



Spring 2021
NEWSLETTER
from the Lawrence Home Nursing Team



*“I want to be cared for
at home”*



*We provide people with free, end of life
nursing care in their own homes.*



What we do

Without the support, expertise and compassion of the Lawrence Home Nursing Team I am confident that many families would not be able to manage the death of their loved one at home.

Dr Jonathan Williams
Bloxham and Hook Norton Surgery

A message from our Chair, Tony Yarrow

If nothing else, the past year has been a time to reflect on what really matters in life. One thing that we can be sure matters as much as ever is to have all possible support and comfort at the end of life. I am immensely proud of the achievement of Jenny and our wonderful team of nurses, who have continued giving their support to individuals and families at that difficult time, in a year when so little could be taken for granted and so much that was once familiar has been challenged and under threat.



After such a demanding and stressful year – a year in which all our fund-raising events had to be cancelled, our investment income collapsed and we have been unable to meet one another in what I still think of as a ‘normal’ way, it is good to be able to say that we are still here, and not just still here but emerging from this crisis stronger than ever.

Last year we became a Limited Charity, appointed three excellent new Board members, and passed the twin milestones of our twentieth year and our thousandth patient. It would be impossible to leave the dark tunnel of 2020-1 behind us without acknowledging the support of our volunteers and donors. We know that you do what you do out of the goodness of your hearts. Your contribution is all the more welcome for the selfless spirit in which it is given.

January 2021 was the Lawrence Home Nursing Team’s busiest ever.

2021 will be the year of the ‘great unlock’. Verity has been busy devising an exciting programme of events. Now we are hoping for a summer of sunshine like last year, and more than anything we hope to be able to meet as many of our friends and supporters as possible.

Tony Yarrow, Chair

In Memoriam

Always with us

Please leave a message in memory of a loved one
and give feedback on the care received at:

www.lawrencehomenursing.org/tribute

An update from our Treasurer, Alan Mathers



The last 12 months has been a period of significant change for all of us which has included the activities of the Lawrence Home Nursing Team. The impact of Covid-19 and its restrictions meant that our normal calendar of fundraising events was cancelled. This had a direct effect on our funds/cash flow but also on our ability to get our message into the wider community when the demand for our services surged as home-based palliative care was preferred to care in a hospital or in a hospice where visits were restricted.

We also made the strategic decision to expand the catchment area to include the patients of Deddington Surgery. This has increased our catchment by a third and exponentially increased our running costs. We have seen a strong take up of our service within the Deddington area.

Our fundraising and administration team have excelled over this difficult period. With live fundraising events cancelled they have run virtual events to generate income. They have successfully applied for new types of grants which have been available, they have continued to apply for grants from areas where we have received funding in the past and have run processes to receive "matching" grants for funds raised within specific periods. We have received a huge amount of financial support from donors who have continued to support the charity silently through regular donations, those who have used various schemes to ensure LHNT receives a commission from online retailers, and, from some individuals who have sent personal donations to support us through this particularly difficult time.

All of the directors give their time freely to support the charity and claim no expenses. We are all strongly committed to the charity. We view every pound as sacred and as the Treasurer, my role is to ensure the frontline, our nurses, have the resources to deliver their service as they support the patients and their loved ones in their final hours.

Lawrence Home Nursing Team's financial results for the last accounting period were announced at a virtual Annual General Meeting in October 2020. The accounting period was for 15 months rather than one year to allow the transition to the limited liability charity. Although we had a small operating loss in the period (before adjusting for the market value of investments) we are still well positioned to provide our service on an ongoing basis.

Thanks to everyone who supports the Lawrence Home Nursing Team. We appreciate the support of all of our volunteers, our donors and everyone who makes those in our community aware of the free service we provide.

Alan Mathers, Treasurer

Nursing News from Jenny Nolan Registered Nursing Manager



The last twelve months have been truly challenging in so many ways, for so many people.



