

THE BRIDGE

hospice23

newsletter

September 2012



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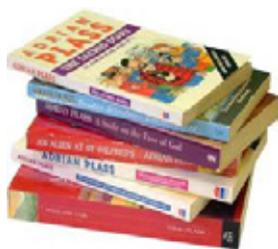


An evening with Adrian Plass

hospice23 is delighted that Adrian will be spending Friday evening entertaining and challenging us at our Scargill conference on Friday 9th November 2012.

Adrian Plass is a Writer and Poet with a well-earned reputation for making his audiences ride a roller-coaster of emotions from helpless tears of laughter to deep consideration of life's foibles. His presentations always include razor sharp observations about life, death, faith, as well as things absurd and serious.

Even if you are unable to attend the whole conference, please consider booking for the day on Friday 9th November with the option of staying on for dinner and to hear Adrian. Simeon Wood, a gifted musician, and one of the conference speakers, will also contribute to the evening.



Palliative care is changing

It has moved from being a protest movement to one which is widely accepted as good practice. As a result there are unavoidable pressures to be efficient, to follow standardised guidelines and collect data to prove we are effective. This conference offers delegates the opportunity to pause and think about what motivates them to work with the sick and dying. It will look at some of the key questions we face around providing real choice about place of care, the role of research in hospices, and how we preserve the importance of spiritual care and creativity in a health care economy where such things have no "economic value". Why not come and join us, and give yourself some space to be challenged to think; some time to simply be with fellow workers in palliative care, as well as some excellent educational input from nationally-known speakers? You will not be disappointed.

Our Vision

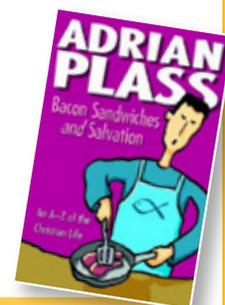
To promote and sustain the Christian foundation which inspired the Hospice Movement by enabling, encouraging and empowering people of all disciplines, including overseas colleagues who work in palliative care services, hospices and hospice at home teams as staff or volunteers. The Charity will offer support by providing spiritual sustenance and professional education for those who are living out "hospice" on the front line.

Next Conference

Thursday 8th - Sunday 11th November 2012

"Conference: common ... event, presumably so-called because if not properly organised, it can so easily go pear-shaped."

from **'Bacon Sandwiches and Salvation'**
by Adrian Plass



Conference Timetable

Delegates will arrive on Thursday afternoon in time for dinner which will be followed by the first presentation "Stillness in a hectic world". To round off the evening there will be an opportunity for quiet reflection.

After morning prayers, breakfast and notices, Friday will be a full day of mainly clinical presentations. Dr Fiona Hicks will talk about "Reducing deaths in hospital / the Leeds experience of the Marie Curie Delivering Choice Programme" followed by Dr Susan Salt presenting "Where are we up to with Research in Palliative Care and where might we go in the future?" The final morning talk will be "Learning about core palliative care principles from the experience of managing Motor Neurone Disease patients" by Dr Annette Edwards. There will be time for questions and discussion throughout.

After lunch we will learn more about "The role of creativity within palliative care" from Simeon Wood; "The role of spirituality within palliative care" from Rev Dr Cameron Langlands; and "Creating a safe space for those difficult conversations" with Rebekah Clitherow. Once again there will be opportunities for questions and discussion after each session.

This will mark the end of the teaching; and Day Delegates will be free to leave. However, there is the opportunity for them to stay for the evening meal (if booked in advance) and attend "An evening with Adrian Plass and Simeon Wood".

Saturday promises to be a more reflective day. After morning prayers, breakfast and notices, Stuart Milligan will present "In search of normality", and Revd George Cobb "In search of meaning". Following lunch there will be free time to walk, rest, or network with colleagues. Dr Susan Salt will offer "In search of my inner space" before dinner. During the evening there will be a "Service of Restoration" in the Chapel.

After breakfast on Sunday, Revd Chris Swift will lead a guided meditation "A still point in a changing world". Late morning there will be summing up and farewells. Delegates will then leave following lunch.



Reflections from Ros

"...if hospice23 is about sustaining a Christian presence in palliative care, then how can it resource those in palliative care who face such dilemmas? The large numbers coming to the day conference on 'Burn Out', despite snow on the roads, suggests there is a real need for networking and mutual support. Day conferences with plenty of opportunity for sharing "how it is", local groups where there is a need (and someone willing to co-ordinate) and then perhaps an e-networking forum, who knows!

What I do know is that Ros and the Trustee Board will lead hospice23 forward, listening to the ever-increasing needs 'out there', listening to God, and achieving as much as possible with the limited resources available ..."

This was the challenge that Dr Gareth Tuckwell, the retiring Chair, gave us in April 2009! I was just on the point of retiring from my post as Director of Hospice at Home in South Essex, a pioneering role that I had held for the previous 19 years. It had been an immense privilege to be used by God to promote and develop Hospice at Home, not only locally in South Essex, but also nationally through the birth of the National Forum for Hospice at Home in 2001.

