

# SHIPSTON HOME NURSING NEWS

INCORPORATING SHIPSTON-ON-STOUR, WELLESBOURNE AND KINETON

2017 is a special year for Shipston Home Nursing, celebrating its 20th Anniversary. Your local Charity, nursing the terminally ill within their own homes since 1997.

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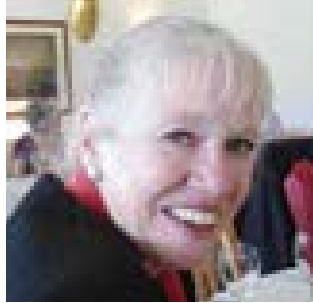
**February 2017**  
Registered Charity No 1061405

**Anniversary 1997-2017**

# A huge thank you from Richard Suthons

**The 24th June 2016 is a day most of us will well remember, as it was when the “Referendum” vote result was announced... But for my beautiful wife, Jenny, and myself, it was the day that we were told by our doctor, following various hospital tests, that Jenny had terminal pancreatic cancer. So a terrible - totally life changing - day for both of us, which I will never forget. Particularly as we had enjoyed a wonderfully happy marriage of over 46 years, travelled extensively and thought we were both pretty fit, eating the “right” food and doing regular exercise. But life can be so cruel...**

Subsequently, before Jenny got very ill, she asked me to promise that I try to do two things for her. One, that she would die at home in Honington, with me by her side, and two, that she would not die in agony. I was determined to keep my promise, but not sure if I could do it. But thanks to Shipston Home Nurses, Jenny's last wishes were fully met.



The terrible truth about pancreatic cancer is that by the time it is diagnosed it is too late for any real survival treatment. We were offered chemotherapy, but it is very painful and it would only have given Jenny (if lucky) an extra four weeks on her life. It is a deadly disease with a 97% death rate.

Jenny still managed to swim until late June, but her health was very quickly deteriorating. She was amazingly brave, never ever complained and was resigned to her dire situation. We managed to cope during July, but I obviously needed professional nursing support. On the 26th of July we met with our first SHN nurse, who quickly helped sort things out, arranging daily calls from both the SHN and NHS District Nurses, the delivery of a hospital bed, the issue of the correct drugs (mainly morphine), regular personal care (very important for morale) and the (vital) night nurse support.

From my experience, a pancreatic cancer patient seems to go through three stages. Firstly - not too bad and just coping; Secondly - still mobile, but perhaps hallucinating and

getting more ill by the day; Thirdly - cancer has spread to the liver, so jaundiced, bed-bound and terminally ill. In some ways, I found the second stage the toughest and I will always be grateful to my three SHN regular “bank” night nurses, namely, Tracey, Mary Rose and Francis. They helped me get a good night's sleep and were so kind and caring. I will

never forget them. Also, Caroline, Donna and Barbara (SHN) and all the NHS District Nurses, led by the lovely and so caring, Carolyn. Also, to my daughter, Elizabeth, who with three children under eight, never left my side during the last weeks.

As it was the height of summer, many nurses were on holiday, which resulted in seeing many different faces. I kept a record, and over 20 different nurses came to care for Jenny, in less than two months. Shipston Home Nurses did a truly wonderful job and a SHN nurse was by my side when Jenny passed away peacefully, in our bedroom on 17th September, at 7:15pm in the evening.

SHN do a wonderful job and I don't know how you all do it! I think it is down to a dedicated desire to lovingly care for terminally ill people, from all walks of life.

**I asked family, friends and neighbours to make donations, in memory of my lovely Jenny, to SHN. So far we have raised over £1,400. We are so fortunate to have you here and I cannot thank everyone involved enough! Bless you all.**

# The Nursing report Janet Oakey

**2017 marks not only Shipston Home Nursing's 20th anniversary but also the 50th anniversary of St. Christopher's Hospice and the modern hospice movement founded by Dame Cicely Saunders.**

Dame Cicely's forward thinking approach to the end of life care has enabled those involved in caring for terminally ill patients to adopt a holistic approach, caring for a patient's physical, social, spiritual and psychological wellbeing.

St. Christopher's set out to discover practical solutions to alleviate patients' symptoms, sharing their discoveries with other medical professionals. Dame Cicely openly encouraged education and research not only in the care of the dying but for the practice of medicine as a whole.

In October 1969, Cicely Saunders was prompted to start hospice care at home

and together with Barbara McNulty, a nurse, and Dr Mary Baines, she pioneered the first home care service for terminally ill patients. Her vision for modern day hospice care has enabled organisations like Shipston Home Nursing to provide expert palliative nursing for terminally ill people delivered at home by dedicated health care professionals. It is her belief that everyone matters, regardless of who you are or where you come from that drives us forward today.

***"You matter because you are you. You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die"***

*Dame Cicely Saunders - 22.6.1918 - 15.7.2005*



# Sheila Porter

A Letter from Harold J. Porter

**The peaceful retirement world of my wife Sheila and I had prevailed in the village of Kineton for 26 years. It suddenly changed and came hard up against the buffers in August last year when we were told the cancerous growth that had been dormant in Sheila for many months had suddenly flared up, and had gone to her brain. This would not respond to treatment and was terminal. I would lose Sheila in a matter of a few weeks.**

I was asked: did I wish for her to be taken to a Hospice or to her own home. After a quick discussion with my daughter, we did not hesitate: to remain in her own home.

The arrangements made by the NHS for my wife to come home were quickly put in place. The District Nurses took charge. Arrangements were made and Carers to come in four times a day to attend to Sheila's personal needs and I was asked .... "would I like the Nurses from Shipston Home Nursing to attend as necessary to take the strain off my shoulders"? They would increase the Nursing of Sheila each day as her life ebbed away.

I was out of my depth. I knew of Shipston Home Nursing and knew they covered Kineton but no more. I said the biggest "Yes please" of my life!

As Sheila became more confined to her bed and lost physical aptitude, they increasingly took over. Giving her drinks, keeping her clean, moving her to prevent bed sores, keeping



her mind at peace and eventually staying all night at her bedside insisting that I go to bed and get a good night's sleep. During the day they attended regularly and when not there, I had a telephone number to call which brought them back to Sheila's bedside in ten or fifteen minutes.

**Was it the right decision to have Sheila home to die?  
Oh yes.**

**Did she lack any medical or nursing support?  
No.  
Was her passing from this world peaceful?  
Very.... and all thanks in very large measure to Shipston Home Nursing  
And the cost of all that wonderful support?  
Not a penny!**

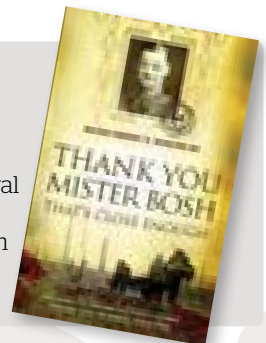
**To all at Shipston Home Nursing...  
Many thanks. And may you continue to get the financial support to keep you giving palliative care back to the community of Kineton and the surrounding area.**

**Harold J. Porter**  
January 2017

## Thank You Mister Bosh That's close enough!

Extracts from the Somme, 1915 - 1916 by Major Herbert Hoskins MC, Royal Warwickshire Regiment.

This book is available to purchase for £10 from **E H Spencer** in Shipston Market Place. Shipston Home Nursing receive a donation from the proceeds.





## SHN Wolf Wonders Anneli Cowper

**It all started 18 months ago when Rebecca asked me to volunteer at the Offchurch Autumn Wolf Run, where Shipston Home Nursing, the chosen Charity for the event, was running the bag drop and bouncy castles.**



I was asked to bring along another helper so Coral, my youngest daughter came along. We arrived early and blissfully unaware of the Wolf Run and the carnage involved.

Our job for the day was to relieve the runner's of their baggage so they arrived clean and raring to go and returned 2 hours later filthy, exhausted but exhilarated.

Naturally, after experiencing the atmosphere and hearing all about the amazing fundraising, it was an easy decision for Coral and I to sign up to the 2016 Autumn Wolf to raise funds for SHN. We got a team together and 'Wolf Wonders' was born consisting of the two of us, my other two daughters Rosie and Izzy and good friend Sheryl Caswell - all in their twenties except me who..... isn't!

