

SUMMER 2022

NEWSLETTER



South Bucks Hospice

at **Butterfly House**

Outpatient care enhancing quality of life



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A HUGE THANK YOU

From all of us at South Bucks Hospice



Lymphoedema Care

A rare service that makes a massive impact

Community Groups



We were delighted to be joined recently by Rosemary and Gloria from Speen Helping Hospices who gave us a cheque for £4,500. Speen Helping Hospices is a fantastic fundraising initiative that has hosted a series of events to raise money and awareness for 4 local hospices. A few of the events that were held last year included a Christmas Fair, a Valentine's Dinner Raffle, and a party 'through the ages' at Speen Festival!

We are also extremely grateful to Marlow Rotary Club, Inner Wheel Club of Marlow, Beaconsfield Rotary Club, Wooburn Relief in sickness and Bucks Badgers for all your support.

We can't thank you all enough!

Your Views Matter

From June we will be welcoming the 'HUG' to South Bucks Hospice, which is a Hospice User Group where a group of patients and carers will work together to improve our services and help shape its future. The Group has been established with the purpose of improving patient experiences through supporting, developing and promoting improvements to services which will help ensure that services reflect the needs and views of the people who use them.

You can also feedback on any of our services or ask a question by filling out a feedback form in reception or throughout the hospice.

The Group's Aims:

- To gather patient feedback.
- To discuss patient services and suggest improvements.
- Explore suggestions and ideas on how to improve patient and carer experiences.
- To identify relevant potential barriers and problems with new and existing services.
- Generate and test ideas.
- Act as a consultative group for any proposed changes.
- Review and develop patient surveys.
- To provide insights into services from a user perspective.

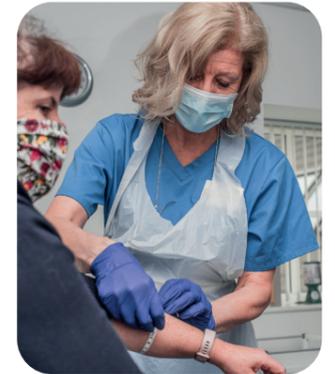
Lynn - Head of Lymphoedema

Lynn has been a nurse for over 44 years and qualified as a lymphoedema nurse in May 2016 starting her role as lymphoedema team lead. Lynn developed a passion for lymphoedema therapy because she saw how overwhelming both physically and mentally the condition can be, and how few services there were to treat it.

"I feel very proud to lead such a rewarding therapeutic service. We add to patients' quality of life; especially when we can maintain and control this debilitating condition."

"Having so many other services under the same roof means that we can refer patients to other therapists. It's all based on our patients' individual needs, from helping them to manage other symptoms, to addressing their concerns, to giving them or their families a boost – it all helps with their journey."

About Lymphoedema



Lymphoedema is a chronic condition which causes a build-up of fluid in tissues. It is a common side-effect of cancer, or cancer treatments. It typically affects the arms and legs but can affect most parts of the body. It can be painful, uncomfortable and reduce mobility.

Our specialist lymphoedema clinic uses a variety of techniques to stimulate the flow of fluid through patients' lymphatic system reducing the swelling and easing their discomfort. Once the swelling has reduced, we work with the patients to help them to self-manage their condition with appropriate skin care, exercise, simple lymphatic drainage and compression garments. We are the only clinic locally that specialises in lymphoedema care and our team of three skilled lymphoedema therapists carry out around 800 patient appointments per year. Our treatments include:

- **Skin Care** - Lymphoedema can cause deterioration in the health of skin in the affected area. We offer tailored guidance on how to care for your skin to ensure it is in good condition to provide a barrier against infection.
- **Exercise** - Exercise helps to stimulate the lymphatic system, increase range of movement, and improve muscle strength so we offer guidance on exercises that can help with this. We also refer patients to our physiotherapist.

