



# DOORSTEP

keeping you in touch with the Iain Rennie Hospice at Home

## SUMMER 2009

Welcome to the latest edition of our newsletter!

The latest information about all IRHH events can be found in the What's On pages on our website [www.irhh.org](http://www.irhh.org) and our Getting Involved fundraising magazine.

Iain Rennie Hospice at Home provides specialist palliative care for patients and families in their own homes across the Chilterns area of Buckinghamshire and Hertfordshire. The service is provided free of charge to patients and is available 24 hours a day, 365 days a year.

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Reg. Charity No. 297847



## Chilterns 3 Peaks Challenge

**Walk the Chalk for Iain Rennie!  
Sunday 20th September**

Enjoy the beautiful Chilterns scenery whilst raising money for IRHH in the first ever **CHILTERN 3 PEAKS CHALLENGE**.

The cross-country route follows the famous Ridgeway Path, taking in three of the best peaks in the Chiltern Hills – Whiteleaf Cross, Coombe Hill and Ivinghoe Beacon.



£15 per person. For more information or to register for this

unique event, call us on 01442 890222, visit [www.c3peaks.com](http://www.c3peaks.com) or pick up a form from any of our shops.

## MEMORIAL WOODLAND IN WENDOVER



We are delighted to have been given the use of an acre of land in Wendover on which to develop a new Memorial Woodland. The site is slightly elevated from the village, in an area of outstanding beauty. We are sure it will be a wonderful place to visit, reflect and remember.

The project is in its early stages, but we are working hard to have the area ready for the first phase of tree planting in February 2010. If you would like to become a patron of the Woodland by making a donation or can help in any way, please contact Linda Petrons on 01442 890222 or email [lpetrons@irhh.org](mailto:lpetrons@irhh.org)



*The new IRHH Memorial Woodland has fantastic views over the Chilterns landscape*



## SUE VARVEL, BY ROYAL APPOINTMENT!

IRHH Director of Nursing, **SUE VARVEL**, was presented to the Queen and the Duke of Edinburgh at St James's Palace in March, as part of a reception marking the 25th anniversary of Help the Hospices. Sue, who was representing hospice nurses throughout the UK, said afterwards: "I felt honoured and privileged to be part of something so wonderful and to represent my profession at the same time. It was certainly an occasion I will never forget."

Sue's personal account of this special evening can be read on our website [www.irhh.org](http://www.irhh.org)

## Q: DO YOU WANT A SAY IN HOW YOUR TAXES ARE SPENT?

**A: YES! Then sign a Gift Aid Declaration – it's the only way!**

We can reclaim 28p on every £1 you donate to IRHH, which is the tax you have already paid to the government. Last year over £92,000 was generated by Gift Aid reclaims – we'd love to generate over £100,000 this year. If you are a tax payer you can help us do this by signing the declaration on the attached response form. Be satisfied to know that some of your taxes are helping us to carry on caring.

*giftaid it*

# hospice news

## PATIENTS & FAMILIES COME FIRST

“I’m proud that our nurses have been able to care for over 900 patients in the last year – a 4% increase. With continued support from our donors, I feel confident that the Iain Rennie Hospice at Home can care for even more patients in the year ahead” says Chief Executive, ROBERT BREAKWELL.

Thanks to the generosity of our supporters, the Iain Rennie Hospice at Home has been able to care for an increased number of patients over the last year. The decision to recruit extra nurses to provide “Extra Time” to care for patients and families has made this possible and is all down to our loyal supporters.

**“The ongoing generosity of our supporters will be absolutely key to maintaining the service we have built up over many years”**

The ongoing generosity of our supporters will be absolutely key to us maintaining the service we have built up over many years and, in particular, to sustain the improvements that we have made over the last 12 months.

I do hope that we can count on YOUR continued support to enable us to do this. Whether you are a donor, a volunteer, an event organiser, a fundraiser or a customer in our shops, your contribution is more important to us than ever before. Please help our nurses care for even more patients and families this year.

