of running the London Marathon. Her motivation for running in

2005? "I wanted to do it before I turn 40!" Julie's training is going really well with 18 miles clocked up last weekend. She's hoping to finish in sub five hours.

JOANNA DYSON is a Community Fundraiser. She chose to run the London Marathon and raise money for IRHH because, in her own words, "It's been my

privilege to hear first hand the difference that Iain Rennie nursing care has made to so many people. The opportunity to raise both awareness and funds has provided me with the

motivation to continue training towards the 26.2 mile goal, to don my trainers when it's cold and icy, to spend hours increasing my endurance and distance and, as Forrest Gump said 'to just keep on running!'"

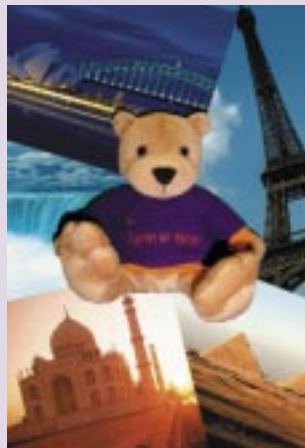


If you would like to sponsor Julie or Jo, or any of our London Marathon team please call the fundraising team on 01442 890222. Alternatively, although all of our guaranteed places have now been allocated, if you have your own place and would like to use it to raise funds for the Iain Rennie Hospice at Home, contact Tony Yates, Sponsored Event Co-ordinator on 01442 890222 or email tyates@irhh.org.

And if you don't fancy the running part, you can still participate! Why not join our cheering squad at the eighteen mile mark?

A POSTCARD FROM RENNIE BEAR – ENTER OUR SPECIAL COMPETITION

Rennie is certainly a very well-travelled Bear and we've already received postcards showing him visiting Paris and Egypt! We're offering a Kodak Advantix camera kit every month to the person who sends us the best picture of Rennie Bear



either in a far-flung, location, or taking part in an unusual or exciting activity. We will publish the winning pictures in Doorstep.

To take part, you obviously need your own Rennie Bear. He's available for £10 from all of our shops and offices or by calling the Retail & Trading department on 01296 660130.

Watch out for Rennie Bear free-fall parachuting at our Sponsored Parachute Jump Day in June.

Photo: Carole Niven



CYNTHIA'S CAKES RAISE CASH

Cynthia Skingley bakes cakes to order and sells them at the Church Coffee Shop in Castle Street, High Wycombe which offers the "best cup of coffee in town at

the lowest prices" she tells us! The fundraising began in the early nineties when Cynthia's cakes boosted funds raised in memory of Emma Bermingham. Since 1998, she has raised over £1,680 for IRHH.

HAVE YOU JOINED THE HOSPICE LOTTERY YET?

Just £1 per week helps the Hospice and gives you the chance to win £1,000!
Call 0870 3300218 for details.

JOHN HOWARD FUN DAY AND KNOCKOUT CHALLENGE 2005

In memory of a former patient, the John Howard Fun Day has become an incredibly popular fun-filled, family event. This year the day takes place on Sunday 12th June at Gadebridge Park, Hemel Hempstead.

As well as a variety of different stalls, fairground rides and music, the ever popular Knockout Challenge will be held in the central arena. Inflatable obstacles, props, water and large quantities of foam will ensure there is plenty of opportunity for fun, frolics and lots of laughter. The event is sure to be a real team building exercise so why not enter a team and try and win the coveted "Knockout Challenge" trophy? Call Joanna Dyson jdyson@irhh.org on 01442 890222 for an information pack or download one at www.irhh.org.



HOSPICE LOTTERY SUPERDRAW – WIN £5,000 IN CASH!

Following the success of last year's Superdraw which raised over £36,000 for the hospices in the lottery consortium, The Hospice Lottery has launched the 2005 Superdraw. Unless you have used your annual questionnaire to request us not to, we are enclosing a book of tickets, which cost £1 each, for you to buy or sell to friends and family.