We set off in trepidation after seeing a young man escorted off with his arm in a sling but we soldiered on through muddy water, lakes, mud tunnels, a water slide and various other obstacles involving mud - we all managed to finish without injury bar the odd cut and bruise.

**We managed to raise £536 for SHN.  
See you there next year!**

# Fundraising report Rebecca Mawle



Besides the following wonderful donations, there are many of you who send cheques direct to our Treasurer Chris Owen. Being unaware of some of these donations means I cannot mention you below. If not mentioned, I can assure you that the Trustees and I are enormously grateful to you for your support.  
**Thank you all so much!**

## **CAROL SINGING ON THE GREEN AT LIGHTHORNE - 2015**

Before Santa arrived Lighthorne village were in fine song and raised £115 that has been kindly donated to the Charity. Plenty of singers and lots of mince pies! Jane Rigby kindly commented "Thank you for all that you do towards keeping the fantastic service of Shipston Home Nursing on a firm financial footing" Many thanks to Lighthorne for their support.

## **CAROLS ON THE GREEN AT LIGHTHORNE - 2016**

*Dear Rebecca*

*This year our customary Carols on the Green morphed into a happening in Lighthorne church we called "Home for Christmas". We had readings, carols, a choir of very varied capabilities and an orchestra consisting of three cellos, a flute and a button accordion. There were also mince pies and mulled wine to consume. The proceeds were divided equally between St Laurence's church Lighthorne, and SHN. I have pleasure in enclosing a cheque towards your funds for £236, so I think we can assume that everyone enjoyed the evening! Thank you for all you do towards keeping the fantastic service of SHN on a firm financial footing"*

Thank-you Jane and the marvellous village of Lighthorne for your continual support.

Stretton-on-Fosse once again supported the Charity by singing Carols and raising £155, thank you all so very much for your continuous and generous support Stretton!

## **SHIPSTON MEDICAL CENTRE**

The second-hand books have raised £5,800 to date. Truly brilliant! Many thanks to all concerned.

**HASTINGS HOUSE, WELLESBOURNE** Second hand books raised £217 (2016). Sales of Notelets and Walk Books £91.

**HISTORY OF MEDICINE BOOKS** Many thanks to Dr Guy Harris who wrote this book and from which we benefit from it's sales.

**WALK BOOKS** £158 sold at Shipston Medical Centre.

**NOTELETS** £610. Anthony Rees from Abbeydale kindly purchased 10 packs via Jenny Wilson. Stalls from Preston-on-Stour sold £66 worth. Thank you to everyone for helping us with sales of these charming designs and many thanks to Jenny for sharing her beautiful art work to continue raising funds for the Charity. Also, thank you to New Looks Hair and Beauty Salon in Tysoe for selling the Notelet's and raising £59. Jane is kindly taking more Notelet's to continue helping our cause, thank you Jane for your support.

Long Compton Village Stores raised a wonderful £46. Many thanks to everyone concerned for their support.

Mrs F Hilliam from Little Kineton, generously donated £250 in memory of Mr Ian McPherson. Thank you so much.

## **RESTAURANT SCHEME**

The Cherington Arms raised a fantastic £266 in February. Thank you so much to Jean Michael and Tracey, plus all their customers, who are so delighted to have the Cherington Arms open again for great meals!

# Collection Boxes Percy Sewell

Trying to present an eye-catching piece on Charity collection boxes is like writing an essay on what a pea tastes of. Difficult. Equally awkward is what people think of trying to say when I'm introduced as "He who looks after the collection boxes". There's really not many scintillating facts which can be raised on the subject.

**"Trickiest incident?"** .....Dealing with a box full of coppers and ancient beer slops - the chemical reaction converts it into varnish, requiring a hammer to sort out.

**"Most tedious aspect?"** .....Opening a box filled to capacity with coppers only and immediately knowing the result - £14.50. It's always this amount. Worse still, knowing that one will be sorting some of the exact same pennies a year hence.

**"Worst incident?"** .....Leaving my un-handbraked car to roll into a wooden bench at The Howard Arms. Cost of bench:- £300. Amount in collection box:- £3.30.

**"Most laughable occasion?"** .....Being given a bread basket full of unwanted coppers collected over two years by The Royal Oak,

Whatcote: the over-loaded basket split open in the very dark car park. Mayhem!

Irritating that these seem, I am ever mindful of the real chore it can be for all the kind retailers who hold boxes for us all year round: they take up valuable counter space, have to be guarded, are awkward to clean around and are sometimes just in the way. Yet our shop-keepers, publicans and others never complain. They are the ones, without whom, the continued success of the boxes would end. Compared with their inconvenience, the occasional mishaps that visit the collectors - Fudge Ramsay, Jo Sweby, Ian McConnel and myself pale into insignificance.

*A huge thank you to Percy and his team, for their time and enormous support throughout the year, dealing with counting the cash and raising the most amazing total of £1,915 from all the Collection Boxes in our local businesses. Well done and many thanks to everyone who kindly houses our boxes and helps raise funds..*



March was a brilliant success for the Restaurant Scheme at The Chequers Inn, Ettington, the marvellous £575 was raised by James and Kirsten's loyal customers. Thank you so much for your continual generous support. Again in September The Chequers in Ettington raised the most marvellous figure of £545. Just fantastic, thank you all so much!

April at The Peacock Oxhill raised £45. Many thanks to Pam and all her lovely customers for their support.

May at The Fuzzy Duck in Armscote raised £570. Many thanks to Belle, her team, and all their supportive customers for raising such a wonderful total.

The Plough at Stretton-on-Fosse and the Great Western Arms Blockley were supporting the RS for June. Amanda and Ben held a coffee and cake day, a fish and chip supper, during June to boost the profit. The grand total they raised for these three brilliant fundraising events was £536. Congratulations and many thanks to everyone concerned. A brilliant idea Amanda!

Shah's and Shukkers in Kineton and Wellesbourne raised the brilliant £208 in July for the RS. Many thanks to all concerned.

The Gate at Brailes raised a marvellous £100 for the Charity running the Restaurant Scheme in November. Thank you so very much Ian and Ann, plus all your customers. The Gate also fund

raise for the Charity running Raffles through the year, this year raising £238. Thank you so much Ian and Ann for your continual support.

The Howard Arms agreed to run the Restaurant Scheme in December, which we are all delighted about. They raised a brilliant £102. Many thanks to all the staff at the Howard for their help and to all their supportive customers.

***Sarah Scotter has resigned from running the Restaurant Scheme. I am so very grateful to Sarah for raising so much for the Charity month after month, year after year. Our local Pubs and Restaurants are so supportive, guided by Sarah to make this a brilliant fund raiser. The scheme has been operating for 15 years and each year over £5,000 is raised, such a brilliant concept. Thank you Sarah so very much and I would like to wish you good luck with all your other pursuits! Suzie Coyte is kindly taking over the role.***

Bryan & Pamela Greenway from Wellesbourne generously gave a donation to SHN for £25. Many thanks for your continual support.

Wendy & Jan owners of The White Bear Inn, Shipston-on-Stour raised a wonderful £1,000 from a box raffle. Half was given to SHN and half to the Wool Fair. Many thanks to everyone who supported this marvellous fund raiser. Most businesses in the town supported Wendy and Jan with this brilliant idea, donating merchandise for the boxes.

The Worlds Big PUB Quiz! Baggy Saunders approached me with the brilliant idea of supporting this nationwide event. There were 14 teams (thanks to everyone who came along to support the Charity) at the Black Horse Shipston-on-Stour and raised the brilliant amount of £245. Many thanks to Gayb, Baggy and Sheelagh and a special thanks to Louise Woolley. What a fun night we all had and learnt a thing or two along the way! The George Brailes and the Horseshoe Shipston also participated, raising funds for excellent causes.

Miss K. Williams kindly sent cheques totalling £280 in memory of her late Mother, Mrs Yvonne Williams, who lived in Shipston-on-Stour, following the funeral collection. Many thanks for your support.

DLW Macfarlane Charitable Trust have generously supported SHN and donated £346. An enormous thanks to Mary Manville-Hales for her continual support.

I received £1,000 from the late Mrs JM Wemyss-Holden, Ilmington Parish Church. This wonderful donation was a legacy in Mrs Wemyss-Holden's estate.