**Thank you.**



We are absolutely determined to maintain the amount of care we provide, and everyone at Iain Rennie is committed to sustaining the invaluable nursing and family support services that we provide. To do this, we will be looking for every opportunity to reduce costs and calling on everyone to think of ways to increase income during these tough times.

## ANNUAL GENERAL MEETING



This year’s AGM will be held from 7pm on **Wednesday 8th July at West Wycombe Park**, courtesy of Sir Edward and Lady Dashwood who have generously allowed us to use this spectacular venue free of charge.

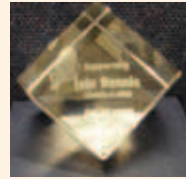
The Palladian house at West Wycombe Park was built in the early part of the 18th century by Sir Francis Dashwood, the Premier Baronet of Great Britain. In more recent times, the second Sir Francis Dashwood, the father of Sir Edward, devoted much of his life to restoring West Wycombe house and grounds to the glory of their original design. The house is one of the best examples of Palladian architecture in Europe.

We only have 120 places available, so would ask supporters who would like an invitation to the AGM to contact Robert Breakwell on 01442 890222, [info@irhh.org](mailto:info@irhh.org), or complete the Response Form attached to this newsletter. In an effort to keep costs down, we would also ask anyone who is willing to sponsor any elements of the meeting, or to make a donation towards the costs, to contact Robert as above.

**Thank you.**

## 20 YEAR SERVICE AWARDS

Have you been continuously involved with IRHH as a member of staff, volunteer or supporter for 20 years or more? If so, we would like to hear from you.



Each year, we acknowledge the long-standing commitment made to us by remarkable people at our AGM and we are keen to be reminded about anyone who has been continuously involved over the last 20 years. Please contact Rozina Ahmad, [rahmad@irhh.org](mailto:rahmad@irhh.org) on 01494 877200 if you know someone in this position.

## BILL COOKS UP A STORM

IRHH Patron **BILL GILES** proudly nominated IRHH as the charity to receive the £100 prize after his victorious appearance on the BBC’s Ready Steady Cook. The cookery challenge saw Bill as a red tomato, take on Michael Fish in a competitive battle of the former BBC Weathermen.

Bill and chef Paul Rankin made a mouth-watering menu which included:

- Rosemary and black pepper pork with potato rosti and vinegared blackberries
- Potato, brie and sage gratin
- Pork scratchings with sweet and sour tomatoes and sage
- Blackberry and apple crumble

Bill enjoyed taking part and says his kitchen skills have improved following his “overwhelming victory”!



*Bill with Ready Steady Cook host Ainsley Harriott and Michael Fish*

## IRHH CAR STICKERS

Our brand new car stickers are an easy way to promote IRHH whilst travelling around. To receive a sticker, please send a £1 coin and an SAE to Liz Clarke, IRHH Fundraising, 52a Western Road, Tring, HP23 4BB – or order online at [www.irhh.org](http://www.irhh.org)



## Irene Cammegh RIP

We are sad to report the death of Irene Cammegh who, with her close friend Joyce Bailey, was responsible for the hugely popular Iain Rennie Quiz Book which raised over £5,000 this year. Our nurses had the privilege of contributing to Irene’s care during her last few weeks and we send our condolences and best wishes to Joyce.

*Irene (left) with Joyce (right) and IRHH’s Suzanne Britton*



## Doorstep Acknowledgements:

Editor: **Stephen Biggs**, IRHH Communications Officer, [sbiggs@irhh.org](mailto:sbiggs@irhh.org) – please submit articles for next edition by **Friday 3rd July**

Packing and Distribution Co-ordinator: **Linda Petrons**, IRHH Senior Appeals Secretary, [lpetrons@irhh.org](mailto:lpetrons@irhh.org)

**THE NEXT EDITION WILL BE STUFFED ON TUESDAY 8TH SEPTEMBER**

Designed by **Maud Eager** Printed by **Alpine Press Ltd**

# nursing insights

## IAIN RENNIE'S FIRST QUALIFIED NURSE PRESCRIBER

In 2008 Clinical Nurse Specialist GERRIE SMITHSON became the first Iain Rennie nurse qualified to prescribe medication for patients in their own homes.

