

THE NEWSLETTER

AUTUMN / WINTER 2009



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Cover story: Aaliyah South, Leanne Akers, Issabelle Gilmore and Tilly Merrett sold homemade cakes at Warminster Cricket Club's fundraiser in August. Find out more on page 6.

DOROTHY HOUSE

Dorothy House Hospice Care was set up in 1976 at the Bath home of its founder, Prue Dufour (formerly Clench). In 1995, Dorothy House moved to its present home in Winsley, from where we provide free care and support for 1,500 patients and their families every year in Bath, Wiltshire and parts of Somerset.

CONTACT

If you would like to discuss any aspect of this newsletter, or the work of Dorothy House Hospice Care, please contact Katrina Sudbury during office hours – Monday to Friday, 9am-5pm

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COMMENT



Just a couple of weeks ago, I set off from Winsley in the company of 1,000 women to take part in our annual Midnight Walk – and what a night it was. Once again, we were very lucky with the weather, and considering the size of the event everything went very smoothly, so it really was a wonderful and uplifting experience.

I'd like to say a huge thank you to everyone who took part: we don't have everyone's sponsorship money in yet, but we hope to reach our fundraising target of £100,000, which is a tremendous total for a single event. As you know, we need to raise about £7,000 every day of the year just to keep our services at their current level, so an event like this really is a very valuable boost to our funds. It was a lot of fun too, as you can see from the photos on the facing page!

In previous issues of the newsletter, I have mentioned our plans to open outreach centres, taking Dorothy House services to our patients in Somerset and north Wiltshire. Those plans are now beginning to take shape. Among other things, we are developing a programme aimed at helping people to achieve the best possible quality of life, involving both patients and carers. You can read more about these exciting developments on pages 6 and 7.

It does seem a little early to start thinking about Christmas, but as this is our last newsletter for 2009, we have included news about this year's Light up a Life services, which will be held in December. This year, our first service will be held in Bath Abbey, on 1 December, which promises to be a very special event.

We also focus on some of the wonderful fundraising efforts made on our behalf over the past few months. I have been so impressed with your continuing generosity – we are so very lucky to have such support in the community we serve.

Sarah Whitfield

Sarah Whitfield

Chief Executive

sarah.whitfield@dorothyhouse-hospice.org.uk

AUTUMN/WINTER 2009

Starlight express

We did it again: thanks to your fantastic support, our third Midnight Walk was a huge success, with 1,000 women taking part.

Midnight on Saturday 12 September saw 1,000 women from all over Bath, Wiltshire and Somerset streaming out of the Dorothy House main gates at the start of the five-mile circular route. With many people in fancy dress – plenty of fairies, lots of flashing bunny ears and an entire hen party – they made quite a spectacular sight.

After walking down through Turleigh, into Bradford on Avon and back via the main road and the bypass, the first walkers arrived back at Dorothy House within about 90 minutes.

Many of the walkers lit candles and wrote messages on paper lanterns – these were displayed in the hospice grounds before and after the walk, and made a very moving sight.

Event organiser Phillippa Watson said: “We were absolutely delighted that we reached our target of 1,000 walkers – and we’re now on course to raise about £100,000, which is superb.”

Director of fundraising Katrina Sudbury said: “This year’s Midnight Walk was a really special event, and we would like to thank everyone who took part – not only the wonderful walkers, but their sponsors, our team of marshals, St John Ambulance, Raynet and the staff and volunteers who did such an efficient job of registering everyone – and serving some very welcome refreshments at the end of the night.”



■ Walkers setting off from the hospice at midnight included family and friends of Mark Ashton, below right, and Batgirl and Supergirl, below left



■ Our wonderful walkers included a group from Bratton Pre-School, above, Three Blind Mice, left, and the ladies of Trowbridge Lodge Service Station



NEWS

Arctic adventure

Frome couple Mike and Ellen Moore spent their days driving a team of huskies and their nights camping in sub-zero temperatures to raise funds for Dorothy House and endometriosis research.

Mike, 55, and Ellen, 45, covered 250km of Arctic terrain from the city of Tromsø, Norway, to the world-famous ice hotel in Jukkasjärvi, Lapland, when they took part in the Lapland husky trek earlier this year.

Mike, who raised a fantastic £2,238 for Dorothy House, said: "I wanted to raise money for the hospice because we have lost many family members and friends to cancer, and know how important Dorothy House is to people suffering from the disease, and their families."

