

## **Speen Supporters' Group**

**(raising funds for local hospice charities)**

***Presents***

## ***Ladies' Charity Fashion Event***

This programme is produced on recycled pink paper and kindly photocopied free of charge by *The JNP Partnership*. This is to avoid wasting money on a costly brochure and as a result all monies obtained from advertisers will go directly into the funds to benefit the five charities.

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**Chairman Christine Oliver.**

## **Introduces you to the Speen Supporters Group**

**T**he Speen villagers, who have formed this group, would like to thank you for coming to support us this evening. You are all very welcome.

Many of us have friends or relatives who have suffered or are suffering life-threatening or terminal illness and are aware of the tremendous care and support given to the patients and their families by the hospices. Public funding is very limited for this work, so each hospice relies heavily on fund raising in its local area. Our group meets socially in the local inn to discuss ideas for events, which our local village communities can enjoy, but which also raise funds for the hospices. All profits we make will be divided equally between them. You will find in this programme the names of the five hospices, which we support, and a brief résumé of the work and the skills that they offer.

We all know that disease is no respecter of class, religion, race or colour. If we can contribute in some small way by helping each hospice to continue its invaluable work in the community and by encouraging some of you to go away and form your own groups, then our efforts will have been worthwhile.

We would like to thank all those who have contributed so generously to this event, giving up their time and their expertise to enable us hopefully to succeed. Have a wonderful evening!



**SSG Working Committee** (Yes, it can be fun!). From top left clockwise: Jo Keatch, Mary Craft, Christine Oliver, Shelley Jennings, Marjorie Stockley, Nicky Allen, Clare Hayward-Smith, Suzi Rose.





**Donation to Charity Representatives after recent "Awareness Supper."  
(£100 each, after foreign coinage collection.)**

## The Committee:

Fundraising is jolly hard work but it is also extremely rewarding. As Christine mentioned we hold meetings about once a month in our local pub and as you can see we are able to enjoy each others company. Other members of the committee who missed out on the photo-session with local photographer, Martin Hart, are: Christine Symondson, Corinne Symonds, Gloria Holmes, Sue Taylor and Melanie Page.

Another regular event held in the King William is the fortnightly quiz organised by Clare Hayward Smith and husband Geoff. These are great fun and very noisy as locals battle for the accolade of holders of the superior plastic trophy.

We have another honorary male member of the SSG. Ian Waterman is running in the London marathon for us and we are currently drumming up sponsorship for him. We are working on the elaborate headgear, a sweatband with five pink butterflies "floating" above. He is amazingly quite content to wear SSG's serious pink with logos to promote the five hospice charities. I hope he is spotted by the TV crews. We hope to get a good spot to shout him through the final stages.

Finally, the committee would like to add its thanks to all of you who have bought tickets for tonight's show, shown enthusiasm for everything we do and spread the word about the local hospice movement. We hope you thoroughly enjoy the evening and carry on supporting our events.



**A few members of the SSG counting the foreign coinage and notes donated by the villagers of Speen.**



# **Models**

We would like to express our sincerest thanks to our models for this evening's shows. They have all given up their time for fittings, make-up sessions and to be here for us tonight. Some of them have taken a day's leave from work in order to fit in with our plans. They have been specially picked to show off the variety of fashions available. They deserve hearty applause and they are:-

## **Colour Models:**

**Jean Gabbitas**

**Seona Gordon**

**Pam Graves**

**Melanie Page**

## **"Why We Wear Clothes"**

**Naz Aktar**

**Louisa Rose**

## **Fashion Models:**

**Naz Aktar**

**Jean Gabbitas**

**Seona Gordon**

**Pam Graves**

**Christine Marks**

**Melanie Page**

**Louisa Rose**

**Tracey Salmon**





*Woodside Secretarial Services*

**wish the Speen Supporters Group**

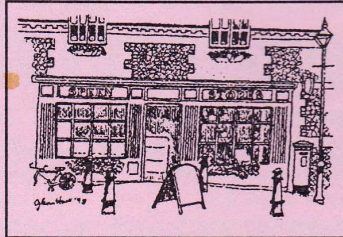
**every success**

Colieheath Boltorn, Speen, Princes Risborough, Buckinghamshire, HP27 0SZ

**Tel: 01494 488599**

**Fax: 01494 488590**

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SPEEN STORES,  
CHAPEL HILL,  
SPEEN

