

Bringing confidence, comfort and care since 1980

Autumn 2011

Prospect News

Hospice

Threads of care - new community art in the Heart of the Hospice



Meet the Family
Support Team



Doctors developing
skills at Prospect



Thanks to our
Starlight walkers

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From the Editor

Welcome to your Autumn 2011 Prospect Hospice newsletter.

Here's a question – how long have you been a supporter of Prospect Hospice?

I ask because a coin box was handed into us this summer, by the family of a patient who had been a supporter of ours for almost as long as there had been a Prospect Hospice. Peel away the stickers on it and you can see that £2.25 was collected in the little box in March 1983 – just three years after we came into being. It's photographed on page 11 and we think it's the oldest coin box we've seen. Is yours older?

This newsletter also features stories of people who have supported Prospect Hospice for only a few months. Who's to say that they won't, in time, be long-lasting, much valued champions of what we do? We value their support now, and hope we'll be able to count on it for many years to come.

With this edition you'll see from reading about the remarkable work of our Family Support Team (page 7), and of the work we do with newly qualified doctors like Ed Davis (page 5), that your ongoing support for us is vital – the very lifeblood of our work.

Finally, please let me know if there's anything more you would like to know about the work of Prospect Hospice, or follow what we do on our website and social media pages.

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Angela's angle

One of the highlights of the summer for me was our annual general meeting at the Hospice in June. Now I know that might make me sound as though I should get out more, but I've learned quickly that AGMs at Prospect Hospice are quite different to the norm, and that they have often involved participation from people whose lives have been touched by our work.

This year was no exception, and I was delighted that we were able to invite along Joyce Morse, whose late husband Bob had been in our care before he died in December 2010. With a focus on the work we do here with patients' carers and families, Joyce kindly lent her voice to explain to the meeting the part the Hospice had played in enabling Bob to attend their granddaughter Joanna's wedding. What made this especially poignant was that Joanna's mum had been a patient some years earlier, so our being able to ensure that Bob could be there had mattered enormously. It was no surprise that Joyce's very touching recollection of her experience raised a spontaneous and appreciative round of applause.

I could very happily talk at length to anyone about the work of Prospect Hospice, but I always feel that the account of people who have experienced what we do brings a vital additional dimension to what we have to say. From this autumn, we have asked a selection of people who know our work from personal experience to support a speaker engagement programme, in clubs, schools, affinity groups, faith-based groups – in fact any group happy to learn more about our work. We've already lined up our first

one of our Prospect Ambassadors in a future meeting.

What many will remember from our AGM was that it cost £5.1m to run Prospect Hospice in 2010-11, a huge amount of money however you look at it. In each of the past five years it has cost more than the previous year to fund our care, because we have delivered more care than in the previous year. It's when you meet people like Joyce, you really appreciate the value that people place on that care. Which is why I make no apologies in asking for your continuing support for our work. Put simply, Prospect Hospice can't do all that it does without your help. It really makes a huge difference.

Thank you for your continuing support for Prospect Hospice,

Kind regards

Angela Jordan, Chief Executive



“People like Joyce make you appreciate the value placed on our care”

group of Prospect Ambassadors, as they'll be known, and we would love to hear from you if your group would welcome a talk from

New trustees for the Board

In the summer we were delighted that three new trustees were elected to the Prospect Board;

David Barrand



David is a senior manager at Intel, having worked there for 28 years. "I started in IT, but have a lot of experience in sales and marketing. I hadn't considered becoming a trustee, but my name was put forward, and when I was contacted I thought about it and decided it would be something I would like to pursue.

"I don't have direct personal experience of Prospect Hospice, but family members have been cared for in hospices in the past, and I greatly admire the work hospices do."

David plans to bring his commercial experience to our Fundraising and Communications Committee: "We live in a tough economic environment, and I'm very keen to bring my skills to the board to help increase the income Prospect Hospice needs to provide its care."

