

Priscilla Bacon Support Group

Registered Charity number 278667

NEWSLETTER 78
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CHAIRMAN'S CHATTER

I'm pleased to be able to report that our strategy of seeking to work in partnership with other like-minded groups is moving forwards well. I now meet regularly with representatives of the new Priscilla Bacon Hospice Charity and the Norfolk Community Health & Care NHS Trust to discuss how we can together promote better patient care and family support for those in need in Norfolk. We aim to make sure the efforts of each group are coordinated and do not cross over what another might be doing.

Two of those present are also trustees of Big C and one of the outcomes of this close working relationship has been an agreement to jointly promote better training for end of life care and we have agreed with Big C that we will work together with NCH&C to fund a post that will enhance skills and knowledge for health care staff across the area we all seek to support.

The joint meetings also help us to ensure that there is the least chance of donor confusion that could arise. All are seeking to raise funds for the hospice services we deserve in Norfolk but with Priscilla Bacon Hospice and Priscilla Bacon Lodge Support Group having similar names and styles and with NCH&C also being deeply committed to providing hospice care services there is a chance someone wishing to provide financial support will not be sure which of the three charities their money should be given to! By working together we can help donors identify which fund they wish to support

without there being any fear that funds will not in some way be used to support specialist palliative care in Norfolk, whether that be 'here and now' or at some future date when the new hospice is opened.

The Priscilla Bacon Hospice charity clearly aims at securing the development of a new hospice facility which will in due course take over and enhance the services currently run through the Priscilla Bacon Lodge. The NCH&C charity fund is used to support specific health care projects associated with their statutory brief and which would not otherwise be funded through the NHS and as a result funds they hold could well be used for specialist palliative care in Norfolk. The PBSG wants to support both the provision of services now run through Priscilla Bacon Lodge as well as the enhanced care and support that will be delivered once the new hospice is built.

So not only is working in partnership likely to result in projects one group alone could not afford being funded and better coordinated, but also greater clarity for supporters is provided by all of us together promoting the specialist palliative care and support message from a common standpoint.

Trustees of PBSG remain incredibly grateful to supporters whether they offer money or their time. Together we will achieve more better.



LOOK OUT FOR OUR NEW CHARITY TIN!

We have just received our new charity collecting tins clad in our new logo. Perhaps you have already seen the Priscilla Bacon Hospice pink tin raising funds for the future building of the new hospice and now we have our new tin which is an attractive apple green, raising funds for looking after the patients and relatives at PBL today.

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FROM YOUR SECRETARY

Hello fellow PBLSG members –

I just cannot believe that this weather has continued so warm into October. And following such a glorious summer, although as an allotment holder I could have done with a little more rain – at night of course!! But walking down the Avenues the colours are just so beautiful I really can't complain.

I hope you have all managed to enjoy the summer and get restful holidays and a lot of relaxation and that is also a wish for the precious and very busy staff at PBL particularly as we go into the Christmas season. It has been a very busy in the in patient unit and they have been very stretched, but still manage to go that extra mile for every patient and relative.

But just a further note on that hot summer – PBL were given some wonderful Dyson Air Fans which look beautiful – and a big thank you to Pam Evans for actually making sure they got to the ward and Day Unit..

The Volunteers have been busy again and a big thank you to Catherine the Co-ordinator for all the work she does. She organized a the most lovely fun get together on Monday 22nd where everyone could indulge in the most delicious coffee and cake whilst they caught up with old friends. Catherine had asked one of our volunteers to give a wonderful talk on Flower arranging and three lucky people won the displays at the end. Catherine told us that there are now 100 volunteers giving 900 hours which is a wonderful achievement.

We've had a few changes on the committee .Sheila Manners has handed the writing of the minutes after

twenty years, over to Pam Evans who has kindly taken it on temporarily. We are still looking for a Minutes Secretary and have the position advertised in the Eaton and Golden Guides and on our website. We continue with the feature 'Know your Trustees 'and we are lucky to have an article from our Chairman. I think you will find it very interesting.

