

SPEENHELPING HOSPICES

Supporting Helen House for Children, South Bucks Hospice at Home, Florence Nightingale and Rennie Groves Hospice Care

Gráinne Suter

We had a busy end to the year with a range of fundraising events in the village.

The **Christmas Market** in November was really successful, and the takings were up on 2021. We raised £3,186. Thank you to all the wonderful stallholders and to you shoppers in Speen who came and supported this event, which is as much a social occasion as it is a retail opportunity!

The **Pub Quiz Night** on Friday 2nd December hosted by Al Bowyer and Jill Rogerson was a very lively evening. Al and Jill had compiled great questions and Jill kept the teams to time with great skill and diplomacy. The home-made cottage pie and apple crumble went down a treat and we raised £1,336.

Wrapping up the year we had the **Christmas Hamper** raffle that raised £827 and the **Carol Singing** £601 over two nights. Unfortunately, the weather was very harsh that week and one night was cancelled as the ice was treacherous. The carollers were truly stoic turning out in such freezing conditions.

Thank you to Dorothy Ratcliffe who requested that donations in her husband's name Harold "Hal" who died in November were made to Speen Helping Hospices.

Each of the four hospices have now received £4,500. This can only be achieved with your assistance so thank you for that. We know there are many competing demands for your support and we are very grateful for the help you give us. Please continue to do so, many families in our locality alone have valued the kindness and care their loved ones have received from the hospices.

On 15th March 2023, was the **Charity Golf Day** for SHH at Burnham Beeches Golf Club. This was the first golf event organised by Speen Helping Hospices. It was a Fourball Stableford Team Competition. When launched in January it sold out within seven days. Full details of how the event went and who the winners were will be found on www.shh-shop.org.



For our first fundraising event in 2023, we had the **Valentine's Dinner Raffle**. The meal included a cocktail, canapes, home cooked 3 course meal, chocolates, champagne and roses and was delivered to the two lucky couples Jill and Hugh Roberts and Gill and Richard Biffa. As you can see below they certainly appreciated their supper.

"Very many thanks to all at SHH for the superb Valentine's dinner delivered to us last night as one of the lucky winners. Not only was it delicious it was beautifully presented. Richard and Gill"

"A big thank you also to SHH. We too had the most delicious meal delivered to us, thanks Amanda. We thoroughly enjoyed it and if there is a draw again next year, we will certainly support SHH and highly recommend everyone buys a ticket or two because it could be you next time. Thanks again for a fabulous dinner. Jill & Hugh x"

The raffle raised £500, not as much as last year's figure of £840 so perhaps this event has run its course. We know some events lose their appeal and so are constantly looking for new ways to raise funds. If you can help us, please contact me, all ideas and support gratefully received!

Then the **Spring Lunch at the Horses Trust** on the 3rd May – all tickets for this popular annual event have already been sold.

We are planning an **Open Gardens Day** 18th June (if you would like your garden to be part of this event, please contact me on 07778803260) and the highly successful **Jazz in the Park** on the 16th July. Martin Hart and his group will be back and Frank Waldron on sax. Put this in your diary, it is always a very special occasion.

Funding of hospices - Independent hospices receive no more than a third of their funding from the government and are dependent on charitable donations to keep hospices running. Every event we

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run with your support helps to ensure children and adults receive respite and end of life care.

Fundraising Challenge - Help raise money for Speen Helping Hospices in 2023. Speen Helping Hospices are looking for people to raise money for SHH by taking part in a local fun run/half marathon/cycle race or other event.

If you are planning or considering taking part in a sporting event, would you help others by fundraising for Speen Helping Hospices as you run/cycle/swim?

We, at Speen Helping Hospices will support you on your fundraising journey, we would promote your participation locally and via social media and our website to attract sponsorship.

If you are up for this challenge, now is the time to plan it, visit our website at <http://www.shh-shop.org/FundraisingChallenges.htm> for information.

For further information about all our events check out our website www.shh-shop.org

Don't forget if you would like to support or sponsor a fundraising event, for example a golf tournament, offer a prize for a raffle or would like to help us in some way, **please contact me grainnesuter@btconnect.com or 07778803260.**

Future events in 2023

Speen Festival
event to be confirmed.

Wine Tasting
6th October

Charity Bridge with Afternoon Tea
11th October

Christmas Market
18th November
11.00 to 4.00pm in the Chapel Hall.

Pub Quiz Night
date in December to be confirmed
in the Chapel Hall.

Carol Singing
dates in December to be confirmed.

RECIPE

Kate Vale

Butternut Squash, Chilli and Ginger Soup

New Covent Garden Food Co. A Soup for Every Day.

365 of our favourite recipes

ISBN 978-0-7522-2743-6

This was by far the most popular soup at The Studridge Social before Christmas so it only seems right to share the recipe with those who supported us so faithfully.

Over the 6 weeks we opened you helped us to raise over £900 to share between Wycombe Homeless Connection and One Can Trust, so thank you all.

We hope to be back again towards Easter, so do keep an eye out!

Cooking time 35 minutes

Serves 6



Ingredients

1 tablespoon olive oil
50 g butter
1 large butternut squash, peeled, deseeded and diced
2 onions, diced
2 cloves garlic, crushed
1 red chilli, finely diced
2cm root ginger, peeled and chopped
900 ml hot vegetable stock
50g sachet creamed coconut (or a fifth of a 250 g pack and freeze the rest in 50g blocks)

To garnish: fresh coriander leaves

- Heat the oil and butter in a saucepan, add the butternut squash, onion and garlic, then cover and cook gently for 5 minutes.
- Add the chilli and ginger, then cook for a further 5 minutes.
- Add the hot stock, bring to the boil, then

cover and simmer for 15-20 minutes until the butternut squash is soft.

- Blend until smooth
- Reheat gently before adding the coconut cream. Season to taste, then serve garnished with a few coriander leaves.