40 for 40 Challenge and the Virgin London Marathon

Thanks to our team of runners at this year’s London Marathon, Becky, Louise, Damon and Jonathon. Your amazing efforts have raised in excess of £10,000 towards the work of the hospice. Well done and thank you!

Perhaps you watched the race and were inspired, or maybe you thought “one day I’d like to do that”, well now is your chance.

Next year Sobell House Hospice turns 40!
That’s forty years of caring for people in our local community who are affected by terminal illness and support for their families and friends.

To celebrate this incredible milestone, and our 40th birthday, we’re asking you, our supporters, to take on the 40 for 40 Marathon Challenge during 2016. We would like to have 40 marathons run in aid of the hospice. That’s one for every year of compassion and care that we’ve provided for the residents of Oxfordshire.

The London Marathon ballot has been and gone, however we do have a limited number of charity places available. If you’re not successful with those, there are a host of other marathons available around the country and overseas. We already have people signed up and committed to running at Brighton, Nottingham, Abingdon, as well as London.

Whether the race you choose is a big city road race (Dublin, Edinburgh), overseas (Paris, Rome), a smaller UK race (Milton Keynes, Brighton, Abingdon, Isle of Wight), off-road or a trail race (South Downs, Broadway, Portsmouth Coastal), there is something to suit everyone.

We’ll support you along the way with fundraising and training advice, as well as giving you your own highly sought after Sobell running vest. All we ask is that you pledge to raise money for Sobell House Hospice as you tackle your own 26.2 mile challenge.

To find out more, or to tell us about your marathon, please contact kevin.game@sobellhospice.org or call 01865 857012.

Oxford Moonlight Stroll

Some places are still available for this year’s Oxford Moonlight Stroll. This superhero themed walk will take place on the 11th July and we’re hoping to see 1,000 walkers take to the streets of Oxford in aid of Sobell House Hospice.

To sign up, please visit www.oxformoonlightstroll.org.uk
A big thank you to all our supporters who have donated so generously to keep our Community Transport Project on the road since the Big Lottery funding expired. So far we have received a total of £4,035 and donations are still coming in. Due to your help, there will be no disruption to the service and every day of the week our minibus drivers will continue to collect patients from their home, bring them to the Sobell House Day Centre, then take them back again at the end of the day.

Thanks to you, we are now increasing the transport service with two new drivers and a new vehicle with the intention of allowing patients to attend day services over a longer period of time.

Stand by your beds

Our inpatient unit has 19 beds which are all over 10 years old, therefore the need to change the beds has increased. Jointly funded by the OUH Trust and Sobell House Hospice Charity, with a donation from The Doris Field Charitable Trust, we were able to purchase new beds for the ward which were put in place in May.

The new beds are lighter than the old ones and work intuitively to stop patients slipping down the bed, helping the elderly and those with limited body strength to retain a correct and comfortable position in the bed. From the perspective of the patients, the beds are fantastic as they have controls built into the siderails on the inside and outside of the bed, allowing for better comfort and making them much easier to use.

The new beds also have a grade 3 pressure mattress which is much lighter than the old ones, providing higher comfort levels for our patients. Sarah Turrell, Senior Ward Housekeeper said: “The beds are fantastic for both our patients and staff. They are so much lighter, easier to clean and simpler for the patients to use. The reduction of wires under the beds will be a huge benefit as well. The old beds had lots of wires underneath which caused major problems and often got trapped in the wheels of the bed and broke. We are absolutely delighted!”

Some words from our Clinical Lead, Dr Mary Miller

The hospice is very lucky to have marvellous support from Sobell House Hospice Charity (SHHC). Their support enhances the quality of care that patients and their families receive from the hospice. Working together we are in a position to focus on trying to deliver care of excellent quality.

Over the past year the charity has funded an additional nurse on the ward, enabling new staff to attend an education programme and increasing both the quantity and quality of care. SHHC also funded a new social worker for two days a week, signposting patients and families towards grants to help mitigate the cost of caring for an ill person. This social worker has also helped bereaved families meet the cost of funerals receiving from the hospice. Working together we are in a position to focus on trying to deliver care of excellent quality.

The other very important project funded by the charity is the provision of physiotherapy for patients in day services, in the community and on the ward. This has enabled an exercise group to be provided in day services and helped to run a ‘fatigue week’. We have received some lovely feedback from patients - one person was helped to regain the ability to go shopping, something most of us take for granted.

The Oxford Half Marathon

The Oxford Half Marathon returns to our streets in October with a new route. Starting and finishing on St Giles, the race will weave through our city (a bit like the Moonlight Stroll but faster) cheered on by thousands of supporters.

We have places available to anyone who would like to run in aid of Sobell House. All we ask is that you pledge to raise £150. We’ll give you a Sobell House running vest, plus full support with training and fundraising tips.