Clive Bassett



Clive is the Finance Director at Beard Construction in Swindon. Born and bred in Swindon, Clive trained as a chartered accountant, and brings his skills and experience to our Finance and HR Committee. "I thought I knew what Prospect Hospice was all about, and have always read the stories about it in the local press, but since becoming a trustee I've realised I knew just a fraction of the work it does. My impressions of the Hospice are very positive – the more I understand, the more I can see why the team, and volunteers, are so passionate about the work they do."

For Clive, being a trustee is about supporting the community and gaining personal experience too: "I can build my own skills through my involvement, but I believe I can bring something of value to the people Prospect Hospice helps."

Gavin Jones



Gavin is the Chief Executive of Swindon Borough Council and has lived locally since childhood. Bringing his time and skills to our Patient Services Committee, Gavin applied to become a trustee through a desire to volunteer. "I believe in the importance of public service, and the opportunity to become a trustee really appealed to me," says Gavin. "I've also got personal family experience of hospices, which made me keen to support Prospect Hospice in this way."

As a local man, Gavin felt he knew a lot about Prospect Hospice, but has been surprised at the scope of our work. "Prospect Hospice is a powerful brand in our community, but I think mine was previously a very narrow view of all that it does," he says.

Gavin is keen to bring his skills and local knowledge to our Board: "My aim is to help bring advocacy for all sections of the community," he says.

Future GPs learning on the job

Young doctors have found Prospect Hospice a great environment to sharpen their skills for their future careers.

Prospect Hospice offers GP trainees opportunities to bring their talents to the care of our patients. For doctor Ed Davis, the chance to work in end-of-life care for four months was a chance not to be passed up.

"I'm two years into my GP training," says Ed, "where you work primarily in hospitals, but the opportunity for a four month placement here arose, and I was keen to take it. In medical training I had found end-of-life care very interesting and satisfying. I liked the contact that it gave you with patients and their families. Working at the Hospice is a great experience. It's different to a hospital, as there's often more time to get to know patients – this brings the opportunity to really understand the needs and wishes of patients."

Ed's the latest trainee GP to augment our team, working under the guidance of our medical consultant Dr Beverley Lee. For Beverley, working with the next generation of local GPs brings a benefit for the Hospice. "Many of the doctors who have been through this scheme are now working locally and take their experience back into the local community. They often stay in touch, and some return to work with us in the future," she says.

Sharing our expertise is integral to our own doctors' continuing development too, as

Beverley is quick to assert. "Supporting the development needs of the GP trainees is good for the medical team," she says. "Along with their questions, they bring their experience, and this contributes to our development." In addition, Beverley also heads spearheads our ongoing work with medical students from Bristol University, with 36 students working with us this year.

For Ed, a large part of the appeal of working at the Hospice is in working as part of a wider team. "It's a smaller team than you would at a hospital, so there's a lot more face-to-face interaction between doctors, nurses and patients too. There's no sense of hierarchy between doctors and nurses because we are such a cohesive unit," he says. "It's very collaborative."

Ed's found no difficulty adapting to working in an end-of-life care environment. "Being able to use my skills to make a difference to the pain or distress sometimes experienced by patients leaves me feeling I make a difference," he says. "To enable patients to go home, and for patients be comfortable and dignified at the end of their life, with their families informed and supported – yes, that's professionally satisfying for me."

We wish Doctor Ed every success in the remaining months of his placement at Prospect Hospice.



Doctors Beverley Lee and Ed Davis with patient Betty Hemingway

Stuart finds light through our Bereavement Service

“Give sorrow words; the grief that does not speak whispers the o-er wrought heart and bids it break.” - William Shakespeare, from Macbeth

Shakespeare’s words are quoted by Stuart Russell to articulate his need for expression after his wife Lizzie died last year. A former teacher, Stuart has spent much of his life immersed in literature and language, but when initially faced with his loss, finding the words, written or spoken, didn’t come to easily to him. For once, and perhaps when he needed them most, Stuart felt lost for words.