Ellen raised £1,300 for endometriosis research, as she has suffered from the condition for some years. She said: "My endometriosis was diagnosed as cancer prior to surgery in 2007. Mike decided, as he has throughout my illness, that he would also support me on the husky challenge, so what better charity for him to support than Dorothy House?"

He and Ellen, pictured below, were the only married couple taking part in the demanding challenge, and had little idea of what to expect when they signed up to make the trek. Mike said: "It was quite daunting to know that it was just you, the dogs and the sledge. But the instructors were very good, and the dogs knew exactly what they were doing."



A day in the life ...

... of Tessa Stacey,
a volunteer with the
Life Stories project

Life stories – they are there in all of us. A whole lifetime of experiences we can share with our families and friends: memories of a treasured holiday or a baby's birth, a shared meal, a chance encounter in the corner shop. All these moments can be stories to relive and share for the benefit of ourselves and those around us.

For some at Dorothy House, however, this can be difficult. Some people are unable to write down their own memories, some cannot concentrate, while others just appreciate help to collate their thoughts into some sort of order. I am one of a group of volunteers who work with patients who want to document, in one form or another, their life stories.

For me, Dorothy House is a lovely, peaceful refuge. With three young children and a boisterous labrador at home, I am kept very busy. Just getting here can be a feat in itself and, although I often leave a whirlwind of chaos behind me, I feel immediately relaxed when I arrive. I look forward to my time here, and the chance to hear another story unfold.

We often work in pairs with another volunteer but, with Life Stories becoming increasingly popular, I frequently find myself working with patients on a one-to-one basis. We meet in reception, then make ourselves comfortable in one of the meeting rooms for the hour ahead.

Our first meeting often involves discussing initial ideas and what people want to achieve. Many people are surprised at just how many ways there are to tell their stories. Some use photographs or letters as a starting point, or choose to make memory boxes. We often use recorded voices, films or music.

A story is a story, however it's told, and we encourage people to use whatever they feel most comfortable with – it is their story after all and I feel the medium should reflect the personality of the patient as



much as the stories they tell.

For some people, simply having the opportunity to sit and share their stories with another person is all they need.

People are often surprised that they have so much to tell, and become increasingly inspired to document and illustrate their tales. The chance to focus creatively on our memories is an opportunity many of us don't often choose to take, but it can be an incredibly positive experience.

Although four meetings are suggested, many people find one or two sessions are all they need. Then there are those who feel inspired to work for months: I am always happy to meet as many times as required.

The hour always passes so quickly, and we plan our next meeting, and what can be done to prepare: photos and memorabilia to be collected, memories to recall and write down, and ideas to discuss with family and friends.

We all have stories within us, although some can be harder to tell than others. I love the idea of personal storytelling, and although I often find this work challenging, I always feel privileged to be part of the process, being there week after week as the stories unfold.

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Lift up your voice

This year's local Voices for Hospices event will feature the Bath Male Choir (as seen on the BBC's Last Choir Standing). The concert is at Melksham Assembly Rooms on Saturday 10 October, starting at 7.30pm. Hosted by ITV West presenter Peter Rowell, it will also feature Melksham's young soprano Rhiannon Lambert and violinist Lizz Lipscombe. The event is organised by Wiltshire Lodge of Agriculture, one of 44 Masonic lodges in the county to raise funds for Dorothy House. It is one of a series of concerts to be held simultaneously across the world to raise funds for the hospice movement. Tickets, at £12, are available from Melksham TIC or by contacting 01225 708121 or jimandjudyspeed@tiscali.co.uk

It's a gift

Don't miss the Christmas fair at Dorothy House at the beginning of December. The two-day event, to be held in the Bloomfield Hall, will be the perfect place to pick up some unusual Christmas gifts. Stalls will include children's clothing, homemade jams, Christmas decorations and ornaments, candles, and fresh mistletoe and holly – plus a raffle for a Fortnum & Mason hamper. The fair will run on 4 and 5 December, from 10.30am to 3.30pm on both days.

Company support

The Bath office of engineering company Buro Happold supported Dorothy House as its charity of the year for 2008/09, raising more than £8,500 for patient care. The money is raised via tickets for events at London's O2 Arena. As engineers of the venue, the company has an allocation of tickets for corporate entertainment. Any not used can be taken up by staff in exchange for a charitable donation. We are extremely grateful for support from local businesses – if you would like to know more about charity giving, please call Phillippa Watson on 01225 721480.