As a service we have continued to provide care in our community for those who wish to stay at home at the end of their life. In January we provided 100 visits (over 450 hours of care) to patients. Visits can be during the day, or overnight. Our support is tailored to the individual needs of each patient and their family.

We have cared for over 1000 patients and in 2020 received 90 referrals. This is an increase on previous years and includes patients from the Deddington Surgery following the extension of our catchment area last year.

Nursing during the pandemic has been difficult and I am proud of the way that everyone has pulled together to continue to support our patients. The team has had to meet all the requirements for Personal Protective Equipment (PPE) to ensure they keep patients, their families and the team safe. As a service that prides itself on sensitive and supportive care, this has been difficult. Families have been very accepting of these new restrictions and we continue to receive very positive feedback.

Jenny Nolan, Registered Nursing Manager



Our catchment area

Our patients are mainly registered at one of the following General Practices:

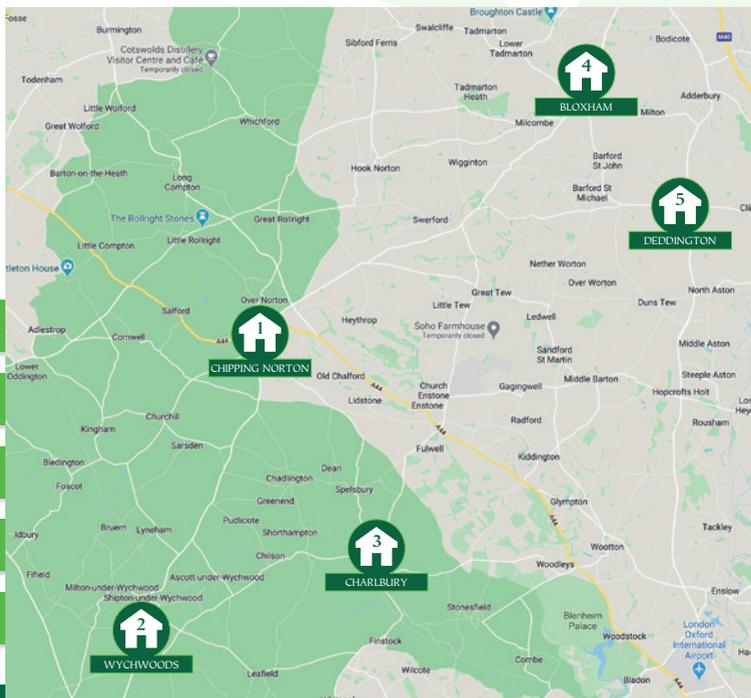
1 Chipping Norton Medical Centre
01608 642742

2 Wychwood Surgery
01993 831061

3 The Charlbury Medical Centre
01608 811680

4 Bloxham/Hook Norton Surgery
01295 722788

5 Deddington Health Centre
01869 338611



A day in the life of our resident Ambassador – Ken Norman



I leap out of bed at 5:30 am, and within thirty minutes – in any weather - I'm pedalling my way to my job as Groundskeeper at Daylesford Organic. After twenty years in banking, three in law and twelve running my own business I really enjoy the outdoor life. I have a myriad of tasks which change with the seasons. I can find myself doing anything from mowing grass, maintaining a biomass boiler, watering hundreds of pots, topiary, raking leaves, building bird-boxes, pressure washing paths, leaf-blowing and my favourite, twice-a-week, job... emptying dog poo bins. 18,000 steps later (most pushing a mower) I jump back on my bike and cycle five miles home.

My evenings (when not in lockdown) are often spent organising something to do with a comedy night! That could be anything from handling an enquiry, booking comedians, updating my website, designing tickets and posters. On the night of a show I'll be found packing up my car with all the equipment, driving to the event (which could be twenty-minutes to two hours away) then setting up sound, lights and stage. I may have to pick up a comedian from the local railway station. I'll then MC the show, operate the sound desk, thank and pay the comedians, pack up, reload the car, return a comedian to the railway station before getting home at about 1:00am. I'll then have to empty the car of equipment and have a kebab before I go to bed. Some weeks I'll have gigs on both a Friday and Saturday so I'll often have a little lie in on a Sunday.

