

AUTUMN 2022
Newsletter

Your generosity

You've raised nearly
£2million - Page 6

Because of you

Stan could be cared for
at home - page 4

Going green

Introducing our new fleet
of electric vans - Page 8

Outstanding!

The result of the Care Quality
Commission's inspection



Get in touch



Should you wish to contact us in any way, you may find the details below useful.

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Fundraising:

T: 01793 816161

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Volunteering:

T: 01793 816193

E: volunteering@prospect-hospice.net

Shops:

T: 01793 813362

Single point of contact team (SPoC)

T: 01793 816124

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We can't do it without you

It's been a while since we've updated you on what's going on at the hospice – in fact, our last newsletter was before lockdown so there's lots to try to cram in to this one, but we've focussed on our most recent accomplishments.



One change to all our lives that I must address before we focus on the hospice is the death of Her Majesty Queen Elizabeth II. Our condolences have been sent to our President Her Majesty The Queen Consort, formerly HRH The Duchess of Cornwall, and her family. At the hospice we know all too well the effects of death and dying and I share Her Majesty's wise words: "Grief is the price we pay for love". In her honour, we will continue to support local people on their last journey and support those who are grieving their loss.

For the hospice, as you will be aware, the lockdown years have hit us hard so we've had to ensure that we're really focused on where we spend your valued donations and we decided to cut back on our newsletter in the short term so we could ensure all our patients received outstanding care – I'm sure you'll understand. With normality somewhat returning though, we felt it was important to reinstate our newsletters so you could see where your money is going and the difference you're making to local people living with a terminal illness.

Firstly, I want to thank you for all your support over the last couple of years. Whether you've directly

donated money, purchased raffle tickets, joined our lottery or bought something from our shops, however you've supported us, I want to thank you for your continued support, enabling us to be there for our patients at the end of their lives.

In the last year we received the fantastic news that our care was rated as 'outstanding' by the Care Quality Commission. Those of you who have seen and experienced our care I'm sure will say you already knew this but it's always nice when your regulatory body says it too. You can read more about this on page eight.

No matter what has gone on over recent years, one thing has remained the same and that's that we've still been here, like we have for over 40 years, for those local people that need us. We're only here though because of you. Your support is invaluable in ensuring we're there whenever people need us. Put simply, we can't do it without you and I want to thank you for continuing to support us.

Irene Watkins
Chief executive



Because of you, former jockey Stan could have a good death at home

Champion racing jockey and trainer Stan Mellor and his wife, Elain, had been used to a busy life before he became seriously ill.

Stan was Elain's first boyfriend, and had proposed on their first date, and in the following years they both became champions in their own right. Stan was the first jockey to ride 1,000 winners and was champion jockey three years in a row from 1960 to 1962. Elain, meanwhile, became a leading lady jockey on the flat – as well as becoming a mother to the couple's two daughters. After retiring from racing they ran their own stables near Wanborough, and later moved to Ashbury in Wiltshire.

But Stan began to feel unwell and was diagnosed with prostate cancer, and put on drugs that could control it for around three to four years. Two years after the diagnosis, he also developed Alzheimers disease. Then in 2019 Elain, who

was caring for Stan, also began to feel unwell. Her diagnosis was also devastating – she had leukaemia. "When we went into lockdown in March 2020, we had to completely batten down the hatches," says Elain.

"My oncologist said that because my treatment was compromising my immune system it would be best not to have any nurses or carers in the house at all, as we could both be seriously at risk from Covid-19. That was hard, because Stan simply couldn't understand what was going on.

Elain says while doctors were helpful by phone, it was only when the couple were introduced to Prospect Hospice that she felt she could have important conversations about the future.

"Someone from Prospect Hospice would ring me at least once a week to check on how we were, and whether we needed anything. I'm a very practical person, and wanted to know what Stan's death was likely to be like. When I'd asked one of the doctors he was very honest and said he didn't know, because he'd never seen someone die. Whereas I could have discussions with Prospect Hospice about that – and that was really important to me."

Stan developed an infection and was in hospital for two weeks.

"I knew Stan hated hospitals, and I very much wanted him to stay at home, and to be with him," says Elain.

"What stands out from that time is that we had absolutely outstanding care from Prospect Hospice."

"Prospect Hospice was marvellous in getting me the equipment – a hospital bed, commode and other things that we needed for that to be able to happen. I couldn't have Prospect Hospice nurses or carers in the house because of the Covid-19 risk, but despite that they supported us with phone appointments or simply chats. That was great, especially as I was feeling so ill myself. What stands out from that time is that we had absolutely outstanding care from Prospect Hospice."

Stan rested in the hospital bed in their large lounge, overlooking their back garden. Elain would sleep on the sofa a few feet away.

"It was the hottest day of the year, 31 July 2020, and I was alone with him. I put a pillow and light blanket on the sofa, then I thought his breathing had changed, so I walked over to him and put my arm around him.

Two breaths later and he was gone. Two minutes later, I'd have been asleep."

Elain says that despite working with her remotely, Prospect Hospice managed to provide the support she needed.

"They always gave me their time, and I could tell them anything. I could also ask anything. The way they endorsed what I was feeling and reassured me I was doing everything right. Stan and I had been married almost 60 years. Prospect Hospice helped make sure that he had a good death."