Gerrie talks to Stephen Biggs about how this has changed her job and how it is already benefiting our patients.

**Gerrie, firstly many congratulations on achieving this qualification. Can you tell me what "Nurse Prescriber" means?**

The extra training I have completed means that I can now write prescriptions for patients at the time they need it. I can prescribe any drug within my area of competence which is palliative care. This includes pain-killers, anti-sickness medication and sedation in either tablet or injection form.

**Can any Iain Rennie nurse write a prescription?**

No, only qualified Nurse Prescribers may write prescriptions. Nurses can request the GP to prescribe medicine, and will often make recommendations or suggestions to the doctor regarding which drugs to prescribe for that patient. However nurses often have to disturb GPs during their surgeries to discuss urgent issues, and whilst we try to keep this to a minimum, sometimes it cannot be avoided. There is often a time delay before the prescription can be written, collected and taken to a chemist to be dispensed – which can be frustrating for all concerned.

**How has this qualification made a difference to your job?**

The most significant difference has been the speed of access to medication for the patient. Once I have assessed a patient's needs I can write a prescription immediately and, provided the chemist is open and has the medication in stock, I can have the medication with the patient in a very short time. This is immensely satisfying, especially when symptoms are relieved swiftly. At weekends, when the patient's own GP is not available, there can sometimes be a long delay before an 'out-of-hours' doctor can respond. This is when my ability to prescribe becomes even more beneficial.

**Can you give an example?**

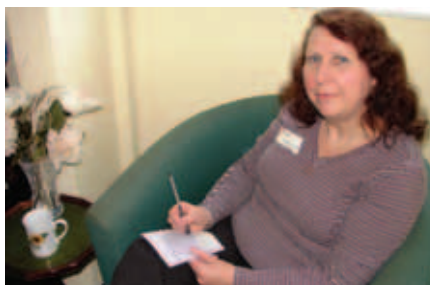
One of my patients was in hospital waiting to be discharged home. His condition was deteriorating fairly rapidly and he and his family were anxious for him to be at home as soon as possible. He was discharged late on a Friday, after the hospital pharmacy had closed. The next day I was able to prescribe all the medication he needed and obtain it from a community pharmacy that day. This would have been very difficult and time-consuming for an 'out-of-hours' doctor who did not know the patient, or his history, to anticipate his requirements.

**Can the other IRHH nurses now refer to you to prescribe for their patients?**

No. They must continue to liaise with GPs to request prescriptions. I can only prescribe for a patient that I have assessed myself.

**What training did you have to do to achieve the qualification?**

I trained at the University of Hertfordshire two days per week for six months starting in September 2006. One day a week was spent attending lectures, the other was spent with my



Medical Supervisor, Dr Suzie Jordache from the Hospice of St Francis, accompanying her on her rounds, seeing palliative care patients in hospital and participating in decisions about their medication. I also spent some invaluable time at a local community pharmacy.

To complete the course, in

February 2007 there were examinations, written assignments, a 'case study', a practical assessment and a maths test with a pass mark of 100%! This was probably the hardest part of the course - after all there is no room for error when calculating the correct dose of any medication.

My exam results were issued in April 2007. Then began the complex and lengthy process of obtaining my prescription pad from the Primary Care Trust. This eventually arrived in May 2008 and I have been prescribing since then.

**IRHH received a grant of £395 from Dacorum Community Trust towards a Nurse Prescribing course in January 2009. Can you tell us about this?**

As Nurse Prescribing is a relatively new concept there is very little support as yet. Fortunately there are some local District Nurses and Macmillan Nurses who are also nurse prescribers and we have formed our own Support Group. We meet regularly as it is vital for patient safety that we remain as up to date and aware of changes as we possibly can, but there are very few training or update courses available. They tend to be one day study days and are very expensive. The grant from Dacorum Community Trust enabled me to attend one such day in January, which I was very grateful for. £395 is a lot to spend from IRHH's educational budget on one person attending such a day, so without the grant it may not have been possible for me to attend. Of course the information obtained was shared with my colleagues and would eventually benefit all IRHH patients.

