




SOBELL TIMES



What's inside

-  A year in the life of a frontline palliative care doctor
-  Information on how to remember a loved one with Sobell House
-  Meet members of the Sobell House team and families we have cared for

Dear friends,

It is a year that has both flown by and dragged. However, with many in the United Kingdom receiving their first vaccination against Covid-19, we are thankfully starting to enjoy some more freedom and normality as we move into spring and summer. As I am writing this, our shops have started trading for the first time since Christmas. We are hugely excited to be welcoming back our supporters who have donations to give us, or want to get back to face-to-face retail therapy.

Our Spring Newsletter provides

insight into how our clinical teams have coped during the pandemic, and the experiences of those we've cared for at Sobell House. It has certainly been a difficult time for our clinical colleagues for many different reasons. We are indebted to them for the strength and resilience they have shown over the past year in adapting to the new ways of working, whilst ensuring our patients have received the care they needed.



Contents

- 3-4** A year in the life of a frontline palliative care doctor
- 5** Meet members of the Sobell House team
- 6** Tracey and Alan's story
- 7** In conversation with Lydia Pickard, Deputy Matron
- 8-9** Leave a lasting legacy to Sobell House
- 10-11** Spotlight on: Oxford United FC
- 12-13** Marking 45 years of care and fundraising
- 14-15** Thanking our community for their wonderful support
- 16-17** Remember a loved one with Sobell House
- 18** The Oxford Centre for Education and Research in Palliative Care
- 19** The Art Bag Project
An Easter treat
- 20** Ways to get involved and support us this year

Continued from page 1

Part of our focus as we move forward is to review what has changed and decide which of these changes we will continue to use to support those we care for through Sobell House's services. That includes the use of video calls to provide support and diagnosis where that has been effective.

Another example of this is our bereavement service, which is entirely charitably funded and provides counselling sessions primarily facilitated by trained volunteers. While typically our bereavement volunteers provide face-to-face support, over the last 12 months they have had to adapt and provide telephone and online counselling. The bereavement service has recently completed its first online volunteer training sessions, including practice in online counselling. We are also looking to increase the number of bereavement volunteers as we expect the numbers of people needing additional bereavement support will increase.

One thing we have learnt from

the pandemic is that things can change and change fast. We also know now that we can adapt and want to make sure that we are fit to meet the future changing needs of hospice care.

Your generous support over the past year has ensured that we continued to support hospice services and provide morale-boosting homemade meals and treats for our clinical teams. We hope you will continue to support us so that together we can meet the growing needs of those at the end of life in the future. One of those ways is to leave a gift in your Will. More details of this can be found on pages 8-9. If you are able to, it will be truly appreciated.

I wish you all the very best as we come out of this recent lockdown. Thank you so much for your ongoing support, and I look forward to being in touch before too long.



Diane Gardner
Charity Chief Executive



After a year of significantly reduced income from our community, retail and events fundraising, we're appealing for support from our community to help to safeguard our care for the future.

Make a donation to our Crisis Care Appeal today.

www.sobellhouse.org/crisis-care-appeal

A year in the life of a frontline palliative care doctor

My name is Mary and I am a consultant in palliative medicine at Sobell House, having worked here for 25 years. My clinical work is with the hospital palliative care liaison team seeing dying patients across Oxford University Hospitals, but focusing mainly on the John Radcliffe Hospital. The other job I have is Director of the Oxford Centre for Education and Research, a small sister charity to Sobell House Hospice Charity. We focus on improving care for those who are dying through education and research.



This past year was unlike no other in my 32 years working as a doctor. There have been other challenges – a passenger plane crashing off the south coast of Ireland killing all on board when I was a medical student, or the HIV epidemic which swept through Dublin as I started working in the hospice there – but nothing like this pandemic.

MARCH 2020

Like many others, I watched the news from China at the start of 2020 and I hoped that the UK might escape the worst, as had happened with swine flu in 2009. I started to feel scared about what was coming as I watched the reports from Italy and heard the number of deaths continue to rise of both patients and healthcare staff.

I returned to work in the John Radcliffe at the start of March. Walking through the crowded waiting room on my first morning back and hearing coughs, I remember thinking 'I am very likely to catch this disease – what will that mean for me, my family, and the Hospice'. I was ill with Covid-19 from mid-March putting further strain on a short-staffed medical team – this first lockdown passed me by.

