



CHAIRMAN'S CHATTER

I'm pleased to report that at our recent AGM members present passed a resolution in favour of adopting a new Constitution. This has allowed us to move forwards with more modern and flexible wording which, for example, permits us to support palliative care initiatives away from the PBL unit itself. In particular the new Constitution will empower trustees to support work towards the new Priscilla Bacon Hospice.

Whilst trustees will always want to support those small things that can really make a difference in the actual care and support given, we continue to help with staff training and providing support for patients and their families, whether by counselling, equipment they can use or trips home. We have also recently agreed to continue covering the cost of a volunteer coordinator.

A project we are beginning to talk about and consider with other like-minded groups, is how we can help with education around care planning and timely discharge so that patients, both in and out patients, can be supported and given sign posting advice to care and support packages from various sources. Coordinating these ideas with say NCH&C and Big C may allow us all better to provide help and education and support for all trying to manage a difficult period of life. This sort of plan will have the added benefit of bringing us closer to those we work with so that together we all provide that bit more in terms of quality and quantity in the important area of training and education which then translates to care and support.

We remain grateful to all who help to fund the services and support we provide through the Priscilla Bacon Lodge.

2017 AGM

Our AGM in May was again another social event with members networking and catching up with old friends.

Lady Bacon had been very busy on our behalf opening the 3rd stunning Pink Pop Up shop in Taverham in the morning and then introducing the meeting in the evening,



Philip Norton, Chairman, spoke of the need, due to the Charity Commission requirements and the enhancement in scope for the service, for a new updated constitution. He took us through the changes which were then voted in. There is a copy on the website for you to read,

We were all delighted to be there when Lady Bacon gave The Priscilla Bacon Award for Outstanding service to Caroline Coppings. Caroline has done outstanding work for patients and relatives at Priscilla Bacon Lodge over many many years,

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FROM YOUR SECRETARY

Hello fellow PBLSG members –

I think we are just about to go into Stir up Sunday - but I'm afraid I very rarely make my own Christmas Pudding these days but I'm grateful to the Day Unit for doing so many of these activities and for producing such wonderful mincemeat and many more things at their Autumn Fair in October. My goodness – I heard someone say the other day that this wonderful weather makes you think that Spring is just round the corner! If only that were true! And though the temperature has been higher than usual for October, and Norwich and Norfolk is dressed in all the wonderful colours of Autumn, Winter, bringing all the fun of Christmas, is definitely on its way. Wasn't that red sun and strange sky amazing - almost like an eclipse – wonderful to see. We are so lucky in this beautiful county but I am sounding more like Nature Watch than your Support Group Secretary!

We have had a wonderful year at the PBLSG since our last Newsletter. The Website is coming on although we still need better access to the front page, Our AGM was well attended and the new Constitution was passed which will enable us to widen our scope to include the new Hospice in the future, and help support more palliative patients and their relatives. We have spent your money on a variety of things including a double bed for a couple who wanted to spend

their last days together and we had hoped to fund a patient's last wish on his Bucket list of going to the races. It was all arranged (thank you Andrew, staff nurse, who offered to take him) but unfortunately in the end he was too poorly to go – a reminder to us all that time is short and these are precious moments. Another amazing member of staff – Ruth Donnerley-Bond raised over £3000 for the Support Group by shaving off her hair. It was such a wonderful and brave thing to do.

Our other fundraising friends and relatives have also continued to do all sorts of things. People are so kind and generous to PBL and this was just such a case with the Norwich Splinters Scooting Club. They raised funds and came on their scooters to give the money to



our Staff Nurse Jayne Graham one evening All your gifts are listed in the Donations Book.. And we thank them all on your behalf.

But now it is time to get the Advent Calendars posted and to wish you all A VERY MERRY CHRISTMAS.

Elizabeth - your Secretary.

STAFF & VOLUNTEERS



For some little time now the Support Group has shown their appreciation of the wonderful work that staff and Volunteers do by thanking them by sending them a letter and giving them a token of our regard in the form of a JLP Voucher.

The latest to receive this has been Jane Prendergast, a Volunteer with us for over 2 years who has now left to return to Australia and Mandy Morley, Health Care Assistant, who has been a much loved member of the PBL staff for many many years.

Pam Evans handing Mandy the Support Group letter and voucher .

(Not sure about Rod Stewart – except to say that he has been a hero of Mandy's for many years...)

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GETTING TO KNOW OUR STAFF & VOLUNTEERS

PENNY O DOHERTY (our evening volunteer Receptionist)

For 15 years I worked as a Sales Representative whilst bringing up my family. But my happiness was interrupted with the news that my father had been diagnosed with a brain tumour; it was a massive shock which shook my world.

I dropped everything to look after him but sadly 8 months later my dad had passed away and I found myself back in Norfolk with no job and feeling very lonely. Now being on my own, I decided whilst I could, I wanted to give something back. A few weeks later I was offered a job as a support worker and this became my passion which healed my broken heart over the next 3 years.

But then..... what's this? Why can't I bend? Why am I in such pain? My body was coming to a standstill. In front of my own eyes and I developed a condition called fibromyalgia and then I had a fall which damaged my back. Nearly 3 years on I completed a pain management programme and

wellbeing course and decided once again I could do more to help others.

