



# DOORSTEP

keeping you in touch with the Iain Rennie Hospice at Home

MAY 2005



## SUMMER UPDATE

We hope you enjoy this compact "Update" edition of Doorstep. To save space, we have left out some regular features, but Nursing Insights, Fun, Facts & Figures etc. will all be back in August. Our What's On leaflet is also an "Update" edition with details of new and changed events. It should be used in conjunction with the current What's On leaflet which we sent to you in April.

## FLORA LONDON MARATHON 2005 - THE BEST 26.2 MILES IN THE WORLD!



• IRHH supporter and Marathon veteran, David Walker, completed his 25th consecutive London Marathon with his daughter, Hannah, and sons John and Jamie.

## TAKE ON THE BRITISH 10K

Would you like to run this most prestigious fun run on Sunday 3rd July 2005 and help celebrate the Iain Rennie Hospice at Home's 20th anniversary? If you only run one race this summer, it has to be this one! At just 6.2 miles, you would be experiencing the best city centre route in the UK once again, as voted by Runner's World Magazine, running along some of the world's most famous streets and past the capital's most famous sites including Big Ben, Houses of Parliament, St. James's Palace and the London Eye.

If you join our team, we will support you every step of the way with a free entry, a free breathable running vest and a comprehensive pack including personalised sponsor forms, online sponsorship facilities and fundraising fact sheets. If you would like to know more about the British 10k, have a look at [www.thebritish10klondon.co.uk](http://www.thebritish10klondon.co.uk), contact [fundraising@irhh.org](mailto:fundraising@irhh.org) or telephone 01442 890222. It would be great to have you on our team!

**ALL 21 RUNNERS** taking part on behalf of the Iain Rennie Hospice at Home completed this world-class event on Sunday 17th April 2005.

Anne, Julie, Jo, Lawrence, David, Nick, Julie, Stewart, Nick, Chris, Stef, Gary, Ian, Melissa, Andrew, John, Lynn, Mark, Rob, Caroline and Toby: we salute each and every one of you for training hard and raising awareness and funds to support our work.

The Iain Rennie Hospice at Home was proud to swell the sea of yellow 'Run for Hospice Care' vests and to be a part of the Marathon's 2005's official charity, Help the Hospices. Special thanks go to Tony Yates (pictured here) for co-ordinating IRHH's team, to all who attended our four cheering squads at miles 13, 18, 22 and 25, and of course, the runners and their sponsors.



**HEAD OFFICE**  
52a Western Road, Tring,  
Hertfordshire HP23 4BB  
Telephone: 01442 890222  
Fax: 01442 891276  
Email: [info@irhh.org](mailto:info@irhh.org)

**SOUTH BUCKS OFFICE**  
Gillian King House, Hodgemoor View  
Three Households, Chalfont St Giles  
Buckinghamshire HP8 4LS  
Telephone: 01494 877200  
Fax: 01494 875820  
Email: [gkhouse@irhh.org](mailto:gkhouse@irhh.org)

[www.irhh.org](http://www.irhh.org)

Reg. Charity No. 297847

# fundraising news

## GEOFFREY BACKS CARE2WEAR CHARITY WRISTBAND

IRHH patron, GEOFFREY PALMER OBE, helped to get sales of our new Charity Wristbands off to a flying start when he visited our shops in Princes Risborough and Tring recently to promote the newest and most fashionable way to support the IRHH. As we go to press, over 7,000 of the £2 wristbands have been sold!



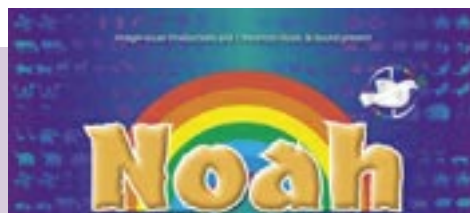
The Iain Rennie Hospice at Home has joined forces with The Entertainer toy shops, Britain's largest independent toy retailer, to raise funds with the lime green CARE2WEAR wristbands which have already gone on sale at all Entertainer Toy Shops.