We wish Speen Supporters' Group  
Good Luck  
with the  
Ladies' Charity Fashion Event

**Telephone No:  
01494 488258**

**Opening Hours:**

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Saturday -  
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## **Programme of Events**

- 6.30pm**      **Doors open for you to enjoy a glass of wine, view the exhibits and find your seats**
- 7.30pm**      **Welcome and introduction from Chair, Christine Oliver followed by two course supper. Time to mill around the exhibits again and enjoy the company of friends**
- 8.20pm**      **Suzi Rose talks you through two systems of colour analysis with four live models prior to their make-over**
- 8.30pm**      **How to budget for your wardrobe**
- 8.35pm**      **“Why We Wear Clothes” - a fun demo with Suzi and Louisa Rose plus helping hand from Naz Aktar**
- 8.50pm**      **“Finishing Touches” a little exercise to help balance your total look.**
- 9.00pm**      **Fashion Show. Christine Parry from Manhattan takes us through the main part of the fashion show with this season’s fashions including everything from leisure wear, formal daytime, wedding outfits and evening wear. The range of colours and styles show that you don’t have to look like clones!**
- 9.40pm**      **Results of the Grand Draw**
- 9.45pm**      **Finalé of Fashion Show**
- 9.55pm**      **Vote of thanks and closing farewells from Christine Oliver**
- 10.00pm**     **Time for final view of exhibits**





A Hospice for Children

### HELEN HOUSE,

37 Leopold Street,  
Oxford. OX1 1QT

Families who have a very sick child usually want to look after their child at home once hospital no longer seems an appropriate place. Living with the knowledge that their child will die puts an immeasurable strain upon the whole family. It is an exhausting and lonely experience. Helen House is small and is a place where children and their

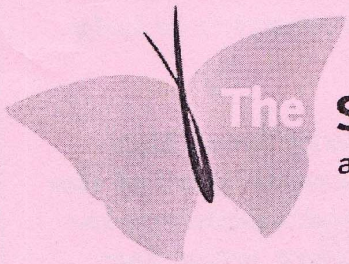
families can come to stay from time to time and find friendship and practical help. We hope to share with families the care of their child and to offer the support they need, being always sensitive to their individual needs. The friendship and support will continue through the child's illness and death and for as many months and years beyond as the family may wish. We welcome all children aged from birth to 16 years. Work is about to commence on Douglas House which will provide a similar service for those aged 16-40.

*(Reg. Charity No. 1085951)*

Fundraising and PR: Catherine Wilson:

Telephone 01865 728251; Fax: 01865 794829; Email [pr@helen-house.org.uk](mailto:pr@helen-house.org.uk)

## The Speen Supporters Group working



### The South Bucks Day Hospice and Lymphoedema Clinic

#### The South Bucks Day Hospice,

Eddie Pusey House, 9A Amersham Road  
High Wycombe, Buckinghamshire. HP13 6PN.

The South Bucks Day Hospice is the realisation of a vision of its founder, Eddie Pusey, an occupational nurse, who saw a clear need to provide palliative care for people with terminal illness which would allow them to remain in the loving surroundings of their own home; at the same time provide support for their families. The Hospice was launched in 1994 to meet the growing demand for palliative and respite care. It aims to offer people with advanced cancer or life-limiting illness the highest quality of physical, psychological and social care in an environment which reflects their special needs. The Hospice also endeavours to help the relatives and those close to the patient during the illness and bereavement.

