

# Helen & Douglas House News

Spring 2023

Did you know?  
You can donate to Helen & Douglas House on a one-off, or regular basis. Find out how on page 7



Charity Super.Mkt  
THE ORACLE  
READING

OPEN UNTIL  
30TH APRIL

Don't miss your opportunity to shop at the Charity Super.Mkt pop-up shop, in The Oracle, Reading - open until 30th April. More on page 3



The Butterfly Bimble  
Memory Walk

Sign up for our Butterfly Bimble - a memory walk in the beautiful grounds of Waddesdon Manor, Bucks. Find out more on page 6

[hdh.org.uk](http://hdh.org.uk)  
01865 794 749

  
Helen & Douglas House  
your local children's hospice

# Spring news from Helen & Douglas House

Dear Supporter

**This year is already in full swing, with spring in the air and the hospice buzzing with activities. We recently held an Easter party for some of the children and families we care for, which included a visit from farm animals. During this activity, which was funded with help from Together for Short Lives, we also had an Easter egg hunt and plenty of sensory and craft activities.**

Our events team have been busy with their plans. Our next event, Butterfly Bimble in May, is a memory event suitable for families of all ages and for anyone wanting to walk in memory of a loved one - they do not have to have been to the hospice. It is taking place at a new venue this year, the beautiful Waddesdon Manor in Buckinghamshire. As the weather warms up, this will be a great springtime event to attend. Find out more about this, and our other events, on page 6.



**We're so pleased to be involved with the Charity Super.Mkt pop-up shop, along with several other local charities. It is open until 30th April, so make sure you get down to The Oracle, in Reading, to get some great items. This initiative will help generate vital funds to help us care for children, like Felix (pictured), in a place they feel most comfortable, as well as also helping us provide sibling and family support.**

We couldn't do what we do without the generosity of time from the many volunteers who support us. There are many volunteering opportunities, and everyone has their reasons as to why they volunteer. You can find out more about one of our home volunteers, Helen, as she tells us her story on pages 4-5.

**As we look forward to the rest of the year, keep an eye on our website and social media for the latest news and updates from Helen & Douglas House. Thank you once again for your support.**

Kind regards

Clare Periton - CEO Helen & Douglas House

Helen & Douglas House

Did you know? We have many Helen & Douglas charity shops across Oxfordshire and the surrounding counties. If you are looking for a new outfit or household items, or if you want to donate pre-loved goods, find your nearest shop at [hdh.org.uk/shop](http://hdh.org.uk/shop).

# latest news

Here's some of our recent highlights.  
Visit [hdh.org.uk/news](https://hdh.org.uk/news) for more, or  
scan the QR code.



## Shop with us, until 30th April, at the Charity Super.Mkt, at The Oracle, Reading



Did you hear that our pop-up shop, in the Charity Super.Mkt Reading, opened on the 24th March? This is the UK's first multi-charity shop concept, originally founded by designer Wayne Hemingway. It is very exciting to be part of this, and we are pleased to say that it is open for five weeks, until 30th April - so there is still plenty of time to shop with us! This exciting concept could raise around £25,000 and will help us care for more local terminally ill children. Visit us at The Oracle, Reading, to pick out some fantastic items at great prices.

You can find out more at [www.charitysupermkt.com](https://www.charitysupermkt.com)

## Shop with us on eBay

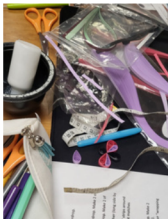
Have you shopped with us on eBay? In February, online eBay sales raised over £7,660 for the hospice. With items from vintage clothing to jewellery, as well as designer outfits and antiques. What great value items will you find online?

Sign up for our regular online e-news - contact us today



Shop online at [hdh.org.uk/Ebay](https://hdh.org.uk/Ebay)

## Carterton shop hosted craft sessions to mark Global Recycling Day



The Carterton Helen & Douglas House charity shop recently hosted a series of craft sessions, just using recycled materials that have been donated by supporters like you. They offered fun and eco-friendly craft sessions, with the chance to learn new skills, including scrapbooking, origami, bullet journals and sewing. It was not only a great way to reuse and recycle items, but also got the creativity flowing!