### **EMPTY BOWLS**

The Straw Kitchen, Whichford Pottery, Pippa Brook, Suzie Coyte and their brilliant team of kitchen helpers made the second year of this lovely event an enormous success. I received a cheque for SHN of £1,054. The Motor Neurone Disease Association was also supported and received a cheque for research. Pippa and Suzie sourced 90 potters throughout the country who generously donated a bowl for this lovely event. 90 people came along and enjoyed home-made soup, artisan bread, flapjacks and brownies, and then went home with a lovely bowl. We were all nestled in the warm cosy Straw Kitchen at Whichford Pottery. Many thanks to Pippa, Suzie, Jenny, Janey, Jackie, Tracy, Nicola, Josh, Ray and Rob for their hard work on the day. Enormous thanks to the chefs who made the soup, brownies and flapjacks.

### **WALTON HALL RUN WALK**

Sheldon Bosley Knight generously sponsored this event and I am grateful to them for their continual support. Thank you!

There were over 120 entries consisting of young, old, children and dogs. They all enjoyed this lovely, cold, but sunny morning, running and walking 10k around the beautiful grounds of Walton Hall. Many thanks to Walton Hall for being so hospitable and helpful, providing bottles of water and bacon and sausage rolls. Even bowls of water for the thirsty four-legged supporters! Emma Morris generously made delicious banana cake for the hungry runners on their return. My huge thanks to all the marshalls, placed to assist our runners by Gilda and Jamie. Plus all the SBK team who came along to help with entries and entering a team. Your enthusiasm and support was wonderful. Thank you so much. The total raised for this popular event was £750.

### **THE MARMALADE FESTIVAL**

Held at Whichford, this was once again a lovely event, raising £300 for the Charity. Enormous





thanks to Julia Melvin and Sophie Corlett for their hard work and thanks to the marmalade makers for participating in such a lovely event.

Val Rainbow organised a Dance Spectacular at the High School Shipston-on-Stour in November 2015. I went along to this very entertaining evening of dance and glitter, a full programme of varied dancing. Val kindly has sent a cheque for £206. Many thanks to Val and all her team. I appreciate your support of the Charity.

Brian French thoughtfully donated £70 from selling excess apples last Autumn from his garden. Thank you so much Brian.

Ann Holland from Stourton kindly sent a donation of £25 from the sales of her lovely paintings. Thank you Ann for your continual support.

I have received £516 in memory of the late Mr Norman Barnett- Harrison. Thank you to all concerned for these donations.

Shipston Angling Club thoughtfully supported SHN and donated £252 following their successful fishing day last Summer. Many thanks to all concerned.

Tysoe Methodist Church held a raffle in support of SHN. I received £40. Thank you for your continual support. Chris Gibbs comments "We thank you for the valuable service you provide"

I have received £120 in memory of Jill Blakeman. These cheques came from Mr R. F. Blakeman in Tredington and Mr Alec Hitchman. Thank you so much for your support.

***Dear Mrs Mawle. Please find enclosed a cheque for £100 as a very small contribution in thanks for the much- appreciated help and care Shipston Home Nurses gave to my wife during her final days, together with the support given to myself during this difficult time. Please pass on my thanks to all the Nurses that attended to our needs, in particular to Shirley Wilson who was fantastic.***

Thank you Mr Blakeman for your donation and generous words.

Christine Dudfield thoughtfully donated £10 to SHN following the successful sale of a painting that was too good to give to a Charity shop. Many thanks Christine and well done!

Many thanks Waitrose for the £11 in support of your WOLF Run team last September. See you there this year!

Neville Von Twickel from Tidmington thoughtfully gave my address as the extremely lucky recipient of a beautifully bound Chambers Dictionary. Neville won the Spectator Winner crossword last Autumn. This wonderful Dictionary will be an Auction prize at the Ball. Many thanks Neville for thinking of SHN, and congratulations!

Swalcliffe residents held a Charity Burns Supper. The traditional Charity night held in January made a wonderful £1,600 for three local Charities, SHN received £544 from this successful night. The reason the donation was sent to SHN was another thank you for the care of Mary Currie, Aileen Sherer's Mum, who was looked after by our team of Nurses at Aileen's home. Many thanks to all concerned for this donation.

### **THE SPRING VINTAGE AND 2ND HAND CLOTHES SALE**

At the Sheldon Bosley HUB was enjoyed by all our keen supporters who love this event. The SHN rails raised £974. Many, many thanks to all those who so thoughtfully donated lovely clothes, handbags, shoes, hats and jewellery to raise this marvellous amount. There were thirteen individual rails with more fabulous merchandise. This is proving a brilliant event for those who love a fantastic bargain! Thanks so much to Janine, Jane, Marlyn, Di, Debbie, Sarah, Liz, Jules, Ginnie and Bridget for their hard work, time and support. You are all brilliant! The total raised was £1,208.

Paddock Farm Butchery at Brailes raised a fantastic £164, celebrating their 1st anniversary having a Six Nations Sausage Sizzle Off. Free BBQ, Regis, who owns La Tradition in Brailes, generously donated the bread. Many thanks to Nick, Jon and Regis for their generosity and supporting SHN. Huge thanks to all the lucky people who enjoyed a delicious sausage bap and donated to SHN.

£1,000 was received from the Tony Metherell Charitable Trust. Thank you so much Mrs Jemma Eadie, from Berkshire, for this wonderful donation.

# Plant & Home Produce Sale

**For many years now as the green shoot of May appears so does the SHN Plant and Home Produce Sale. It has become a very popular date in the calendar thanks to the enormous generosity of so many people who grow plants for it or turn out to help in so many ways.**

Last year we made nearly £2,500 from plant sales and about the same again from raffle tickets, which are sold for a few days before the sale in the villages covered by SHN. The total raised came to £5,355, a tremendous outcome.

As well as having wonderful plants at very attractive prices we have an excellent produce stall, vegetables and bedding plants, all of which sell particularly well.

We have been coordinating the sale for the last four years and have got to know most of the people who are so kind in producing plants. There are however a few people who give us plants that we haven't yet met so we would like to



say a big thank you to them, and we hope to meet you this year.

We would like to say a huge thank you to all our volunteers who work tirelessly Friday and Saturday, pricing the plants and creating the most

extraordinary display of thousands of plants; you do a sterling job! Also the Saturday team of cashiers, you have to be very efficient in order to allow our supporters to purchase their plants as quickly as possible. It all runs like clockwork!

The sale will be on the 20th May, so we hope everyone will put the date in their diaries and bring their friends.

**See you all then  
Fudge and Caroline**

*I would like to say a gigantic thank you to Fudge & Caroline for all their time, expertise, support and efficiency in continuing to make this a big date in the SHN calendar; you are both stars.*



Meg Morton from Ettington, kindly gave a donation of £25 to the Charity, in lieu of sending Christmas Cards. How thoughtful Meg, thank you so much.

Bill Hannis from Shipston-on-Stour once again has generously supported SHN. I have received £300 following Bill's talks to the following: Shipston Rotary Club, Brailes WI, Broadway, Shipston and Stour Valley Probus. What a popular speaker Bill must be! Thank you Bill so much for your continuous and generous support.

Carol Benton who lives at Wellesbourne generously sent cheques collected at her late Mother's funeral totalling £358. Carol's Mother, Mrs Hilda Mary Woodley always admired the service our wonderful team of Nurses provided. How thoughtful of you Carol to support SHN. Many thanks also for the lovely clothes you donated for the 2nd hand clothes sale in March.

The Ofenheim Charitable Trust donated £3,500 to the Charity. Our enormous thanks to Rory McLeod from Cherington, for this fantastic donation.

Residents of Sheep Street, Shipston-on-Stour enjoyed a party organised by Lisa and Di. The residents raised an amazing £420. Thank you all so very much. What a fabulous idea! Many thanks to Lisa and Di for their generosity and choosing SHN to be the fortunate Charity to receive this excellent donation.

The Tysoe Lunch Club have donated £40 and comment "When any excess money is in hand we like to support your work". My grateful thanks to you all for your continual support.