“Everybody loved Lizzie,” says Stuart. “We met in Mombasa, and moved back to England to run Poulton Post Office, and were very proud when it was voted Gloucestershire Village Shop of the Year,” he adds, still evidently pleased at the recollection.

In 2010, Lizzie developed strange yet painless symptoms, that were diagnosed as Creutzfeldt-Jakob Disease. “She had been fit and healthy at the end of May, and within months she was gone,” says Stuart. “I cared for her at home, with the help of friends, neighbours – almost the whole village. I couldn’t have done all that I did without their support, but I know now that she would have been very well cared for at the Hospice.”

Stuart’s understanding of the Hospice has developed through our Bereavement Service, which he first accessed shortly after Lizzie died: “Finding someone to share the load mattered so much. And I attribute that to the care I’ve had from Val Bailey and the Bereavement Care team.”

Accepting Lizzie’s dying has been understandably hard for Stuart, but through the support he’s had, he feels he can look towards keeping her memory alive: “That’s very important to me,” he says. “I want to tell my grandchildren about the grandmother they will have missed.”

And Stuart will be remembering Lizzie at one of our Light up a Life services in December. “Lizzie brought a great deal of Light to my life, and light means hope,” he says. “Through the Bereavement Care

Service, Prospect Hospice has brought light into my life by enabling me to give my sorrow words.”

Our Light up a Life services are at St Joseph’s College, Swindon on 4th December and at St John’s School, Marlborough on 15th December. Visit www.prospect-hospice.net/lightupalife for details



Stuart with a cherished photo of Lizzie



Focusing on the family

End-of Life Care isn’t just a medical experience – it’s about the whole person and the family too.

Care defines hospices. It lies at the heart of the experience people have of what we do, and typically it’s the nurses and doctors, supported by volunteers, that provide this care. Yet Prospect, like most hospices, doesn’t view the care we give as solely medical. We see the people who we get to know as just that – people. Our patients, and their families, also have needs, concerns, problems that aren’t physical symptoms, and aren’t to be found in medical textbooks.

The team that explores this area of care is our Family Support Team. Led by experienced social worker Andrea Davies, the team provides not just social work, but carer support services, bereavement support and welfare benefits advice – all crucial for families dealing with the uncertainty of a member living with a life-limiting illness, and its aftermath.

“The work we do with families runs alongside the work of the better known Patient Services teams,” explains Andrea. “What we do here is genuinely people-focused care, and my team contributes towards making that experience as good as it can be. Everything here is geared towards the delivery of a high-quality service with a common goal – the best possible outcome for the person and their family.”

Inevitably, the work of Andrea’s team involves supporting children as part of families. “There are always young families on our caseload,” says Andrea, “and we’re often

there to care for them too.” That has to be complex work, surely? “Yes, but we provide support and reassurance to parents to help them keep life as normal as possible. Our role is about enabling and encouraging. Parents



Andrea (front row, centre) with members of the Family Support Team

know their children best, and they understand that our role is to support and not take over.”

Following a lengthy career, first in nursing and then in social work, Andrea joined us just last year, but she knows Prospect well. “I’ve worked in Swindon for 20 years,” she says “and remember when it was at the Victoria Hospital. I also worked in an NHS hospice in the 1980s, and had been impressed by how personalised the care was. Coming to work at Prospect has felt very natural to me.”

And, delighted as she is to lead our Family Support Team, Andrea makes it clear that she’ll never be a complacent manager: “I have high expectations of this team,” she admits, “but we can always improve. I’m happy if, together, we always aim for the best we can achieve, and to add real value to the experiences of the people we meet at Prospect Hospice.”

Where there's a Will

During November, solicitors from across our region will be supporting Prospect Hospice's annual Make a Will Month initiative.

Writing a will is one of the most important things we can do in our lives. It can shape how we are remembered by those we leave behind when we die, and failing to legally state how we want our belongings to be shared can lead to bitterness. And with unregulated will writing services identified in a recent report as the greatest source of complaints to the Legal Ombudsman, the need for professional services has never been a greater priority.