Locally, CARE2WEAR wristbands are available from IRHH offices in Tring and Chalfont St Giles, all IRHH shops and selected schools and retail outlets in the area. Alternatively send £2 and a stamped, self-addressed envelope to IRHH Retail and Trading, Dixons Gap, Tringford Road, Wilstone, Tring, Herts HP23 4QF, call 01296 660130 or order online at [www.irhh.org](http://www.irhh.org). The Entertainer Toy Shops in Amersham and Beaconsfield also have stocks.



## WORLD PREMIERE OF NOAH THE MUSICAL

This show for all the family will launch with a black tie gala evening strictly for IRHH guests only. A celebrity will be opening proceedings and guests are promised a night of animal magic. If you would like a personal invitation, please let us know by contacting Hannah Asquith on 01442 890222 or email [fundraising@irhh.org](mailto:fundraising@irhh.org). Tickets for the musical, which opens in Tring on 10th September, will be available later this summer. The show's website, [www.noahthemusical.co.uk](http://www.noahthemusical.co.uk) has more details and you can even listen to some of the songs.



## TEA AT 3

Tea at 3 is a simple and fun way to raise money for your local hospice either at work, school or home. On Friday June 17th 2005 thousands of people in workplaces, schools, at home and across local communities will hold fundraising tea parties or make a donation for their tea break.



Why not get together with friends, have a party, share a cuppa, make and bake Mary Berry's special 20th anniversary "Lemon Drizzle Traybake" and raise funds for IRHH?

We'd love to know if you're planning an event! For more ideas visit the Tea at 3 website [www.tea@3.org.uk](http://www.tea@3.org.uk) or contact Joanna Dyson [jdyson@irhh.org](mailto:jdyson@irhh.org) on 01442 890222.

## PLANNING A FUN

We are always pleased to provide practical help a  
Call us now on 01442 890222

## MUSIC IN BERKHAMSTED

The IRHH benefited from two very different musical occasions



At the Civic Centre, pianist ANNA LE HAIR brought together nine talented musicians for a concert of Chamber Music which included works by Mozart, Quilter, Poulenc and Fauré. This is the second time that Anna has organised a superb evening of music in aid of IRHH, and many people will remember the inspiring classical concert "The Stream of Life" that she organised in May 2003 in memory of her friend and IRHH patient, Susan Balogh.

We are indebted to Anna and her friends Alice Bishop, soprano, Nick Ridley, oboe, Graham Hogg, clarinet, Toby Hill, horn, Philip le Bas, bassoon, Claire Dixon, violin, Diana Allanson, viola and Julian Ogilvie, cello, for giving their very considerable talents to perform in aid of the IRHH.

# fundraising news

## Beaujolais - Champagne CHALLENGE 2005

### FREE WINE TASTINGS

Our popular Wine Tasting season starts in August and ends in November when our annual Beaujolais Champagne Challenge event takes place. The formula is simple: you provide the venue and the guests (minimum 20) and we'll provide the wines and everything else needed for an enjoyable evening including a magnum of Crémant de Bourgogne to use as a raffle prize! If you would like to know more, call Robert Breakwell [rbreakwell@irhh.org](mailto:rbreakwell@irhh.org) on 01442 890222.

### FUNDRAISING EVENT?

and support to anyone who wants to raise funds for us. 2 or email [fundraising@irhh.org](mailto:fundraising@irhh.org).

in Berkhamsted on Saturday 7th May.



Across town at the Dean's Hall at Berkhamsted Collegiate School, MR KITE'S BENEFIT BAND were raising the roof as only they know how with their ever-popular mix of rock and pop. The Mayor's May Dance in aid of IRHH and the Mayor of Dacorum's charity, Alzheimer's Society (Dacorum) was a complete sell-out and the band had the audience on the dance floor from the first number.