I found myself wondering how on earth I was going to take on this new challenge but God knows all things, and He obviously knows what He's doing even when we don't!

Prue Dufour had asked me to become a Trustee of St Columba's Fellowship (as hospice23 was then) in 2001, although I was never quite sure why. I felt very honoured, if not a little apprehensive, to be asked by Gareth to take on the responsibility of leading hospice23 just as I was laying down my responsibilities for Hospice at Home in South Essex - but it will help to keep my brain active, I had thought ...

Little did I know what the future was to hold for hospice23 over the coming three years, and how true Gareth's prophetic words would prove to be!

So what have we achieved during the past three years? At my first Trustee Meeting as chair we put together a three-year work plan and, amazingly, we seem to have achieved almost everything we set out to do, and more ...

So what have we achieved during the past three years?

- Commissioning of a new interactive website available to all with access to a wealth of information about hospice23 activities and resources, and a Virgin Money Giving Link to encourage people to donate easily and simply to the Charity
- Writing a Position Statement for hospice23, available on the website, which clearly sets out the Charity's position on various key aspects of palliative care provision
- Continuing to plan and deliver cutting-edge residential conferences at a minimum of one a year, with relevant presentations and workshops led by high-quality speakers which are highly valued by all who come, and providing up to 50% grant funding to people in the UK unable to access funding for themselves
- Continuing to publish a regular Newsletter which is available to anyone via our website, and with hard copies circulated to those contacts without access to the internet
- Supporting existing networks and encouraging the development of new ones, for example, virtual hospice23 LinkUp Groups utilising social media such as Facebook
- Reviewing and updating our contact database and developing an e-mail database to facilitate communication in order to reduce the now exorbitant cost of printing and postage for circulating newsletters, conference/workshop flyers, prayer requests and so on
- Strengthening our relationship with other charities such as Help the Hospices, CiCP, Care Not Killing AHCP and the Scargill Movement
- Growing our Friends of hospice23 scheme and researching the possible benefits of restructuring hospice23 into a Membership Organisation with a new Constitution, thus enabling the Charity to more proactively support its members
- Re-affirming and reviewing our long-standing commitment to nurturing relationships with palliative care colleagues overseas which includes the provision of Prue Dufour Bursary Awards to enable a limited number of delegates to attend our conferences
- Reviewing current Trustee roles and expectations of Trustee commitment to the Charity, and actively seeking to recruit new Trustees and Patrons with specific areas of expertise. We are delighted that the singer-songwriter, Stuart Townend, has recently agreed to become a Patron
- Updating out-of-date policies and writing new ones which comply with the requirements of the Charities' Commission
- Having two poster presentations relating to the benefits of staff support for people attending a hospice23 conference, accepted by the March 2012 Palliative Care Congress
- Beginning to look at the implications for hospice23 of how we grasp the nettle of functioning as a Christian organisation in a largely secular environment - "Are we comfortable with being solid at the core and fuzzy at the edges? How can we effectively be salt and light in today's multicultural society?"
- Successfully holding our first public hospice23 General Meeting and Showcase in April 2012. We plan for this to become a regular event

Passing on the mantle of leadership ...

I am delighted that Jean Maxwell has agreed to take on the mantle of leadership of hospice23. She is known to many of you, as is Selva, her hearing dog, who is a very faithful attendee at Trustees Meetings and Conferences! Jean will be an inspirational and gifted Chair, and I know that everyone will support her in her new role as she seeks to lead hospice23 forward into the future. It has been an immense privilege to work with such a gifted group of Trustees, both past and present, and I

thank God (and Prue Dufour, bless her!) for giving me the opportunity of being part of the journey. I sense that hospice23, in this its 26th year, is at a significant milestone. There are important discussions to be had, and decisions to be taken, but I am confident that God, who has always been with us, will continue to be with hospice23 and those whom we support.

Rosalind Matty - hospice23 trustee



Welcome Stuart Townend

Stuart Townend is known and respected around the world as one of the leading worship songwriters of his generation. He is also a gifted worship leader, musician, recording artist and seminar speaker, and spends a good part of his year leading worship at major Christian events, doing concerts, and recording studio albums. He has written songs such as 'In Christ alone', 'How deep the Father's love', and 'Beautiful Saviour' as well as a version of 'The Lord's my Shepherd' which has become the theme song for hospice23.

Stuart was born in 1963, and grew up as the youngest of four children in a Christian family in West Yorkshire where his father was a Church of England vicar. From an early age Stuart played music with his brothers, beginning to play the piano at the age of 7. He taught himself to play the guitar as a teenager.

It was while living in West Yorkshire that, at the age of 13, he made his Christian commitment. Then at 18 he moved to Brighton to study literature at the University of Sussex. It is here he met Caroline, whom he married in 1988, and they now have three children: Joseph, Emma, and Eden. Stuart is a member of, and regularly leads worship at, the Church of Christ the King in Brighton.

hospice23 is delighted to welcome Stuart as a Patron



Change of hat!