*(Registered charity number 295152)*

Fundraising co-ordinator Margaret Maxwell-Cook:

Telephone 01494 464045; Fax: 01494 449154; Email [sbhospice@globalnet.co.uk](mailto:sbhospice@globalnet.co.uk)

#### Iain Rem

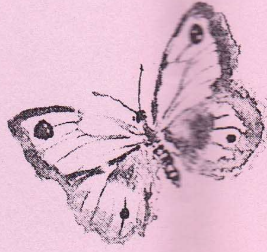
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**THE  
IAIN RENNIE  
HOSPICE  
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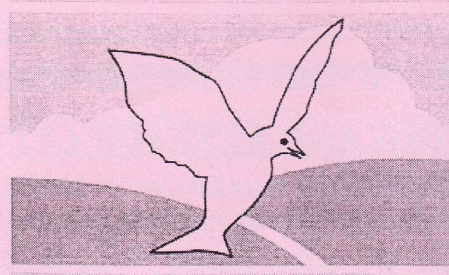
**Iain Rennie Hospice at Home,**  
52A Western Road, Tring,  
Hertfordshire. HP23 4BB

In 1985 Iain Rennie was dying and his family wanted him to be cared for at home. Through a friendship between Iain's wife and a hospice trained nurse counsellor, five nurses decided to get together to provide the 24 hour nursing cover that was needed for Iain as well as the care required to embrace and support his wife and young children. His company agreed to provide some funding to pay the nurses a basic wage and the nurses had the full support of Iain's GP and District Nurse. Iain's family believe strongly that the quality of the final weeks of his life was enhanced greatly by the fact that he was in his home environment where he felt safe and where the family played a considerable role in his care. By the time he died, a second patient had been referred to the group of nurses.

IRHH provides specialist palliative care for terminally ill patients in their own homes within the Chiltern area of Buckinghamshire and Hertfordshire. Following referral by their GP or District Nurse, the "Hospice at Home" cares for patients of any age suffering from life-threatening illnesses. The primary aim of all Iain Rennie nurses is to provide a dignified and pain-free life for as long as possible.

*(Registered Charity No 297817)*

Appeals Director Robert Breakwell:  
Telephone: 01442 890222; Fax: 01442  
891276; Email: info@irhh.org



**The Friends of  
Florence Nightingale House**

**SUPPORTING THE WORK OF THE AYLESBURY HOSPICE**

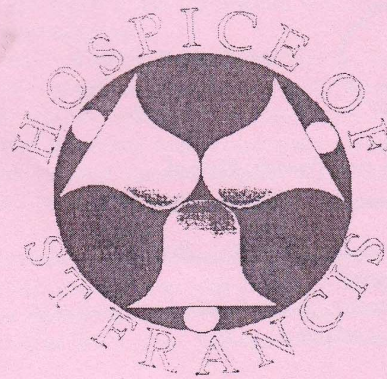
this year the Friends of Florence Nightingale towards these costs.

The Friends contribute to the funding of the the Lymphoedema Clinic, the Day Hospice salaries of nurses who work in the In-Patient. All contributions, however small, are always

*(Registered Charity No 802733)*

Fundraising & Appeals Mrs Susan Cato,  
Telephone 01296 429975. Email: info@fln

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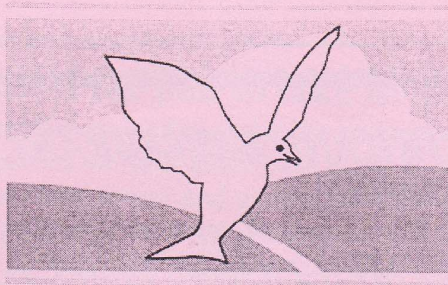
200 admissions per year with a median length 50%. Patients are admitted for a variety of transfusion, Pamidronate infusion, lymphoedema after major cancer surgery, respite care terminal care. Complementary services include Macmillan style assessing and supporting patients. Hospice providing 16 places per week (over 24 hours) intensive bereavement service including telephone support groups. St Francis also provides monthly support groups in patients' homes.