The 7 strong band and their 3 man support crew perform about once a month throughout the year and donate their £500 fee to the Iain Rennie Hospice At Home or The Pepper Foundation. The band started in 1989 as an offshoot of the very successful Pepper concerts and since then the band, and the extremely dedicated crew that support them, have committed themselves to taking the spirit of rock 'n' roll out into the community, at the same time raising funds for charity. Anyone interested in booking the band for a private party, wedding or other function can contact Alistair on 01442 8750 or see the band's website [www.mrkite.org.uk](http://www.mrkite.org.uk).



### A POSTCARD FROM RENNIE BEAR

The winners of our Rennie Bear competition for May are Richard and Christine Nisbet with their wonderful photograph of Rennie with a Masai warrior. They win a Kodak Advantix Camera. Keep those photos of this well-travelled bear in exciting or exotic locations coming and you could be next month's winner!

Rennie says- "I was very lucky to be taken on a wonderful trip to Kenya and Zanzibar recently! I had some wonderful adventures and, as you can see, made lots of new friends."

### JOYCE & IRENE'S QUIZ DREAM

Quiz aficionados will be thrilled to hear that the 2005 Quiz is out now. To receive a copy, send £1 and a stamped, addressed 9" x 6" envelope to Suzanne Britton at Tring office. Last year's quiz raised over £2,400 and Joyce and Irene are dreaming of selling enough copies to fund an IRHH nurse for a year. With your help, anything is possible, so why not buy copies for friends and family or consider giving one as a gift?

### FRESH NOISE AT IRHH MEMORIAL WOOD AT DOWNLEY

Youngsters from Fresh Noise, a church youth initiative in High Wycombe, have committed themselves to clearing up the IRHH Memorial Woodland in Downley, High Wycombe. With permission from Wycombe District Council, they hope to restore this beautiful area, popular with mothers and children, which has, unfortunately, suffered occasionally from vandalism. We would like to extend our thanks to these young people for the work they are doing.



# fundraising news

## COFFEE WITH RENNIE BEAR

Rennie Bear was thrilled to collect a cheque for a fantastic £800 following a coffee morning and fish and chip supper that was held at Woollerton Court, Princes Risborough. Once again, warden, Margaret Gilbert, and the residents ensured that a fun time was had by all and Joanna Dyson, Community Fundraiser at IRHH, was delighted to present the special 20th anniversary slideshow.



## LET'S TALK '20 YEARS OF CARING

Our special 20 minute presentation has received excellent reviews and our team of speakers is ready and willing to visit your club, group, congregation, fellowship, school or company to tell the story of the Iain Rennie Hospice at Home and share our vision for the future.

You are warmly invited to book one of our "Let's Talk 20" presentations - contact Hannah Asquith [fundraising@irhh.org](mailto:fundraising@irhh.org) on 01442 890222.

## WEAR YOUR HOSPICE SUNFLOWER AND SHOW YOU CARE

June is the month when hospice supporters across the UK will be showing their support by wearing a sunflower and, once again, the IRHH is sending a sunflower to every Doorstep reader.

If you wish to send us a donation of any value in return for your sunflower we will be extremely grateful. If you are a tax payer and complete the Gift Aid declaration on the special Sunflower Appeal leaflet enclosed, we will be able to reclaim tax paid on your donation that will more than cover the cost of your sunflower. This means that the Chancellor of the Exchequer is boosting your donation and paying for your sunflower which has got to be good news!

## LUNCH AT THE THAMES TRADITIONAL BOAT RALLY ON SATURDAY 16TH JULY

Tickets have gone on sale for this popular event which includes a fabulous summer lunch menu. Don't delay and let this chance sail past! Full details in What's On or email [fundraising@irhh.org](mailto:fundraising@irhh.org) for details.

## WYCOMBE WANDERERS SUPPORT

Chairman of Wycombe Wanderers FC, Ivor Beeks, presented a cheque for £4,250 after the club's game against Bury on 16th April. The Lantern Club, a day centre based in Holmer Green, received a similar donation.