We are also updating our history section and are thankful to all the people who have sent us information. If you have anything to add please send it in via the website. And I'd like to draw your attention to the following -

1918 – what a year

** Women over the age of 30 with property got the vote .

** The terrible Great War ended.

** and our wonderful Cecily Saunders, founder of the modern Hospice Movement was born. She had such compassion which is embodied in her phrase – "You matter because you are you, and you matter until the end of your life'.

Again we have been fortunate in the numbers of truly amazing people who do wonderful things to raise funds for us. I try to put most thing son the website if we have permission to do so,, and have included some in this Newsletter but do come and look at the Donations book in the Garden room to see all the incredible activities kind people do for us.

It is only left for me to wish you all a very Happy Christmas.

Elizabeth - your Secretary.

WENSUM VALLEY GOLF CLUB

I was fortunate to meet up a with Chriss Sturman who has been Senior Golf Captain for this last year. He kindly chose Priscilla Bacon Lodge Support Group as his Charity for his year as captain. When we met he gave us a wonderful cheque for £574.00.

Chriss 's stepdaughter had been looked after in PBL and it was because of the wonderful care that she received that he had chosen our charity. Lynn Eastwick, who was kind enough to pop off the ward for 5 minutes, came and received the cheque from Chriss. She also remembered Chriss's stepdaughter which was lovely .

Thank you so much for your kind generosity Chriss and everyone at Wensum Valley Golf Club.



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THE BEAR SHOP – OPEN DAYS



Again this year we were invited to provide the teas and cakes when Robert Stone opened his magical garden at the back of the Bear Shop in Elm Hill. It really is the best kept secret in town – so do make a New Year resolution to see it next year if you haven't already. We covered the National Garden Scheme earlier in the year and we had our work cut out for us to cover the Heritage days as well. The council doubled the number of days this year so this rather stretched our resources!! We did 6 days which meant covering 36 shifts – so WELL DONE everyone who helped and those who made all those delicious cakes. I think it is really important to have 3 people on each shift . Robert is the kindest person and always gives us beautiful bears to raffle and it was the same this time.

So we need to sell the raffle tickets, take the orders and set out the trays. So you can see it is a busy time - and we are looking for more volunteers for next year - at least 6 - to make it possible again. But talking to one of our volunteers today she said 'I love being at the Bear Shop – you meet so many

lovely people and apart from the beautiful garden - looking up at the wonderful wiggly woggly roof line is just wonderful". It was wonderful to see a bride and her new husband come into the garden to have some pictures taken and we did too (with their permission of course)

Please phone me or email me via the website if you can help next year. We really want to do it as people love the garden and they love PBL and give so generously.

THIS YEAR WE MADE an amazing £1,472.57

Elizabeth



GETTING TO KNOW YOUR COMMITTEE

The Support Group has a committee of elected members which meets monthly at Priscilla Bacon Lodge. Each member has gifts and talents that support and help our cause and we are hoping to feature them all in the forthcoming Newsletters which can also be found later on the website

PHILIP NORTON

Born and educated in North London before studying Law at Sheffield University and The College of Law in Guildford, Philip started his legal career with the firm of Hill & Perks based in The Close Norwich in 1982 and became a partner with the firm, then part of Eversheds, in 1990. He was Head of their Private Capital Department and was responsible for managing these services across their Norwich, Cambridge and Ipswich offices. Philip was also Head of their national Charities Team. He joined the long established firm of Hansells in 2002 when Eversheds withdrew from private client work and he continued to work in The Close as head of their Tax and Estates Department and leader of their Charities team. Philip retired as a partner in April 2017 and is now a part time Consultant Solicitor supporting Hansells private clients and charities development.