*(Registered Charity No 280825)*

Fundraising Manager: Roger Sharp, 1 Church Lane,  
Tel: 01442 877621; Fax: 01442 876719; Email: info@stfrancis.org.uk

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## The Friends of Florence Nightingale House

SUPPORTING THE WORK OF THE AYLESBURY HOSPICE

### The Friends of Florence Nightingale House,

Bierton Road,  
Aylesbury, Buckinghamshire. HP20 1EG.

Florence Nightingale House, the Aylesbury Hospice, was built in the late 1980's, as a result of a successful public appeal, which raised over £500,000.

The aim of the Aylesbury Hospice is to provide a first class palliative care service which is accessible to the people of Aylesbury and the surrounding area.

Running costs exceed £1million per year, and this year the Friends of Florence Nightingale House have pledged to provide £309,000 towards these costs.

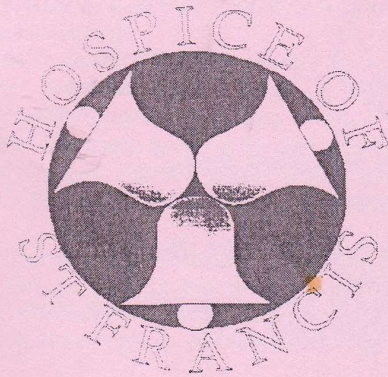
The Friends contribute to the funding of the Children's Hospice at Home Care Team, the Lymphoedema Clinic, the Day Hospice, the Volunteer Service and also towards the salaries of nurses who work in the In-Patient Unit.

All contributions, however small, are always much appreciated by everyone concerned.

*(Registered Charity No 802733)*

Fundraising & Appeals Mrs Susan Cato,  
Telephone 01296 429975. Email: info@flnh.nildram.co.uk

## with five local caring Hospices!



### The Hospice of St Francis,

27 Shrublands Road,  
Berkhamsted, Hertfordshire. HP4 3HX.

The Hospice of St. Francis is an independent hospice aiming to provide the highest standard of care to people with advanced illness for whom cure is no longer possible. Specially qualified staff and volunteers work together to enable patients to live life as fully as possible and to meet death free from pain and fear.

The Hospice has eight in-patient beds facilitating over 200 admissions per year with a median length of stay of 7 days and a discharge rate of 50%. Patients are admitted for a variety of reasons including palliative treatments for transfusion, Pamidronate infusion, lymphoedema treatment or paracentesis, rehabilitation after major cancer surgery, respite care (one bed reserved for regular respite) and terminal care. Complementary services include Continuing Care Sisters who work in a Macmillan style assessing and supporting patients at home (90 new cases each year); Day Hospice providing 16 places per week (over 500 attendances last year); and a comprehensive bereavement service including telephone helpline, visiting service and support groups. St Francis also provides monthly study days for local nursing and residential homes.

*(Registered Charity No 280825)*

Fundraising Manager: Roger Sharp, 1 Church Lane, Berkhamsted, Herts. HP4 2AX  
Tel: 01442 877621; Fax: 01442 876719; Email: stfrancis@dial.pipex.com



**THE OLD PLOW BISTRO AND RESTAURANT  
AT SPEEN**

*The Old Plow is an up-market Michelin listed French restaurant and bistro serving excellent lamb, Aberdeen Angus beef, corn-fed chicken, fresh fish and shellfish from Devon, including wild seabass, fresh scallops, lobster in season, muscles and crab*

***We would like to wish Speen Supporters' Group every success with their fundraising efforts for these excellent worthy causes***

*The Old Plow Bistro and Restaurant at Speen is situated in Flowers Bottom Lane, near the Home of Rest for Horses and is only 10 minutes outside High Wycombe in the heart of the Chiltern Hills.  
For reservations telephone 01494 499300*



*(Ladies and Gents Hairstylists and Beauty Rooms)*  
**wishes Speen Supporters Group success for Ladies Night**

Chris would like to introduce our new stylist Tracey by offering a  
"Special Promotion"