MAY 2020

The Hospice had settled into a rhythm to some extent. The high numbers of patients were in the acute hospitals; our ward which is usually full was quiet, and community patients mostly preferred telephone calls to visits. So the Hospice service refigured to meet the need where it was – moving staff to the hospitals. We were offered support from Katharine House Hospice and Helen & Douglas House, several medical staff

offered sessions, and staff were redeployed to us from other areas of the hospital. A retired nurse came back to help! Fabulous and speedy collaboration.

Local symptom control guidance was developed, as well as national guidance, to help staff look after patients and ensure they were comfortable. Learning from palliative care staff in London, which took the brunt of the first wave, was shared across the country. The hospital team staff proactively visited the Covid-19 wards across the hospital, learning what to expect of deaths from this disease and how to ensure people were comfortable while they fought the disease or as they died. We got used to the alien world of PPE (personal protective equipment) and phoning families instead of seeing them face to face.

JULY 2020

July saw beautiful sunny weather and a reduction in the case numbers of Covid-19. The Hospice ward was busy again and our hospital team was back to its core members of staff.

Two things stood out in July. We looked at the case records of those who had died from Covid-19 – learning about symptoms, medicines used and doses needed to keep people comfortable. We discovered that the

symptoms were easily managed with low doses of medications we commonly use in palliative care. We published the results – one of five UK hospices to do so. A sobering finding was that only 18% of people had a family member or a person they loved at their bedside as they died. They did not die alone, but they died without those they loved.

The second thing we noticed was that people were now coming in to hospital with advanced disease – it has been many years since I have seen three people over the course of two weeks lose the muscle power in their legs and become paraplegic. Perhaps people were scared of catching Covid-19 in hospital or perhaps the focus of the health service was on Covid-19.

SEPTEMBER 2020

Our work days become more 'normal' and staff take this opportunity to catch up on their leave.

The area of the Hospice that continues to have the biggest change to its service provision is the community team. The staff are doing remote video consultations instead of visits – communication skills are being honed in a very different environment to normal.

NOVEMBER 2020

I chaired the first lecture of the Oxford advanced course in pain and symptom management. This flagship course has run for over 30 years and is one of the foremost national and international palliative care courses. It usually runs in June and July annually. In 2020, it was postponed and moved online.

We watch the rising case numbers through November with trepidation. A third lockdown is inevitable.



JANUARY 2021

The UK is in lockdown and we have a very busy hospital – most wards are red areas with patients who are having treatment for Covid-19. The treatments are more effective, and we are confident about the care people need who are dying of Covid-19. Notably, people who are frail and older find it hard to regain strength and independence after a Covid-19 infection.

This time, the Hospice ward is as busy as usual and the community service is very busy! Resilience is low; in families, in social care providers and in healthcare staff. Staff are tired and are struggling to recover after being infected with Covid-19.

Our team was very lucky to receive the first dose of vaccine and I feel more hopeful for life in 2021.



MARCH 2021

I'm writing my year-long summary on the first day of March, and we are looking forward to spring, summer and the gradual easing of lockdown.

The vaccination programme has been very successful – over 20 million people have received their vaccine. In 12 months we have learnt new skills and how to manage an unknown disease.

We remember the 703 people who have died of Covid-19 in Oxfordshire, the 123,000 people in the UK, and those who will die in the coming months. We especially think of so many people who have not been able to be present at the bedside of those they love and alongside them as they died. The past 12 months will cast a long shadow.

Meet the team...

Ali has worked at Sobell House as a Community Specialist Palliative Care Nurse for 10 years. She's kindly shared a patient's story of care that has stayed with her since working at Sobell House;

"One of my lasting memories is of a patient who was discharged from hospital for end of life care. I visited him on a couple of occasions and got his pain and symptoms controlled, and he appeared to stabilise. However, he was upstairs in a hospital bed and isolated from the rest of the house. The Sobell occupational therapist visited him and gave him a structured program to build up some muscle and stamina. We then visited together and planned to walk him downstairs. He did this and was overwhelmed with emotion, as he could now sit his garden, spend time with his wife, and watch the cricket on TV.

Over the next few weeks he got a suntan from sitting in the garden, his mood improved, and his wife was less exhausted from not having to run up and down the stairs. This man died two months later and his wife and family have some lovely memories from the last months of his life".