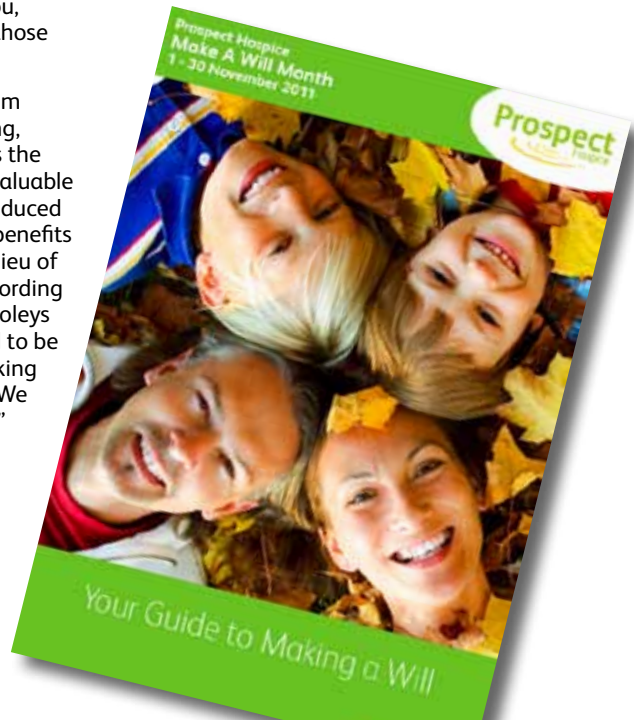
We're pleased, then, to be able to offer an opportunity for Prospect Hospice supporters to access professional will writing services from a selection of local solicitors this autumn, with the return of our Make a Will Month. In return for a donation – typically equivalent to the cost of the solicitor's usual fee less VAT – the panel of solicitors will complete a professional will for you, reflecting your wishes for the lives of those you will one day leave behind.

Our hope is that everyone benefits from Make a Will Month. The person making, or updating, their will is able to access the support of a professional and highly valuable service; the firms of solicitors are introduced to new clients; and Prospect Hospice benefits from the donations that are made in lieu of the cost of the solicitors' services. According to Elaine Stacey, legal executive at Pooleys solicitors in Swindon, they are pleased to be one of the group of solicitors to be taking part in the initiative again this year: "We had a tremendous response last year," she says, "and were busy throughout November writing wills for people who had got in touch with us through Prospect's Make a Will Month. Many of those who we met were very generous in their donations because

they had a personal reason to support the Hospice, usually because a relative or friend will have been cared for there."

For Elaine and her colleagues at Pooleys, taking part is a good way for the firm to show their support for a local charity. "Through taking part, we've got to know more about Prospect Hospice, and I was really pleased to visit there recently," she says. "I was amazed at all that they do there, for patients and their families, and we're pleased to be able to raise money for a local charity through this campaign and our pledge to donate £10 per will prepared for clients who mention the Prospect when giving instructions at other times during the year."

If you would like more details about how you can write or update your own will through a local solicitor during Make a Will Month, contact fundraising&events@prospect-hospice.net or visit our website from October.



The Volunteers taking our vans to the villages

Volunteers Rob Warren, Colin Davies, Barry Norridge, Howard Barmbrook and Graham Bucket

Collecting your once-loved items is a passion for the guys who man the Prospect vans.

When you're having a wardrobe clear-out, when you've bought some new furniture and you're not sure what to do with the old, and when it's time to let go of those old books and CDs, think first of the Prospect van volunteers. Fully focused on boosting the stock that's so valuable for Prospect Hospice's shops, our van drivers could give the stuff you no longer want a new lease of life, and support the care of our patients.

For Colin Davies, Barry Norridge and Rob Warren – three of the team of six – developing new ways to ensure that unwanted, good-quality items are donated for our shops to sell is a true passion. "We want to make it as easy as possible for people to get their items to us," says Colin, "so we're looking to work with villages and neighbourhoods through their local community websites and magazines to promote a scheme that takes our vans out to them on prearranged dates."

