

Priscilla Bacon Support Group

NEWSLETTER 81
Spring 2020

email; contactus@supportingpbl.org.uk
website www.supportingpbl.org.uk



Registered Charity No. 278667

Enhancing the lives of Palliative Care patients and their families

NEW PALLIATIVE CARE EDUCATION CO-ORDINATOR

We at PBSG are thrilled to announce that we have appointed our new Palliative Care Education Co-ordinator. It is a collaborative appointment with the Big C and is a clear demonstration of the strategy for collaboration and partnership that our chairman, Philip Norton mentioned in his last Chairman's Chatter and at the AGM last year. We are thrilled to have her.

Her name is Demi Brook and she is full of ideas and enthusiasm. Her role will take her all over Norfolk looking at how good palliative care can be implemented but, more than that, how it can be sustained – something that has been sadly lacking in much of the very good work that has been done in the county to date.

Demi is working with a wonderful range of specialists across the county, Anna Farrow - Specialist Palliative Care Nurse at the Norfolk and Norwich University Hospital, Beth Flatt (specialist Palliative Care Nurse and Educator) and Justin Pollard (Educator for HCS and Student Nurses) at James Paget, Rachel Vivien (Community Specialist Palliative) at the Queen Elizabeth, the district nurse teams in Waveney and the East Coast., Ruth Nobbs (Transformation Assistant manager) Irene Karouze (Quality Improvement Nurse) Kate Wyatte (Quality Improvement Nurse Care Homes) (NHS South Norfolk) to bridge the knowledge gap between Nursing Homes.

Demi, in her Project Innovation Plan (PIP) is looking at 10 Palliative and End Of Life competencies and an implementation of the programme all over the county. Each nurse or carer in this programme will receive an Education Passport which will track and record their progress in knowledge of the competencies forming their own personal pathway to good quality End of life and Palliative Care. We are so keen to promote this education and wish Demi every success in this vital role.

I have only been able to skim the top of all the work that Demi has planned and I am hoping that Demi will contribute to our next Newsletter with an update on all that she is doing.
Elizabeth

A COOL MILLION TO OUR SISTER CHARITY



It's been wonderful watching our sister Charity Priscilla Bacon Hospice develop from an idea to the significant charity it is today.

PBH has a plan for a state of the art Hospice to be built near the Norfolk and Norwich University Hospital – but with its own separate identity and entrance. PBH have several charity shops selling beautiful things. Great for present buying – so put the shops on your list early for later in the year when I hope they will be all open again.

From the beginning the PBSG has supported the hospice and as it had raised £3.5 million, we decided to add another million with possibly more to come (see Chairman's Chatter).

This picture shows our treasurers Kate Anetts and Malcolm Fuller writing the million pound cheque.

SPRING FLOWERS to cheer the soul.....



Priscilla Bacon
Support Group

Registered Charity number 278667

Palliative Care Unit,

Colman Hospital, Unthank Road.

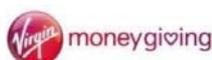
Norwich NR2 2JP

website: www.supportingpbl.org.uk

email: contactus@supportingpbl.org.uk



text PBL and amount to 70085



CHAIRMAN'S CHATTER

These are extraordinary times. Some will remember the dark days of The War but few of us will have experienced any form of peace time lockdown. The message is of course abundantly clear – stay home and protect the NHS so we and all close to us have the best chance of surviving safely.

Sadly, despite all of the fantastic efforts of the NHS and other key workers, there will be some tragedies. As the prime minister has said there can be no 'sugar coating' of what is going to happen and whilst we in Norfolk may be some days behind the events hitting London and the Midlands, there will no doubt be no escaping sadness as those close to us are affected or know of someone who is. PBL is of course used to such situations and every day we see the fabulous work of our staff and volunteers supporting those in need. But it will nonetheless be an additional strain at this time when sharing precious moments with loved ones may be restricted. The Support Group remains here to help – to encourage staff and volunteers to be the best they can not just in respect of clinical skills but also in emotional support and counselling – and just being there. Trustees will want to do more where there is a need we can meet. Many have left money to the PBLSG so that we can respond to needs as they arise, and this we are doing each day of this crisis as it unfolds and as the need arises.

We are keen to provide financial benefit to our sister charity seeking to rebuild the hospice on the new site close to NNUH – and to that end we have given 1 million and promised a second million (provided £2m of funding) to the new hospice charity. We firmly believe that is what donors would want us to have done. No doubt, as funds permit, we will want to provide more still, perhaps in the fitting out and provisioning of the new space once built.