**So how has your job changed during the time you've been with IRHH?**

I started five years ago as a Specialist Support Nurse and was promoted to Clinical Nurse Specialist after six months. I therefore have more responsibility now and play a greater role in coaching and training new nurses, planning work within the team and representing the Dacorum Nursing Team at multi-disciplinary meetings with our professional colleagues outside IRHH.

**Our aim is to have at least one qualified Nurse Prescriber in each of our nursing teams. It costs over £1,000 to put a nurse through the required courses, so unless we are able to secure funding from our Primary Care Trust or a grant making trust, this will not be feasible for a while, especially in a recession.**

**The benefits of a Nurse Prescriber are clear to see and Gerrie is a valuable asset to both the patients and to IRHH as an organisation. Well done Gerrie!!**

## PREPARING FOR THE END OF LIFE – PLANNING FOR FUTURE NEEDS

### Annual Nursing Conference to be held on 14th October

Following last year's sell-out success, IRHH Professional Development Lead, Helen Joels, is already well into the planning for the 2009 Annual Conference to be held on 14 October 2009 at the Green Park Training & Conference Centre, Aston Clinton.

IRHH Patron and eminent cancer specialist, Professor Karol Sikora (pictured right), will chair the morning session. Topics to be discussed include the Government's End of Life Care Strategy, managing end stage COPD, the role of chemotherapy, helping patients moving from adolescence to adulthood, what carers need from us and the challenges of advance care planning.

Check our website [www.irhh.org/conference](http://www.irhh.org/conference) later in the year for full details.



# volunteer focus

## CAN YOU SPARE SOME TIME TO SUPPORT IRHH AS A VOLUNTEER?

Some of our current volunteer vacancies include:

- **RELIEF RECEPTIONISTS**, who play an important role by covering holiday periods for our regular receptionists. They are the first point of contact with IRHH and answer the phones, welcome visitors to the office and help with general administration. We are looking for additional volunteers to cover reception at our Tring office.
- **Come and help our RETAIL & TRADING team to list donated items on our 'Virtual Charity Shop' on eBay.** You will need to be computer literate and knowledge of eBay and/or collectables will be very useful, but not essential.
- **Would you like to meet people, make new friends and have fun?** You could really help us by volunteering in one of our shops for just a couple of hours a week (or more if you can!). Please call into your local shop and speak to the shop manager.
- **We need Volunteer MEU DRIVERS** who would be prepared to tow the Mobile Exhibition Unit (using their own vehicle equipped with a tow bar) to locations across the Chilterns, set up the Unit and return to collect it later, and **EVENT VOLUNTEERS** to help us at the many fundraising events planned for the year.

If you have some time to spare and would like to join our team of volunteers please contact Rozina Ahmad, Voluntary Services Manager, rahmad@irhh.org, 01494 877200 for an informal chat. Current volunteer vacancies are regularly updated on our website.

Here's what two of our current volunteers have to say about their volunteering roles with IRHH:

### FUN IN FUNDRAISING by David Coles, Fundraising Volunteer

When I answered the IRHH appeal for volunteers, I had little idea of what I was letting myself in for. Now I consider myself very fortunate to have discovered the world of volunteering and all the lovely staff and fellow volunteers.

After the death of my wife, Anne, who was cared for by the IRHH, I was looking for something to put some purpose back into my life. Volunteering, I have found, supplied this for me, as well as repaying IRHH. I am now helping to raise funds and increase awareness of this wonderful organisation. Many people are not in the position to donate money but they could donate time.

Just as I have, you can experience the atmosphere and excitement of the Goodnight Walk – the only man until this year to walk with 350 ladies! The pleasure of meeting people at street collections, raffles and tombolas, rushing around Tring with the Santa Float and, for the first time in my life, wearing a DJ at several black tie events. Worzel Gummidge in a dinner jacket – that's me!

So zap the telly – go volunteering and get a new life – you will get a very warm welcome from IRHH.