### **WYATT'S PLANT CENTRE**

John and Pat Wyatt generously sent a cheque for £250. This was raised at their Plants Sale in March. Thank you John so much for your wonderful support, which is appreciated by the Trustees and myself enormously.

Malcolm Millership from Ditchford Friary generously donated £100 in memory of Julie. Many thanks for your support of our Nurses.

The Gate Inn at Brailes has once again supported SHN. They had a Quiz night and during the evening a raffle was organised, raising £50 for the

## Charity Coffee Morning

**Held at Rosedale in Shipston-on-Stour, a beautiful residential home for MENCAP. Our Nurses tended to some of Rosedale's residents and so Julia Furniss, the manager and her team, held this lovely coffee morning. They raised £101 and I am grateful to them for their support. Thank you all.**



Charity. Many thanks to Ian and Ann and their loyal following.

### **THE TARTAN FLING**

The eleven strong Tartan Fling committee organised another rip-roaring success for 212 teenagers, raising £2,293 for SHN. The excellent evening was held at the Townsend Hall in Shipston-on-Stour. The same amount has also gone to the Warwickshire/Northamptonshire Air Ambulance. Ginny Kettle the Chairman is standing down and Julia Simpson-Orlebar is taking on the role. Congratulations to Ginny for all her hard work, creating a fabulous evening for teenagers and raising such wonderful funds for two Charities. The Tartan Fling Committee would like to say an enormous thanks to Gill Judd for her generosity in loaning all the crockery and cutlery which they rely on year on year for Gill to donate! A huge help to the total raised. Thank you all so very much.

Thank you so much to the Shipston Probus Club members for generously donating £400 to the Charity. Your support is truly appreciated.

# London to Cambridge Challenge

**Being based in the town, we have seen the help that Shipston Home Nursing has provided to several of our customers and their families. Nobody knows what the future holds and we are extremely lucky to have a Charity like Shipston Home Nursing supporting the local area.**

Myself and my colleague Ken decided we should do something to raise some funds that required a bit of blood, sweat and tears. On the 2nd July 2016, we joined around 1,000 other participants in the London to Cambridge 100km Challenge.

The day didn't start particularly well when at 3am I was flashed by a speed camera going into Oxford! The challenge started better, and we set a good early pace and were in the top 200 going through the 20km marker. Unfortunately, we had made the error of setting off too quickly and gradually slowed from this point onwards. The last 15-20km were hellish and the blisters



were of the like we had never seen before! Once we crossed the finish line and received our medals we

sat down for dinner. The Spaghetti Bolognese tasted like it was worth at least 3 Michelin stars! Within fifteen minutes we were struggling to walk and the trip back to Shipston by bus, taxi and train was entertaining to say the least!

We would like to say a big thank you to everyone that donated money to the Challenge and we were delighted to raise a grand total of £765 for Shipston Home Nursing.

If you are tempted to partake in a similar challenge - The Cotswold Way 100km is on the 1st July this year!

**Peter Creek**  
**Sheldon's Wine Cellars**

The Midcounties Co-operative Shipston-on-Stour have been working to raise funds for SHN in the last financial year, which will be extended until December 2016. So far they have raised £427. Wonderful! Thank you all.

## **ARMSCOTE MANOR**

Tulipa Armscote Bulbs sold in memory of Leighton Evans. Deborah Williams has donated £3,500 from the sales of these beautiful bulbs. The following outlets helped with sales. Averil Plank, Bumble and Wild, Deborah Hope, St Gregory's Church, Talton Mill, Taste of the Country, Whichford Pottery plus SHN events and of course directly from Armscote Manor. Thank you Deborah for your enormous support.

The Armscote Manor Tennis Tournament, hosted by Deborah. Once again a beautiful sunny day, so the girls could enjoy their tennis and have lunch in Deborah's beautiful garden, a memorable day for all involved and raised a marvellous £550. Thank you so very much Deborah.

Deborah continues to be a most generous and wonderful supporter of the Charity. Garden Visits, Soroptomists, Melanie Wright Watercolour workshop, The Cotswold House Party, all raised a staggering £1,805. Many thanks to Deborah, her friends and Garden Clubs who visit from far and wide. Two more Garden Visits at Armscote Manor in September raised another £450. Some very fortunate keen gardeners.

# Marion Nason

**The Ettington Monday Club generously raised £100 in memory of Marion Nason who was an active member. I received two lovely letters from Pat Beatty and Pat Lockett.**



*"Dear Shipston Home Nursing, Please accept the enclosed donation from the Ettington Monday Club in memory of Marion Nason who sadly died on 26th April and who appreciated you helping her during her illness. Marion was an active member of the Monday Club and prior to the Monday Club had been a member of Ettington WI for many years. She will be missed enormously by 30 village lady members. We are extremely fortunate in this area to be able to call on your professional help when required. Thank you. Pat Beatty."*

*Dear Rebecca "Marion Nason, who lived in Ettington, donated plants to the SHN Plant sale and Home Produce Sale in May for a number of years. She loved propagating plants and had accumulated many pots in her garden. Very sadly, she became ill with cancer and really appreciated the help she received from SHN earlier this year, before she died peacefully in April. Two car loads of her plants were taken to the Plant Sale in May and many others found good homes with neighbours and friends who gave donations, totalling £230 for SHN." Kind regards Pat Lockett.*

**My thanks to all Marion's friends who have been so generous in their support of the Charity.**

Brian and Daphne Lewis who now live in Wellesbourne have been raising funds for SHN over the last year. They lived in a large farm house just outside Kineton for many years, with wonderful views and a magnificent windmill. Before they sold their property and moved to Wellesbourne, Brian took visitors around the windmill for a donation; I was fortunate enough to be taken around, a truly fascinating experience! The total raised from sales of furniture and other things was £349. Thank you so much to Brian and Daphne for your thoughtfulness and generosity. I hope you will enjoy your new home and have many year's tranquillity there!

## **FASHION SHOW**

Domino and Dice presented an outstanding Fashion Show in Stratford-on-Avon Town Hall in April. One hundred and fifty girls joined us for a sizzling evening of Fizz; there was a beautiful collection of Spring and Summer wear from these two fabulous boutiques. Jon Head Photography took superb photos of the evening, thank you Jon. Matthew Curtis hair stylist. A superb Auction run by James Walton. What an Auctioneer! A fabulous Raffle of superb prizes. Delicious Canapes prepared by Adrian Roberts and his team. Fizz served by Sheldon's Wine Cellar, Peter and Ken, thank you! A Pop-Up Shop afterwards was extremely tempting to all! A perfect evening raising £2,450. Many thanks to all the local businesses who generously gave Auction and Raffle prizes. My enormous thanks to my beautiful volunteers who served Canapes and sold raffle tickets raising a brilliant amount for the Charity. Well done to everyone involved.

## **SUMMER SHOPPING DAY**

Burmington Grange, home of Fudge and Patrick Ramsay generously hosted this lovely event. Fortunately for our supporters, there was a large marquee that the stalls and our shoppers could keep dry under, and also have lunch in, as guess what, yes, it rained! Over 100 people came along and enjoyed Fudge's garden, the stalls, and the most delicious lunch prepared by Annabelle, Liz, Vanessa, Fudge, Nicola, Janet and Jane, not to mention superb home-made biscuits and Emma's chocolate brownies. Lunch was delicious, many thanks to you all. Thank you also to Caroline who kept our stall holders happy with delicious rolls. Many thanks to everyone who was involved in the day, it is a huge amount



of work preparing and running an event of this nature. My thanks also to Caroline, Jenny C, Hellie, Jenny B, Jules, Nicola and Suzie for their help on the door and raffle. The day raised £1,108.

### **WELLESBOURNE STREET FAIR**

SHN were invited to attend this event and run a bottle stall, which raised £187. Many thanks to the following for kindly donating bottles and making the afternoon such a success. Marks & Spencers, Waitrose and Tesco's, Stratford-on-Avon. The Co-Op Wellesbourne. Fosseyway Nurseries. Talton Mill. Taste of the Country, The Co-op and Mid Counties Co-op Shipston-on-Stour. Budgens Moreton-in-Marsh. I appreciate your donations, thank you.

I received £144 from the late Mrs Emily Joyce Johnston's funeral collection. Mrs Johnston lived in Little Wolford. Thank you to her family for supporting the Charity.