In addition to these 4 cornerstones of care we are lucky to have additional pieces of equipment that help with the softening of tissue and movement of fluid to an area where it can be processed. The Hydroven pump can be used on arms or legs and mimics manual lymphatic drainage helping to move fluid towards the root of the limb. The 'Physiotouch' lifts and lowers the skin opening up channels to encourage lymph flow. It is especially helpful in softening scars. The 'Hivamat' lifts and lowers skin using an electrostatic force and is a valuable tool in helping to soften breast oedema.

- **Lymphatic Drainage** - A specialised form of massage to encourage fluid drainage often used where there is significant swelling.
- **Compression** - Using multi-layer lymphoedema bandaging or compression garments can help patients' self-management by limiting the formation of lymph fluid and increasing drainage.

For more information contact lymph@sbhospice.org.uk

UPCOMING EVENTS

Afterlife, from 1-3pm: 12th October, 26th April 2023 & 27th September 2023

End of Life Care and Planning Seminar

A supportive group session aimed at restoring positivity and hope.



We are delighted to have held our first two AFTERLIFE events. The events are all designed to explore how to achieve positivity and peace of mind by planning for the future. The information is presented by our team of professionals from nurses to spiritual care volunteers, our almoner and those who can help with wills and lasting powers of attorney. Our emphasis is on enhancing quality of life right until the end of life, making provision and finding support for those we love beyond our own lifetime. We aim to help you feel enabled and empowered by giving patients and their families choice at all stages.

The first event was very well received, with attendees saying

'Importance of leaving wishes'

The information was really helpful and made me think about the importance of leaving wishes etc in writing. Also how this would help my family.

'Thought provoking'

It was lovely to hear from a range of different people about the various aspects to think about and lovely to be able to interact with speakers, a good balance.

'Helpful'

It was really helpful having the professionals there to explain the type of support that is available, I wouldn't otherwise have known.

Stowe Pop Up Shop

We recently held a pop up shop at the beautiful Stowe Park which you may know of from the Netflix hit series, 'Bridgerton.' We held the event to help raise awareness about the importance of recycling preloved items for reuse and to encourage more people to dispose of their waste in an environmentally friendly way.

On the day we raised £2,587 which will help go towards the running of group activities to support the wellbeing of our patients living with life limiting illnesses.

We would be delighted to receive your pre-loved goods for future events like this one. You can donate by popping in to our Hazlemere or Bourne End stores or our High Wycombe or Aston Clinton reuse sites.



Host Your Own Event

Hosting an event of your own could be a great way of raising money to support South Bucks Hospice and reconnect with your local community!

If you would like to order any materials such as posters, balloons, collection cans or t-shirts, then call Sonya who can help guide you throughout.

CALL: 01494 552761



Meet new people, boost confidence and have fun!

We offer free one to one support to our patients as well as wellbeing group activities, so you can rekindle a past passion or learn a new hobby. Please phone the hospice 01494 552750 to register interest.

Gardening



Positivity Art



Seated Yoga



VOLUNTEERS

South Bucks Hospice patient Sam Lightowler has told how she became a volunteer for the charity because she was so grateful for the treatment she received.



Sam Lightowler

Sam, 48, from High Wycombe, has been treated for lymphoedema at the hospice since 2018. She was born with spina bifida which causes poor circulation in her legs and has led to uncomfortable swelling in the last few years.

“The lymphoedema has become more noticeable as I grew older and I was referred to have treatment at the hospice in Butterfly House in High Wycombe,” she said. “I hadn’t heard of the hospice before but I was impressed when I came here. The nurses are really friendly, caring, informative and skilled.”

Sam’s condition also means she suffers from coldness where her legs don’t warm up at all. But the six-monthly free visits, which are still continuing, seem to have made a significant difference. “I wear compression socks which helps to take down the swelling in my legs and I am given certain exercises to do to relieve some of the fluid build-up. It certainly has helped the swelling in my legs and I would recommend the service to others in a similar position.” During her last visit for treatment, Sam noticed there was a shortage of receptionists. “I asked my nurse why – and she said they were looking for volunteers. I thought that could be an ideal role for me because I have had experience previously of the job. “Because I had been having free treatment here, I wanted to give something back. I was very grateful to the hospice for what they had done.”