• (L-R) WWFC Chairman Ivor Beeks with representatives from The Lantern Club, Robert and Guy Breakwell and WWFC Director Steve Hayes

## SINGERS NEEDED FOR THANKSGIVING SERVICE & CELEBRATION OF CARE

We are still keen to hear from any choirs or singers who would like to take part in our Thanksgiving Service and Celebration of Care at RAF Halton on Sunday 10th July at 3pm. Music will include the Hallelujah Chorus from Handel's Messiah and three well-known hymns. 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](mailto:hasquith@irhh.org) at IRHH on 01442 890222.

## HOSPICE LOTTERY HITS NEW HIGH

An amazing 15,000 people are now playing the Hospice Lottery each week. The lottery raises funds for six local hospices, including IRHH, and a £1 weekly chance can win a top prize of £1,000. Call 01296 661662 or visit [www.irhh.org](http://www.irhh.org) for more information.

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

## GRAND JUNCTION ARMS RACE NIGHT

Giles and Sherri Woodland from The Grand Junction Arms in Bulbourne near Tring held a St. George's Day Race Night. As well as horse and dog racing, there were also racing pigs! The evening raised £499.70. Liz Clarke, Community Fundraiser, went along to receive the cheque and was delighted to be presented with a further £88 donated from the Darts Team and a quiz. We look forward to another entertaining evening in the near future.



# volunteer focus

## Mary Wiles Talks To **JAMES HARRISON, Volunteer at the IRHH's Retail & Trading Warehouse at Dixons Gap, near Tring.**

*How did you first become involved with IRHH?*

Since November last year I have been attached to Sunnyside Training in Berkhamsted, which is a work-based learning programme for 16-24 year olds with social and educational needs. The programme includes basic skills and numeracy work, as well as computer studies and for the practical part of the course, I spend 16 hours a week with IRHH.



*What exactly do you do?*

I go out with the IRHH volunteer van driver, collecting donated goods and also moving things between the shops and Dixons Gap. When deliveries arrive, I help unload them and move them round the warehouse - I am the strong guy when things need moving! Recently I have wrapped up and despatched more than 100 Rennie bears to their new homes.

*Do you enjoy working with IRHH?*

Yes, it's a good job. I enjoy getting out and about and meeting the volunteers in the shops and also helping the people at Dixons Gap. I am hoping to go on to take NVQ Stage 1 in Distributive Operations and the IRHH staff will be helping me with this. Eventually I would like to get a full-time job in retail distribution.

**Lesley Gorton, Retail and Trading Manager, says, 'This is the first time that IRHH has collaborated with Sunnyside Training and we are very pleased to be able to work with another charity in this way. James always has a smile on his face, works hard and is a great asset to the Retail & Trading team.'**

## **VOLUNTEER OPPORTUNITIES**

**We still have a wide range of volunteer vacancies** and Rozina Ahmad rahmad@irhh.org on 01494 877200 has full details. New opportunities include Volunteer Complementary Therapists and Volunteer Merchandise Promoter/Distributors. If you have some time to spare and would like an informal chat about how you could help us please do get in touch.

## **NEW SHOP IN HIGH WYCOMBE**

**Plans for our new shop at 112 Desborough Road are progressing well** and we now hope to be open in early June when the refurbishment is completed. We are very keen to hear from anyone who would like to be a Volunteer Shop Assistant at the new shop. Please contact Lesley Blencowe lblencowe@irhh.org on 01296 660130 if you are able to spare even a small amount of time.

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

## **DON'T FORGET IAIN RENNIE E-NEWS**

**We've had lots of positive feedback about our weekly email news update.** If you would like to receive it, the easiest way to subscribe is to click the link on our website [www.irhh.org](http://www.irhh.org) but you can also give us a call on 01442 890222 or email [enews@irhh.org](mailto:enews@irhh.org) giving us your name and address.

## **VOLUNTEERS' WEEK 1st -7th JUNE 2005**

**We are working with our local volunteer bureaux to promote volunteers' week.** Events planned include Volunteers' Fairs in Aylesbury's Friars Square and High Wycombe town centre in June and Volunteer Speed Matching (similar to speed dating!) at Esporta Health and Fitness Club in Hemel Hempstead on 8th July. If you have been thinking about volunteering for us and would like to visit us at either event then please contact Rozina Ahmad rahmad@irhh.org on 01494 877200 for further details.