### **THE SHN POLKA CLOWN MUG**

Wendy and John Gardner approached Emma Bridgewater to ask if she would design a mug when we were working with Giffords Circus in 2009. The Polka Clown Mug was designed and Wendy and John generously committed to giving SHN the profit of the sales of these charming mugs. The retail shop has now sadly closed. Wendy and John have given a cheque for £2,100 from the sales of the mugs. Thank you so very much John and Wendy for your huge generosity and wonderful support. What a special, original idea this was, for SHN to have their very own Emma Bridgewater design! We are selling the mugs for £9. So far we have raised £511. See page 26 for details on how to buy yours!

### **SHN ABSOLUTELY FABULOUS RECIPE BOOKS**

Thanks to Pam Haworth, Mark Foster (Technique Print Group Ltd) and Shauna Kenny for the hours of work that went into making this delightful publication so successful. So far sales have reached £2359 through November and December 2016. See page 31 for details on how to buy yours!

Talton Mill, Newbold-on-Stour, held a Raffle in support of SHN at their Farm Shop Open Day and raised £74 for the Charity. Thank you so much Mark for your continual support plus thanks to your customers.

Ilmington Show 2016 - John Wilber kindly sent a donation of £150 from the Show Committee. They agreed that SHN should be the fortunate recipient of some of the proceeds raised last August Bank Holiday. As John comments they know the cheque will be put to good use. Many thanks Ilmington for your continual support.

The NGS Scheme, Ilmington - Many lovely gardens looked magnificent in July. The village had hundreds of visitors and the weather was not too bad! The Morris Dancers were also a source of entertainment. Martin Taylor, the organiser, has sent a cheque for £884, which is marvellous. Many thanks to all concerned for their hard work and support.

### **GOLF DAY AT TADMARTON HEATH GOLF CLUB**

Once again, the weather was kind to our 12 teams, girls included! The event was sponsored by Mark Foster at Technique Print Group Ltd. I received generous donations from Luke Ponsonby, Alan McLaughlin, Richard Stillwell and Michael Freeman. The teams were served a delicious hot meal and then followed the Auction and raffle which Rob Bowen kindly ran with great enthusiasm, raising £1,508. The day was a terrific success, as the lovely Martin Harris came on board to help and encourage local support working with me for months before. We raised £4,198. A really successful day, enjoyed by all who came to support the Charity. My huge thanks to Mark Foster, Martin Harris and Rob Bowen for all their help. Plus Tadmarton Heath and David Newman. Back in 2017 at Feldon Valley.

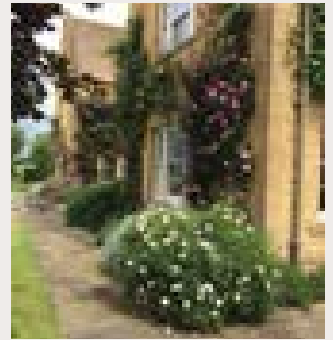
Margaret Sherwood from Brailes continues to be a generous supporter, and has been busily selling her marmalade and shortbread. Margaret sent in a donation of £100. Thank you so very much.

Benedicte Wield from Barton-on-the-Heath and her Monday Bridge friends have raised £235 over the Winter months, having fun playing Bridge with a little gambling! Thank you all for your continual support.

Tania Llewellyn organised a two-day sale at Fudge Ramsay's home in June. Tania was selling her beautiful merchandise from India. Tania has kindly donated £170 to the Charity. Many thanks Tania for your ongoing support.

Nigel Parrott from Cherington has generously





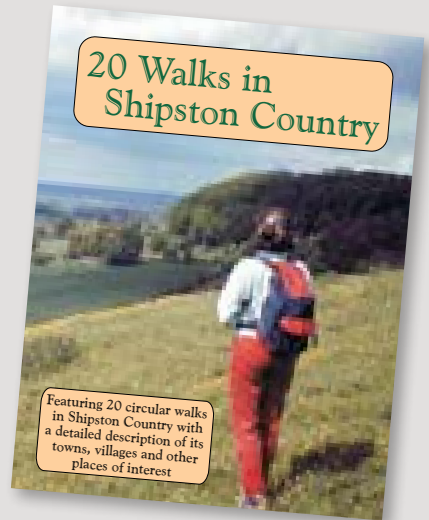
# 20 Walks in Shipston Country

Ian McConnel

**2016 has been another busy year for the Hotels, Inns, Pubs, Shops, Surgeries etc for selling Peter Titchmarsh's excellent Book "20 Walks in Shipston Country". Nearly 740 copies have been sold this year raising almost £4,500 for SHN.**

Due to the demand for the Books and successful selling at our Sales Outlets, Peter very kindly contributed to the printing of another 2,000 copies, bringing the total of number printed to over 5,000 copies since its initial publication in 2013.

A special congratulations and thanks go to The Red Lion, Long Compton who have sold over 50 copies this year and also to the following who have all sold over 20 Books - Ebrington Arms - Howard Arms, Ilmington, - Ilmington Village Shop - Lapstone, Chipping Campden - Greedy Goose, Salford and Whichford Pottery.



The self-styled SHN Walkers meet, roughly once a week in the Summer (c. 6pm), and once a month in Winter (c. 11 am) for gentle walking, and lots of gossiping, for 1 to 1.5 hours returning to the start point pub for refreshments. All are welcome (and controllable dogs). Donations to SHN are completely voluntary but of course, much appreciated.

Anyone who would like to join our 'E-mail tree' for updates on where we are walking, please contact me on [imcconnelhome@gmail.com](mailto:imcconnelhome@gmail.com) or 07498 923249.

*I would like to say an enormous thank you to Ian for his hours of dedication, mileage and enthusiasm, raising funds for Shipston Home Nursing, selling this delightful book which the truly generous and inspirational Peter has published for us. So much has been raised and many thousands sold.*



Many thanks, to those of our sales outlets who are now helping with the sale of the newly produced **'Absolutely Fabulous Cookbook'** - See page 31 for further details.



**20TH ANNIVERSARY BALL**

**THE ROARING  
20s**

**9TH SEPTEMBER 2017**

**TICKETS: £90 TABLES OF 10  
THEME: 1920S**

**ADMINGTON HALL,  
ADMINGTON CV36 4JN**

**BY KIND PERMISSION OF MARK AND ANTONIA DAVIES**

**FIZZ RECEPTION 7PM CARRIAGES 2AM**

**CONTACT REBECCA TO RESERVE YOUR  
TABLES ON 01608 674929 OR  
EMAIL REBECCA@SHN-FUNDRAISING.CO.UK**



**20th Anniversary 1917-2017**

**BOOK NOW**  
Call Rebecca on  
**01608  
674929**

sent a donation of £100 following his Uncle's passing. Nigel was left clothes and his Uncle was always a supporter of the Charity, "and would approve of this small gesture" so we have been the fortunate recipient of this donation. Thank-you Mr Parrott.

The Rotary Club of Shipston-on-Stour generously sent a donation of £400 supporting the wonderful work our Nurses do. Many thanks for your continual support.

Mr and Mrs B. Greenway from Wellesbourne generously sent a donation of £50 to Dr Martin Whittaker at Christmas time. Many thanks for your support.

Two Dr's at Wellesbourne Surgery generously donated £40 in lieu of sending Christmas Cards. Thank you Martin and Dr Read-Jones.

Jill Perrin from Shipston-on-Stour, a regular supporter, has kindly donated £50. Thank-you Jill so very much for your donations.

Cherington, Stourton & Sutton Country Fair & Flower Show 2016

*Dear Rebecca, Each year at our annual Country Fair & Flower Show we hold a raffle, usually selling approx 1500 tickets, the proceeds of which are divided between worthwhile causes. This year the Committee decided that half of the monies raised should once again be given to SHN. It is with great pleasure therefore, that on behalf of the Committee and villagers, I enclose cheques totalling £777.50, this sum includes the £100 prize donated to SHN by the winner and a second cheque for £10.*

*Yours sincerely*

*Trish Hedges - Flower Show Secretary*

Many thanks to you all for your enormous support and congratulations on such a successful Flower Show.