### FUN AT THE TRING SHOP by Katherine Feander, Shop Volunteer

I have recently started working as a volunteer in the IRHH shop in Tring. I wanted to do something to help this wonderful charity as some of the nurses looked after my Dad when he died 10 years ago of asbestosis. I have a daughter of three and work part-time, but decided I could spare some time on Saturday mornings, so I now work in the shop two Saturday mornings a month, which is all the time I have available. I wasn't sure that I was able to give enough time, but I have soon realised that Michelle, the Shop Manager, is really flexible and every little helps.

I really enjoy working in the shop and meeting new people. I am amazed at the quality of items that arrive in the shop. On a Saturday the shop is so busy that the morning is gone before I have even realised. All the volunteers have been very welcoming and shown me the ropes. I'm 27, and was concerned that being relatively young would be an issue, but I have fitted in really well.

I get involved in all aspects of the shop, including going through the donations, applying the Gift Aid, putting the items onto the shop floor and working on the till. I also try to keep the shop tidy. There's always a few of us in at a time so we do have a laugh as we go through the day.

I really feel I am making a difference to this charity that has done so much for my family, and other families alike.

We are recruiting for volunteer **COMPLEMENTARY THERAPISTS** qualified in ITEC Massage and Indian Head Massage, Aromatherapy, Reflexology, CranioSacral therapy or Reiki. Volunteers will provide a holistic approach to our patients and their carers and should ideally be available to provide a minimum of two treatments per week and attend a monthly nursing team meeting. Our Complementary Therapy Volunteers work as part of our nursing teams in our patients homes. Our new Complementary Therapist Co-ordinator, Jackie Finegan, is keen to develop this area of our service, to further support our patients and their families.

### COMINGS & GOINGS

**Welcome to:** SUZANNE CASEY and JANE CARRUTHERS, Voluntary Services & HR Support; FIONA MATRAVERS, bank nurse; BECKY GLENISTER, Trusts Fundraiser

**Welcome back to:** CATE ANDREOPOULOUS to our Ridgeway Team

**Goodbye and thanks to:** MICHELLE KNIGHT, Wycombe nursing team; JANET HOLLAND, bank nurse

**Congratulations to:** LOUISE HEWITT on the birth of daughter, Phoebe Clara



**VOLUNTEER**

**JOINERS & LEAVERS** We welcomed 29 new volunteers since the beginning of the year until the middle of March.

**In our offices we welcome:** SUZANNE TERRY to our team of Receptionists; DIANE HOCKLEY and GERTRUUD VAN DIJKEN to our Appeals and Admin teams at Tring & GKH; DAVID HERON to our team at Akeman Street.

**Goodbye and many thanks to** our office volunteers: GILL FLECKNEY receptionist at Tring; SANDRA WILKINSON, admin support at GKH.



### “Informative, interesting and inspiring” was a comment from one of the attendees of our last **JIGSAW INFORMATION SESSION**

These sessions are an introduction to the organisation, but also refresh your knowledge of IRHH and the work of our service as things change so quickly. Volunteers, staff and supporters are all welcome to come along. Our remaining sessions for 2009 are:

• **Tuesday 23rd June**, Chalfont St Peter Community Centre, 1.30pm to 4pm

• **Friday 23rd October**, Red Cross Hall in Tring, 10am to 12.30pm

If you are able to come along please contact Rozina to book your place - email rahmad@irhh.org or call 01494 877200



In the past we have celebrated national Volunteers' Week with an annual outing as a thank you to all our volunteers for their hard work and support. We are organising something different for 2009 - a **Volunteers' Summer Party with cream teas and some jazz!** We hope this will give volunteers an opportunity to meet others throughout the organisation. All our volunteers are very welcome to join us on **WEDNESDAY 3rd JUNE**, 2pm to 5pm. We are fortunate to be hosting this event in the marquee at Micklefield Hall, Sarratt, near Rickmansworth, generously provided to IRHH free of charge. Transport from certain locations will be provided for a modest cost. Please contact Rozina Ahmad or Jane Carruthers at GKH on 01494 877200, or email rahmad@irhh.org, if you are interested in coming along. **We would love to see you there!**