Gifts in Wills

Did you know that one in five patients like Stan is cared for thanks to a gift left to the hospice in a will?

For more information about how to leave a gift in your will, or if you've already planned to leave one and would like to let us know, contact us on 01793 816161 or legacy@prospect-hospice.net



Because of you...

In 2022, so far, you have:

Donated **£612,763**

Raised **£238,033** through coffee mornings, concerts, quizzes and getting yourself sponsored.

Bought **58,775** raffle tickets.

Raised **£432,456** by playing our lottery.

Donated **£468,215** through gifts in wills.

Claimed **£145,871** in Gift Aid.

Donated **54,694** bags of your pre-loved items.

Donated **51,701** hours of your time by volunteering.

...people across the local area received outstanding care

Stuart declined further and couldn't take his medication. Pauline from the hospice came out and asked if we'd take a bed at the hospice if one was available. We'd discussed him being cared for at home but all felt that the inpatient unit was the best option for him and us. The next day we made the necessary arrangements to get him to the hospice. It was such a relief for me when we arrived as professionals would now be taking over his care. He was very sick and it was distressing for both him and me. It was a relief that he was now being cared for.



Sally Fulling



Ros was more interested in spending her money on our family than herself, such as getting her nails painted. But when she was in the hospice she was thrilled to have them done and they were painted bright red! She also had her arms and legs gently massaged with oils which she loved. It wasn't done to relieve pain, it was just a nice experience for her and enabled her to relax for a few moments. They were little things, but they meant a lot and it was an example of the personalised care the hospice gave Ros.

Dave Marsh

We're officially outstanding

In their latest report, the Care Quality Commission (CQC) awarded Prospect Hospice outstanding status and said that staff provided outstanding care to patients, ensuring they were active partners in their care and those patients felt that they were truly cared for and supported by hospice staff.



Irene Watkins, chief executive at Prospect Hospice, said: "This is a wonderful outcome. As the end of life care specialist for our communities of Swindon and north east Wiltshire the 'outstanding' rating is a wonderful reflection of how we care and support our patients and those important to them.

"Everyone works incredibly hard and with great resilience and purpose to ensure that every patient we see receives a good death. Our

approach is always to put the person and their wishes at the heart of their care and this is something the CQC highlighted."

Prospect Hospice goes green

The hospice is now using electric vans across the area to collect and deliver donated pre-loved goods to the charity's 15 shops.

The zero emission vehicles have been donated to Prospect Hospice by Arval UK and have replaced the diesel vehicles previously used.

Victoria Canavan, head of retail, said: "We're incredibly grateful to Arval UK for this generous donation as it's really going to help us be more efficient and keep our costs down. Our van drivers will no longer have to schedule in fuel stops as we'll be able to charge up overnight at our distribution centre and be ready to go the next day. As well as meaning we are as green as we can be, the money we save on fuel can be redirected to where it's needed most; patient care."



Local school children gift artwork



Children from The Chalet School, who are all autistic, have produced and presented their painting called 'A Splash of Colour' to the hospice as part of a project about people in their community that help others. They wanted to produce the piece for their community to enjoy and say thank you for the work the hospice does.

Jo Hollingsworth, director of people at Prospect Hospice, said: "We know children with autism

can often be daunted when coming to the hospice as it's a new place they're not familiar with. The team has been working with the teachers at The Chalet School to help the children understand that the hospice is a really positive place, helping people to live with their illnesses.

"The children have worked incredibly hard on this painting to bring joy to the people at the hospice who see it and we were pleased we could treat them to cupcakes in the garden to thank them."

McArthurGlen partnership

If you've been to the Swindon Designer Outlet this year then you may have noticed our pop up shop during the school holidays. This is all part of our charity partnership with McArthurGlen Swindon, who have selected us as their charity of the year.

Sheryl Crouch, head of income, said: "We were delighted that McArthurGlen chose to support the hospice through this partnership. Our pop up shop has been really well supported by shoppers who have been thrilled with their purchases. We're now looking towards Christmas activity at the centre in support of our work and are also excited to be working on a new community project to be displayed there in the spring".



Thank you for your support this year

Thank you to everyone who supports Prospect Hospice in whatever way you can, helping us to raise £7.5million a year to deliver end of life care to local people. Here are just a few of you...



Support your local hospice this Christmas

Have your Christmas tree collected

If you'll be having a real Christmas tree this year, book your tree collection with us and, for a small donation, we'll come and collect this in the new year and dispose of it for you.

Christmas cards

Our Christmas cards are now in store and priced at £3.99 each. Can't get to our shops? No problem. You can also buy online and have them delivered for a small postage fee.

Christmas raffle

How do you fancy winning £2,000 just in time for Christmas? Our Christmas raffle is now on sale for just £1 per ticket. The raffle closes to postal entries on Friday 9 December and online on Thursday 15 December. The draw will take place on Friday 16 December.

Light up a Life

Christmas is a time when we come together to remember the lives of those who can no longer be with us and you're invited to our annual remembrance service at Christ Church on Sunday 4 December.

To find out more about any of the above, visit www.prospect-hospice.net/christmas

www.prospect-hospice.net



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Commission

Outstanding