**Are you interested in getting creative? Contact the Carterton Helen & Douglas House charity shop to find out when their next craft event will be, by visiting [hdh.org.uk/shop](https://hdh.org.uk/shop).**

## Thank you for supporting us in March

Thank you to everyone who donated to our March appeal. Christina told us about her son, Jasper, and the difference that Helen & Douglas House makes to them. When Jasper was born with a life-limiting chromosomal disorder, their world was turned upside down. Instead of being just 'Mum', Christina became a full-time carer for Jasper. Helpless nights and endless intensive care visits became part of Christina's life - something no parent ever imagines. This took an emotional toll and impacted the whole family, not just Jasper. 'Our emotions were hanging by a thread. Then, someone from Helen & Douglas House told me 'We can help''. With your support, we could be there for them.

**If you want to find out more, or donate, you can do so at [hdh.org.uk/appeal](https://hdh.org.uk/appeal).**

**You can also donate using the page at the back of this newsletter and enclosed envelope.**



Email us at [newsletter@helenanddouglas.org.uk](mailto:newsletter@helenanddouglas.org.uk) to let us know of any changes to your personal details. You can also sign up to receive our regular monthly e-news with the latest hospice news.

**Many thanks to the children, families, staff, volunteers and supporters who help us create the content for our newsletter.**

**Follow us on social media:**



[HelenAndDouglasHouse](https://www.facebook.com/HelenAndDouglasHouse)



[HelenAndDouglas](https://twitter.com/HelenAndDouglas)



[helenanddouglashouse](https://www.instagram.com/helenanddouglashouse)



# Meet Helen - a Home Support Volunteer

We care for terminally ill children, and their families, at our hospice in Oxford, in hospital and at home. The families that we help to care for often face challenges in managing day-to-day life at home. This is because, quite often, at least one parent is a full-time carer to their child, which means they are left with little time to deal with other daily chores and activities at home.

We're pleased to be able to offer our Home Volunteer Support service to the families we care for. This service, and the role of the volunteer, varies depending on what help is needed. Some of the tasks they can provide help with might be shopping, gardening or housework. They can also lend a hand on days out, and playing with siblings and supporting them with their homework.

Kate Barklie, our Home Support Volunteer Co-ordinator, said 'We work with families to identify which member of the family may need some extra support, and what the most helpful service would be. We then match them to our Home Support Volunteers who are fully trained by us. We want to help support our families in any way we can at the hospice, but also at home. This is a really versatile volunteering role that makes a huge difference to the lives of local families.'

## Meet Helen

Helen is currently a Home Support Volunteer for Jack's family in Aylesbury. Helen has had a long connection with the charity. Her sister Shona was diagnosed with an inoperable brain tumour in 1998 when she was just eight years old, and Helen was 11 (at the time). It wasn't long until their parents found out about Helen & Douglas, and the support they offer, and they came for a weekend visit. This visit provided them with some respite from caring for Shona.



Helen with Jack and his family

'The memories of Helen & Douglas House, from when I was growing up, and how they supported the family in the year before Shona passed, have always stuck with me. So, as an adult, when I took a break from work to go travelling, on my return I had six months spare and I wanted to volunteer at Helen & Douglas House as a thank you. I was coming into the hospice three days per week, helping on reception, in the admin office and supporting the Care Team with other siblings that were visiting with their families.'



When Helen returned to full-time work, she looked at other ways to continue to support the hospice. This is when she was told about the Home Support Volunteer project. She was matched with the family, who live locally to her, and she now visits them for two hours each week.