### **VOLUNTEERS' SUMMER PARTY - AN INVITATION TO ALL**



# shop talk

## Around the Shops

Tring  
01442 891006

Tring Book Shop  
01442 827384

Warners End  
01442 260696

Bennettsgate  
01442 219000

Princes Risborough  
01844 344130

Little Chalfont  
01494 549910

Beaconsfield  
01494 680789

High Wycombe  
01494 463657

Flackwell Heath  
01628 524777

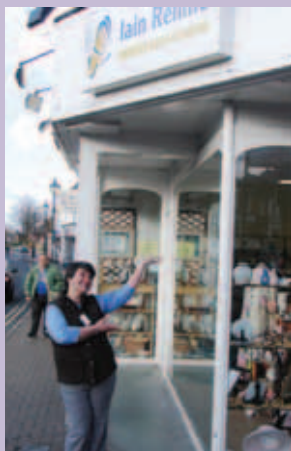
eBay  
01442 827699

Bring in your treasures for us to sell on behalf of IRHH. We can also list items on eBay for you. Contact us for more information.

The shops also have information about forthcoming events and attractions in the area, so drop by and pick up some leaflets

## TWO MONTHS AND STILL SMILING!

Lorna Mackay gives an insight into her time as Princes Risborough Shop Manager so far



I am not sure what attracted me to the advert in the paper but I knew it was something I would like to do. Without trying to sound too angelic, I wanted a job that meant something. My insight and learning for the post as shop manager was woefully inadequate but to be honest, no amount of ground work could have prepared me for what lay ahead!!

The job entails so much more than a "normal" managerial position. There's a lot of laughter, and a few tears too. We see so many bereaved people who turn up at the door with donations from their loved one. This is when you realise why you are doing the job and how important it is. A lot of the nurses have popped their head round the door to welcome me, along with so many more people from the Iain Rennie "family" and it's good to meet the folk behind the scenes.

Since starting I have grown to love the volunteers who make it a pleasure to come to work each day. A sense of humour is essential, and I'm learning that "really nice stuff" and "excellent condition" are open to interpretation. The volume of donations is staggering and even when it does not meet the required standard of quality to put in the shop for sale, the rag bag money mounts up to a very nice sum. The only disappointment is when people put dirty or broken items in amongst their donations. We cannot sell these, and it costs us money to dump them, so I will be doing an awareness window display in the near future to make things a bit clearer. This will also show people how much money we can earn from old curtains, bedding etc which may otherwise go in the bin.

The introduction of Gift Aid has enabled me to chat to so many more people and make them aware of just what we do here. Whilst they fill in the simple form we tell them just what a difference it is making. In an average week in Princes Risborough it is adding an extra £180 to our income for very little effort, and this figure continues to increase. It is also encouraging people to return with more donations as they are updated with just how much their unwanted goods have made for us.

On the personal side, I meet and work with so many lovely people who give so much of their time for free. Without them the shops would be impossible to run. I have a fantastic team of volunteers whose vast experience in life, as well as in running the shop, is a huge asset to Iain Rennie. If anyone would like a little insight into our world here in the shop please pop in for a chat and stick around for a while – if you have time on your hands it may just be what you are looking for to fill a few hours a week.



Lorna with shop volunteer Pam Farris

If you are up for a challenge why not join me for the "Goodnight Walk" on the 6th of June. I did not realise that signing up for the job meant doing 11 mile walks but I have to admit that I am looking forward to it. If you cannot join me but would still like to contribute then please pop in to the shop and sponsor me. There's also the "Chiltern 3 Peaks Challenge" coming up in September so I'm in training for that by going up and down the steps in the shop hundreds of times a day!

Assuming I survive all the physical exercise, I'm looking forward to the months and years ahead here at IRHH. Thank you to everyone who helps us make the shop the success it is.

## A BIG THANK YOU TO GRUNDONS

IRHH is most grateful to Mr NORMAN GRUNDON of Grundon Waste Management Ltd who has again agreed to sponsor carrier bags for our shops. This will result in a significant cost saving to the organisation and will help us increase the profit that the shops can make in the coming year, enabling us to contribute more in support of the nursing service. The generosity of supporters such as Mr Grundon is invaluable to charities, particularly at the present time.