However, we are specifically here to help today and now and will be discussing with NCH&C how we might use our resources to ensure, despite the current pandemic and limits it places on normal life, we continue to provide help and comfort for staff, patients and their families through these troubled times. Thank you to all of our supporters, volunteers and trustees – we hope what we are putting in place will add in some way to the terrific care of all sorts that is seen every day at PBL



SPOT THE BIRD – Answers on a post card!!



UPDATE - We are delighted that during 2019 we raised £39,713, (a similar amount to 2018) which is down to the hard work & generosity of supporters and donors across the world. This will make a real difference to the dying in Ethiopia. Following the annual meeting, Sue & Marion gave an illustrated talk about their recent trip to Ethiopia. It was an incredibly busy week but much was achieved. In particular, they were delighted to be able to help with the teaching on a 3 day palliative care training course for staff at the Tibebe Ghion government hospital in Bahir Dar.

An exciting new project for Hospice Ethiopia is the opening of a satellite Hospice Ethiopia base at the hospital. This is a significant step for Hospice Ethiopia – expanding beyond the capital of Addis Ababa. A new nurse has been appointed by HE to run the palliative care services there. He'll also be able to provide outreach care in the community.

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FROM YOUR SECRETARY

Dear Members – the only thing that seems to be predictable and early this year is our wonderful spring. It is a joy to see all the buds budding and the flowers blooming. I have added some pictures of spring flowers in the newsletter to raise your spirits.

Living through these next weeks and months will not be easy. Even new words have entered our common vocabulary such as lock down, social distancing and self isolation. It's not easy because it's so different from anything else we have ever had to do before.

Yes - we need the spirit of the Blitz all over again but in a different way. No longer can we get together and chat our way through adversity. I think we may have to just grit our teeth and bear it. Those with 'advanced' tech skills will be skyping and face timing – if those are the right words. And I know that it is wonderful to see our darling friends and family but there is nothing quite like touch and the lack of it can be hard to bear.

But maybe this is a golden opportunity to hone new skills and learn new things.

I am really trying to learn my Chinese characters now but though they are beautiful and I love the words, finding the motivation to actually get down and DO IT is sadly lacking. I hear that watching the wildlife in your garden has brought much happiness to many people. You may like to 'spot the bird' later in these pages!!

The Support Group is doing all it can to raise the spirits of our wonderful courageous staff at this time and you will see my appeal to you all later in the Newsletter. If you have any ideas about what we should do please let us know.

It's now Easter and although I'm sure we will still be in the 'status quo' I have counted out my currants and sultanas and made my Simnel cakes, and one for PBL (hope they like it – and do make cakes for the staff if you would like to) and have bought chocolate Easter eggs (for me they have to be chocolate!!) - as they really are an essential item - are they not? Can I wish you all a very happy Easter however you spend it.

My thoughts are with you all.
Elizabeth

MEET YOUR COMMITTEE – MALCOLM FULLER (Treasurer)

I was born in Reepham a market town about 12 miles from Norwich in 1935. Growing up during the war years I can remember the wartime activities, the German bombers attacking Norwich often being chased by our fighter planes also the noisy V1 and the silent V2 rockets one of which crashed and exploded about two miles away leaving a large crater which quickly filled with water.

I was a very active teenager playing football and cricket for local teams, also especially keen on cycling. In February 1953 with two friends, with our racing cycles, we rode from Reepham to Wells then along the coast road to Cromer and home to see the damage and the high tide marks left by the terrible floods which caused so much damage in the county.

My family were related to members of the farming community which enabled me to spend much of my school holidays on farms helping with the harvesting sometimes with horses, later with tractors and machinery. After leaving school, I completed a five year apprenticeship in agriculture and mechanical engineering for which my parents had to pay for the privilege.

When I was in my late teens I joined the Royal Observer Corps which ignited an interest in aircraft, and at the end of my apprenticeship encouraged me to join the Royal Air Force for three years. This proved to be a good decision as it took me to Malta, Cyprus and several different regions of Germany.