Book an appointment with Tracey for a permanent colour of mesh highlights and receive a £5.00 discount (limited period only)

Also to promote our Sunflower Beauty Room:  
Book an appointment with Laurence for any of the following relaxing treatments:-

- Massage
- Indian Head Massage
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- Reflexology
- Reiki Healing

Speen Hair and Beauty welcomes you.  
Situated above Speen Stores in Chapel Hill Speen  
Tel: 01949 488899



## Notes for you to take home on colour, style and image

We were determined to make this an enjoyable but not exhausting evening for you! As a consequence we have given over much of the evening to the fashion show and kept the lectures about colour and style to a minimum! Therefore here is some information to back up some of the short demos you will see.

### COLOUR ANALYSIS:

You will get a very short talk about the two systems but here they are again to remind you of the main points:-

#### *Seasonal*

Winter = Cool, dark, bright (primary colours or very "icy" "White with a hint of" colours

Typical example = Victoria Beckham (with natural hair!) Catherine Zeta-Jones, Nigella Lawson

Summer = Cool, muted/smoky, light ("bed of sweet peas") colours

Typical Examples: Sophie, Countess of Wessex, HRM The Queen, Emma Bunton

Autumn: Warm, dark, muted (the colours of Autumn, russets, sages, olives, browns)

Examples: Amanda Burton, Sarah Duchess of York

Spring: Warm, light and bright (fresh greens, corals, golden brown

Charlie Dymmock,, Jane Asher

#### *Tonal:*

Looks at the actual colour. Is it warm or cool? Is it light or dark? Is it bright/vivid or muted/dull/smoky?

These are the first pointers, then we look at intensity. How saturated is the colour? Think of the difference between a rich cherry and a watery watermelon.

Whatever system is used, the only successful way to analyse colours that are right for you is to be comprehensively draped in daylight conditions. Colour analysis usually takes about an hour to get a correct colours and tones. All we look for is the colours and tones which bring out your natural beauty.

### IMAGE OR DRESSING FOR YOUR PERSONALITY

You've seen what happens to politicians and their partners by "Image consultants". Style and Image is really just a way of working out what works best for you, your personality, your lifestyle and your body shape. The object is, like the colours, to bring out the best in you as an individual.

#### Main "personalities"

"Romantic" - flowing, floral, feminine - eg Actress Jane Seymour. Designer: Lural Ashley

"Ingenué" - youthful version of romantic, often more petite in stature - Actress Jane Asher

"Classic" - smart, tailored, groomed, simple - Designer: Chanel, Jean Muir range

"Dramatic" theatrical, makes an impact - Liz Hurley, Catherine Zeta Jones - Designer: Lacroix, Versace

"Natural" - sporty, casual Designer: Aquascutum, Burberry

"Gamin" - petite, elfin, perky version of natural - eg Actress Demi Moore

There are other categories which are a certain look which include bohemian, long skirts with flat boots and chunky cardigans, gypsy with flouncy patterned skirts, indian with layers of kaftans, grunge comes and goes but is basically whatever looks terrible all put together and the list goes on. If you have the character to be individual that's great! However the image guide above helps those of us who need assistance to feel right.

### STYLE

The last element is to look at your body shape. Does it fit into triangle, heart, hourglass, straight, round, pear-shaped, apple-shaped? Also are you big medium or small in frame size? What shape is your face? (heart, diamond, square, round, oval) - knowing this could be the difference between a successful or unsuccessful hairstyle. Most women will tell you about their "bad" bits - "thunder" thighs, "fat" bottom, "huge" hips, "short" legs, "flat" chest. OK so none of us are perfect and we are all different. You have to learn how to disguise these elements because most of them you cannot change. What you can also do is draw attention to the parts of yourself that you do like. These are all part of a style and image course which usually lasts about a day.