## GIFT AID YOUR SHOP DONATIONS

All of our shops are ready – so whenever you donate goods to any Iain Rennie shop you can Gift Aid your donation and IRHH will benefit by an extra 28 pence in the pound. Please ask any member of our shop staff about the scheme next time you visit an IRHH shop.

Gift Aid Results	
These are your gift aid results for last week:	
Princes Risborough (X)	Gift Aid Results for 08 Mar 2009
Home	Total GA Sales £794.05
New Gift Aid Donor	Total GA Sales £219.79
Repeat Donor	New Donor Conversion 14%
Gift Aid Daily Sales	Total Donor Conversion 27%
Daily Statistics	Total GA Sales YTD £7360.65
GA Split	Total GA Sales YTD £2060.96
	New Donor Conversion YTD 14%
	Total Donor Conversion YTD 27%

## RECYCLE FOR IAIN RENNIE

If you have received this edition of Doorstep by post, you will find enclosed a reply paid Reclaim-it envelope which you can use to recycle used mobile phones and ink jet cartridges. All you need to do is pop your ink cartridge or phone (with its battery please) into the envelope, seal it and post it. Reclaim-it will recycle the item and the envelopes are specially coded so that IRHH will receive a payment. It couldn't be simpler! Please do not send Epson cartridges as they are not recyclable.

Recycling envelopes are available in our shops or offices, so please collect some if you have items to recycle.

If your office or workplace does not already recycle its ink cartridges please consider recycling them for Iain Rennie. We can provide collection boxes which will be taken away and replaced when they are full by making just one phone call. Please contact Lesley Blencowe on 01442 827699 or email [lblencowe@irhh.org](mailto:lblencowe@irhh.org) for more details.



# money matters

## HOW DO I SAVE INHERITANCE TAX?



**MATTHEW WAITE**  
tells us how

Matthew is principal of Matthew Waite & Co Solicitors of Tring and a member of the IRHH Specialist Advisory Panel

[www.matthewwaite.com](http://www.matthewwaite.com)

### Introduction

Inheritance Tax (IHT) is a tax which is payable on your estate when you die. Your estate includes your home, your car, your bank accounts, investments and anything else in your name. It also includes gifts made during the seven years before your death.

### Inheritance Tax rates

IHT is charged at the rate of 40% on any sum in excess of the tax-free threshold, which is currently £325,000 (tax year 2009/10). This can often result in even the more modest estates (comprising a house and a few savings) being liable to a significant charge to tax.

### Inheritance Tax exemptions

Gifts to your spouse or civil partner (if you are both domiciled in the UK) are exempt from IHT. Furthermore, as a result of a recent change in the law, if you leave your entire estate to your spouse or civil partner, when he/she subsequently dies the tax-free threshold is doubled ie IHT is then only payable on the second death if the estate exceeds £650,000 (tax year 2009/10).

### Annual exemptions

Each tax year you are permitted to give a large gift of up to £3,000 to one individual. If you have not used up the £3,000 tax free gift allowance by the end of that year, then the remaining balance can be carried once to the next tax year. Some other

exemptions are available - for example, parents can give up to £5,000 to a child on the occasion of his/her wedding. Small gifts of £250 can be given to as many separate individuals as you like in any one tax year without tax being charged.

### Planning for Inheritance Tax – make a Will

Writing a Will allows you to significantly reduce the amount of Inheritance Tax charged on your estate, or even eliminate it completely. Through careful planning, and use of charitable gifts where appropriate, you can ensure that you take advantage of the tax-free allowances available, and you may be able to give away your assets to family, friends and charities with very little, if any, Inheritance Tax being charged.

### Gifts to charities

Many charities depend upon gifts left in Wills, and the tax rules allow such gifts to be made tax-free - whereas if the gift were to be left to others, 40% of its value would pass to the Government as tax!

You may also wish to make donations to charity from time to time during your life, both to assist the charity and to reduce the value of your estate as part of a tax planning process. The Gift Aid scheme increases the value of donations to UK charities by allowing them to reclaim basic rate tax on your gift. Remember, if you pay higher rate tax you can claim back extra relief on your donations for yourself.