Barry takes up the theme: "We've already piloted this in villages, so we know it works," he says. "There are so many villages across our community, with their own websites. We're working with them to let them know when we'll be there, and that we'll take away what they bring to us."

A fresh approach to collecting stock has been partly prompted by unhappy experience, according to Rob. "For a number of different reasons, we were witnessing what's called 'bag fatigue'," he says. "Some people dislike having a bag left at their houses and, worse, when they'd fill it, it might be taken by people other than us – in some cases what appear to be bogus charities. We wanted to try something different – and Charly (Rich, Prospect's Head of Retail), was happy to let us. So far, it's working well."

Trying something different has also included leaving labels, rather than bags, for donors to complete and stick on their bags. "We're looking to be environmentally friendly too," says Colin. "We think it will be welcomed in the neighbourhoods we visit, and it enables the Hospice to claim 'Gift Aid' on donations."

The team were delighted that their volunteering efforts were recognised earlier this year when they received a Pride of Swindon award. "We were thrilled to be nominated," admits Colin, "and it's really good to feel appreciated."

***If your village or neighbourhood would welcome a visit from the Prospect Van Volunteers, or you've got items you would like to donate, contact the team on 01793 813644 or email vanvolunteers@prospect-hospice.net**

Art at the Heart of the Hospice

When we opened our new meeting and dining facility, we asked supporters to get creative for a community art project. We are thrilled with the outcome.

Art really matters at Prospect Hospice, which is why when you walk along the corridors of the building, you see that paintings, drawings and tapestries occupy considerable space on our walls. In monetary terms, they may not be valuable, but they are precious beyond words for those who created them, and for those they have been created for. For some art becomes less a pastime, more a lifeline.

So it felt only right that when, earlier this year, we opened the Heart of the Hospice – our government-funded dining and meeting area – that we would include a piece of artwork which we invited our supporting community to create with us, under the guidance of our art therapist Susie Carr. “We asked people to use three techniques – weaving, felt making and needle-felting,” says Susie, “and gave out 200 packs for people to take away. I was really pleased not just that so many came back to us completed, but also with the quality of the work people have done, and the imagination they have put into their work.”



Ros's square

Among those who returned a square is volunteer Ros Elliot from Ashton Keynes, who chose to remember friend and fellow volunteer Jacky Pickett, who died earlier this year. “My square is a letter ‘J’ in a heart,” says Ros, “and the people that know me know that it’s a tribute to Jacky. I wanted to create a tribute to her that would be always at Prospect Hospice, which meant so much to her. She was a totally selfless person, who never talked about her illness. She was an example of courage and dignity, who made her focus helping other people.”



Sunday concerts

From this summer we launched regular Sunday afternoon concerts in the Heart of the Hospice, providing an opportunity to invite young musicians, working with teachers from the Swindon Music Cooperative, to the Hospice.

Helen Pysanczyn from the Cooperative, who has been key to the organisation of the concerts, has been very pleased with how they have gone. “It is lovely for the Co-operative to be able to give something back to the community this way, as we’re often asking for support ourselves,” she says. “As far as we are concerned, we’re delighted to have our name associated with Prospect Hospice, which has such a strong reputation in the town.”

“It’s also been great to bring children and young people to the Hospice to perform,” she adds. “They have told us how surprised they have been to find such a bright, happy and friendly place to perform in, and hopefully that will be shared by young people as they perform at more concerts at the Hospice in future.”

Our Sunday concerts are on the second Sunday of the month, and are free to attend. Look out for details on our website.

Our Heart of the Hospice cafe is open to visitors every day of the week. If you’re in Wroughton, we would be delighted to welcome you.

Look after the pennies...

...and the pounds will look after themselves.

That’s the idea behind our home collection boxes, which, through simply allowing supporters to donate their spare change in their own homes, raised £70,000 for us last year. Not bad, considering it’s all raised through loose change!