In my spare time I run the 729 Networking Group in Chipping Norton – we meet (virtually during lockdown) on the second Wednesday of each month. I have my own radio show on Radio Oxon (an internet radio station) and that also takes a bit of planning and organising. I have a guest on each show so, I have to find them, brief them and do a bit of homework before going on air at 4:30pm for an hour on Fridays.

I have an allotment and although it can be a bit of a busman's holiday I enjoy growing my own fruit, veg and cut flowers. Because I have a loud voice which carries well I can often be found as Master of Ceremonies at local events from boxing matches, car rallies, charity auctions and balls.

A few years ago I was honoured to be invited to join the Lawrence Home Nursing Team as their Ambassador and this Summer you will find me 'MCing' various events as well as organising the Comedy Night in September.

Ken Norman, Ambassador

“Caring for someone in their final days is a privilege.”

Jane Evans
Lawrence Home Nursing Team nurse



A day in the life of one of our registered nurses - Sarah Bryson



As Lawrence Home nurses we are, in some cases, able to plan ahead, and at other times there is a need to respond quickly to a change of circumstance. We each keep a diary of when we are available to work, and the coordinators can access this, and will call us to make the necessary arrangements.

A week or two back ago, a few days after snowfall, I had a planned rural visit to attend and noted with relief that the snow had largely disappeared from the local roads. I decided to go the direct route, down a shaded hilly road, but it quickly became apparent that the un-gritted snow had become compacted. I decided to turn, but in the process slid gently into a farmer's field entrance, where I was unable to get a grip, despite the use of hessian bags under the wheels. I was pretty stuck, but then luckily a couple of young men appeared and cheerfully saved me, pushing the car up the incline until my wheels could get a grip, and then chasing after me with the hessian bags to replace in the boot 'just-in-case'.

After this mini adventure I arrived at the home of my patient and their partner in time, and we joked about the disruption that just a little snow in the UK causes!

As a Lawrence Home Nurse, I work as part of a highly experienced and knowledgeable team, with a coordinator always there to advise on the end of a phone. Our team works as part of a bigger network, which can include the GP, the District Nurses, the specialist nurses and doctors at the hospice, and, of course, carers in the home. Our main focus is to provide nursing care adapted to the individual to enable each person to fulfil their wish to remain at home at the end of their lives.

Sarah Bryson, Registered Nurse

The care and support that my husband and I received from the Lawrence Home Nursing Team in the last weeks of his life, was outstanding. It was hugely important to us both, that he could die at home if possible. This became even more crucial in the pandemic, when hospital and hospice visiting hours were limited or non-existent. Our wishes were always explored, respected and responded to with sensitivity and compassion. I will be forever grateful to this wonderful charity.

Carol Smallshaw
in memory of her husband

Volunteering with Madeleine Rickard



A chance conversation at the swimming pool with the Lawrence Home Nursing Manager, Jenny Nolan, was the start of my involvement with this remarkable charity. I had known the Nolan family for years and when Jenny's husband, Tim, helped carry my husband's coffin, LHNT was the obvious choice for the church collection.

Jenny had asked how I was enjoying my recent retirement, and despite having eight young grandchildren, I replied that I found I had a great deal of time to fill. 'No-one wants more than one cake a week' I moaned. We always want cakes was her immediate reply and by the time I reached home there was an email from Verity, the Fundraising Manager, listing the dates and requirements for the forthcoming Chastleton Teas.

Up until March 2020 there were a plethora of activities to be involved in from clay pigeon shoots, to comedy nights, cricket teas and fundraising dinners to name just a few. There was always a task or an activity to be involved in, and as someone who loves admin, with plenty of time on her hands, I relished organising the Chastleton teas, thriving on the camaraderie and friendship of the volunteer team.