The end of life care we provide is personal to every one of our patients. We get to know who they are as a person and can offer them support in very unique ways. Gemma is one of our community nurses and has shared an example of the care we provide;

"I cared for a very unwell gentleman who was bedbound at home. He once told me that all he wanted to do was go down to his local pub and have a pint of 'Doom Bar' Ale; but he knew that it wasn't "allowed". When I informed him that it was very much "allowed" and that I would document it as a goal of care, he rallied! Two weeks later (with our wonderful Occupational Therapist's input and some good symptom management) his wife was pushing him in a wheelchair off down to the pub. He got his Doom Bar!"

Nicolina has worked at Sobell House for two years as our social worker. When we asked her if she had any stories that have stayed with her, she replied;

"I looked after a patient in February 2020 and he was just 19 years old. Due to the complicated nature of his illness, and with his families wishes, he was looked after in a specialist nursing home in his final week of life. It was important for him that his mum could stay with him, so I managed to arrange accommodation for her so she could be by her son's side day and night. I will always remember the phone call I received from his mum after he had died - she was so grateful to have been able to stay with him".



Tracey and Alan's story



Tracey was cared for by our team following a diagnosis of cancer. She spent her final days on our ward in 2019. Her husband, Alan, has kindly shared their experience of the care and support they received from Sobell House.

Tracey and I first met when we were 13 years old and grew up together during our teenage years. We became a couple at the age of 18, and got married when we were 22. We have three grown-up children – two girls and a boy.

Devastatingly, in August 2018 our world changed when Tracey was diagnosed with cancer at the age of 52.

When a member of your family has a terminal illness, you are entering the complete unknown and you have so many unanswered questions and overwhelming thoughts. I was so grateful to the community nursing team at Sobell House, who completely supported me as Tracey's main carer for eight months. For me this was such a huge relief knowing that I wasn't alone and that they were just a phone call away.



Tracey first stayed on the inpatient ward at Sobell House in February 2019 for respite care, before spending the last ten days of her life there in April of that year. What was clear to me is that none of the staff at Sobell House see working there as 'just a job'. For them it is so much more than that. Nothing whatsoever was too much trouble for them, and being under their care was such a relief. One moment really sticks in my mind, which was when a staff member massaged Tracey's feet. A very simple act of care and kindness, but it meant a lot to us.



Tracey and I grew up in Oxford, and I've always known about Sobell House and what they do, as other members of our family have been cared for by them over the years. My first impression back then remains the same today – they care for people with such kindness, and provide that same level of care and support to the whole family too.

If you can, I urge you to support Sobell House because our local community needs them so much to support families like ours.



In conversation with Lydia Pickard, Deputy Matron

Can you tell us a bit about your background?

I have worked for the Oxford University Hospitals NHS Trust since 2011, when I graduated from Oxford Brookes University. Since that time, I have worked on the Nuffield, John Radcliffe and Churchill hospital sites on various surgical wards. I have always enjoyed working with patients with the most complex of conditions and needs, whether physical, social or psychological, and thrive on the challenge of delivering excellent care in the face of adversity. I am passionate about nursing, and relish my role as a manager, recognising the importance of nurturing, developing and supporting team members in order to directly influence the care that we are able to provide to our patients.

What attracted you to the role at Sobell House?

When the Sobell House Deputy Matron role came up, I had been a ward Sister for some years, and was keen to embark on the next challenge of my career. I have always enjoyed caring for palliative patients within various clinical services, and I thought that leading in an area of such complexity, where it is so key to 'get it right' for our patients, would be hugely rewarding.

How has it been for you since arriving?

I started the role in July 2020, during the Covid-19 pandemic. Whilst challenging to meet and develop relationships with a new team in the face of social distancing and masks, I received a warm welcome, and was quickly able to feel a part of the Sobell 'family'. Undoubtedly it has been a busy and difficult time for our services, as it has for the NHS as a whole, but I have been deeply impressed by the commitment and passion shown by all of our team in the face of such adversity.

Have there been any special moments that have stood out?

It's difficult to pinpoint one moment! Every time I walk through the Sobell ward, I am struck by the warm and compassionate environment. I feel extremely proud of the team, who have adapted their practice to ensure that we still continue to develop effective supportive relationships with our patients and deliver the best possible care, in spite of the need to adhere to Covid-19 regulations.

Is there anything you'd like to say to *The Sobell Times* readers?

A simple thank you for your ongoing support! The relationship we have with the Sobell House Hospice Charity is extremely special, and the support that you give us enables us to provide wonderful, meaningful touches and services for our patients, their loved ones, and our staff. Thank you for everything!