*'I offer support around the house with cleaning, tidying, and anything they may need help with. They may seem like small tasks, but when you are a parent, looking after a terminally ill child, tasks like this don't seem like a priority, but they still mount up.'*

*I have been volunteering with the family now for over a year, and I can see that my support helps them, but they also help me. I am in a job with a lot of responsibility and so, for me, the two hours are a break away from my life where I can switch off, natter about the week, enjoy a cup of tea and feel like I am making a difference.'*

Helen, whose son Jack is cared for by Helen & Douglas House told us, 'Volunteer Helen is brilliant. She has helped organise my house, post-renovation. She assists with anything that needs doing, with a fabulous can-do attitude. I really look forward to her visits as sometimes I do feel isolated and lonely.'

**Read more about Helen, and the difference volunteering has made to her at [hdh.org.uk/home-volunteer-helen](https://hdh.org.uk/home-volunteer-helen)**



It is not just the volunteers that make a difference to families like Jack's. Your support and generosity throughout the year make a huge difference. Thank you.

## Volunteer with us

Did you know? We have volunteers working across all areas of the charity, not just as home volunteers, including receptionists, gardeners, catering, estates, care team, retail and many more.



*We're proud to say 91% of our volunteers said they would recommend others volunteering for us. Volunteers like Helle (pictured), who told us 'Being part of the Helen & Douglas House family has enriched me in ways I could not have imagined.'*

**If you want to give something back, whilst meeting new people, gaining new skills and making a difference, volunteer with us. Find out more at [hdh.org.uk/Volunteering](https://hdh.org.uk/Volunteering) or scan the QR code.**



# events 2023-24

Which fundraising challenge will you take on this year?

With plenty of exciting adventures coming up, there is something for everyone!

Take part in a fundraising event and raise vital funds for the hospice, helping us care for local terminally ill children and their families...

**Sunday  
21st May  
2023**



**NEW  
venue for  
2023!**

**The  
Butterfly  
Bimble**  
Memory  
Walk

Butterfly Bimble - Gather together with other families to celebrate in memory of your loved ones and raise vital funds. Join us at a wonderful NEW venue this year – the beautiful Waddesdon Manor, Buckinghamshire. Enjoy a walk through the grounds, then relax in our Event Village. Suitable for all ages, and anyone who wants to walk in memory - not just for those who have been to the hospice. Sign up at [hdh.org.uk/Bimble](https://hdh.org.uk/Bimble)

**Saturday  
17th June  
2023**



Abseil down Lodge Gate at Exeter College, Oxford - Join us for the ultimate adrenaline event and abseil down the iconic Lodge Gate of Exeter College in the heart of Oxford. During your climb you'll enjoy phenomenal views over central Oxford. Find out more at [hdh.org.uk/abseil](https://hdh.org.uk/abseil)

**Saturday 1st  
July 2023**



Brecon Beacons 10 Peaks Challenge - Join us for a group guided trip through the heart of the beautiful Brecon Beacons National Park, South Wales. You'll cover ten peaks, 36 km and 1800 meters of ascent and descent – all in one day. Find out more at [hdh.org.uk/breconbeacon10](https://hdh.org.uk/breconbeacon10)

To find out more and to sign up visit  
**[hdh.org.uk/events](https://hdh.org.uk/events)**



# donate

## I'd like to give a gift



Give a one-off gift today, or set up a regular payment to make a difference to local terminally ill children. If you already donate to us, why not pass this page on to a friend? Thank you.

To make your donation, complete the form below and return using the Freepost envelope provided. Or, donate online at [hdh.org.uk/donate-now](http://hdh.org.uk/donate-now) (or scan the QR code).

1. **Contact details** Title: Forename: Surname:

Address:

Postcode:

Email address:

☐ I am happy to receive communications by email (please tick box).

We may stay in touch with you by post and phone with news from the hospice, information about events you might be interested in and other ways you can support terminally ill children.

For more information about what we do with your data, including wealth profiling and data appending if you opt-in to receiving email or SMS updates from us, please read our privacy policy at [www.helenanddouglas.org.uk/supporter](http://www.helenanddouglas.org.uk/supporter). You can opt-out of receiving this information or having your data used in these ways, at any time by contacting us on [fundraising@helenanddouglas.org.uk](mailto:fundraising@helenanddouglas.org.uk) or 01865 799 150.