For further information about volunteers' week please visit the official website [www.volunteersweek.org.uk](http://www.volunteersweek.org.uk).



## **VOLUNTEER OUTING 2005**

**This is your last chance to join us on our volunteers' outing to Brighton on Wednesday 8th June!** Contact Rozina Ahmad rahmad@irhh.org on 01494 877200 to see if there are any places available.

## **FUNDRAISING SECRETARY NEEDED – FULL OR PART TIME**

**We are currently looking for someone for this position. Details are in the vacancies section of our website [www.irhh.org](http://www.irhh.org) or contact Hannah Asquith [hasquith@irhh.org](mailto:hasquith@irhh.org) for more information.**

## A WALK BY MOONLIGHT

'Take me for a walk,' you said,  
A sudden lucid burst of words,  
A sudden powerful grab at life.  
Released now by the wheelchair from your encaged bed,  
It seemed your mind had also taken wings,  
And carried you, resurgent, back to us.

Dusk lay outside, the dark but briefly held at bay  
And inside only us; your father, frail with age and worry,  
You, six foot of near dead weight, and me.  
Your father's eyes met mine. We both at once resolved,  
Grasping this rare small gift to bring you,  
We'd take you for your walk.

The chair, the clumsy turning frame,  
Planks, slings and all the grotesque props of immobility,  
Were, all our muscles straining, loaded in the car.  
A short drive, then unloaded, as were you,  
A puppet, hung by half your strings.  
All three of us at the extremes now of our strength,  
Disaster, real hurt, just a slip away,  
And all to take a sick man for a walk.

In sudden silence, all the night was ours.  
Descending geese still arrowed in to plough  
The mirrored surface of the lake,  
Where swans, great ghostly globes adrift,  
Glowed faint.  
But then you raised your arm to point,  
And there it was,  
A heron, stillness frozen into flesh,  
A few heartbeats away,  
Darting its slicing glance into the river's depths.

We stood enthralled.  
And then you grinned at us in triumph,  
That you, half-blind, had snared its beauty for us,  
And in that moment made the night complete,  
As darkness, final, drew its shawl across our sight.

I go there still, alone now, partly,  
And if, on certain evenings in the dusk,  
I see a heron statued on the bank,  
I smile, or weep, for truly these two are the same,  
And in my mind I greet it, in your name,  
As I recall the late Spring night  
You took us, joyous, for a walk.

*Since my husband, Chris, whom the Iain Rennie nurses helped me to care for, died last June, I've used writing as a release for my feelings. I have written many poems about the long struggle to come to terms with the loss of one's life partner at the age of 48. It has been helpful for me to get them out of my system.*

*This poem is about an event that took place a couple of weeks after my husband finally came home, after 8 weeks in hospital. We knew by then that he wasn't going to make it, but managed to share some special times. This poem describes one of them.*

*I felt it captured the sort of moment that could never have happened if Chris had stayed, and died, in hospital, and also expressed some of the unexpected joy we were able to snatch during that awful time.*

**Jill Wallis**

## NEW LOOK MOBILE EXHIBITION UNIT UNVEILED

**Our newly refurbished Mobile Exhibition Unit (MEU) was unveiled on Wednesday 20th April.** Volunteer Representatives and drivers, sponsors, supporters and staff gathered to see the covers pulled off the trailer accompanied by a fanfare and refreshments in time for a busy season of visits throughout the Chilterns area.

The interior shopfitting has been carried out to a very high standard by two volunteers, Peter Thomson and Andy Higginson, who have invested hundreds of hours in creating a professional quality display that will attract visitors.

Watch out for the MEU at events across the area throughout the summer. If you would like to join our team of Volunteer Representatives and Drivers, please contact Rozina Ahmad rahmad@irhh.org on 01494 877200.

