



Dear Supporter

Our first newsletter of 2023 gives us the opportunity to wish you all a very Happy New Year and let you know about some exciting developments. First & foremost, we are delighted to introduce our new Fundraising & Support Managers – Claire Jones and Nina Parnell. You will find out more about them below but they each bring hugely valuable experience working for charities. We are delighted to welcome them.

We are also in the throes of developing a completely new website and have plans to increase awareness of our charity throughout the whole of our area. You should expect to see the fruits of these labours soon.

As you will know, this is an incredibly challenging time for the NHS and social care system nationally and this is no different for the Hospiscare nurses serving our local community, who continue to demonstrate amazing dedication to ensuring that patients in our area receive the best end-of-life care possible. These services are free to patients, being entirely paid for by us and we rely on the generous financial support of our local community for our funds. As well as donations, we have in the past been fortunate enough to be the recipient of a number of legacies to help fund these services but these have fallen off dramatically in the last few years so, if you would consider supporting us with a gift in your will, please contact Claire or Nina for more information.

I hope to see you at one of our events soon,
Martin Briggs, Chairman

A few recent changes...

Kate Harrison has left Budleigh Salterton & District Hospiscare, but she hasn't gone far. You may still see Kate around Seachange, where she is now a Reception & Well-Being Coordinator. Thank you, Kate, for your hard work here at Hospiscare! We wish you the best and look forward to seeing you soon.



The Fundraising and Support Manager role will now be a shared role. Nina Parnell has just joined us in the new year. Nina brings with her many years of experience in the voluntary sector in Devon and was previously a senior manager for a major local charity. Nina will be in the office Monday-Wednesday and you can reach her at n.parnell@hospiscare.co.uk



Some of you may have met Claire Jones already, as she joined the team in November. Claire has previously worked for charities in London and New York City before taking a few years out to raise her young family. Claire is in the office Tuesday, Thursday and Friday and you can reach her at c.jones@hospiscare.co.uk.

Nursing News

The Hospiscare nursing team have had another very busy year with an ever increasing demand for our services to support people and those close to them who have life limiting illnesses.

We have 2 parts to our local team of nurses who both work closely together:

1. The Specialist Nurse team - highly trained clinical nurse specialists with expert knowledge and skills in managing complex symptoms and emotional support and advanced nurse practitioners who are also qualified prescribers.
2. The Hospiscare@Home team – a small team of highly experienced registered nurses who provide the hands on specialist nursing care when needed for people who wish to die at home or to provide short term care to support them through a period of crisis and avoid admission to hospital where possible.

As well as the nursing team we are fortunate that Hospiscare provides a multidisciplinary team of specialist healthcare professionals who closely work together to support our patients and those close to them, whilst also providing education and support to the wider community services.

Over the last year the supportive care team and volunteers assisted our

advanced nurse practitioner with running the Specialist Group pilot project in 2022. These afternoon sessions were held at Seachange and virtually online to provide advice and support for patients on the following topics:

- Managing Breathlessness
- Managing stress & anxiety
- Managing Pain
- Planning ahead

We are planning that a continuation of these will continue later in 2023. We are also planning to re-start nurse led clinics to be held at our offices in Exmouth and at Seachange, Budleigh.

There are some helpful articles on how to support someone who has been diagnosed with a life-limiting illness, support when someone is dying and on grief and bereavement that can be accessed by all on Hospiscare's website: <https://www.hospiscare.co.uk/how-we-help/advice-support/>

Rosemary Ferguson

Hospiscare Coastal Team Leader - CNS & H@H Teams

Fundraising Update

Fundraising in a post-Covid world remains challenging, but we have had some brilliant Fundraising efforts over the last year.

- **Woodbury Coffee Mornings have returned!** Join our Trustee Sue Hudson and other members of the Woodbury community and Hospiscare team on the **first Tuesday of each month in The Church Rooms** for tea, coffee, homemade cakes, and good conversation - all in support of your local community Hospiscare charity.
- A big thank you goes to the **Budleigh Runners** and their chair **Debbie Newson**. Debbie made Budleigh Salterton & District Hospiscare her chosen charity for her 2022 London Marathon effort - **she raised over £500!** The Budleigh Runners supported Hospiscare again with their festive fun runs, raising further funds for vital end of life care in our community. **Thank you Debbie and the Budleigh Runners!**

We are always very grateful when people in the community choose to fundraise on our behalf. If you decide to run your own event to support us, we are here to help! We can support by printing posters, advertising, or supporting with volunteer help on the day.

If you have an idea that you'd like to share, we would love to hear from you! Give us a call at 01395 445876 or email Claire at c.jones@hospiscare.co.uk or Nina at n.parnell@hospiscare.co.uk.

Unwanted Christmas Gifts?

Donate them to us! We are always in need of raffle prizes and new items to sell at fundraising events.

Just drop them off to us at Seachange.

You'll be supporting your **local** fundraising charity **directly**, helping to pay for the vital services provided to the patients of Budleigh and Woodbury surgeries.



Volunteers Update

Our volunteer activities are gradually re-starting after being put on hold by the pandemic. We are looking for volunteers for the following roles: assisting at supportive care group sessions, listening support service, and non-patient driving (e.g. picking up & delivering prescriptions). We also hope to be able to introduce Care Navigators, where volunteers will have direct face-to-face contact with patients and their families, in our area this year. Margaret Alexander, our Volunteer Co-ordinator, is hoping to be able to contact our volunteers in early 2023 to arrange a meeting - please stay tuned.

If you would like to keep in touch about volunteer activities, please email Nina at n.parnell@hospiscare.co.uk or Claire at c.jones@hospiscare.co.uk or call the office at 01395 445876.

Some Dates for Your Diary

Gala Week in Budleigh May 2023

Saturday 27 May - Margaret will be holding her bottle stall on the opening Fete afternoon.

Wed 31 May - We'll be having a coffee morning in the Public Hall. Plenty of tea and coffee and homemade cakes - all for a good cause!



Budleigh Open Gardens Sunday 25 June

Open Gardens returns to Budleigh Salterton!

Following on from our hugely successful event in 2021, we would like to expand the range of gardens. Would you open your garden for us? Don't worry if you're not sure about how attractive your garden is – a willingness to participate in a social day for the community is more important than anything!

For more information, please [email Claire](#) or call the office at 01395 445876.



Lions Bingo and Jumble Sale Public Hall, Budleigh Salterton

We are honoured to be the charity beneficiaries of the Budleigh Salterton Lions Club July fundraising events.

Friday 14 July - Bingo in the Public Hall - refreshments from 6pm, eyes down at 7:30pm.

Saturday 15 July - We'll be back in the Hall from 2pm for a fantastic Jumble Sale. Join us!



Do something incredible...

Leave Budleigh Salterton & District Hospiscare a gift in your will.

Click [here](#) or call us at 01395 445876

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