Philip is a trustee of many charities, some with a medical theme and others of an educational type, and also a number of large grant making trusts. Well known local charities he is a trustee of include The Assembly House,

Big C and Norfolk Wildlife Trust. Medical charities include Norfolk Diabetes Trust, Norfolk Renal Fund, Action Arthritis and Norfolk Medical and Dental Education and Research Trust. Educational charities include Norwich University of the Arts, Wymondham College and its MAT the Sapientia Education Trust, as well as SAW Trust promoting a fusion of Science Art and Writing experiences for school children.

Philip provides legal advice to a number of large local charities and many smaller ones, particularly in relation to governance and constitutional structures. Philip also lectures on charity law topics – his current theme for these is on the Charity Commission and their approach to allegations of mismanagement and misconduct – and how to avoid problems.!

Philip is married to a Consultant Physician at NNUH and their three daughters all benefited from attending Wymondham College which is close to their home.

Spare time, such as it is, gets swallowed up by maintaining house and garden, walking the dog and enjoying family activities.

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THE CORK MARATHON

We are always indebted to our amazing relatives and friends for all our funds. And Tim's marathon is such an achievement. Here is his story.

In June, I headed over to Ireland to run the Cork City Marathon in order to raise funds for the Priscilla Bacon Lodge Support Group, all in memory of my Dad, Graham Seely. Dad spent his last days at Priscilla Bacon Lodge before sadly losing his battle with cancer in March of this year, and during this time, I got to witness first-hand the wonderful care and support provided for patients (and their families) by the staff and volunteers at Priscilla Bacon Lodge.

Through the generous donations of family and friends, a total amount of £1,505.00 (plus gift aid) was raised, which made the experience all the more rewarding.

Whilst completing the marathon was challenging (physically, mentally, and emotionally, I believe that running in memory of Dad and for such a deserving cause is what kept me going to the finish line (and even pushed me to a personal best of just under four hours). I know he would have been proud!

Tim Seely



With Dad in Paris, 2011



Showing off my medal after the marathon



Handing over the sponsorship funds to the wonderful staff and volunteers at PBL

MY EXPERIENCE AS A VOLUNTEER

I became a volunteer at Priscilla Bacon Lodge under two years ago. Why, readers may ask, well a little piece of history will be helpful. My parents died of cancer a fortnight apart 35 years ago, cancer therefore made a sudden and dramatic impact on my life. I have been involved with other health charities at times and as a volunteer and employee in the NHS. In recent decades work has been related to various aspects of health and social care, I missed the sector in retirement.

As with any new role I was apprehensive and took my time to watch, listen and decide if I could be of any use in a palliative care unit or would I be a hindrance! All the volunteers seemed well supported by Catherine our co-ordinator so this was encouraging. I have settled now and enjoy my times in the day unit, reception and sometimes the coffee bar. It is a privilege to be hopefully assisting staff, patients, their families and of course fellow volunteers.

I recently joined the Support Group and attended the AGM, speakers presenting interesting topics related to cancer and ongoing developments at PBL. Perhaps more

of you would like to come along in the future, - the business element was very succinct in case you were all thinking oh no!

To conclude on an amusing note, during last winter's snow and ice I walked in as always, not far. Dressed in full wets and deciding to take my walking pole for safety, no traffic to be seen, quite ghostly. Suddenly I landed on the ground, no sign of the pole! I dug around in the snow, (I hope you can all picture this), eventually finding the handle - the pole had descended into a drain! Anyway the trees looked pretty from down below.

Arriving at PBL I removed all my external gear to discover I'd forgotten my indoor shoes, I was wearing wellies hardly appropriate. Another volunteer lent me a spare pair, lo and behold we were the same size - saved by kindness! This kindness, compassion and 'we are all in it together' attitude makes PBL a very special environment in which to work.

To all at PBL a big thank you for helping to make my retirement and for - well, being so special.

Anon

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MASONIC GIFT

generosity from our local Naval and Military Masonic Lodge 3678

In September, Chris Spinks, Worshipful Master, and his lovely wife Linda, and Almoner Mike Blake came to Priscilla Bacon Lodge to give us (The Support Group) a magnificent cheque for £1,065.19. They were accompanied by Peter Madge whose father Brian was nursed in the Lodge.