Leave a gift to Sobell House in your Will

Being only partly funded by the NHS means that at Sobell House, we very much depend on our supporters' kindness and generosity to enable us to offer all the care and comfort patients and their families need following the diagnosis of a life-limiting illness.

Every year we need to raise approximately £2 million, 25% of which comes from legacies. By leaving a gift to Sobell House, you would be entrusting a lasting legacy of compassion, reassurance and dignity – helping us to provide exceptional care and support for patients and their families in their time of need.

Leaving a gift in your Will of as little as 1% of your Estate is an opportunity to give more than you might ever have been able to give in your lifetime, enabling Sobell House to care for people long into the future.

To find out more about leaving a gift to Sobell House, please get in touch with Lorraine, our Director of Fundraising, by emailing lorraine.pink@sobellhospice.org. Alternatively, you can fill out the form on the opposite page to receive a free Legacy Guide and return it in the Freepost Envelope enclosed with this newsletter.

The difference you could make...

£2,000

could pay for a pressure relieving mattress, to help prevent bed sores and make sure patients feel comfortable.

£8,400

could fund two weeks of care for a patient staying on our ward.

£20,000

could pay for 20 syringe pumps, which administer medication to patients who cannot swallow tablets, helping with pain relief.



Leave a lasting legacy

Leaving Sobell House a gift in your will won't cost you a penny in your lifetime, but you will be safeguarding our services for generations to come. Small or large, your gift has the power to make the difference.

Order your free Legacy Guide by filling out your information and returning the form using the Freepost Envelope enclosed with this Newsletter.

Alternatively, you can call or email us.

Call: **01865 857007**

Email: mail@sobellhospice.org

Title

Name

Address

Postcode

Phone number

I have already included a gift to Sobell House in my Will



Spotlight on: Oxford United FC

Oxford United Football Club, and their loyal fans, have shown a huge amount of kindness and generosity to Sobell House. We'd like to shine a spotlight on just some of the ways they've shown their support.

If you would like to talk to us about how your business can get involved, please contact our Corporate Partnerships & Community Manager, Tim Wraith; 07960 616791 or tim.wraith@sobellhospice.org.

In September 2019, the Charity team organised a post-match collection for Sobell House outside the football grounds. Fifteen fans helped with the collection, helping to raise £800 to support the work we do. It was incredibly moving to hear from the fans who donated about what Sobell House meant to them and their families. Many had relatives or friends who had been cared for by our team, and were glad for the opportunity to give back and show their support.



The Club has also provided our Corporate Partnerships & Community Manager, Tim Wraith, the opportunity to invite some of our business supporters to lunch in the Club dining room, as well as seats in the Directors' Box to watch the game from. Building corporate relationships is a key part of the work we do in the fundraising team, and so we were grateful to the Club for this special networking opportunity.

Introducing our new charity ambassador

We are delighted to welcome Oxford United player, Josh Ruffels, as a charity ambassador for Sobell House.

Josh is keen to help us spread the word about what we do, and support us in any way possible, most recently by taking part in our Challenge45 event. We very much look forward to welcoming him and his teammates to the hospice for a visit when safe to do so.



Thank you, Craig!

Season ticket holder Craig Bell recently won an Oxford United bespoke copy of FIFA21, which was signed by the first team squad. Craig kindly offered to auction this video game, with all proceeds going to Sobell House, and also agreed to match the winning bid with a further donation. In the spirit of good fun and generosity, a group of his friends, also Oxford United supporters, got together to ensure they drove the winning bid up to £600. With Craig's matched donation, as well as an additional £100 donation, the group raised a total of £1,300 for Sobell House. A brilliant result!