On leaving the Royal Air Force I joined a national manufacturing company, selling their products around East Anglia and Southern England. After a couple of years I decided to take advantage of my engineering training and joined a local agricultural engineering

company which involved my attendance at the National College of Agricultural Engineering in Silsoe, Bedfordshire. Our company chairman was very keen on staff training which encouraged me to adopt the same attitude and later I became chairman of the National Education and Training Association committee of The British Agricultural and Garden Machinery Association. As well as this I progressed through the company, working with them for 43 years, spending the last 18 years as Managing Director, before retiring in 2003

Having been active all my life I needed to find something interesting to keep me occupied after I retired, very fortunately I found one just before I retired.

In the seventies my wife and I attended, St John Timberhill where the Rev. Michael Mclean was the rector who was a family friend, I was treasurer for twelve years to the PCC until Michael left to be Canon treasurer of the Cathedral, he was also chairman of the Support Group. In 1999 whilst I was still working he persuaded to become treasurer to replace Peter Adamson the previous treasurer. After twenty years it is time to hand over to someone else. For the last few years Kate Anetts been doing the on-line work for which I am extremely grateful and I have another assistant at home who does both the typing and taking phone calls when I am not available and I am sure she would also like to retire!!

If anyone reading this would like a very rewarding voluntary pastime, please see our advertisement on page 6 and contact our secretary by email, through the website or by phone 01603 630009 for further details.

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NEWS ROUND-UP



MORE CONGRATULATIONS FOR OUR CAROLINE COPPING

Our lovely Caroline (Housekeeper at PBL) impressed the judges at the Star of Norfolk NHS Person of the Year NHS awards earlier this year.

We always knew what a star she was and that was why she was given the Lady Bacon Award in 2018 for her Outstanding Contribution to Palliative Care.

More Congratulations to you Caroline – Well done.

(picture taken from the Eastern Daily Press)

PRISCILLA BACON HOSPICE – OUR FIRST YEAR OF FUNDRAISING



The fundraising campaign was launched in February 2019 by the Priscilla Bacon Hospice charity to replace the 40-year-old Priscilla Bacon Lodge with a new hospice. After a successful start to the fundraising, the appeal's chief executive officer, Mark Nicholas, is confident that the new 24-bed hospice will be built next to the Norfolk and Norwich University Hospital by 2021. To achieve our goal of breaking ground in 2021, we need to accelerate momentum through 2020 so that we can resolve the pressing need for improved end-of-life care in Norfolk. The support we have enjoyed so far makes me confident that building in 2021 is entirely possible. This is an amazing project for an amazing county. We have had a fantastic response to our campaign since the public launch of the appeal. We certainly feel that the county is getting behind us, as we have

ended the year with a total of over £5m raised and we are getting ever closer to the half way point. The campaign is being supported by all sections of the community; whether it is the pennies and pounds dropped into our collection tins spread around the county, or the events which individuals and groups are organising to raise funds for our appeal. Nearly £140,000 has been raised from these community activities. This indicates the level of respect for the existing Lodge and the care that it has provided over the last 40 years. Our county recognises that the new hospice, providing specialist end-of-life care, is crucial. As well as providing 24 inpatient beds, the new hospice will provide improved day care and outpatients' facilities, as well as a co-ordination centre for the hospice at home team, which delivers end-of-life care in the community. It will also be a platform for education and research into palliative and end-of-life care. For more information or to donate to the appeal visit www.priscillabaconhospice.org.uk or call 03302 234274

Hugo Stevenson, Head of Fundraising and Communications, Priscilla Bacon Hospice

AN UPDATE FROM JULIE JAMES



Our dear Julie left PBL a year ago to go to Truro, just too late for us to include a picture of her with the beautiful blanket which was made by all her colleagues at PBL

She and Graham are really enjoying being in Truro which they know very well and they have both joined a choir which they are finding very sociable and most enjoyable.

They have redone their garden - mainly Julie's efforts I think, - and are reaping the benefits now that spring has come. However some of you may remember that Julie was given a Snowdrop by Lady Bacon as a parting gift and Julie was thrilled when it flowered earlier this year. See picture left.

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KEEPING UP THEIR SPIRITS

During this horrifying time when this deadly virus is on the rampage we at the Support Group, inspired by Audrey Belshaw and Pam Evans, are trying to keep up the spirits of our wonderful staff at PBL .

We know what wonderful practitioners they are with brilliant clinical skills but now to add to that we all know that they are ALL being very very courageous .

So to say THANK YOU we are trying to supply anything that will raise their spirits.