## 2. I'd like to make a regular gift to Helen & Douglas House...

I'd like to make a regular donation of:

☐ £10 ☐ £15 Other £

Monthly/Quarterly/Annually\* Starting on

2nd/15th\* of Month Year

\* delete as appropriate

**INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY TO PAY BY DIRECT DEBIT**



Please send this completed instruction to:  
Helen & Douglas House, 14a Magdalen Road, Oxford OX4 1RW or use the Freepost envelope provided.

**Bank/Building Society Account No.**

**Branch Sort Code**

Make your donations go further - a Gift Aided monthly gift of £10 is worth £12.50 to us; an extra £30 every year, at no extra cost to you. Please sign up below (4).

**Name and full postal address of your Bank/Building Society**

To: The Manager.....

Address.....

Postcode.....

**Service User Number** 6 8 9 9 0 4

**Instruction to your Bank or Building Society**

Please pay Helen & Douglas House Direct Debits from the account details in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Helen & Douglas House and if so, details will be posted electronically to my Bank/Building Society.

**Signature**

**Date**

## 3. I'd like to make a donation

I'd like to make a one-off donation of:

£

Please charge my (please tick one):

☐ Visa ☐ Mastercard ☐ CAF card

**Card Number**

**Expiry Date**

**Cardholder's Name**

OR

☐ I enclose send a cheque/postal order/charity voucher (made payable to Helen & Douglas House).

## 4. Add Gift Aid

*giftaid it*

**Boost your donation by 25p of Gift Aid for every £1 you donate.**

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

**I want to Gift Aid my donation and any donations I make in the future, or have made in the past 4 years, to Helen & Douglas House.**

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

**Signature:**

**Date:**



# More ways to support us

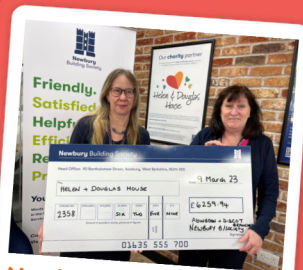
  
Helen & Douglas House

- **Make a donation**
- **Fundraise for us - choose one of our challenges, or your own**
- **Take part in one of our events**
- **Play the Local Hospice Lottery**
- **Leave a gift in your Will**
- **Shop with us**

- **Make a regular gift**
  - **Volunteer with us**
  - **Work with us**
  - **Become a corporate partner**
  - **Fundraise in your community**
  - **Add GiftAid to your donations**
- Visit [hdh.org.uk](http://hdh.org.uk) for more information.

## In other news...

- Thank you to Newbury Building Society branches in Abingdon and Didcot – who supported us in 2022 and together raised £6,260. We're so pleased they are supporting us again in 2023.
- Thank you to everyone who voted for us in the Smiley Charity Film Awards. Although we didn't win, it was great to be nominated and be a finalist.
- Storytelling and reading books is one of many much-loved activities at the hospice. On World Book Day, we remembered some of our favourite moments with books. What did you get up to?



**Newbury Building Society  
presenting their cheque**



**Fundraising for us? Let us know your news, email [fundraising@helenanddouglas.org.uk](mailto:fundraising@helenanddouglas.org.uk)**

**Helen & Douglas House hospice improves the lives of local children living with life-shortening and terminal conditions.**

Your support helps us provide exceptional one-to-one supportive and end-of-life care for children and their families at our hospice in Oxford, as well as at home and in hospital.

**We're a local charity and you're helping to raise the £3.8m needed each year to support the children and families who rely on our care. Thank you.**



**Habibou reading at  
the hospice**



Once you have read this newsletter, please recycle. Thank you



**[hdh.org.uk](http://hdh.org.uk)**

Call us on 01865 794749 or email us at [fundraising@helenanddouglas.org.uk](mailto:fundraising@helenanddouglas.org.uk)  
Registered charity number: 1085951