Perhaps taking on the teas for the Wychwood Project at very short notice was not one of my better moves, but with the help of the inimitable Charlbury team, we pulled off a very successful event and gained plenty of local publicity for the charity. The famous green and white Lawrence Home Nursing Team tea mugs were in great demand, the only downside being that they all had to be washed by hand without access to a sink with running water. This added to the 'fun' of the afternoon and a good few hours of nursing costs were covered – always the priority in any fundraising event.

At the start of the first lockdown, the task of stuffing the 1500 ?? Spring Newsletter envelopes, labelling and then sorting the 250 plus for local delivery helped keep me occupied, providing a much-needed focus and connection to the community at a time of sudden solitude. What a pleasure it was to take the permitted daily exercise to deliver some and finding lanes and terraces in Chipping Norton that I never knew existed.

A team of us have recently taken over the collection of the LHTN tubs which are spread around the town and surrounding villages. The entire management of this had for years been undertaken by one remarkable person. How she managed this on her own I do not know. It is questionable whether I enjoy counting the tub contents, but I am rewarded by banking the additional funds and so enjoy, on the very good days, getting my sums right. It might be my imagination, but the long-suffering cashiers usually appear to be very busy when they see me coming!

Being involved with the LHNT has given me a whole new lease of life, a sense of purpose and a network of very strong friends who constantly make me laugh and have been a life-line of support through the last rather different and difficult year. I eagerly await stuffing the envelopes for this year's Newsletter, delivering the local ones and the return of normal service on the fundraising front.

It has been such a privilege to support, in a very small way, the team of professionals that underpin the work of this remarkable charity. Thank you, Lawrence Home Nursing Team.

Memories of Dr Martin Lawrence from Jenny Tucker

When I eventually managed to retire I thought that I would like to get involved with a local charity. I've lived in the same village as the Lawrence family for the past 38 years, Martin Lawrence was my GP and I have always admired the Lawrence Home Nursing Team.



I shall always remember the time when I needed to call on the services of Martin. One Sunday evening, my young son was eating a peach when I realised the stone had become stuck in his throat. I knew how to try and remove it but it wouldn't budge!

Martin lived a short distance from me but as I didn't know him well at that stage, I phoned his house in a state of panic! Luckily he happened to be at home and he immediately ran from his house to mine to help. By this time I had my son upside down over the loo thumping him on his back to try and dislodge the stone. Just as Martin arrived on my doorstep my son managed to sick it up. Never have I been so relieved. I was just so grateful for Martin's quick reaction.



Dr Martin Lawrence

I am now a volunteer for the Lawrence Home Nursing Team and I can't wait to get involved with all the fundraising events taking place this year starting with *Race* for Lawrence Home Nursing Team this Easter.

Jenny Tucker

A huge THANK YOU

to all our supporters, donors, volunteers and local businesses, who support our fundraising efforts and who organise their own events for us, we value every contribution and simply couldn't do this without you.



Thank you to Sarah Bryson, one of our registered nurses, who is fundraising for us in 2021 - starting with a monthly challenge of marmalade making.



Thank you to two of our nurses - Claire Quick and Monica Overbury who in September 2020 set themselves the challenge of cycling 300 miles in 30 days. Thanks to your generosity and their tireless efforts, they raised the impressive amount of £2720.25 for the Lawrence Home Nursing Team.

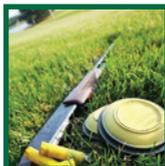
Fundraising EVENTS

Please keep up-to-date with our events programme and any changes by joining our mailing list at:
www.lawrencehomenursing.org

Our events and fundraisers in 2021



Race for LHNT - Walk or run this Easter. Visit our website for suggested routes. 3rd, 4th & 5th April.



Clay Pigeon Shoot, Supper & Auction at Leys Farm, Church Enstone. Saturday, 26th June.



Open Gardens and Afternoon Tea at Chivel Farm, Heythrop. Saturday, 24th July.



Jane Phillips Memorial Golf Day at Cotswolds Club, Chipping Norton Friday, 13th August.