#### **WHICHFORD POTTERY. ARMSCOTE BEE POTS**

The commission of the sales of these popular, lovely pots sold, between (October 2014-September 2015) was £700. Thank you Jim and Dominique for your continual support.

Friendship Estates Ltd kindly donated £39 from local supporters giving their Yew Hedge Clippings which are important for the research of cancer. Thank you.

NGS at Burmington Grange on a beautiful, sunny day. Hundreds arrived at Patrick and Fudge's lovely home and stunning garden, that is nestled in a tranquil spot in South Warwickshire to enjoy this special experience. Janet, Val and Millie served tea and cakes to everyone and raised £581 for SHN. Thank you to everyone who kindly made cakes for this successful afternoon for SHN and NGS. Many thanks to Janet, Val and Millie for all their hard work. Also thanks to Ernie and Geraldine. Patrick and Fudge are such wonderful supporters and always so generous in their hospitality at their home.

A donation was received for £25 from Mr and Mrs T. G. Harvey, Shipston-on-Stour, thank you.

The Dumbreck Charity once again supported the Charity this year and donated £3,000. Thank you so much, and a very big, special thanks to Jude Melling, who is on the board of trustees for the Dumbreck Charity, for her continual support. So very generous and supportive.

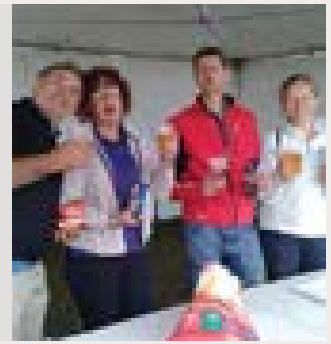
Thank you to Mrs. A. Malec for the donations, of £511. This was sent in memory of Mr Harry Malec.

Many thanks to Mrs Judith Legg for her donation of £50 from a Raffle win! How very thoughtful, thank you.

A £20 donation was received from the League of Friends of Fairford Hospital, following a recent training event. Thank you.

#### **WOLF RUN 2016**

Anneli Cowper and her wonderful team of girls raised £536 for SHN, Thank you all so much, see page 5 for SHN Wolf Wonders account of the day! I had a brilliant team of volunteers on both the Saturday and Sunday to run the Bouncy Castles, and the Bag and Key Drop. Saturday Bouncy Castles-£319 (sadly they had to be deflated early, due to shocking weather conditions). Sunday Bouncy Castles- £982. Bag and Key Drop over both days £157. A donation from the WOLF run £1,000. Grand total £2,458. I would like to thank- Nicola, Fred, Debbie, Jude, Ben, Jane, Lottie and Hattie for Saturday's work and Fred, Alasdair, Daryl, Hilary, Malcolm, Martin, Debbie, Paul and Nicky for Sunday. Gigantic thanks to you all! It is an enormous honour to be part of this nationwide event and be the Wolf Run's Charity partner, thank you Charlie and Will for your generosity.



Shipston Food Festival held on a sunny day in September. SHN had a "Bake and Donate" stall raising £410. Over 28 bakers kindly cooked the most marvellous array of food to sell. Thank you all so very much! Many thanks to Karen, Jane and Debbie for their help on the stall during the day. You are all wonderful, many thanks.

Joyce Valender who lives in Shipston-on-Stour donated £20 to the Charity following her sales of her beautiful crocheted blankets, thank you so much for your thoughtful gesture.

JS Fine Art, Bodicote, Nr Banbury. Valuation day at Whichford Pottery raised £50 kindly supporting the Charity. Many thanks to Simon Davies and Sarah. They had an interesting day. Simon Davies generously donated £150 to the Charity following this event, your support is truly appreciated, thank you.

### **AUTUMN DESIGNER AND 2ND HAND CLOTHES SALE**

Many thanks to Nicola, Jules, Jane Cleave, Jane Cussons, Sarah, Janine, Marilyn, Debbie, Judith, Ginnie and Julia for all their help on the Friday night and Saturday. What a team! Many thanks to Justina, Wellesbourne, for donating new jeans and ladies wear for Sarah to sell. Our customers loved the new trousers. SHN Rails took £1,184. Grand total raised £1237. Also many thanks to Jac Vallance for her most beautifully created, delicious cup-cakes, which the kitchen team sell much to our supporters delight!  
Cassie Higley: *"Hope my late Grandmother's Jewellery will be of some use to you at SHN. She benefitted greatly from home Nursing in her home town, before she died and would have been pleased to see her possessions put to use. Good luck with your sale".*

Thank you Cassie for this wonderful array of lovely jewellery, everyone loved it!

### **STRATFORD 10K**

Georgina Hawkins from Stretton-on-Dunsmore thoughtfully donated £25 to the Charity. Thank you Georgina. Tempo Events donated a cheque for £450, from entries supporting SHN. Lodder's Solicitors LLP sponsorship raised £1,296 plus £10 from H. Brown, £20 from M. Fitzgerald and £20 from Simon Allen Associates. The total raised £1,821. My enormous thanks to all the 24 volunteers. You are all amazing to rise out of your bed to be in Stratford for 8am on a Sunday

morning. Especially being very smiley and encouraging to all the runners! How extremely loyal and supportive, thank you so much.

Jeremy and Wendy Townend have thoughtfully donated £100 to the Charity, following their Golden Wedding Anniversary party and using the Miesegaes' chairs! Thank you both so very much for your support and donation.

The North Cotswold Bridge Club held a successful afternoons Bridge and delicious tea, organised by Alan Lamb and Maki Sutton, what a duo! The afternoon raised £313. I am so grateful to both Maki and Alan and all the Bridge players for kindly supporting SHN year after year. Many thanks Maki and Alan. After many years of dedication, Maki is hanging up her apron. I am wondering if anyone else would like to take this role on? I know Alan is happy to continue and I am sure Maki will advise you. Please do contact me. Maki, thank you so very much for all your time and support you have been amazing.

Mervyn Loggin, Yew Tree Farm, has raised £434. Mervyn, Debbie Foster's Father, farms in Hinton-in-the-Hedges. He had a load of logs, surplus to requirements, which he has thoughtfully sold to locals and raised this fantastic amount for the Charity. Thank you so very much.

### **CHRISTMAS GIFT FAIR**

The two days were a terrific success, raising £6,588 for the Charity. 370 people came and enjoyed the many varied stalls and delicious home-made biscuits, cakes, superb coffee and wonderful home-made soup that our brilliant cooks all made for us, as a generous donation. Thank you all so much. You may also be interested to know that the SHN wares stall raised nearly £1,000, this is not in the total above. This popular event is an enormous amount of work for many. Over the two days, setting up, to sweeping the hall at the end of the second day, 40 volunteers helped. I am not going to mention you all individually. I cannot thank each and every one of you enough, for your time, energy and support with whatever role you played. Huge, enormous thanks to everyone!

### **DESIGNER SALE**

A marvellous success and a better year than the previous four. We are all delighted! Rosie, Zena and Zoë came with Moda Rosa's fabulous



designer clothes, that are sold at extra-ordinary reductions. Over the two days £17,000 was the total made from the sales. On the door £493 was raised from the £5 entrance. Squeaky brought her exquisite pieces of jewellery and kindly gave a 10% donation of £90. I would like to thank John and Maggie for their generous hospitality over the entire sale. Also, many thanks to Nicola, Joanna and Angela for their help in the kitchen and selling SHN wares. This event launched The Absolutely Fabulous Cookbook. Thanks to Fred and John for helping with manual work, we need a man or two for the hard work! A brilliant £2,283 was raised over the two days, fantastic!

Peter Clarke have generously donated £200. Many thanks to the Shipston-on-Stour office for their ongoing support.

Gerald Hart from Tysoe raised £450 selling vegetables outside his home, what a wonderful success story this is. This gesture was done in memory of Gerald's neighbour Les Carter. Many thanks Gerald, for your wonderful support, your vegetables must be superb!

Paddock Farm Butchery, Brailes, one of our wonderful businesses that support us, raised £171 at a local Christmas event, where they held a Raffle for SHN. Thank-you Nick and Jon so much!

Jim Gardner from Ettington generously and thoughtfully donated £250 to the Charity. Our Nurses looked after his wife two years ago. Your continual support Jim, is truly appreciated, enormous thanks.