Meet Andrew

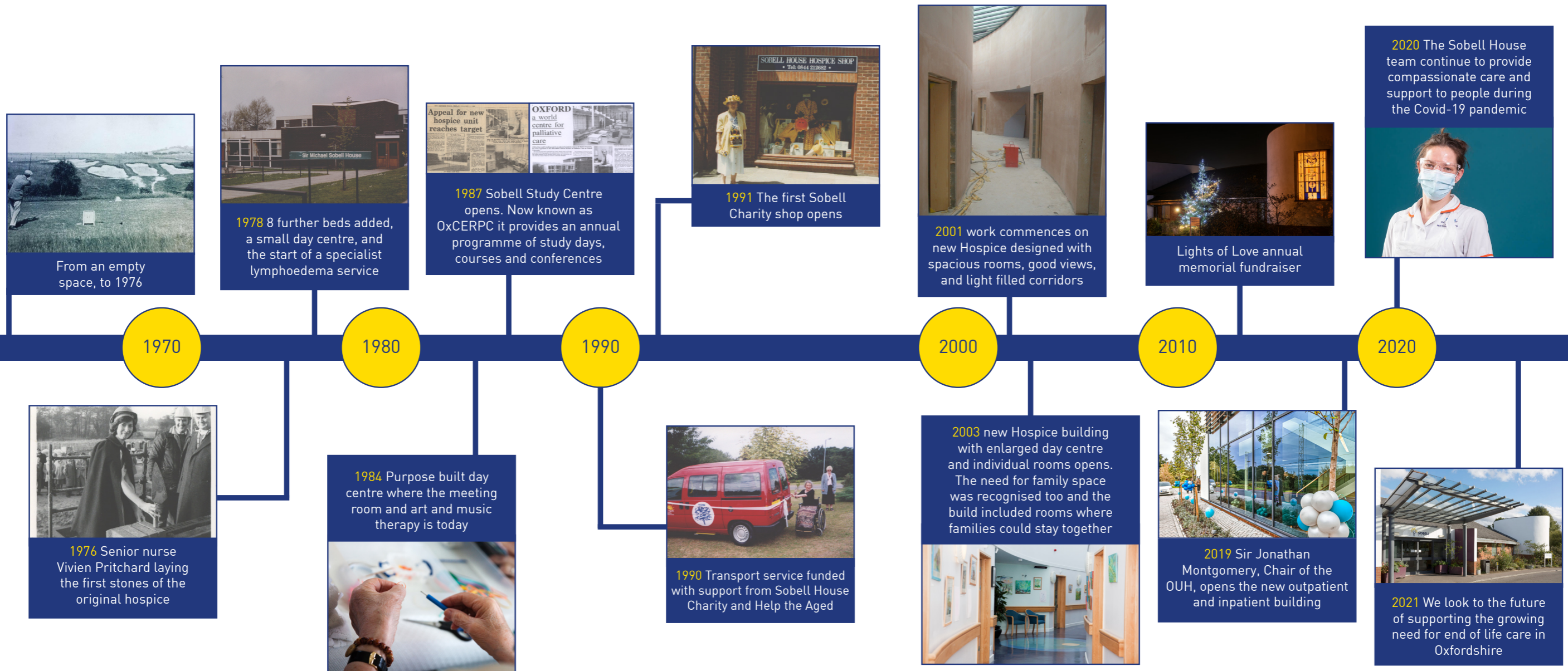
This is Andrew, who has been going the distance in his fundraising efforts for Sobell House.

As a devoted Oxford United FC fan, Andrew came up with an epic challenge to run a marathon for every Oxford United league win this season. He wanted to support Sobell House in memory of his friend, Amy, whom we cared for in 2019. At the time of writing, Andrew has completed 12 marathons since October 2020, and, incredibly, raised over £4,300.



Reflecting on 45 years of caring for our community

Monday 12th April marked 45 years since the very first patient admission to Sobell House. So much has changed since 1976. We've extended the hospice building twice, offer more services to our patients and their loved ones than ever before, and have worked through a global pandemic. But one thing will always remain the same: providing compassionate care and support to the people of Oxfordshire. Below is just a snapshot of what we've achieved during our 45-year history. Thank you, because we couldn't have done it without the unwavering support and kindness from people like you.



Thank you so much!

The support we receive from our local community is incredibly heartwarming. Here are just a few of the fundraisers that have made a difference in recent months...



Shannon Taylor and her partner ran 60 miles in March in memory of Shannon's dad, raising £765.



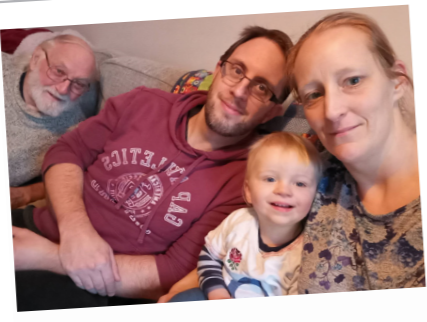
Steve, Jason and Darren Moody ran a half marathon in memory of their father, David, raising £876.



Frank Malone and Peter Parry raised £550 by holding a fishing match in memory of Ann Malone.



Emma Hunter completed 250km on a spin bike in just one day, an incredible challenge raising £2,040.