Our home collection boxes have been going for almost as long as Prospect itself, and have gone through several different designs over the years. Starting with a simple blue box, designs have ranged from a house-shaped box to a pyramid, culminating in a brand new design for 2012 (below, front).

Daniel McNally, our community fundraiser, says: “People are really surprised at how much they manage to raise just by giving us loose change they won’t particularly miss. Having a box in your home is really easy way to support us and every box helps to raise awareness of our work in the community we serve.”

“We also have a team of 200 volunteer box collectors who collect boxes from people who live on their street, so you may be able to join onto a local collection round.”

“A box is an easy way to support us”



To pick up a collection box for your home, or to become a volunteer box collector, call Dan on **01793 816161**.

Dan McNally and young Prospect supporter Evie Thompson



Gift Aid it

If we have sent you a Gift Aid declaration which you have not returned, please remember that by returning it, you enable Prospect Hospice to reclaim 25p of tax on every £1 you gave in a given tax year over the previous four years. It costs you nothing. But makes your donation worth 25 per cent more to us, which benefits the care we provide for patients and families we meet.

We thank our plucky stars for another memorable Starlight Walk!

Our biggest fundraising night of the year, and the ladies were out in force again!

We love our Starlight Walk...part party, part challenge, part personal tribute, it encapsulates all that we love about fundraising events, and this year was no exception. Lively, colourful, energetic, poignant – you could pick one of any number of suitable adjectives to describe another very successful evening for Starlight 2011.



In the pink - team Sam's Staff on Starlight night



Paws for thought - ferret Tubbs and owner Linda Heap

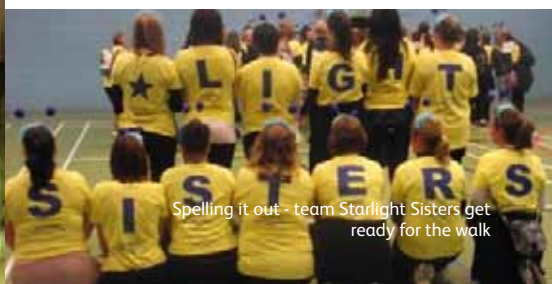


The event, sponsored again by Nationwide, brought out around 650 participants, all taking part for their own reasons: There was a 20-strong team of men in bright pink wigs, walking in support of a patient who was then being cared for at the Hospice; there was an elderly lady of eighty years, who had herself already overcome cancer; and there was a particularly unusual participant walking the streets: Tubbs the ferret joined us with his owner – the first of his species to ever take part.

At the time of going to print we were just shy of £80,000, with the hope that more sponsorship money is still to come in “It’s been yet another fantastic event for us,” says Head of Fundraising Sheryl Crouch, “with hundreds of women coming out to support us yet again. We’re hopeful that there will be still more sponsorship money to come in as nearly 200 ladies are yet to send theirs in, and as last year almost a quarter of participants didn’t return any sponsorship money at all, I’m very hopeful that this year will be much better”.

With the Marlborough Starlight Walk having taken place in September, we’re now planning ahead for both Starlight walks in 2012, so look out for the dates in our Events booklet at the start of the year.

Thank you to everyone who supported our Starlight Walk - we look forward to seeing you again next year! Don't forget if you aren't able to walk the route we always need lots of volunteers on the night!



Spelling it out - team Starlight Sisters get ready for the walk

Thanks to local businesses for their support

This year Prospect Hospice has been very appreciative of the support we have received from businesses with bases in our local area. With many helping out through taking part in volunteering challenges, we have been able to put to good use the time, skills and effort of staff from many of the best known names from within our local business community.

We even saw two locally-based business teams take on a joint challenge when banking staff from Nat West and commercial property consultancy Alder King pulled together to do some much-needed work in the gardens around the Hospice, including rebuilding fences, staining sheds and even building a free-standing flower box to be used by Day Hospice patients involved in our therapeutic garden project.