Join Team Sobell on the 11th October at the Oxford Half Marathon!

Sobell Lottery

For just £1 a week you can be in with a chance of winning our weekly jackpot of £1,000.

The Sobell Lottery has been running for over 15 years and continues to be an invaluable source of income for the charity.

If you would like to support us via the lottery, please visit www.sobellhospice-lottery.org.uk.

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Community Fundraising

The Carriers Arms in Watlington has been supporting Sobell House in memory of one of their regular customers, who was a patient here. They held raffles and other events and raised a fantastic £1,998.49. The Barley Mow in Upper Heyford has also done some fundraising in memory of a regular, and raised £450 from a raffle.

Ashford School has chosen Sobell House as their Charity of the Year, and the parents committee decided to donate the proceeds of their Christmas Fayre, which came to £890. The prefects of Cokethorpe School sold roses in Witney on Valentine’s Day, and donated the £120 proceeds. Rye St Anthony School has also chosen to support us and has raised a total of £563 at two charity days. St Joseph’s Primary School raised £102.50 at a cake sale in memory of one of their regular customers, who was a patient here.

Macey decided she wanted to do something for Sobell to thank us for the care they gave to her Granddad. David. She raised £207 from a raffle. Amelie at Cokethorpe School organised an ‘A Day Out’ and raised £800 on the raffle which was just incredible.”

Marcia Oliver organised a ‘Dress as you Dare’ party. The photo is of me, my brother and my father. Local businesses were amazing with raffle prize donations and we made £500 on the raffle which was just incredible.”

Ken Ashworth organised a concert ‘Byard’s Bananza’ in memory of his colleague, Alson Byard, which was held at West Oxford Community Centre and featured his band, ‘The Event’. The concert raised over £1,800. Nigel Stead organised a concert in memory of his wife Tina, which featured ‘The Inflatables’ and raised £657.

Tony Poulter took part in the Strictly Bicester ballroom dancing challenge, along with his partner Becky Fletcher, who is a therapist at the hospice. Tony said “Training has been fun. I would never have dreamt that I’d find myself dancing. It’s totally away from my norm and it has opened my eyes to what can be overcome with a little encouragement.” At the time of going to press, their online fundraising page had raised £175.

Oxford Naturists were supporting Sobell House as their Charity of the Year. They held various events, including a ‘Fun Weekend’, dinner and cream tea, and raised a total of £851.66. Thanks very much to Jenny and Len Harris for all their support.

Hadden Hill Golf Club Ladies Captain chose Sobell House as their Charity of the Year, and raised a wonderful £1,500.

If you would like to organise an event in aid of Sobell House Hospice, please contact Lindsay on 01865 857007, or email Lindsay.manifold@sobellhospice.org

Lindsay Manor

www.sobellhospicecharity.org.uk/

Sunflower Memory Markers

As part of our ‘Go Yellow’ week at the Hospice, (27th – 31st July) we are hoping to fill the garden with sunflowers, each in memory of a loved one. If you would like to take part, please complete the form below. We ask for a minimum donation of £5, and there will be the option of having your Memory Marker sent to you when our Go Yellow week has finished.

Go Yellow in Sobell Shops

Go Yellow and Tea at Three are simple and fun ways to raise money for Sobell House Hospice. At your workplace, school or home, simply invite a group of friends, family or colleagues to join you for a cuppa, ask them for a donation and raise vital funds for your local hospice.

You can pick any time, date, and place that suits you and you don’t have to stop at tea! You can serve whatever drinks you like, make and sell cakes, hold a raffle or organise some games. Whatever you do, the money you raise will help us provide vital hospice care for local families.

The Hospice is hosting its own Go Yellow events during week 27th – 31st July, so watch out for more news on our website and Facebook page during that week.

Go Yellow/Tea at Three

The Hospice is hosting its own Go Yellow/Tea at Three event in memory of one of their regular customers, who was a patient here. They held raffles and other events and raised a fantastic £1,998.49. The Barley Mow in Upper Heyford has also done some fundraising in memory of a regular, and raised £450 from a raffle.

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Corporate Fundraising

New Charity of the Year Partnerships

Templars Square Shopping Centre has chosen us as its Charity of the Year for 2015-16. The east Oxford shopping centre has committed to raising £10,000 over the coming months, by carrying out fundraising events throughout the year.

Centre Manager, Paul Bentham says: “We wanted to lend our support to a local charity which would resonate with our employees, tenants and visitors alike and we didn’t need to look far to choose Sobell House. The holistic care they offer to patients and their families is extraordinary and we hope to be able to raise funds to help them continue their special brand of care and support to those with terminal illnesses.”