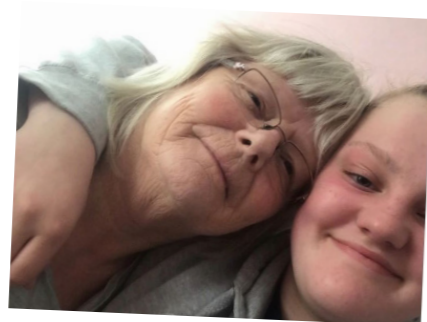
Emily, David, and Peter completed Dry January this year and raised £250.



Liam raised £40 by taking penalties against his dad in memory of his great uncle, Chris.



Marina Dunkley ran over 2,000 miles from March 2020 to March 2021, raising £630.



Shannon Eggleton-Hart walked and cycled 100km in March in memory of her grandparents, raising £421.



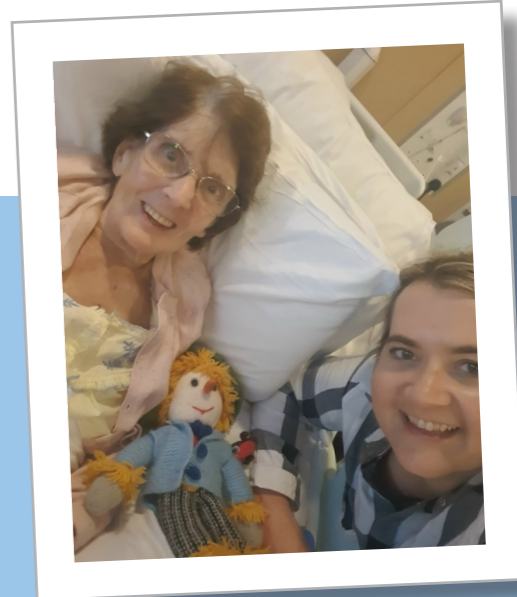
Cat Ringsell, alongside her dad and sister, took part in Sober October. Together they raised an amazing £5,866.

THANK YOU, GEMMA!

In February, Gemma Page ran 100km in memory of her nan, and raised an amazing £2,213. Gemma kindly shared more about the care her nan received;

"My nan, Thelma, passed away in December after a short battle with cancer. As a family we really appreciated the wonderful care that she received, and it was so comforting to know she was very happy there in her last months (so much so she thought she was in a hotel!).

Losing a grandparent is never easy, but it's even harder during a pandemic. Nanny had five children, many grandchildren and great grandchildren, and would usually be surrounded by family, which was when she was happiest. The pandemic put a halt on this, but knowing she was being looked after at Sobell by all the wonderful doctors and nurses and we could see her on Facetime was very reassuring for us, and inspired me to give something back".



THANK YOU, JANE!

We wanted to say thank you to Jane, who every year crafts Easter, Halloween and Christmas themed knits to sell at Millets Farm in aid of Sobell House. Here, Jane explains why;

"I've been knitting for Sobell House in memory of my mum since she passed away at the Hospice in August 2011. To date, I have raised £6,720, and I find fundraising a way of giving something back, in thanks for the kindness and support my Mum, myself, and our family were shown by everyone at the Hospice. Now Easter has passed I will begin knitting for Halloween and Christmas!"



Meet Niki

Some of you may have spoken to Niki Wardell-Yerburgh, who has worked in the Sobell House fundraising team since July 2019 as our Fundraising Administrator. Recently she was appointed as our new Community Fundraiser. Niki brings a huge amount of enthusiasm and skill to this role, and isn't afraid to get stuck into her own fundraising challenges! Most recently she organised an online workout with 45 people and raised £680 for our Challenge45 event.

Niki says; "If you would like to fundraise for Sobell House, whether you're challenging yourself to run a 10km, climbing a mountain, doing something creative, or even something silly, I'd love to help you reach your fundraising goals. Please get in touch by emailing niki.wardell-yerburgh@sobellhospice.org or calling **01865 857067**. It would be great to hear from you".



Niki completing her Challenge45 fundraiser in aid of Sobell House.

Remember a loved one with Sobell House

Many of our community kindly choose to remember and celebrate the life of their loved ones with Sobell House, by raising money or donating in their memory. We would like to tell you about two new ways in which you can do this.