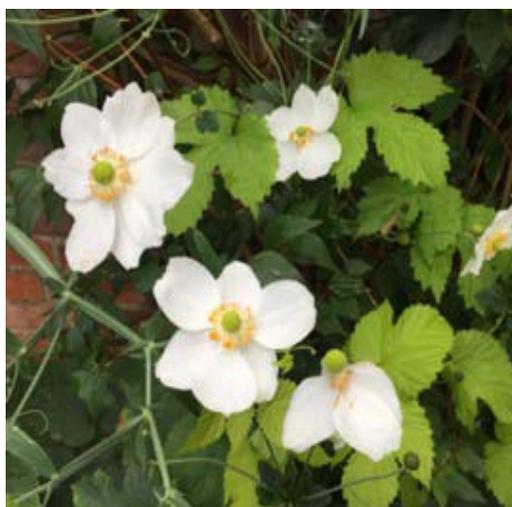
So why PBL? After my first session on a 12 week programme on pain management I passed the bright pink portacabin in Drayton and asked what it was (obviously even through pain I managed to see this place) from that date which was 1st September 2016 my goal was to volunteer for PBL. I always wanted to work for a hospice but it was never the right time or place.

So I completed all my courses, did everything the experts told me to do; all the exercises, took headspace every day, worked with the team to reduce my meds from 32 a day to 4, went to counselling, learnt to pace my activities and nearly 1 year on I'm humbled to be able to volunteer 3 hours a week on Reception and hopefully with baby steps I'm going to be able in time to train as a bereavement counsellor.

THE BEAR SHOP – HERITAGE OPEN DAYS

The 'Bear Shop Girls' (Pam, Teresa, Gill, Pat, Carolyn, Lynn, Jan, Ruth, Sylvia A and Sylvia S including our two special chaps - Andy and Olly - all PBL Volunteers) had another successful time serving teas and homemade cakes at the Bear Shop in Elm Hill for the four Norwich Heritage Open Days. Robert, who owns the shop and the beautiful garden, once again generously gave us two beautiful bears to raffle. The garden is so lovely that this year we have photographed some of the flowers that were in bloom - do come and see them next year as Robert will open it again for the National Garden Scheme days at the end of June and again for the Heritage days in September 2018. The garden has many wonderful plants but the fuchsias are outstanding, We did have a couple of very wet days but the sun shone for quite some time and we were really happy to have made £622. Thank you to our wonderful Volunteers and to everyone who came to the garden and mostly to Robert, who amazingly, let us use his own kitchen to 'mess around and make tea' in!

Elizabeth



HOSPICE ETHIOPIA UPDATE



Jamie & Sue Mumford have just returned from their second visit this year to Hospice Ethiopia in Addis Ababa. They were joined by Tim Morgan, an avid supporter of Hospice Ethiopia who gives his time for free, to help with publicity. Time was spent with the staff, hearing about their work this year. Patients receiving both home based care and outpatient care are increasing and there is now a waiting list of patients needing to be seen. Sue & Jamie also taught a 3 day course on palliative care to nurses from 2 other non-government organisations. Since their first visit in 2012 the number of Health Care Professionals who have received training in palliative care has increased and oral morphine for the control of pain, is becoming more widely available. Fundraising in the UK has continued to go well with the Norwich Diocese's Lent appeal raising just over £40,000.

This will pay for a new car and 3 year's running costs. It also allows the Hospice to double the number of patients receiving home based care.

For further information please visit the website www.hospiceethiopia.org.uk

Sue Mumford

PBL SUPPORT GROUP

President – Lady Susan Bacon

Vice-Presidents - Dr J Blyth , Mr D Bradford, Mrs R Eaton, The Rt Rev G James, Mrs M Stuart,

Chair – Mr Philip Norton

Hon Treasurers – Mr Malcolm Fuller, Ms Kate Anetts

Hon Secretary – Mrs Elizabeth Stallwood

Committee members Mrs A Belshaw, Mrs M Benns, Mrs D Chaplin, Mr C Dugdale. Mrs P Evans, Mrs S Manners

DATES FOR YOUR DIARY

26 Nov 3 – 5 pm	talk on Hospice Ethiopia at Aylsham Catholic church
9 Dec afternoon	PBL Christmas Fayre
18 Dec 6 pm	Christmas Music at PBL
19 Dec 7.30 pm	Norwich Phil Christmas Concert at St Andrew's Hall - proceeds to PBL The Norwich Philharmonic Chorus with Cawston Band (and a school choir). Further information on the Norwich Phil website (norwichphil.org.uk). Please note that this concert usually sells out weeks in advance! How lucky we are to have these wonderful musicians singing for PBL!
24 Dec	Singing round the Wards at PBL
25 Dec	Christmas Day service at PBL

all Support Group members welcome

RECEIVING YOUR NEWSLETTERS

We would appreciate it if you are able to receive future copies of the PBLSG newsletter by email . Postage and printing costs can be quite significant and emailing will help us to use more of our funds for our charitable purposes. Thank you!

To receive future communications from PBLSG by email –
(PDF format – just download the free Adobe Reader)

please send an email – with PBLSG in the title line –
giving your name and current address to
kate.anetts@tesco.net



Registered Charity num ber 278667

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