■ Remember our summer edition cover, featuring the resident Dorothy House ducks? Well, the talented artists of Peter Dolbear's Jubilee Painters in Bratton used the photo as a subject for a painting, and then raffled the result, raising £155 for the hospice. What a fantastic way to raise money – and what a delightful watercolour!

Over the hills and far away

On a sunny day in June, 20 cyclists set off at 6am from Dorothy House with the aim of reaching Brecon, 90 miles away, by nightfall.

"Why?" you may ask – and the answer would be that those taking part, who ranged in age from their 20s to their 60s, all felt it would be their way of supporting a charity they are passionate about.

The intrepid, Lycra-clad group consisted of 10 Dorothy House staff and volunteers, and 10 supporters and family members who had either had contact with the hospice in the past or heard about the ride through friends or the media.

It was a rare British day in that the weather was glorious, with a light wind, and the group had crossed the old Severn Bridge and were into Wales by lunchtime.

This progress continued (even over some

pretty tough hills) and by 6.30pm every rider had completed the 90 miles and apart from sore bottoms and aching limbs were in excellent spirits.

Paddy Doble, a chaplaincy volunteer at Dorothy House, said: "It was the best day in my cycling career to date!" And that's saying something, as Paddy has been a keen amateur member of Frome Wheelers and Bath Cycling Club for many years.

It was a fantastic day: the group were good fun and incredibly supportive of one another and altogether raised an amazing sum of more than £12,000.

If you are reading this and think it sounds like something for next year, please contact the fundraising team on 01225 721480 as we'll be doing it again in June 2010. Thank you to all who took part in what was a memorable and fun day.



■ The Bath to Brecon cyclists reach the end of the road

Bowled over

Our cover girls in this edition of the Newsletter are Aaliyah South, Leanne Akers, Issabelle Gilmore and Tilly Merrett, who sold homemade cakes as part of the fundraising Twenty20 cricket match held at Warminster Cricket Club in August. The day was a huge success – the teams played in fancy dress, some brave souls submitted to sponsored waxing, there was a goal scoring match, massage sessions and a grand raffle. Community fundraiser Yvonne Brunton attended the event, along with Olwyn Hughes, the Dorothy House specialist nurse who looked after both the father and aunt of organiser Sally Bush. Yvonne said: “It was a very enjoyable, fun event, and has raised at least £2,200 for patient care. Well done to Sally for organising everything, and to everyone who took part – including the girls, whose stall really was the icing on the cake!”

Boxing clever

It’s amazing how quickly spare change mounts up: odd coppers soon add up to a substantial sum if you save them in a Dotty Box. If you’d like a Dotty Box for your home or workplace, just call the fundraising department on 01225 721480 – and watch the pennies turn into pounds!

Did you know?

Dorothy House receives NO FUNDING SUPPORT from national charities such as Macmillan and Marie Curie: specialist nursing care in people’s homes in our area is provided by Dorothy House specialist nurses and Hospice at Home carers

Helping people to help themselves

As the Dorothy House outreach programme begins to take shape, we look at a pilot scheme that aims to give patients and carers practical help in achieving the best possible quality of life

Our five-year strategy aims to take Dorothy House services out to even more people in the community we serve. One of the ways we do this is by helping patients and their families to cope with life-threatening illness in practical ways.

We recently piloted a five-week programme designed to achieve the best possible quality of life for our patients. A second pilot is at the planning stage, and the programme will eventually be rolled out to our planned outreach centres (see below).

The palliative rehabilitation programme is led by the physiotherapy team, and involves other Dorothy House professionals including the chaplain, family support team, occupational therapists, nurses and complementary therapists.

It involves helping people to cope with their illness over the long term, using a mixture of exercise and relaxation to improve physical and psychological wellbeing.

The initial ‘pal rehab’ pilot took place in July and August at the hospice in

Winsley, working with day patients who volunteered to take part. The second pilot will involve patients known to Dorothy House, but who haven’t had any previous visits to the hospice. Carers will also be included in the sessions.

Jeanne Burnett, physiotherapy and occupational therapy team leader, explained: “The initial pilot showed us that it’s important for carers as well as patients to learn techniques and strategies that will help to control symptoms and improve wellbeing.