“It’s really nice here. I like meeting and greeting people. The staff are friendly and the environment is pleasant. Volunteering is very satisfying – you feel you are providing a service to others. I probably get more out of the experience than the charity or the patients. “I really enjoy it and, at the end of each volunteering day, I go home and feel I’ve done something really valuable.”



Sonya Sivia
Community Engagement and
Supporter Care Manager

Hello, I’m Sonya. I joined the fundraising team in April, and I will be working closely with community groups, event organisers and all of you wonderful supporters. I have a background in sales and marketing, and I’ve also had the pleasure of working for a local company that provides care for vulnerable adults. In my spare time I enjoy anything related to health, food, or travel. If you would like to get involved in any fundraising events to support the hospice, please get in touch. I’d love to help you. Or if you’d like to volunteer with us or make a personal donation then I’d be delighted to take your call or email. I can’t wait to meet you soon.

You can contact me at sonya.sivia@sbhospice.org.uk or call me directly on 01494 552761.

Are You Up For A Challenge?

From skydiving to hiking, whether you plan on participating in a fundraising challenge on your own or in a group. We will provide you with a free fundraising pack and support you throughout your journey.

Please get in touch with David or Sonya at fundraising@sbhospice.org.uk



Every donation helps someone with a life limiting disease

£5

could buy aromatherapy oils for our therapeutic treatments to provide relief from pain, anxiety, stress and to promote better sleep.

£10

could help pay for a consultation with a palliative care nurse.

£20

could help pay for a treatment session with a Lymphoedema specialist.

£50

could provide one hour bereavement support to someone who has lost a loved one.



Join Our Amazing Team Of Volunteers

We’re looking for retail volunteers to help across our stores and reuse sites. Our stores are based in Hazlemere & Bourne End and our reuse sites are based in High Wycombe & Aston Clinton. If you are great with customers and enjoy meeting new people, as little as 2 hours volunteering per week could help support someone with a life limiting illness.

If you are interested and have some time to spare please contact Yvette at volunteers@sbhospice.org.uk

Leaving a Gift in your Will to South Bucks Hospice, A gift for the future

Some people who have received care from us choose to leave a gift in their will. Whether you have received care from us or not we appreciate just how special it is to include us in your last wishes. We appreciate just how special it is to include us in your last wishes. Gifts in wills ensure that people with life limiting or life threatening illnesses and their families are supported, cared for and can live well with the time they have left. This will be your lasting legacy. A gift of any size can really make a difference, so if you would like to consider leaving a gift in your Will to South Bucks Hospice, once you have made provisions for your loved ones, please contact Sonya at sonya.sivia@sbhospice.org.uk



Welcome **Butterfly House**
The South Bucks Community Hospice



Follow us on Social Media



Keep up to date on all of our upcoming events and activities & share some of your good news stories, we would love to hear from you!



The Hospice *Lottery*

You can buy tickets on The Hospice Lottery website hospicelottery.org.uk T&Cs apply.

Win up to £1,000 while raising funds to support patient care

You have the chance to win cash prizes every Friday with The Hospice Lottery; play now and join in the fun. There are 114 guaranteed prizes that have to be won every week, plus the £200 bonus Rollover prize which can reach £10,000.

Contact Us

01494 552750

info@sbhospice.org.uk

Visit Our Website

sbh.org.uk

Visit us in store

Hazlemere

17-19 Park Parade, Hazlemere, High Wycombe, Buckinghamshire, HP15 7AA.

01494 717224

hazlemershops@sbhospice.org.uk

Bourne End

The Parade, Bourne End, Buckinghamshire, SL8 5SB.

01628 525717

bourneendshops@sbhospice.org.uk

High Wycombe ReUse

High Heavens, Clay Lane, Booker, High Wycombe, Buckinghamshire, SL7 3DJ.

01494 445701

highwycombereuse@sbhospice.org.uk

Aston Clinton ReUse

College Road North, Aston Clinton, Aylesbury, HP22 5EZ.

01296 632766

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