By now you may have realised that hats have been swapped round amongst trustees! Somehow I have become a chair – a little wobbly and hoping not to be sat on! But I am both humbled and excited to take on this role.

However, I am but one part of the whole, and I am an expert in delegation! My thanks to all the trustees for the time and energy they give to hospice23. Ros has asked to step down, and she and John are looking forward to a more peaceful time in retirement. But hospice23 must remain indebted to the amazing way in which she has led us forward into the 21st Century, with a passion for hospice at home and another, which I find hard to share, for getting essential paperwork in order!

My own passion is simply to find ways for hospice23 to be recognised as a source of excellence for providing staff support. That is what we constantly hear from people who attend our events - they learn, they find space to think, they network, they grow, they become re-enthused. I know and understand it is going to be hard task as study leave and funding are rationed for almost everyone but, nonetheless, it is essential and we must find a way through that obstacle course.

Do join us at Scargill. Do write and tell us how we can do better. Once again, I am but one part of the whole - and that whole is you.

Jean Maxwell - hospice23 trustee



Conference Reminder

Thursday 8th - Sunday 11th November 2012 - Scargill House



Cost of the Conference

Twin with en suite: £310 (some singles available: £350)

To book a place at this Conference, please visit our website and download a booking form or contact

Chris Farrelly hospice23, PO Box 5935, Southend on Sea, Essex SS1 9LB
Email: bookings@hospice23.org Tel: **07885 886712** Fax: **01702 339365**



hospice23 New Ventures



hospice23 LinkUp

LinkUp an exciting new venture embracing existing principles, innovative ideas, and modern technology

LinkUp is a new initiative by hospice23 to enable the growth of supportive networks for anybody who is engaged in the palliative care of people who have any life-limiting illness. This care may be delivered within any setting ~ home, community, hospice, hospital, or residential care ~ in the UK or overseas.

LinkUp will initially facilitate and encourage mutual support and friendship via social networking.

LinkUp will then support locally-based initiatives if these subsequently evolve. These may or may not be specifically faith based, and might include prayer groups, opportunities for relaxation and refreshment, or other mutually supportive activities. Such ventures would be organised locally but could be supported in person by hospice23 personnel if appropriate.

There will opportunity at the hospice23 conference in November at Scargill for people interested in starting or joining a *LinkUp* locality group to meet with each other.

Liz Day - hospice23 trustee



hospice23 Facebook

It's all about the Web!

There is some exciting news for all those who hold hospice23 close to their heart. We are now on the World Wide Web! After much discussion and deliberation the Trustees have taken the momentous step to join the technological age and have set up both Facebook and Twitter accounts.

Charities such as ours need to engage with social media in order to spread their message both at a national and international level. The presence that hospice23 now has means that we can link with other organisations within the hospice movement, we can publicise our conferences, and engage in debate as widely as possible, as well as having an international presence.

The profile name is the same for both social networking platforms - hospice23. Feel free to go and have a look and, if you're feeling brave, add us to the pages you want to follow and leave us a message!

Cameron Langland - hospice23 trustee

Wanted - new Trustees!

The current trustees of hospice23 are a mixed bunch of people with a common passion - a commitment to the support of anyone working at the 'coal-face' of palliative care whether that be in hospice, hospital, nursing home, or in the patient's own home. Some of us are in paid employment, some are retired, some are volunteers, and some are a mixture of all three!

The strap-line of hospice23 is 'enabling, encouraging and empowering people who work in palliative care'. As people of faith we are in the business of offering the supportive resources of hospice23 to all, irrespective of their faith position.

We have all found the friendship and support of people we have met through hospice23 an invaluable resource and each of us is committed to providing this for those who come to our conferences. We are also looking for ways to offer support throughout the year. One way will be through Facebook but we will also be exploring the possibility of organising local events if invited to do so.

If you feel that you would like to talk about applying to become a trustee please contact Jean Maxwell, our Chair. We meet four times a year and work together the rest of the time via the internet and phone calls. All expenses are paid.



Make a donation

To make a donation to our charity, please visit our website and click on the 'Virgin Money - Giving' link on the home page.

Become a Friend of hospice23...

- Keep in touch with hospice23 through our website
- Receive regular newsletters and conference information
- Pray for the work of the Charity
- Support the Mission & Vision of hospice23
- Opportunities to become involved with local hospice23 networks
- Keep in touch with other Friends

hospice23 - personnel

Trustees:

- Dr Jean Maxwell (Chair)
- Marina O'Brien (Hon Secretary)
- Dr Susan Salt
- Rosalind Matty
- Rev Dr Cameron Langlands
- Dr Carolyn Watt
- Liz Day

Hon. Treasurer:

John Matty



Patrons:

- Dr Peter Atkins
- Dr Mary Baines OBE
- Dr Andrew Fergusson MRCGP
- Prof Lord McColl CBE, FKC, MS.FRCS, FACS
- Bishop John Perry
- Stuart Townend