Flock Comedy Night at Sandford St. Martin Cricket Club. Saturday, 4th September.



John Barrows Memorial Cricket Match at Sandford St Martin Cricket Club. Sunday, 5th September.



Virtual London Marathon Danny Phillips, William Riley & Ben Peacock run their own 26.2 mile course on Sunday 3rd October.



Carols of Remembrance Our annual carol service. December TBC.



A message from Verity Fifer, Head of Fundraising



Please get in touch!

For information on any of our forthcoming events or if you have a fundraising idea of your own, we would love to hear from you.

How can you help?

We want to be there to support every person and family in the local area when they need it most. However we can only continue to provide free end of life home care with your help. There are many ways to get involved. Whether you have a fundraising idea, would like to come to one of our events, or become a corporate partner we'd love to hear from you.

Please call me on 01608 684475 to find out more or stay in touch by visiting our website and subscribing to our newsletter.

A special thank you to our Charity Partner, M & S Foods, Chipping Norton and all our event sponsors including; Evenlode Investments, Haynes Hanson & Clark, R N Window Cleaning and Savills for their generous support.



Thank you.

Verity Fifer, Head of Fundraising

What your donation means to Lawrence Home Nursing:



How you can help

- Scan the QR code on the front cover
- Make a one-off donation (form below)
- Set up a monthly standing order or direct debit
- Pay a tribute to your loved one at www.lawrencehomenursing.org/tribute
- Leave a legacy in your will
- Charitable trusts & foundations
- Online shopping
- Organise a fundraising event
- Sponsor a fundraising event
- Sell Christmas or thank you cards

Please contact: Verity Fifer, Head of Fundraising at fundraiser@lawrencehomenursing.org or complete the form (s) below and return to the Office Manager, Lawrence Home Nursing Team, Chipping Norton Hospital, Russell Way, London Road, Chipping Norton OX7 5FA.

Name:

Address:

Post code:

Telephone:

Email:

I would like to make a donation to Lawrence Home Nursing Team of

£

Please find enclosed a cheque made payable to Lawrence Home Nursing Team

I wish this donation to be anonymous

giftaid it

Gift Aid Declaration

Using Gift Aid means that for every pound you give, we get an extra 25 pence from the Inland Revenue, helping your donation go further, and it doesn't cost you a thing.

I declare that I am a taxpayer and I want the Charity to treat my donation of £ which I made on the / / (date of cheque) and any future donations I make as Gift Aid donations.

I understand the requirement is that I must pay an amount of income tax or capital gains tax at least equal to the tax deemed to have been deducted from this donation.

I would like Lawrence Home Nursing Team to claim the tax back on this donation.

Don't forget to Gift Aid your donation!

Imagine being at sea. An ocean so stormy, tumultuous and engulfing that there can be no certainty, no rest. Instead, a deep feeling of helplessness, worry and fear combined with stress and exhaustion. This is what it can feel like to support a loved one with a terminal illness, at home, in the later stage of life. Then, as if by magic, the clouds part, the wind calms, and from the sky rains a shower of support, love and light: Lawrence Home Nursing Team. The team comprises gentle, understanding, perceptive, empathetic and experienced nurses. They arrived in our lives on Christmas Eve and suddenly we were enveloped in reassuring warmth, comfort and hope that we could give the best end of life care to our dearest family member.

Claire Ainley in memory of her mother

A Will for Lawrence

It costs approximately £500 to care for a patient in their home overnight. When we ask people to support us we cannot promise a brick with your name on it or to put a plaque on a wall. All we can promise is that your money will be used to help people to leave this world with dignity and love, to sustain their families at a time of loss and that unknowingly you will have a place in their hearts.

When planning your future making, or changing a will, please help us to plan ours. Leaving a legacy to the Lawrence Home Nursing Team, however large or small, makes a significant difference to our ability to meet the needs of our community and to plan for the future of the charity.

A legacy pack is available to download from our website www.lawrencehomenursing.org or email fundraiser@lawrencehomenursing.org for more information.

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