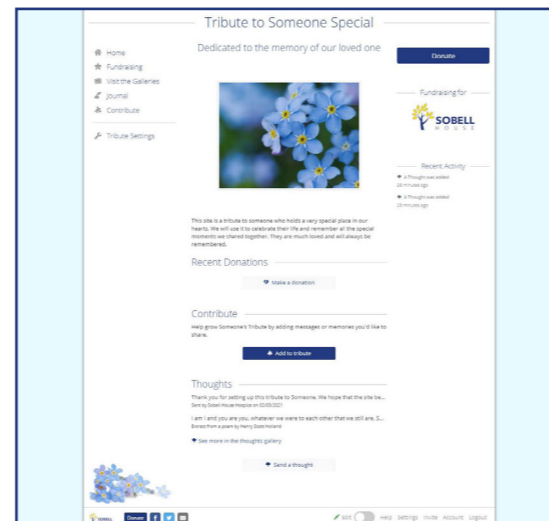


Forget-me-not tribute pages

Our brand new Sobell House Forget-me-not tribute pages allow you to set up your own special memorial website in tribute to a loved one. They provide a shared space that you can use to share memories, thoughts and stories with family and friends as well as light candles, add music, photos and videos.

If you choose to, you can also use your page to collect donations for Sobell House in your loved one's name. It shows you the total amount donated, so that over the weeks or years you can continue to see the legacy of your loved one.

To set up your own Forget-me-not tribute page, or to find out more, just visit www.sobellhouse.org/forget-me-not-tribute-pages. Alternatively call **01865 857007** to speak to a member of the Charity team who will be happy to set it up on your behalf.



The Foreman family's story



Beth with her brothers, Guy, Jack and Jonas

Guy Foreman and his family chose to set up a fund in memory of Guy's sister, Beth, who was cared for by Sobell House in 2016. They have raised over £50,000 in her memory, which has been used to provide nurses with specialist education and training in palliative care.

"We set up Beth's fund to support the staff at Sobell House who looked after Beth so well. Beth was extremely thoughtful and caring, and hugely supportive of other people - she would have been wholeheartedly behind the idea of the fund. We miss her every day, but it seems only appropriate to be raising money for a cause that benefits the palliative care team directly, in a way that she would have loved".



© John Cairns

Dedicate a leaf to your loved one on our Memory Tree

The Sobell House Memory Tree is a beautifully designed artwork, which has recently been installed at the Hospice. You are invited to dedicate a leaf on the tree to your loved one. Each leaf on the tree is packed full of love, experiences and memories.

By purchasing a leaf and supporting Sobell House you will help us to ensure that our patients can live life to the fullest, and enable other local families to create new memories to cherish. You can dedicate a leaf in memory of anyone special to you, even if they were not cared for by Sobell House Hospice.

The Memory Tree is located in a bright and peaceful space at the Hospice, near the Charity office. Once coronavirus visiting restrictions are lifted, you will be very welcome to pop in to visit it. You can sit with a tea or coffee, or just take a quiet moment out of your day to pause and reflect on all the lovely memories you shared.

In exchange for your leaf we ask you to make a donation to help support other families who need our care. There are four types of dedications on the Memory Tree to choose from, ranging from £100 to £500.

To make a dedication or find out more...

Call: **01865 857007**

Visit: www.sobellhouse.org/memory-tree



© John Cairns

The Oxford Centre for Education and Research in Palliative Care

The Oxford Centre for Education and Research in Palliative Care (OxCERPC) is delighted to have the opportunity to reach out to you once again. In the last Newsletter you met Kate Butcher, our Education Lead. My name is Mary and I am the Director of OxCERPC, working with Kate and the team to deliver education and research in Sobell House.

OxCERPC is a small charity supporting the work of Sobell House and Sobell House Hospice Charity. We support the provision of excellent patient care and support for family and loved ones by providing education for staff and ensuring our practice is up to date. In this Newsletter I would like to discuss three things with you...

The effect of Covid-19 on funding

Three lockdowns and the volume of work to be undertaken in the NHS and the Hospice sector has had a toll on our income, as with so many charities and businesses. OxCERPC forecasts a loss of £50,000 this year. We are working hard to mitigate this loss and protect against ongoing Covid-19 consequences in 2021/22.

We would value your support, including knowledge of grants we could bid for, partnerships and contacts we could explore, or bursaries you could offer. Please see www.sobelleducation.org.uk/donation for further information.