Meanwhile teams from Marks and Spencer have helped in our retail warehouse in September, while teams from Nationwide have decorated our Old Town shop and helped out in our gardens too. Not to be outdone we have been pleased to welcome staff from insurance giant Zurich, who have

planted bulbs in our memorial Bluebell Wood, cleared a ditch, brought and installed beautiful hanging baskets to be enjoyed around the Hospice by patients and visitors, and have agreed to plant bulbs in our memorial Bluebell Wood in the coming months.

We are delighted that these businesses and many others have allowed their staff to support our work in this way – it is of great value to us. “Many of these items of work we would not be able to do ourselves,” explains Prospect’s Head of HR Yvonne Hanley, “because we don’t have the budget to do them. The involvement of these teams makes a real difference to us, and helps maintain the beautiful environment which we know our patients and visitors appreciate so much.”

Our heartfelt thanks go out to these and all the local businesses who have supported us so generously in recent months.

***If your business could support Prospect Hospice through a volunteering challenge, we would love to hear from you. Please email yvonnehanley@prospect-hospice.net**



Rolling into town - Nationwide volunteers in Old Town shop

Caroline's support in Jasper's memory

As a way of saying thank you to Prospect Hospice for the care her late husband Jasper received, Caroline Larken set about raising over £25,000 for us.

Rushall in the Vale of Pewsey, is one of the furthest outposts in Prospect Hospice's region of care, yet in that small village lives a woman who has become a passionate supporter of our work, keen for her neighbours to know that the care her husband received from their local Hospice is available to them, should they ever need it.

New Yorker Caroline Larken came to England soon after marrying her husband Jasper in the sixties, and lived in London, where they raised their children Melissa and Jonathan. With the children having grown up and establishing careers of their own, Caroline and Jasper were enjoying retired life when he was diagnosed with cancer. The news prompted a move from London to Rushall and they loved the simplicity of life in rural Wiltshire. "It really felt like home for us," says Caroline.

When it became apparent that Jasper wouldn't recover from his illness, they were introduced to one of our team of community-based nurses. "I wasn't sure that I wanted the Hospice to be involved," recalls Caroline, "but his nurse became a real source of support throughout his illness."

Eventually Jasper was admitted to our Inpatient Unit in Wroughton, despite Caroline's wish to keep him at home. "I felt the Hospice was the end of the road," she says, "but it wasn't like that at all. They were fantastic. Jasper was a very private man, and they did all they could to respect that. In his care, it really felt as though Jasper was allowed to lead it – the nurses there really listened to what he wanted and needed. They were sensitive too – the questions we would ask

would always be answered, but there was never the feeling we were being told."

Sadly, Caroline's wish to get Jasper home was not possible: "They never stopped trying, and they tried so hard, but he simply wasn't well enough to travel," she recalls. After a longer than expected stay, Jasper died, having been able to see all his family who came to visit him at Prospect Hospice in his final days.

"I will always be thankful for the support Jasper had"

The admiration of our work that grew in Caroline during Jasper's stay became a key focus during her grief, and she set about raising funds for the Hospice as a way of saying thank you for the care he received. With a target of £26,000 in mind, Caroline encouraged donations at Jasper's funeral in lieu of flowers, and organised a fete in the village, raising funds through a wonderful day in an English country garden, with help from the kind friends who Caroline is quick to acknowledge. The money raised has gone into a Bluebell Tribute Fund in Jasper's memory.

"I will always be thankful for the support Jasper had from the nurse who visited him at home, and for the care he received while he was in the Hospice." And we are pleased to note that Caroline is keen to continue showing her generous support for our work, with thoughts around becoming a Prospect Ambassador, ready to communicate her experience to support our work.

Thank you to Caroline, her family and friends, and the people of Rushall for their support for Prospect Hospice.



Caroline Larken

Take on the challenge for Team Prospect

Every year, increasing numbers of people raise funds for us by taking on physical challenges, such as marathons, triathlons and overseas treks. While these events can raise thousands in sponsorship, they also require a lot of training and dedication.