Trevor Harvey from Armscote kindly gave a donation of £25. Thank you Mr Harvey.

Richard Suthon's from Honington has been extremely generous supporting SHN. The total from donations in memory of Richard's wonderful wife Jenny, was £1,401. Many thanks to all for their donations. Our Nurses, particularly, Tracy, Francis and Mary-Rose were all enormously helpful and supportive to Richard and his daughters.

Ettington Veterans Football Team, led by James Goodman have generously donated £80. Many thanks to you all for thinking of Shipston Home Nursing. Your support is truly appreciated.

## THE CARICE SINGERS CONCERT

A wonderful evening the Saturday before Christmas at St Edmunds Church Shipston-on-Stour. Over 150 people came along, sang carols and enjoyed this most special of evenings. Thank you to George for the idea, and to your choir of twelve enormously talented choralsists. This memorable evening raised £2,000. Many thanks to the Loades, Feildings and Sargents for their help on the night; invaluable!

Ian from Brailes donated £450. Ian purchased a tractor from Josephine Findings. Len Savage, Josephine's Father, who our Nurses looked after many years ago requested this donation was in his memory. Thank you Ian and Josephine.

Brian French from Shipston, donated £65 from his bumper year of apple sales! Thank you so much Brian for your continual support.

Michael Appleton from Upper Tysoe continues to support the Charity and has thoughtfully sent a donation of £50. Enormous thanks.

Phil Wragg from Shipston, another wonderful supporter sent a donation of £100. We would not manage to keep going without our wonderful community supporting the Charity. Thank you so much Phil.

Nina and John Haines donated £50 to celebrate the 80th birthday of Joan Price, who lives in Ilmington. This donation is in memory of David Price who our Nurses looked after a couple of years ago. Thank you Nina and John for your generous thought. *"Best wishes to all the Team"*.

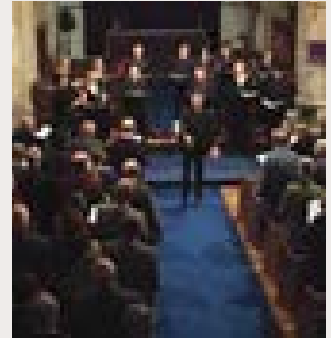
Margaret Sherwood thoughtfully sent a cheque for £100 from her usual sales of marmalade to her friends in Brailes. Thank you so much for your wonderful, continual support.

Meg Morton, who lives at Grove Farm Ettington, generously donated £25 in lieu of sending Christmas cards. Many thanks Meg for your continual support.

Veronica Lay from Winderton, generously donated £200 at Christmas time to the Charity. Huge thanks Veronica for your continual support.

Stretton-on-Fosse Carol Singers were in full voice last Christmas raising £152, for the Charity. Many





thanks to you all for your continual support.  
Congratulations on such a wonderful total!

*Dear Rebecca*

*Thank you for the opportunity earlier this week, to discuss a donation to Shipston Home Nursing. My Mum, Doris, known as Pat, died in March 2016 after a short illness and was cared for by Lillian, Shirley and Marie-Rose allowing her to end her days in the familiar surroundings of her own home in Canberra Close, Wellesbourne. I'm not sure how my brother and I would have managed her care without your help, which was caring, highly professional and compassionate. Would you please accept this donation of £2,000 to help the fantastic and vital work. Regards, Kevin Mossop*  
Many thanks Kevin for your extremely generous donation, your support is truly appreciated.

*"Dear Nurses. Please find enclosed a cheque to help the dedicated nursing team in its work. Please accept it in memory of Sheila Porter of Kineton whom you tended in her last weeks. Keep up the good work". B Glover, Henley-in-Arden.*

*"Thanking you all for the care that you gave to my brother Bob in his time of need". Valerie Hiorns*

*Thank you for your care and kindness that you gave to my husband Bob in his last few days and also the support you gave to me. I enclose a cheque to help support the work you do for others".*  
Best wishes, Jennifer Loggin

My huge thanks to Hilary Bryan who throughout the year kindly loans SHN her crockery, cutlery and anything for a kitchen that might be needed. This is a terrific saving. Many thanks Hilary for your generosity.

My enormous thanks to Emma Morris for baking delicious Brownies and Mince pies for events FOC, throughout the year. Emma this is so kind and generous of you. Many thanks for your wonderful support.

**Rebecca Mawle**

**Shipston Home Nursing - Fundraising Coordinator**

rebecca@shn-fundraising.co.uk

01608 674929

Lower Farm Barn, Great Wolford,  
Shipston-on-Stour CV36 5NQ

# The Right Honourable The Lord Howe of Aberavon CH PC QC

A Service of Thanksgiving at St Maragret's Church, Westminster Abbey

**It was an enormous privilege to attend this wonderful service in May of 2016 to celebrate the incredible life of Lord Howe of Aberavon.**

Lady Howe and her family chose to support Shipston Home Nursing and Young Epilepsy from the collection at the Service of Thanksgiving.

Shipston Home Nursing received a total of £6,435. We are enormously thankful for this generous donation and for all of the support received by Lord Howe and his family over the last 19 years.

*Rebecca Mawle*



## The Emma Bridgewater Shipston Home Nursing Mug

A beautiful china mug featuring the Polka Clown design by Emma Bridgewater. All proceeds from sales go directly to Shipston Home Nursing.

**Please call  
01608 674929  
to order**



**£9.00  
+ P&P**

Shipston Home Nursing invites you to a

# JAZZ EVENING

Saturday July 15th 2017

## A tribute to the Great American Songbook

The Peter Long Quartet, formed from the cream of UK jazz talent featuring guest international vocal star Georgina Jackson in a night of unforgettable melody and rhythm

*By very kind invitation of  
Bridget Barker and Simon Heritage,  
Whichford House, Whichford CV36 5PG*

Gardens open 5.30pm  
Concert in amphitheatre in garden - under cover  
6.30pm concert starts  
8.30pm two course dinner  
Wine, dinner and entertainment included

RAFFLE

**£50 per head**  
**Call Rebecca on 01608 674929 to**  
**book your tickets**

**BOOK NOW**  
Call Rebecca on  
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# Chairman's report Clive Irwin

**Shipston Home Nursing has had its own challenges over the past year or so and we can only look forward to the New Year with renewed optimism and enthusiasm.**

**I refer you to the annual report, which has now been published on our website, for further details of what the Charity has achieved and been up to this year.**

The newly instituted Management Committee of 4 Trustees has had a major role in reviewing the structure and function of the service and worked hard to prepare for applying for CIO status which will dovetail conveniently into a CQC inspection visit in 2017. This type of visit checks quality and delivery of care and can be a challenge but is also a chance to demonstrate the good work the Nurses deliver.

A Responsible Officer has been appointed to assure quality and standards.

The aim of the Charity is to increase nursing activity including night sits and this is



now available and happening. We may also expand our referral base by taking earlier referrals, and additional types of patients after a trial period working with the Shipston Medical Centre.

For the Charity to function well, we need appropriate nursing capacity and regular referrals from both hospital and community teams.

The liaison with the District Nursing team has been much improved by the proximity

afforded by our tenancy of office accommodation in Ellen Badger Hospital.

I was very disappointed to receive a complaint about lack of access to the service at a very difficult time and we have worked hard to address the concerns raised - this was not about the standard of care delivered but the referral process which failed this patient and their Carers.

2017 is the 20th Anniversary of the inception of the Charity and there will be a celebratory Ball in September 2017.

**The prime aim of the Charity remains care and comfort of those patients with a terminal illness who wish to remain at home, close to family and friends.**

**Dr Clive Irwin**  
Chairman

A promotional banner for a 10K Spring run/walk at Walton Hall. The background is a photograph of the large, historic Walton Hall Hotel building. The text is overlaid on the image. On the right side, there is a large '20' logo with the Shipston Home Nursing logo inside the '0' and the text 'Anniversary 1997-2017' below it.

**10K Spring run / walk at Walton Hall**  
Sunday 23rd April, 10.00am

Set in the beautiful 65 acre grounds of Walton Hall Hotel by kind permission of Walton Hall and Sir Andrew Hamilton.

Why not bring a few friends from work and run as a team?