Advance Care Planning: wishes at the end of life

Advance Care Planning is a process of thinking about your goals and values, telling your family about your wishes and preferences, and speaking with healthcare professionals to document your views. The pandemic has crystallised this for many of us in Oxfordshire. We hear 'I would like to stay at home with my family so they can be at my bedside' and 'my children need to work so they cannot look after me at home'. Discussions are even more important in these times.

OxCERPC have four courses, of which support hospice, care home, community and hospital staff to enhance their skills to open these conversations. We have submitted bids to further develop this programme of education. Now, we would very much appreciate your feedback and ideas. Is this something the community might be interested in? Could you support us to deliver the courses?

To discuss any thoughts, please email Mary or Kate: mary.miller@ouh.nhs.uk | kate.butcher@ouh.nhs.uk. Thank you for reading about our work and we hope that you might be interested in supporting us.



Weighing the evidence and research

The team at Sobell House was one of five hospices in the UK to look at deaths from Covid-19 in the acute hospitals last year and to publish our findings. We wanted to learn about the care needs of those who died from this new disease. We then went on to pull together all the international evidence on medications used to manage symptoms: this is the first paper of its kind internationally. This paper has just been accepted for publication by the leading palliative care journal.

You can read more about our research work by visiting www.sobelleducation.org.uk/research. We welcome your ideas, your questions and any financial support you can offer.

The Art Bag Project

We're excited to tell you about our new Art Bag Project, which has been created to provide the Sobell House community – our patients, their families and friends, staff, and volunteers – the opportunity to engage in a simple art activity and connect to each other by sharing the artworks created online.

This year's Art Bag craft activity is embroidery, and you will be provided with all the tools and information you need to get started, with the emphasis being on the process of making rather than the finesse of the finished artwork.

If you would like to take part or find out more please email artbag_sobell@sobellhospice.org or visit www.sobellhouse.org/how-we-can-help/the-art-bag-project.



An egg-celent Easter treat!

Thank you so much to everyone who donated Easter eggs for our staff to enjoy over the Easter weekend. We wanted to give a special mention to...



The local supermarkets which very kindly donated Easter eggs to us. Your ongoing support is so greatly appreciated, and we feel very spoilt!

Our local business community which generously donated Easter eggs and helped us to spread some Easter joy.

The University of Oxford's Radcliffe Department of Medicine, which recently sent us £310 in vouchers to spend on treats for our staff. We topped up the Easter egg haul using part of their donation, so everyone could take a treat home.



Get involved

Find out about some of the ways you can get involved this year and make a difference to the people in our care.

To register for an event, please visit www.sobellhouse.org/events.

(Not The) Winter Walk

With the UK in lockdown we couldn't hold our Winter Walk earlier this year. However, Blenheim Palace have kindly offered us an alternative date to host our event, which means we will be back on Sunday 18th July for (Not The) Winter Walk!



Everything that's loved about the Winter Walk remains the same - apart from the weather! - and it will be the perfect opportunity to reunite with loved ones, raise money for Sobell House, and make the most of post-lockdown life.

The Sobell House Golf Day

This year's 'tee-rific' Golf Day takes place on Friday 17th September at the beautiful Studley Wood Golf Club. The day will include brunch on arrival, 18 holes of golf, and an evening meal accompanied by a live auction. The cost is £300 per team of four, which will go directly to caring for our patients and their loved ones.



Light the Night

1 NIGHT - 10KM. As darkness falls upon Oxford, we will be the light... Join us on Saturday 4th September as Light the Night returns with a magical 10km night-walk through the starry spires of the city. By taking part in this event, you can help Sobell House to bring light to a dark time for our patients and their families. You can light up a life.



The Oxford Half

The Oxford Half is back and takes place on Sunday 17th October. Will you become a Sobell House champion and join our team?

Not only will you feel amazing for making a difference, but you'll be hitting your goals too - whether that's achieving a personal best or getting active.



Other ways to get involved

Shop with Sobell: we have 10 charity shops, which are located in: Bicester, Witney, Wantage, Marston, Didcot, Headington, Thame, Carterton, Kidlington, and on Little Clarendon Street in Oxford.

Play the Lottery: sign up to play the Local Hospice Lottery in aid of Sobell House for just £5 a month, and be in with a chance of winning great weekly prizes. Visit www.sobellhouse.org/get-involved/lottery to get started.

www.sobellhouse.org

Tel: 01865 857007

Email: mail@sobellhospice.org

Registered Charity No. 1118646

Sobell House Hospice, Churchill Hospital, Headington, Oxford, OX3 7LJ