They have been fundraising for Priscilla Bacon Lodge as their chosen charity this year. It was a privilege to meet these wonderful people. A big thank you to you all



HOW WE HAVE BEEN SPENDING YOUR HARD-EARNED MONEY

**A request to replace the fridge in the coffee bar.

** A request for the money to support a patient to make their will.

** Requests for ambulances to transport people home quickly .

** One of our senior skilled Community Specialist Palliative Care nurses requested financial assistance for one of her patients who desperately wanted to attend her daughter's wedding.

The patient was very poorly and it was touch and go whether she would be able to attend. In order to do so she needed extra assistance to make it happen and the Support Group felt that this was just the kind of thing all our wonderful fundraisers would want to happen. This is what we have heard from her friend

'Saturday went well. We missed the actual ceremony as we left 2 hours later than planned! It took a lot longer than we thought it would to get her into the wheelchair, and the chair into the car, etc. But, once there, she stayed for about 3 hours, which was much longer than I thought she would manage. She got a chance to talk with a lot of people, and everyone was happy to see her. We had arrived there just in time for photos as well, so she's in a bunch of wedding pictures.

Can't thank everyone enough for helping make that happen.'

'It was a great day. When they got engaged last year, I was really worried my friend wasn't going to be here at all for the wedding, so super happy she was able to attend.

It was a steep learning curve getting her ready and out the door, and I wish I had ordered a longer vehicle, as we were barely able to close the back door! Also, she wore a silk outfit, which meant she slipped down in the wheelchair. But, we got there.'

We are waiting for pictures of how it all went - and will put these onto the website.

DATES FOR YOUR DIARY

19 November 2-3.30 Cake Sale in the Coffee Bar
 all proceeds to PBLSG

3 December 12 -2 Volunteers' Christmas Party

8 December PBL Christmas Bazaar
 everything goes towards the patients' gifts for Christmas

24 December Singing round the Wards at PBL

25 December Christmas Day service at PBL.

all Support Group members welcome at all events

PBL SUPPORT GROUP

President – Lady Susan Bacon

Vice-Presidents - Dr J Blyth , Mr D Bradford,
 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

A MESSAGE FROM THE CHAPLAIN

Driving into work at Priscilla Bacon Lodge at this time of year I enjoy seeing the stunning colours of the trees which are changing each day showing every shade from the bright greens of summer to the fiery orange and golds of autumn. In Autumn the trees can show us how beautiful endings can be.

Inevitably for each of us the ending of our earthly life will come and in my work as Chaplain I am mindful always of the value, purpose and beauty of each stage of life. A significant part of my work is supporting patients and their families in facing uncertainty whilst continuing to find meaning in each moment. That might involve exploring or celebrating their faith, nurturing their relationships, reflecting on their experiences and values or simply being listened to as they recount their hopes and fears. It is work which is demanding and rewarding in equal measure. Often if people thank me for my time and care I respond by thanking them for their

trust and honesty- I learn more through every encounter that I am privileged to have.

In a few more weeks the leaves will have blown from the trees and once again it will be winter which is an opportunity to think about Christmas. The Chaplaincy team will be helping PBL to remember Christmas with the traditional Service of Carols and Readings on Christmas Eve evening and a Service of Holy Communion on Christmas Day at 11.30 am. Look out for details of these and all our other Christmas Services and events on posters which will be going up nearer the time.

You are of course welcome to attend these services and events and please remember to tell any patients and families that you meet that the Chaplaincy team are here to support all of them and all of you.

The Revd Helen Garrard – Lead Chaplain

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 PBSG by email –(PDF format –download the free Adobe Reader) please send an email – with “PBSG newsletter” in the title line – giving your name and current address to kate.anetts@outlook.com



Registered Charity number 278667

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