HIGH WYCOMBE CHARITY CARNIVAL

A fun day out for all the family on the Rye at Wycombe, this will be the fourteenth Charity Carnival. Over the years it has helped a number of charities to raise both funds and awareness of their cause. The day itself will see charity stalls, craft stalls, fairground rides, the Mayor's tug-of-war challenge, as well as the Rockwood Dog Display Team who will be performing in the central arena. Come along and visit the Iain Rennie Mobile Exhibition Unit and have a go on our Teddy bear Tombola – we'd love to see you there. More details in What's On.

THAMES TRADITIONAL BOAT RALLY

Enjoy Lunch at the Thames Traditional Boat Rally on Saturday 16th July.

The Thames Traditional Boat Rally at Henley is Europe's largest gathering of traditionally built craft where skiffs, gigs, punts, canoes, launches, sailboats and electric craft moor alongside river and coastal cruisers. Thanks to sponsors, Michael Shanly Homes, the IRHH is delighted to offer supporters a champagne reception, followed by a sumptuous 3-course lunch served in our private riverside marquee, kindly sponsored again by the Michael Shanly Group. Enjoy the rally boats parade with an informative commentary and take a complementary cruise on the traditional wooden Thames launch, "Lady Florence". Shop for nautical antiques, books and boat jumble, then return to the marquee to enjoy afternoon tea.

Don't delay and let this chance sail past! We can only accommodate 80 people at this prestigious occasion. Tickets are £55 per person or £500 for a table of 10 and are available from Liz Clarke lclarke@irhh.org on 01442 890222. Full details in What's On.

BURNS NIGHT IN BEACONSFIELD

For the seventh year in a row, the IRHH Beaconsfield Fundraising Group held an enormously successful Burns Night on 22nd January. Scottish traditions were properly upheld: the haggis was piped in by Wilson Phillips and "Ode to the Haggis" was authentically declaimed by Colin Clarkson. Kilts and tartan mingled with dinner jackets and evening gowns as everyone took to the dance floor to enjoy the music of Kafoozalum. A fantastic £4,300 was raised.

Photo courtesy of Bucks Free Press



A regular gift of any amount makes a real difference to the amount of care we can provide.

FUN FACTS FIGURES

- CHESHAM BOIS PARISH COUNCIL sent a grant of £75.
- ST LEONARDS PAROCHIAL CHURCH COUNCIL sent a grant of £500.
- A donation of £236.80 was received from the congregation of EATON BRAY METHODIST CHURCH.
- The congregation of ST JOHN'S CHURCH, PRINCES RISBOROUGH kindly donated £550.
- ALL SAINTS PARISH CHURCH donated £1,500 from the proceeds of some of their fundraising activities.
- ST. PAUL'S CHURCH, CHALFONT ST. PETER sent a gift of £250 as part of their annual Charity Giving programme.
- CHRISTIANS TOGETHER LENT LUNCHEAS at Ivinghoe and Pitstone raised £285 for us.

Masonic Lodges

- HADDENHAM LODGE No. 8944 kindly donated £50.
- EAGLE LODGE 9299 very kindly donated 2005 diaries for our nursing teams.
- BOWEN LODGE No. 2816 donated £300 from their members.
- AMERSHAM MASONIC LODGE sent £250 from the Ladies Festival.
- STREATHAM HILL LODGE No. 3784 donated £250.00 from their members.

Out & About

- Thanks to SANDRA MORRIS who sent the proceeds from the sale of her greetings cards and notelets.
- MISS D MARGETTS raised £20 with coffee and selling surplus handicraft items and materials.

Companies

- BP COLLINS Solicitors auctioned an unwanted Christmas Hamper and raised £40.
- CHESHAM INSURANCE BROKERS advised their clients they would not be sending Christmas cards and donated £350.
- PLASTEEL COMPONENTS & KADEN PLASTICS sent a gift of £500.
- PARADIGM HOUSING GROUP held a raffle at Christmas and raised £575.
- PENN SURGERY will be moving to the old Horse & Groom public house site and they sold some items from the pub, raising £521 which they have donated to us.
- OURY CLARK donated £500 in lieu of sending corporate Christmas cards.