Further information on all of the above from Suzi Rose at Rosebuds on 01494 488 696



## Presenters, demonstrators

# MANHATTAN

Christine Parry, together with husband David, is Director of Manhattan, Beaconsfield Ltd. Manhattan offers the complete wardrobe for the modern woman from casual day and weekend wear to stylish business and occasion wear with matching hats and accessories. It is also one of the few shops to offer evening wear year-round; so if you have a Summer Ball to attend, come and see us!

New visitors are constantly amazed at the variety of styles and colours that are stocked; so whatever your personality there are beautiful clothes to make you feel wonderful. Christine's friendly and experienced team of ladies pride themselves on being able to offer advice on colour, style and what to wear on any occasion if you wish or you are free to browse at your leisure. Sizes 8-18 are stocked and expert alterations are available for that perfect fit.

Christine and David are extremely excited about the labels they will be offering this Spring. Our models will be wearing a selection from special occasion wear for Royal Ascot and weddings such as Irish label, LB and Michael Ambers or French label Renato Nucci for the petite lady: the Cattiva collection from New York (an excellent choice for the Mother of the Bride), comfortable outfits to take one all through the day and a wonderful collection of August Silk with beautiful silk print dresses to coordinate with mix and match plain silks.

Manhattan has the largest selection of hats in the area with millinery from Marida, the Hat Shop and Whiteley Hats. They have large Ascot hats or the small feather concoctions that are popular for cocktail/evening weddings.

Special occasion outfits have been worn to functions at the Dorchester, Mansion House, Royal Ascot, St. James' Palace and Buckingham Palace.

**190 Maxwell Road, Beaconsfield, Bucks. HP9 1QX.  
Telephone 01494 678717. Fax 01494 728321**

### *Rosebuds ...*

### *COLOUR, STYLE & IMAGE, PLUS CHARITY FUNDRAISING BY SUZI ROSE*



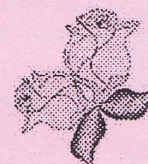
Suzi Rose started selling make-up when her daughter (now 17) was 5 months old. She has run her colour analysis workshops since arriving in Buckinghamshire 14 years ago. She firmly believes that all women have a beauty of their own, often requiring a little assistance and assurance to make them "bloom". She has worked with hundreds of women over the years as clients, as models at shows, or nervous job-seekers needing extra advice on presentation for interview. It never fails to bring pleasure to her to see women glowing after a colour and make-up session.

Suzi has used her knowledge and experience with elements of colour and style for fundraising events for 12 years and this is her last show. Suzi donates 50% of all her profits from her little business to charity. She welcomes all women for colour analysis and style and image consultations at her home in Speen. Other elements are wardrobe planning and assistance with shopping for a major event.

Prices on application. Remember you are all "Rosebuds, ready to bloom!"

**Knapdale, Laurel Close, Speen, Bucks. HP27 0UT  
Tel: 01494 488696: Fax: 01494 488641  
Email: [suzirose@compuserve.com](mailto:suzirose@compuserve.com)**

*.... ready to bloom*





## exhibitors and backstage

**SARAH NEWELL** designs and makes wearable jewellery in gold, silver and platinum. Her inspiration comes from the fragility and elegance of natural forms visible in the techniques and materials she uses. Since graduating from college in 1998 with a BA(Hons) in Designed Metalwork and Jewellery she has continued to work with precious metals on a jewellery scale. She has a workshop where she works for galleries, exhibitions and craft fairs as well as private commissions for individual clients.

The influences of her work lie in organic forms such as seed pods and natural materials. Her current collection entitled "Pebbles" incorporates organic form and texture in harmony to encourage the wearer to touch the piece. She kindly donated a beautiful pendant for the "pamper hamper"

For further information contact Sarah on 01494 459 566 or email her on [sarah\\_newell@yahoo.com](mailto:sarah_newell@yahoo.com)