With this in mind, our Fundraising team have created 'Team Prospect', which aims to bring challenge participants together to swap advice and training tips, and raise valuable funds towards our care.

Sheryl Crouch, head of fundraising, explained: "Anyone can join Team Prospect – all you've got to do is decide to do some kind of sponsored challenge. It doesn't have to be extreme, or involve a lot of organisation, but it does have to be something that challenges you as an individual."

This summer there were many Prospect Hospice supporters who faced their own challenge for us. Here are some of the highlights:

Rob Drury and 44 of his friends took part in a two-day, 110-km fundraising challenge to cycle and run the Ridgeway, in memory of his late wife Sophie, who spent her final days at the Hospice in 2008. The event was the latest in a series of challenges have raised more than £140,000 for Sophie's Legacy – the memorial fund established in her name. They hope that this year will add a further £30,000 towards the fund.

The summer also saw supporters taking to the water to raise funds. Steve and Pat Slattery took on a challenge in honour of their father Tom, who died in March. The brothers, along with 18 of their friends, canoed from Lechlade to Windsor, to raise £10,000 for Prospect.

Meanwhile Steve Jordan, who featured in our last newsletter, and who has set himself

the goal of raising £10,000 for Prospect Hospice this year, has organised a series of sports competitions, from a Crazy Netball tournament in May, to a Golf Day on the 4th October, and a music night and a 5-a-side football competition later in the year. He will also taking on a skydive to raise more funds towards his target.

Also planning to take the big plunge for Prospect Hospice is Jo Logan, the current Miss Wiltshire, who has chosen us as her charity during her year's reign.

Thank you to everyone who has supported us through a personal challenge this summer, and to find out how you can support Team Prospect visit www.prospect-hospice.net/challenges



Jo Logan - cool, calm and collecting



The Slattery brothers and friends

Here are just some of the ways you can support Prospect Hospice in the forthcoming months



Prospect Hospice's Firewalk and Halloween Party – 30 October at Check Inn, Wroughton

Would you walk over hot coals for Prospect Hospice? We are looking for brave people to put mind over matter and take part in our new fire walking event. Take on the challenge, and get your friends and family to buy a ticket to our Halloween Party to see how brave you are, and also take part in some spooky Halloween fun. For more information and to register please go to www.prospect-hospice.net/firewalk



Indian Dinner Dance - Saturday 19th November, 7pm

You are cordially invited to a fabulous evening of music, Bollywood dancing and great Indian cuisine at the Supermarine Sports and Social club, organised by Swindon Hindu Samaj. Tickets are £20, available from Prospect Hospice or Sushma Patel at Freshbrook Pharmacy, on 01793 870226



Just Dance - 25 November at St Joseph's Catholic College, Swindon

Let your feet do the fundraising and join us for a night full of music, glitz and glamour! Prospect's Just Dance takes participants through four different dance classes - ballroom, Bollywood, hip hop and Michael Jackson's Thriller, with a performance of everything you've learned at the end of the night. So grab your dancing shoes, your family and friends, and join in the fun for Prospect Hospice – no experience necessary! For more information and to register, please visit www.prospect-hospice.net/justdance



Light up a Life - Sunday 4 December, 2.30pm and 6pm at St Joseph's Catholic College. Thursday 15 December, 7pm at St John's School, Marlborough.

Our annual Light up a Life services bring people together to remember those who are no longer with us. During the services, we will read the names of those remembered – and you will be able to light a candle in memory of a loved one. Following the service, you're welcome to join us for a glass of mulled wine and a mince pie. You'll find more information on Light up a Life in the enclosed leaflet.



Santa Collection Day – Friday 9th December

We're looking for 200 people to sign up and dress as Santa for the day to collect donations for Prospect. This can be from your friends, family, work colleagues, the local community or neighbours - or wherever you are that day! You can take part individually or with a group of friends. It's only £5 to register and you'll get a free Santa suit to keep, a collection bucket and an identity badge to help you collect as much as you can for your Hospice. To register please visit www.prospect-hospice.net/santacollectionday