“We also found out, for example, that patients would prefer morning sessions, because they are less tired early in the day.”

The 90-minute sessions include measured and graded exercises, plus periods of relaxation, focusing on a different type of exercise each week.

Jeanne said: “Some of the exercises are very simple – just standing and sitting is a form of exercise.”

Physiotherapist Margaret Blagborough said: “Exercise is known to help improve mood, so although the programme aims



■ Members of the ‘pal rehab’ team who are running the pilot schemes for patients and carers

to improve physical wellbeing, there is a spiritual and psychological element too.”

The pilot sessions also highlighted specific difficulties encountered by some patients. Once the team became aware of their needs, they could be referred on to other professionals able to offer appropriate help and support.

Jeanne stresses that the work is still at an early stage: “This is our starter for ten,” she says.

“We are constantly measuring what we do against the latest evidence and research, as well as listening to and acting on feedback from the patients and carers.”

Outreach centres will take services into the community

Patients and their families will have a choice about where to access Dorothy House services when a new outreach programme begins later this year.

The programme, part of the five-year strategy, involves creating outreach centres, with the first one expected to open in Midsomer Norton towards the end of 2009. This will mean patients and carers living in the areas furthest away from Winsley won’t have to travel so far to access a range of hospice services.

The Midsomer Norton outreach centre is expected to be open one day a week, offering a range of services to locally based patients and their families. It will be based at an existing day unit in the town. A second centre is planned for

Chippenham, serving people in north Wiltshire.

Dorothy House clinical development manager Julia Breeze said: “The centres we’ve identified are ideal for our needs, and will be very cost-effective.

“We plan to offer sessions for patients who need support and help with adjusting to living at home after surgery or other hospital treatment. A variety of sessions will be available, including one-to-one consultations and group work. The aim will be to help patients to manage their condition and achieve the best possible quality of life, physically and mentally – just as we do at Winsley.”

The outreach centres will also give people the chance to see their specialist nurse or one of the hospice doctors, and to

access various out-patient services, such as the lymphoedema clinic, complementary therapies and support for families.

Bringing patients in to a centre, rather than going out to them, will allow nurses and therapists to use their time more efficiently. However, Julia is keen to stress that the centres are aimed at providing patients who are well enough to travel with a choice of where to access services. “We would never make a patient’s first appointment with a specialist nurse at an outreach centre. Home visits will continue for those nearing the end of their life,” she said.

When the centres open, there will be a need for more volunteer drivers, reception staff and people to serve refreshments.

Any answers – from A to Z

A new development at Dorothy House is the A-Z directory. This web-based resource has been put together as part of the five-year strategy, under the guidance of clinical development manager Julia Breeze.

The A-Z covers a wide range of topics and is aimed at helping patients and their families find information relevant to their health and wellbeing. It does not attempt to duplicate information available elsewhere, but lists the organisations and websites that provide this information.

Most of the organisations mentioned are national ones, often with local branches throughout the UK. We also mention those that operate within the Dorothy House catchment area.

The information is organised by key words or phrases, and users simply have to click on a letter to see a list of the key words and phrases that begin with that letter. Another click takes the user into the detailed information pages, which frequently include useful contacts and/or websites. The number of A-Z pages will expand over time as we receive requests and suggestions for more keywords.

The A-Z can be accessed by anyone via our website – www.dorothyhouse.co.uk

For those with no internet access, our reception staff can look up any topic for people who call us during working hours.

Learning to COPE

Drawing together all the various strands of the five-year strategy is the COPE programme, which looks at everything from helping patients and carers to manage their illness, to providing the right IT support for the hospice and its patients.

The name reflects aspects of Dorothy House care – at the hospice in Winsley, in patients’ homes and in the outreach centres – including patient and carer education, and sharing coping strategies.

THERE IS A DOROTHY HOUSE SHOP NEAR YOU

Come along and support your local Dorothy House Hospice Care shop. Our shops always need good quality clothing, bric-a-brac, books, toys, jewellery and home furnishings.