The Arm Eng Section at RAF Brize Norton is supporting Sobell House as its chosen charity. The group have already raised over £2,500 this year from a rowing event at Sainsbury’s Witney, a 24-hour sponsored spinathon, an innning event at Krisz Krass Hair and Beauty and a pub quiz at the Golden Eagle Pub. The team have also shown their support by volunteering at events and helping in the hospice garden and have a lot more planned for the rest of the year.

Nielsen supported us as their Charity of the Year in 2014 and raised an unbelievable £15,222.07! The company were fantastic to work with and the employees were so motivated and enthusiastic. They organised and took part in lots of really fun events including, a table tennis tournament, a year round tuck shop, cake sales, raffles, a Casino event, a 5-a-side football tournament, the Oxford Moonlight Stroll and much more. Thank you so much to everyone for your amazing support!

Jerrams Brothers Funeral Directors raised £1,000 at their annual charity concert which took place in January at Exeter Hall, Kidlington. The theme of the concert was ‘Magnificent Music Hall’. The event was supported by the funeral directors with a collection at the end for Sobell House.

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A group of managers from NatWest branches around the county did a sponsored walk in Oxford and raised £500 which was then matched by the bank.

Agilent Technologies donated £1,000 from the sale of office furniture, Harley Davidson raised £1,785.00 from a staff sample sale, Enterprise Rent-a-Car donated £1,000 from their Foundation Fund, Fraser’s Budgens of Yarnton raised £161 in their Easter raffle, Unipart donated £300 from a raffle held at their ‘25 Year Event’, and OCDEM raised a further £1.45 from an International Cake Sale.

Would your business be interested in sponsoring a page of our newsletter? A donation of £200 covers the cost of printing one page. Your company details would be included on the foot of the page and seen by over 8,500 readers. Please contact Kelly for further details.

London Welsh RFC chose Sobell House Hospice Charity as their local charity for the 2014/2015 season. During the year, players have visited the hospice and spent time chatting to our Day Centre patients, and they have hosted two charity games where we had a stand and did buckets collections which raised over £1,800. It has been a real pleasure working with everyone at the club.

Your call to the Ball

On Saturday, 18th April, HMG Law and Barclays organised and sponsored a Ball at Hawkwell House Hotel, Iffley, Oxford in aid of Sobell House Hospice Charity and the Oxford Children’s Hospital. The evening was attended by over 100 guests and a fantastic evening was enjoyed by all commencing with a drinks reception, followed by a 3-course meal.

The after dinner speakers were Mr Roland E. Fuggle, Chair of HMG Law, Mr Trevor French, Head of Business and Corporate Banking, Barclays Oxford, and the two Charity Representatives, Dr Mary Miller, Clinical Lead of Sobell House Hospice and Penny Harbridge representing OUH Charitable Funds.

Silent and live auctions were held, and guests were entertained by The Ian Boyd School of Irish Dance and a vocalist who sang a well-known Irish song, Danny Boy. Live music took the evening to a close and the event raised an amazing £13,184.04.

Thank you so much to HMG Law and Barclays for their incredible support and hard work!
Forthcoming Events

June – September  
Go Yellow/Tea at Three for Sobell
Saturday, 11th July  
Oxford Moonlight Stroll, St Edward’s School
Sunday, 12th July  
London 10k
Thursday 30th July  
Go Yellow BBQ, Sobell Day Centre
Sunday, September 13th  
Bike Oxford
Mon 5th – Sun 11th October  
Hospice Care Week
Sunday, October 11th  
Oxford Half Marathon
Tuesday October 13th  
Pamper evening
Saturday, 21st November  
Sobell Christmas Gift Fair, Radley College
Sunday, 22nd November  
Sobell Christmas Gift Fair, Radley College
Saturday, 12th December  
Lights of Love, Churchill Hospital

Legacies

Leaving a legacy is a great way to help us to ensure the future of Sobell House Hospice. If you are thinking of writing or amending your will, why not consider including a gift for Sobell House Hospice?

Contact your solicitor, or ring Lindsay on 01865 857007 for more information.

Pamper Evening

Sobell Day Centre

Tuesday 13th October

6pm – 9pm

Tickets £7

‘Help us to care for the next generation’

Enjoy a glass of wine and nibbles whilst treating yourself to a variety of indulgent pamper sessions and tempting stalls.

To buy your ticket visit us at the charity office or call:
01865 857007

Charity no: 1118646

Sobell House Hospice Charity,
Churchill Hospital,
Headington, Oxford, OX3 7LJ.
Tel: 01865 857007 • Fax: 01865 857015
Email: mail@sobellhospice.org
www.sobellhospicecharity.org.uk

Registered Charity Number: 1118646. If you would prefer not to receive further copies of this newsletter please contact us on 01865 857007 or Email: mail@sobellhospice.org