Mary Wiles Has A Word With ...

RUTH FRETTON, IRHH Bereavement Visitor

How did you first become involved with IRHH?

About ten years ago I started working part-time at Cedar Barn helping with nursing administration. About the same time, through my Church, I undertook a Bereavement Counselling course, which made me realise the great need for people to be supported through bereavement, when they are feeling vulnerable and asking many questions. When my father died in 1996, I was able to share my grief with the Iain Rennie nurses and found this very beneficial. In 2001, I attended the first IRRH training course for Bereavement Visitors.



What exactly do you do?

IRHH offers a person-centred style of support, enabling the client, (who can be a spouse, partner, family member or close friend) to discover their own inner resources and strength to come to terms with their loss. Clients are referred by the IRHH nursing teams, with whom we work closely. The client is always in control as to how much time and support is given, but initially we offer fortnightly visits for an hour, then agree together what future contact will be. On occasions, one visit may be sufficient, otherwise we will carry on meeting maybe until an anniversary has passed. Clients can move on to a Social Support Group if that meets their needs. We are trained to work professionally and not to allow clients to become dependent on us. At present I have two clients, but some Bereavement Visitors are able to offer more time and may have up to five.

What initial/ongoing training do you receive?

A ten-week training course is run by Sue Grace, the IRHH's Family Support Co-ordinator, and then Bereavement Visitors meet monthly for group training and supervision. Sue is always available should I wish to discuss a particular client and I never need to feel that I am overwhelmed by the work. The service we offer is constantly evolving and we are looking at offering support by email, which is a popular way of communicating for some.

Do you find the work rewarding?

Yes, I really feel it is a privilege to be invited into people's lives at a difficult time. I recognise that people need support to get through the grieving process and by coming alongside them and empathising, I hope to assist them move forward. This is particularly relevant for clients who maybe have no close family and feel very alone after losing someone special.

If you would like to find out about becoming a Bereavement Visitor, please contact Rozina Ahmad, Voluntary Services Manager, rahmad@irhh.org on 01494 877200.

A new 10 week course for **VOLUNTEER BEREAVEMENT VISITORS** is being planned for the autumn. Bereavement Visitors offer help to families through one to one support or attendance at regular social support groups. This role does not involve counselling clients, but is all about supporting them. The interview process will start in May so if you are interested in finding out more please contact us.

IT'S THE YEAR OF THE VOLUNTEER

Chancellor Gordon Brown has designated 2005 as the Year of the Volunteer. 2005 will see a year-long campaign in local and national media to encourage more people to volunteer and to celebrate the valued work volunteers do. With over 550 volunteers, we would like to thank them all for the amazing work they do.

BUT WE STILL NEED MORE HELP!

If you think you have some time to spare and would like to help as a volunteer or would like to know more about volunteering for IRHH please contact our Voluntary Services Manager, Rozina Ahmad rahmad@irhh.org on 01494 877200, visit our website www.irhh.org. Some of our current vacancies include:

VOLUNTEERS FOR OUR 20TH ANNIVERSARY. We would love to hear from volunteers who are available on a flexible basis to help at the many events being organised to serve refreshments, man a stall, sell IRHH merchandise, hand out information about our service etc. With over 40 gardens opening for IRHH we need some additional help!

COULD YOU BE AN IRHH AMBASSADOR? We are looking for volunteers who would be happy to speak at club and association meetings (including Rotary, Women's Institute, Golf Clubs etc.) to raise awareness of our work during our anniversary year. Training will be given about how to use our '20 Years of Caring' presentation.

GOLFING ENTHUSIAST WANTED! We are looking for a keen golfer to run our 20th anniversary golf project. This would include contacting golf clubs in our area and asking them to support us in some way.

VOLUNTEER SHOP ASSISTANTS. Our eight shops are in need of volunteers to help sort stock, price goods and serve customers. If you can spare half a day a week (or more!) please contact us or call into your local shop. We are particularly keen to hear from volunteers who will be able to help us in our new HIGH WYCOMBE SHOP which we hope to open in May.