BATH

15 Moorland Road 01225 444695
14 Argyle Street 01225 444991
3 Abbeygate Street 01225 444299
30 Westgate Buildings 01225 482606

BRADFORD ON AVON

2/2A The Shambles 01225 862093

CALNE

1 Phelps Parade 01249 818818

CHIPPENHAM

12 The Bridge 01249 443393

CORSHAM

Unit 20, Martingale Centre
01249 715556

DEVIZES

3 Old Swan Yard 01380 729355

FROME

19 King Street 01373 453484

KEYNSHAM

51 High Street 0117 986 7757

MALMESBURY

3 Market Cross 01666 824710

MELKSHAM

7A Church Street 01225 700990

MELKSHAM Furniture

10-14 Church Street 01225 704244

MIDSOMER NORTON

74 High Street 01761 412196

SALISBURY

11 Catherine Street 01722 411983
(Joint venture with Salisbury
Hospicecare)

TROWBRIDGE

15 Silver Street 01225 754237

WARMINSTER

14 Three Horseshoes Walk
01985 215101

WESTBURY

41/43 High Street 01373
858232

NEWS In the running



■ Dorothy House corporate events organiser Phillippa Watson, front, with Andrew Taylor of Running High and representatives of the other charities that will benefit from the 2010 Bath Half Marathon

We are delighted to have been chosen as lead charity for the 2010 Bath Half Marathon – a hugely popular, high-profile event that regularly raises large sums for Dorothy House.

Corporate and events fundraiser Phillippa Watson said: “We are very much looking forward to working with the organisers to make next year’s Bath Half a record-breaker in every way.

“It is a very popular event among our supporters. It raises a fantastic amount of money for Dorothy House every year, thanks both to the people who choose to run for us and their generous sponsors.

“Runners in the 2009 event raised more than £30,000 for us, and it would be fantastic to top that total in 2010.”

The 2010 Bath Half Marathon takes place on Sunday 7 March. We have 60 golden bond places available, so if you would like to take part in the race and

raise funds for Dorothy House, please contact Phillippa on 01225 721480. You can find out more about the event at the race website – www.bathhalf.co.uk – or call 01225 422255.

Dorothy House will also benefit this year from money raised by the Chippenham Half Marathon, which took place on Sunday 13 September. Several runners took part for the hospice, and we will also share the proceeds of the race with the RNLI.

Kevin Napier, one of the organisers, said: “Sunday was a great success – the sun shone and everybody seemed to have a good time. We achieved our target of registering 1,800 runners. Just under 1,400 turned up on the day from as far afield as Scotland, Ireland, North Wales and practically every English county in between.”



Christmas is coming ...

You may not want to be reminded of it, but the festive season is fast approaching – and we have an excellent selection of Christmas cards for sale in our shops (listed on this page) and in reception at Winsley. Our slimline 2010 calendar would make an ideal stocking-filler. It features 12 local views, photographed by a number of Dorothy House staff and volunteers. Claire Newton’s stunning picture of autumn at Stourhead is inset, left, and an unusual festive shot of Bath Abbey by Sue Baker appears on page 11.





Coming up roses

The family of Doreen Dorothy Rennie (nee House) visited the hospice in July to plant the rose named in their mother's honour. Pictured are Richard Rennie, right, Jeni Maine and Barry Rennie, who have generously made a gift of the Dorothy House rose, so all the proceeds from sales come to the hospice, which cared for their mother.

The Dorothy House rose is available to order now from the fundraising team on 01225 721480. The roses are £10 each – including delivery – and will be delivered, bare root, when they are ready for planting from November.

The future's bright

Lesley Lay, organiser of Walking On The Bright Side, met a celebrity supporter at this year's Glastonbury Festival (pictured right).

Lesley said: "Those of you that have been on the WOTBS website will have seen that Tony Benn MP has written a message in support of WOTBS. I was delighted to be able to introduce myself to him when he came to Glastonbury in June to lead a debate at the Speakers' Corner tent.

"I pushed through the crowd as he was leaving as I was determined to thank him personally for wanting to support us. He was genuinely pleased to meet me and gave me a big hug and a kiss and told me to carry on with the good work – he was so delightful I wanted to bring him home!"

This year's Walking on the Bright Side raised a total of £3,512.50 – a great contribution. Lesley added: "I would like to thank everyone involved for their continued support for WOTBS and look forward to welcoming even more people

to join us next year, on 25 April 2010, when our local event will be part of the Dorothy House Walk to Remember."

Lesley started WOTBS as a nationwide initiative to raise funds and awareness, in memory of her sister-in-law, Gill Goodhind. Gill was looked after by Dorothy House, and her family have been dedicated fundraisers for the hospice since her death in 2006.