**PAULINE MINES** has been practising as a qualified aromatherapist for over 12 years. During that time she has worked with and supported virtually all of the fundraising events staged by Suzi Rose. In the last five years she has become further qualified in the gentler art of manual lymphatic drainage which is proving extremely beneficial to patients with cancer and multiple sclerosis. However, the rest of us could benefit from a session with Pauline as it helps with all skin problems, scar reduction as well as improving the immune system, helping the body to heal itself by improving chronic conditions such as sinusitis and arthritis. MLD applied to the face can also give the effect of a mini face lift. Pauline is also interested in helping clients deal with stress control and time management in their busy lives. She also is able to give qualified advice on nutrition. As always, Pauline kindly donated a voucher for a session in the "Pamper Hamper"

Further information available from Pauline on 01494 528167

**LINDA QUINCEY**, manageress from Contessa is very keen to support us and has brought along a selection of swimwear and underwear from her current collection. She has been with Contessa in High Wycombe for 14 years and the company has been in existence, in one form or another, for 50 years mainly dealing in lingerie and corsets. However, as Linda says, the old fashioned corsets are no longer worn but we still see a wonderful range of colours and styles for ladies underwear. Contessa supplies underwear in sizes ranging from 28AA up to J cup, as well as nightwear, swimwear and hosiery. Linda is proud that Contessa and her trained staff provide a personal service with careful measuring and private changing facilities as well as taking time with each client. Contessa have also contributed to our wonder hamper with a lovely chemise (size can be changed).

For further information contact Contessa, High Wycombe on 01494 522954

**SARA RIDGELEY**, is a very versatile lady! She is here today to show off her beautiful range of hand-dyed scarves and throws. If we get a spare moment we hope to get some different ideas on how to wear them! Apart from fixing her dyes scarves in the microwave, she produces her own range of "hubble-bubbles", foaming herbal oils (there are two of them in the "pamper hamper" as a welcome contribution), she makes herb and spice cushions, home-made salad dressings and pickles as well as home-made cards. She is also the co-author of a range of children's musicals (with Gavin Mole and she also sells sheet music and music books.

You can contact her on: 01494 564280 or email [sara.writelines@virgin.net](mailto:sara.writelines@virgin.net)

**REBECCA MARSH** has worked as a health and beauty therapist for the last ten years after graduating as a top student from Champneys International College. Her early work experience ranges from working in health and beauty resorts, stately homes and health clubs which provided her with a knowledge of her industry. She now runs her own private practice in Cookham and has recently starting writing articles and features of health and beauty issues. She has kindly donated some Clarins goodies for the "pamper hamper"

For further information please contact Rebecca on 079943 563

**PHILLIPA LEE** originally trained as a beauty therapist in London and has been working for 12 years. She has a wide range of experience, including 7 years with a top salon in Jersey. She now works as a freelance make-up and hair artist in the theatre, film and T.V. Industry. In fact she's so busy it is possible that she's been given a last minute assignment but hopefully she will be backstage with Rebecca helping "make-over" the colour models for us.

To contact Phillipa, call: 07790 015465 or e-mail [darlingpip@hotmail.com](mailto:darlingpip@hotmail.com)



## **THE SSG SPRING DRAW PRIZES**

### **1ST PRIZE:**

**Light Aircraft Flight for Two to Le Touquet  
plus luxury hamper**

***Donated by pilot Geoff Smith Quinform Ltd***

### **2ND PRIZE**

**"On Air" Helicopter ride for two in the Flying Fox**

***Donated by Katrina from Fox FM***

### **3RD PRIZE**

**22" Colour Television with Teletext**

***Donated by Roger Sharp from The Hospice of  
St Francis***

### **Other Prizes:**

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**Six Months Family Golf Membership at Chiltern Hospital  
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***Donated by Derek Vere from Verco Office Furniture***



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SSG are very grateful to all of those who offered sponsorship, donated time or gifts with great enthusiasm. They are:-

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***SSG would also like to thank their excellent flower committee who are:***

Margaret Chitty, Annette Fox, Jane Oury, Deidre Hortop,  
Sharon Ridgewell, Olivia Cowan and Maureen Laing.


***The following flower shops are gratefully acknowledge for their kind assistance:***

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