Are you free on a Wednesday afternoon between 1pm and 5pm? Our office in Chalfont St Giles is looking for a **VOLUNTEER RECEPTIONIST.**

An **INFORMATION BOARD CO-ORDINATOR** is required to update the boards located in IRHH offices and shops with our latest information.

The **HOSPICE LOTTERY PARTNERSHIP** needs volunteers to help in its office near Tring with basic administration duties.

Volunteer Outing 2005

As a way of saying "thank you" to our volunteers we organise an annual outing which, this year, will be on Wednesday 8th June. We are planning to visit Brighton and further details will be available shortly. Any volunteers who do not visit our shops or offices regularly, please contact Rozina Ahmad rahmad@irhh.org on 01494 877200 to register your interest in joining us on this fun day out!

It seems a long time since Christmas but believe it or not we are in the process of ordering cards for Christmas 2005! 2004 was a record year with nearly £50,000 taken in Christmas merchandise sales including 16,000 packets of cards! Flashing badges were the 'must have' this year, a trend I see continuing for this Christmas.

We are also planning a special 20th Anniversary card which will depict the Care to Walk event at Coombe Hill this January and will be painted by the popular artist Colin Tuffrey.

NEW WYCOMBE SHOP OPENS IN MAY

Since the last edition of Doorstep, our plans for a new shop in High Wycombe have changed and we now hope to open at 112 Desborough Road in early May. The new shop is situated near the centre of High Wycombe, near to the proposed West End development.

As ever we are looking for volunteer shop assistants and, if you think you might be able to spare a few hours a week, please contact Rozina Ahmad rahmad@irhh.org on 01494 877200 or Lesley Gorton lgorton@irhh.org on 01296 660130.

FURNITURE NEEDED

Some Iain Rennie shops now sell furniture and we are always on the lookout for good quality items. We can collect and, if you have any items you would like to donate, contact Lesley Blencowe lblencowe@irhh.org on 01296 660266. Regrettably we do not accept mattresses, divans or wardrobes or any items which do not meet current fire safety regulations.

IAIN RENNIE ON EBAY

Iain Rennie has recently started trading on eBay and in the past few weeks we have sold over £1,000 –worth of items! We have sold an Ossie Clarke dress to a vintage clothing collector in New York, a Rockingham Tea set to a museum and most recently a trumpet! We would very much welcome some volunteer help with this exciting initiative and, if you are interested, please do get in touch.



Below are a few of the more interesting items we have for sale or have sold on eBay!



• Clockwise from top left: Early Royal Doulton Fruit Bowl; Early 1970's Ossie Clarke Dress; Late 1960's Merrythought Yorkshire Terrier; Coalport Figurine- Catriona

DON'T FORGET JIGSAW!
Our next Jigsaw Information Session will be on Monday 23rd May, 1.30pm - 4pm at Gillian King House, Chalfont St Giles. If you haven't attended recently, why not come along for a refresher? Contact Rozina Ahmad rahmad@irhh.org 01442 890222 for further information.

CARE TO WALK BALLOONS

Within a few days of the spectacular launch at Coombe Hill on 2nd January, tickets started being returned to us from places across Kent and well into France. However the balloon that travelled the furthest reached the town of Pfaffenheim close to the French border with Switzerland and the ticket was returned by the Family Schoepfer. The IRHH supporter who bought the balloon is Robert Muirhead of Aston Clinton and we have sent him and the French family small prizes.
Thank you to our Sponsors J R Smith Transport of Tring and to everyone who took part in the balloon launch.

STREET COLLECTIONS 2005

Fifteen street collections will be taking place across the Chilterns for the Iain Rennie Hospice at Home in 2005. Our regular collectors have already received an invitation to hold a can for an hour or two but we always need more people. Might you be able to spare an hour or two at one or more of them? Last year's collections raised £5,286 proving that every penny really does help. Please contact the fundraising team on 01442 890222 to offer help with a street collection this year. Thank you! See What's On for details.