Gill's son Alex raises thousands of pounds each year by staging a Christmas lights display at the family home in Melksham. Last year, Alex's light show was featured in the national press and on television, with visitors coming from all over west Wiltshire to see the colourful spectacle.



Thinking aloud

Dorothy House featured in a series of Thought for the Day radio broadcasts on BBC Wiltshire earlier this summer. On six consecutive days, people associated with the hospice talked about what Dorothy House means to them. Taking part were chief executive Sarah Whitfield, chaplain Keith Crouch, Anne Alsop, from the hospice's education department, Carol Billingham, journalist and day patient, In-Patient Unit nurse Elizabeth Miller, and Colin Goodhind, whose wife Gill was looked after by Dorothy House.

Raising the roof

At their concert on 17 October, Bath Concertino will be performing works by Paul Carr, brother of well-known local conductor and Dorothy House supporter Gavin Carr. Ros Pendry will be the soloist in Paul Carr's Oboe Concerto. The programme also includes Giuliani's Guitar Concerto, with soloist Will Cashell, who is studying at the Royal Manchester School of Music. The concert is at St Bartholomew's Church, Oldfield Park, Bath, at 7.30pm; tickets £8 on the door.

Carols in Winsley

Come along to the beautiful Church of St Nicholas, Winsley, on Friday 21 December for the Dorothy House carol service. The event starts at 5.30pm and everyone is very welcome. After the service, refreshments will be served at Dorothy House.

Time for tea

Dozens of Dorothy House supporters hosted t@3 events this summer – everything from afternoon tea with friends to full-blown garden parties. The 2009 t@3 season has raised more than £5,000 so far. One cream tea organiser, Chris Benmasaud of Rowde, raised £1,010 from her event. Chris said: "It made all the hard work worthwhile when we added up the total. I cried that evening, I was so overwhelmed with the generosity of the people of Rowde."

NEWS

A great investment

By the time this issue of the Newsletter reaches you, we should have received our Investing in Volunteers reaccreditation, having been visited by the assessors in early September. Our volunteers are an essential part of Dorothy House – we simply couldn't offer such a comprehensive service without their help. At present, we have 260 volunteers working at Winsley, doing everything from staffing the reception desk to giving complementary therapy treatments, serving suppers for patients and looking after the gardens. Our 19 shops wouldn't function without our dedicated team of 590 shop volunteers, who carry out many behind-the-scenes tasks, as well as serving customers. Recruitment, training and support of volunteers is carried out according to rigorous guidelines – and the Investing in Volunteers status reflects our commitment to this national standard.

Memory tree

As part of Bath's new SouthGate development, a London plane tree decorated with fairy lights will be planted in the pedestrian area. If you would like to sponsor a light to shine for a loved one, please get in touch with fundraising on 01225 721480.

Did you know?

Our shops are always looking for more volunteers – if you have a few hours a week to spare, please contact the manager of your local shop (see page 8)

Getting creative



■ Day patients had a lot of fun creating tussie mussies from a variety of fresh flowers, herbs and foliage

There's never a dull moment in the Day Patient Unit, says creative therapist Ros Stroud

There's always something happening in the Day Patient Unit: so far this year we have experimented with mosaics, jewellery making, fabric painting, silk painting, watercolours, pottery, glass painting, perspective drawing, abstraction with acrylics and making tussie mussies.

We have produced bags, scarves, paintings, decorative glassware, picture frames, mirrors, cards and herb scented posies and grown plants from seed and plants in decorated wellies!

The Thursday group has worked on a six-week project using clay, creating clay brooches and miniature head sculptures. The final group piece was made by the patients experimenting with textures in clay tiles, which visiting volunteer sculptor Hiro Takahashi put together into a final piece that will ultimately hang in the dining room.

We have had other visits from a number of interesting people – Dr Who actor Colin Baker, Sarah, who produces all the facial hair for films such as *Harry Potter* and *Lord of the Rings*, Sparky with his collection of farm animals (pictured below) and Stella, who works with stained glass. Musically we have enjoyed the harp, the electric violin and a recording by one of our patients singing solo.

We have also had sessions where patients have had the opportunity to talk to the group about their own talents and interests, and others where we discussed important memories, photographs and so on.

There have been outings to the American Museum, Whitehall Garden Centre and the Seven Stars in Winsley, as well as a trip on the Kennet and Avon Canal. October will include 'Bring a guest' week which will have a 1940s theme.