Pam has kindly taken in the first little bundle of hand creams , and crisps and goodies and we hope to repeat this on a weekly basis.

Catherine has arranged Fruit and Veg boxes

And we are trying to arrange Fish and Chips or a hot meal once a week. If you know of a supplier please let us know

Becky Cooper has also been instrumental in letting us know what the nurses need, but if there is anything you think you would like to add to these gifts PLEASE LET ME KNOW. 01603 630009

Elizabeth



UPDATES ON FUNDRAISING EVENTS



Christmas Fayre 7 December at PBL

As usual the staff had worked so hard to prepare for the Christmas Fayre. There were so many people and every one had a wonderful time having a cuppa and a chat, or visiting Father Christmas (courtesy of Dr Phil Wilkins) or snapping up many bargains for Christmas presents . We were also treated to some wildlife, brought in by Mike partner of one of the nurses. See left.

Phoenix Male Voice Choir Christmas Concert 7 December

Again we had a wonderful evening listening to the music of the choir. They gave us the opportunity to say a little about the work that is done at PBL and we were able to thank them for making us their charity of the year.

PBL 40th Anniversary Service 2 December

The Priscilla Bacon Lodge 40th Anniversary service at Norwich Cathedral was very well attended - and the collection raised £3000.

A VERY BIG THANKS to our leavers.

Lillian Thompson who has been with us since 2003.

Danielle Diamond who was with us for 18 months

Margaret Bugdale, who volunteered with us for 9 years

Mo Oliver retiring after many years working at PBL as secretary to the Community Specialist Palliative Care Nurses and then as a volunteer.

Cheri Blamire, retiring from her post as receptionist after many years.

Gill Hill volunteer for a glorious 22 years helping in every part of the service.

Catherine Dyble for 18 months as a volunteer therapist

Jenny Driver after 15 years volunteering and taking the mobile shop around the site to all the patients.

Evan Driver-Hall for volunteering to drive for patients for 18 months.

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HON. FINANCIAL CO-ORDINATOR

supported by the Hon Treasurer

A UNIQUE OPPORTUNITY TO HELP PALLIATIVE CARE PATIENTS

as a member of the Priscilla Bacon Lodge Support Group,

a registered charity helping to offer support to patients and to staff. Our aim is to enable patients and their relatives to access additional benefits quickly at this difficult time. Trustees meet once a month - 4pm every second Wednesday at PBL.

Email: Elizabeth, Secretary on contactus@supportingpbl.org.uk

or contact her via the website www.supportingpbl.org.uk



Outline of responsibilities for Hon Financial Co-Ordinator

- Collect mail twice weekly deal with any queries regarding requests. Sort donations including from funeral directors and take to Donations Secretary as necessary.
- Collect cash from coffee bar every two weeks and bank it.
- Check collection tins in shops, pubs etc. and bank the proceeds.
- Keep records of training expenses budget for staff, also salary agreements for special staff.
- Keep records of restricted funds. Occasional meetings with Care for Life at Home restricted fund administrators
- Complete year-end schedules of investments for auditors
- Take phone calls from reception regarding donations, send out literature. Meet donors at the Lodge when requested. Deal with urgent requests
- Correspond with Solicitors regarding legacies
- Meet three times a year with our investment managers
- Meet with auditors at year end and discuss draft accounts, arrange for signing
- Arrange to complete annual return for charity commission.
- Arrange with bank for end of year transfers before audit
- Store old files and accounts, arrange for shredding after seven years

MEMBERSHIP RENEWALS

Membership renewals for 2020 are now due

- please use the form enclosed with this newsletter to renew your membership

All subscriptions help us to continue supporting the work of PBL

CANCELLATIONS

IT is such a pity that we are having to cancel all our programme of events – but I thought you might like to see all the effort that has been put in to raise funds for our lovely patients, staff and relatives.

cancelled 2 May Quiz at Jessop Rd Church

cancelled 7 May Dying Matters at the Forum

cancelled 27 May & 22 July Afternoon tea to celebrate the Year of the Nurse and Midwife

cancelled 3 June Volunteer Lunch

cancelled 13 June Strawberry (previously PBLFest)

PBL SUPPORT GROUP

President – Lady Susan Bacon

Vice-Presidents - Dr J Blyth , Mr D Bradford, Mrs M Stuart

Chair – Mr Philip Norton

Hon Treasurers – Mr Malcolm Fuller, Ms Kate Anettes

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