CELEBRATE 20 YEARS OF CARING WITH US

GALA PROM AT RAF HALTON

Hopefully your eyes will already have been arrested by the eye-catching flyer promoting the pinnacle event of the 20th anniversary: the Gala Prom organised by our High Wycombe and Amersham Fundraising Group. On Saturday 9th July 2005, more than 1500 people will be joining us from 5pm at RAF Halton for a picnic followed by a Gala performance including all your favourite proms music. It will be a magical evening of music and song with performances from The Ealing Symphony Orchestra, The High Wycombe Orpheus Male Voice Choir, St Augustine's Church Choir, Gateway School Choir and soloists from the world of opera. Picnic to the sounds of George Brown and 'Anything Goes' in the grounds of Halton, by kind permission of the Commanding Officer.

Tickets are available from Christine and Richard Nisbet, Piper's Haunt, Sandpit Lane, Penn, Bucks HP10 8HD at £20 each or £22.50 after 30th April 2005. Please make your cheque payable to 'IRHH Gala Prom' and tell Christine and Richard if you require disabled facilities. **For further information, please contact Christine and Richard on 01494 812458.**

SINGERS NEEDED FOR THANKSGIVING SERVICE & CELEBRATION OF CARE

Led by our Iain Rennie Hospice at Home nurses, Church of England, Free Church, Catholic and Muslim ministers, the Thanksgiving Service and Celebration of Care will mark IRHH's 20 Years of Caring. Entry is free and everyone is welcome to attend. The service will be held in the Drill Hall at RAF Halton on Sunday 10th July and will start at 3pm, although guests are invited to be seated by 2.15pm. It will last an hour and will include readings by the original IRHH nurses, 'reflections' from the ministers and live music from organ, big band and choir. Tea and coffee will be served after the service, giving an opportunity to talk to IRHH nurses and other staff.

However, if you are a singer, this is your opportunity to get more involved! Adrian Davis, Musical Director of the Thanksgiving Service and Celebration of Care, is looking for singers and choirs from across the Chilterns to join forces and sing together during the service. Music will include the Hallelujah Chorus from Handel's Messiah and other well-known pieces. There will be a rehearsal before the service. **If you or your choir would like to take part, please contact Hannah Asquith hasquith@irhh.org at IRHH on 01442 890222.**

ANNUAL GENERAL MEETING

Our AGM will be held on Wednesday 13th July at Tylers Green Village Hall. All welcome. Once again, we hope that friends and supporters, as well as past employees and trustees will put this date in their diaries. See What's On for details.

SPONSORED PARACHUTE JUMP DAY



Imagine standing at the edge of an open doorway in an aircraft flying at 10,000 feet. The noise of the engines and the wind are ringing in your ears, with only the outline of distant fields below. Now imagine leaning out of the doorway and letting go, falling forward into the clouds, diving through the air as you freefall at 120mph... Then imagine the peace and quiet as the canopy opens and you begin a tranquil parachute descent. Imagine being able to do this for free whilst harnessed to a professional freefall parachute instructor, and at the same time being able to help the Iain Rennie Hospice at Home!

Now, stop imagining because it's real, it's happening, and you can be part of it...

If you would like to take part in the first ever Iain Rennie Hospice at Home parachute jump day on Sunday 5th June at Bicester airfield, we would love to hear from you! All you have to do is raise £375 in aid of Iain Rennie Hospice at Home and you will jump for free. For more information, please contact Joanna Dyson at IRHH on 01442 890222 or by emailing jdyson@irhh.org.

Don't delay! Due to popular demand our initial 20 places have already been reserved and 10 further places have just been booked. Why not join 20 others (and one Rennie Bear!) by jumping on 5th June to celebrate our 20th anniversary? Book now to avoid disappointment!

If a freefall parachute jump is not for you, then why not lend your support by sponsoring Rennie Bear to do it for you! You can pledge your support to Rennie by visiting www.irhh.org, calling the Fundraising team on 01442 890222 or visiting our office.



If you would prefer not to receive future editions of Doorstep or if any of your details have changed, please call 01442 890222 or email doorstep@irhh.org