As we move further into autumn, the art activities will include working with willow to make Christmas wreaths, salt dough, pomanders and ideas around gifts and gift wrapping.



NEWS

Abbey setting for service



■ Bath Abbey will be the setting for this year's Light up a Life service in the city

This year's Light up a Life service in Bath will be held in the beautiful setting of Bath Abbey on 1 December and promises to be a very memorable event.

Light up a Life services will be held in other locations throughout our area in the run-up to Christmas. Dates and times are listed in our diary on the back page.

If you would like to dedicate a light in memory of a loved one, it will shine on our Christmas tree at Winsley throughout December. You are welcome to visit Dorothy House at any time during the month to see the tree.

To dedicate a light, please call fundraising, pick up a form from your local Dorothy House shop (listed on page 8) or download one from our website at www.dorothyhouse.co.uk

Young fundraisers

An 18-year-old from Bath completed a demanding challenge this summer, to raise funds for Dorothy House.

Will Barber's mother, Sara, was looked after by the hospice, and died just after Will took part in the Centurion Challenge. The challenge, organised as an annual event by his school, Beechen Cliff involves walking 100 miles in just 48 hours. Designed to test both physical and mental endurance, it takes walkers along the Kennet and Avon canal, from Bath to Hungerford and back.

Will, who left school this summer after taking his A-levels, said: "I wanted to raise money for Dorothy House as a thank you for the care the hospice provided for my Mum, which is so important for many families in need of support. She enjoyed going to the Day Patient Unit, which gave her the chance to speak to other people in a similar situation, and to do many things she wouldn't have otherwise had the chance to do."

Will's challenge has raised £2,657.53 for patient care – a wonderful tribute to his mother. He also completed the event in less than 48 hours, so he is now officially classed as a Centurion!

Another young supporter, 15-year-old James Davies from Hilperton, raised £552 from a charity concert and auction, held at the end of June in Hilperton Village Hall. James planned and organised the event as part of his silver Duke of Edinburgh award. James, who lives in Hilperton and goes to Beechen Cliff School, said: "Organising the concert was good fun but a lot more work than I had expected. We were really pleased with the amount raised and would like to thank everyone involved."

AUTUMN/WINTER 2009

TEN QUESTIONS

Wendy Pepper,
deputy sister in the
In-Patient Unit



1 How long have you worked for Dorothy House?

Fourteen years. I joined Dorothy House in June 1995, on the day the organisation moved from Bloomfield Road to Winsley.

2 What would you be doing if you weren't working for the hospice?

In my dreams I would be travelling the world in luxurious style. In reality I would most likely be doing some form of secretarial work.

3 What do you enjoy most about your job?

I love the variety. No two days are ever the same. I feel privileged to have the time to really get to know my patients and their families. It's the little things that mean so much: allowing patients' pets to visit, or a wheelchair walk around the grounds.

4 What's your favourite book or film?

It is slightly worrying that my favourite films are all prison related: *Midnight Express*, *The Shawshank Redemption*, *The Green Mile*.

5 How do you relax outside work?

There is nothing I enjoy more than a really long motorbike ride through the countryside on a sunny day.

6 Describe your role at Dorothy House in a maximum of ten words.

Supporting the ward sister; managing quality nursing care in a friendly environment.

7 What single thing would make your life/job easier?

A home robot to cook, clean, wash, walk the dog ... need I say more?

8 Who is your hero/heroine?

Jane Tomlinson, who, despite her cancer diagnosis, was inspirational in her fundraising efforts and achievements.

9 What has been the highlight of your career so far?

Finally getting the self belief that I can achieve an honours degree in specialist practice - a work still in progress.

10 Describe yourself in three words.

Friendly, organised, approachable (although my husband says 'control freak').

DATES FOR YOUR DIARY

Saturday 10 October **Pampered Chef Party**

Bathampton Village Hall, 7pm. Commission from sales of kitchenware will go to Dorothy House. Free admission with ticket, available from Sue Adams on 01225 722855, or email sueadams21@tiscali.co.uk

Art exhibition by Compton Dando Art Group, 10am-4pm, Compton Dando Village Hall. Refreshments in the morning, cream teas in the afternoon, raffle in aid of Dorothy House. Admission free.