**IRHH Patron, GEOFFREY PALMER, was at the Tring Bookshop in April to launch free bookmarks as part of our campaign to make people more aware of the importance of making a Will.** Geoffrey says "I am proud to support the Iain Rennie nurses. Funds are always desperately needed so please make a donation or leave a gift in your Will." A free bookmark is enclosed with this edition of Doorstep if you receive it by post. If you would like more please call us on 01442 890222, or pop into one of our shops.

Leaving money to the IRHH in your Will is a way of donating that doesn't cost you a penny now. After making provision for loved ones, please consider leaving something to IRHH to enable us to continue our fantastic service, providing hospice care at home for patients and families in the Chilterns area.

**WILL you join those people already helping to make a difference?**



## ONLINE PAYMENTS

It's easy to make donations to IRHH online using our secure web site.

Single gifts, In Memory donations, sponsorship, shop and ticket purchases can all be made online.

**Regular Direct Debits can also be set up online and are of particular value to IRHH, as they help us budget for the future.**

Please help us carry on caring. Visit our website [www.irhh.org](http://www.irhh.org)



## HELP KEEP THE IAIN RENNIE NURSES ON THE ROAD BY ENTERING THE HOSPICE LOTTERY 2009 SUPERDRAW!

### £8000 worth of cash prizes to be won!

For only £1 you have a chance of winning a top prize of £5000, 2nd prize of £1000, 2 x £500, 5 x £100, 10 x £50.

Last year's Superdraw raised an amazing £84,000, providing much needed additional income for all seven partner hospices, including IRHH. Your support can make a real difference to the hundreds of families in our local community cared for by Iain Rennie nurses. Please buy a 2009 ticket now! **The Superdraw will be taking place on Wednesday 30th September 2009.**

Unless you have requested otherwise, a book of 12 tickets is included with this newsletter if you receive your copy by post. All you have to do is post the completed ticket stubs and your payment (cheques made payable to The Hospice Lottery Partnership Ltd) in the Freepost envelope supplied. To ensure entry into the draw, please return by 25th September.



*John Motson OBE draws the winning ticket at the 2008 Superdraw*

If you haven't got tickets, or would like more, call The Hospice Lottery on 01442 891459. If you have already received The Hospice Lottery Superdraw tickets or you have purchased them elsewhere, then please accept our apologies and feel free to pass the tickets onto family and friends so they can purchase them, or return them to The Hospice Lottery Partnership.

For more information please visit [www.hospicelottery.org.uk](http://www.hospicelottery.org.uk). You can subscribe to The Hospice Lottery weekly draw where there are £2,600 of cash prizes to be won every week. With our new £200 rollover prize you could win up to £10,000!





# please

## help us carry on caring

There are many ways in which you can help us. If you would like further information about any of the following, please tick the relevant box and return this tear-off strip to us. If you would like to make a donation, you will find the forms on the reverse of this strip.

I am interested in ...

- Having a home collection box
- Volunteering (from home or in our offices/shops)
- Attending a Jigsaw Information Session
- Booking a talk by an IRHH Ambassador
- Receiving our e-News bulletins (please make sure we have your email address)
- Receiving personal copies of Doorstep by post
- Receiving only the Christmas Doorstep mailing (which includes our Christmas card catalogue)
- Entering the IRHH Chilterns 3 Peaks Challenge
- Attending the Annual General Meeting on 8th July
- Helping with the Memorial Woodland in Wendover
- Recycling cartridges/mobile phones for IRHH
  
- I have made provision for IRHH in my will

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Telephone No \_\_\_\_\_

Email \_\_\_\_\_

Please return this form to  
**IRHH Tring Office**  
**52a Western Road, Tring, Hertfordshire HP23 4BB**

**Our promise to you**

The IRHH works hard to maintain accurate and up to date information about its supporters. The details you have given us will be held and used by us in accordance with the Data Protection Act. We will use your details to contact you in line with your preferences with information that we think will be of interest to you, but your personal information will NEVER be shared with any other organisation.

- Please tick this box if you no longer wish to receive Doorstep