Voices for Hospices 7.30pm, Melksham Assembly Hall. Hosted by ITV West's Peter Rowell and featuring City of Bath Male Choir, Rhiannon Lambert and Lizz Lipscombe. Tickets £12 from the Tourist Information Centre in Melksham or by contacting Jim and Judy Speed on 01225 708121 or jimandjudyspeed@tiscali.co.uk

Friday 16 October
Mary Berry cooking demonstration – learn how to make canapés, 6.30pm, Cheverell, Hopton Park, Devizes. Tickets, at £12.50 including wine and nibbles, from Devizes Friends of Dorothy House: contact David Fruen on 01380 725523.

Saturday 17 October
Bath Concertino, St Bartholomew's Church, Oldfield Park, Bath, 7.30pm. Tickets £8 on the door. Programme includes works

by Paul Carr and Giuliani, with soloists Ros Pendry (oboe) and Will Cashell. (guitar).

Monday 19 October
Fashion show and luncheon, with Valerie Anne Fashions, Spencers Sports and Social Club, Melksham, 12 noon for 12.30pm. Tickets £15 from Ann Peirce on 01225 761447.

Gardeners' Question Time organised by Bath Soroptimists, 6-9pm, Prior Park Garden Centre, Bath. Tickets £6 from Prior Park Garden Centre and Bath Soroptimists; 20 per cent of garden centre sales on the night will go to Dorothy House.

Saturday 24 October
Coffee morning and garage sale, Little Orchard, Bulls Lane, Box, 10am-4pm, 50p admission.

Thursday 29 October
Autumn bazaar, Bloomfield Hall, Dorothy House, 10.30am-1pm, 50p admission. Organised by the Bath Society of Botanical Artists.

Sunday 1 November
Partywear Swish, Devizes Town Hall, organised by House of Colour. 10am-noon drop off clothes, 1pm-4pm look at clothes and swap. Bring three items of partywear/glamorous clothes and accessories to swap. Tickets £5 from Julie Merrifield on 01380 738285 or julie.merrifield@houseofcolour.co.uk

Tuesday 10 November
Fashion show at M&S Bath, organised by the Rotary Club of Frome Selwood in aid of Dorothy House and other Rotary charities. Doors open 7.15pm, with shows at 7.30pm and 8.30pm and shopping 7.15pm-10pm. Tickets £10 from Malcolm Westgate on 01373 467049

Saturday 14 November
Quiz night and raffle, Frome Rugby Club. Contact fundraising on 01225 721480 for further details.

Tuesday 1 December
Light up a Life service, 6pm, Bath Abbey. Contact fundraising on 01225 721480 for further details.

Friday 4 December
Christmas fair, Bloomfield Hall, Dorothy House, 10.30am-3.30pm. Lots of lovely Christmassy stalls (see page 5 for more details).

Saturday 5 December
Christmas fair, Bloomfield Hall, Dorothy House, 10.30am-3.30pm.

Sunday 6 December
Reindeer parade through the streets of Wells – with real reindeer. Organised by the Rotary Club of Wells and including a stall for Dorothy House. Further information from Yvonne in fundraising on 01225 721480.

Tuesday 8 December
Light up a Life service, 6pm, St John's church, Frome. Contact fundraising on 01225 721480 for further details.

Thursday 10 December
Light up a Life service, 6pm, Market Place, Devizes. Contact fundraising on 01225 721480 for further details.

Friday 11 December
Festive tea dance, Bloomfield Hall, Dorothy House. Tickets £5, to include tea, mince pies and Christmas cake. Numbers are limited so please book in advance by calling Yvonne in fundraising on 01225 721480.

Monday 14 December
Light up a Life service, 6pm, Buttercross, Chippenham. Contact fundraising on 01225 721480 for further details.

Thursday 17 December
Light Up a Life service, 6pm, St James' Church, Trowbridge. Contact fundraising on 01225 721480 for further details.

Monday 21 December
Dorothy House carol service, 5.30pm, St Nicholas' Church, Winsley. All welcome. Refreshments afterwards at Dorothy House.

Sunday 7 February
Snowdrops at Great Chalfield Manor – save the date in your diary, and check our website or contact 01225 721480 for more details nearer the time.

Sunday 7 March
Bath Half Marathon Golden bond places now available. Contact Phillippa Watson on 01255 721480 for more information.

Want to hold an event for Dorothy House? Call fundraising on 01225 721480