## An Extraordinary Challenge Christine Dudfield

**My sister-in-law Rita Turner was diagnosed with a very rare thyroid cancer which she fought with the utmost courage and determination.**

She had discussed her wish to remain at home throughout, with Dr Sue Pritchard, who then arranged for Shipston Home Nursing to visit her, to arrange her nursing care.

Rita & her husband Allen spoke most highly of all the Nurses & the last time I went to visit her, Lillian and another nurse were there tending to her. The care and compassion that they showed not only to Rita but also to Allen was just amazing. It was at that moment, that I decided I wanted to raise funds for SHN so that other people could have that same care.

It was a spur of the moment decision to actually have my head shaved. I had said it as a joke years ago, but a few days after Rita's passing I was feeling hot and said to my husband I really need to get my hair cut, actually I could have my head shaved for the Charity. I don't think he really thought I was serious, but after a few days I decided, why not, I could raise quite a bit of money.

My daughter Lois is a hairdresser and she said to me Mum are you really sure, it's a huge thing to do and you may look really awful for a while, but my mind was made up. She said who's shaving it for you, I said, you please. I think she was brave to do that for me.

I told all my family, set up the just giving page and that was it, there was no turning back.

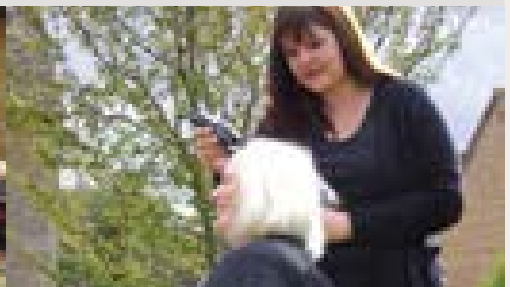
I decided that when I had reached £1000 then I would set a date, so I chose October 8th. I woke up that morning with absolutely no regrets and didn't feel at all nervous.

Allen, Barbara & Tracy from SHN, family, friends, villagers and also some of my slimming world members came along to support me. It was very emotional, when I made my speech beforehand, my eldest daughter Cheryl filmed it live on Facebook so Rita and Allen's daughter Sally, who lives in New Zealand was able to watch it being done.

The total raised so far is £3,712 and yet more promised, with gift aid added, I think it's going to reach £4,000. Never in my wildest dreams did I think I would ever raise so much money.

Thank you everyone who sponsored and supported me in my mad idea, it's the most amazing feeling, knowing I've raised so much and I love my new short hairstyle!

***Thank you so much Christine for raising such terrific funds for the Charity. Your challenge was extra-ordinary and you dealt with it so calmly! Well done and congratulations.***



# Stratford Big 10k

**To the vast number of you who helped out on Sunday at Stratford's Big 10k - this is a massive thank you on behalf of Tempo Events. A great day, with lots and lots of happy runners, personal best times and personal achievements. There were 870 finishers, which is a record number for the race. A new start and finish, an unplanned clash with the Dragon Boat Event, and unexpected Indian Cultural Festival, as well as the chaos of the Market and Stratford on a hot sunny day!**



None of this could happen without the huge team of you who direct, clap and enthuse (and take a fair bit of abuse); man water stations, give out numbers to runners who have lost them, stand on roundabouts stopping traffic, get them into pens, cycle in front of them and behind them, and then welcome them back, take photos, hand out tee shirts, bananas, administer first aid, hand out baggage and process the results, we are incredibly grateful.

We are also very grateful to our main sponsors - Ladders Solicitors, headed up by Steve Baker (runners) and Hollie Coyne (supporters). Not only are they sponsors but they put in the winning Corporate Team this year and they do a fantastic job co-ordinating and managing the finish handout and marshalled some of the critical points.



Thank you also to Nuffield Health who also sponsor the race and provide free massages at the end, and a great spot prize of a full health package, and another great running team - for the first time knocked off the top spot on the Podium!

And so - most importantly we must thank everyone from the Shipston Home Nursing Team - there were 23 marshals, who did a fantastic job keeping everyone safe and happy, this is a fantastic Charity and we hope very much that we will be working together next year too!

**A thousand thanks again to you all and hope to see you again in 2017.**

## **Sarah Bland - Tempo Events**





THE  
PERFECT  
GIFT

# *The Absolutely Fabulous Cookbook*

Quick and easy recipes from supporters  
of Shipston Home Nursing

*Foreword by Prue Leith*

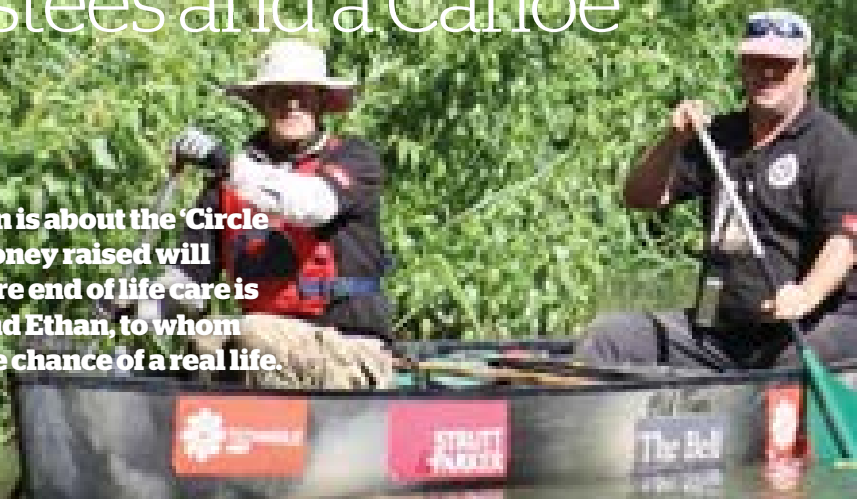
RRP  
**£12.99**



Available now from [www.shipstohomenursing.co.uk](http://www.shipstohomenursing.co.uk)  
or call **01608 674929** or over the counter in many of our  
supporting outlets.

# 3 Trustees and a Canoe

**The expedition is about the 'Circle of Life'. The money raised will help SHN, where end of life care is paramount, and Ethan, to whom we can give the chance of a real life.**



**Once upon a time, in a consulting room near you, there were two Trustees of Shipston Home Nursing having a conversation about fundraising for SHN and Ethan Suglo. Jeremy Wiggin had always had an ambition to navigate the entire length of the 'Mighty River Stour'. As Dr David Williams extracted the needle from his knee joint, the contract was sealed and the adventure began.**

After an extensive skill mix analysis a fellow Trustee Simon Miesegaes was approached due to his logistical and navigational skills and the team was launched. Also required was a person who had local knowledge and spoke many of the local dialects of the villages - Ian McConnel proved to be the perfect gentleman and well known by all the landowners who we would have to ask permission to make this expedition possible.

A photographic shoot by the local media was planned on the Mighty Stour - afterwards it was pointed out that the three brave explorers were in fact facing backwards in the canoe!

An adventure of this seriousness and magnitude needed planning with care and precision.

Simon and Ian did reconnaissance and mapped uncharted territory, meanwhile David studied tropical diseases and Jeremy went on holiday!

Reality dawned 4:42am on Monday 27th June when Ian



Ethan was a three-year-old Ghanaian boy who needed life-saving abdominal surgery. David had met him in Ghana the previous year whilst visiting his daughter who was doing volunteer work in Akatsi, Ghana. David tried to arrange surgery in Africa but this proved impossible so the John Radcliffe Hospital kindly agreed to carry out the surgery if £30,000 could be raised to pay for it.



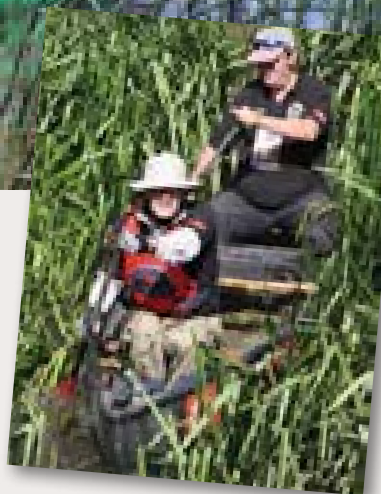




dropped the three fearless adventurers at the mighty source of the Stour at Wigginton Heath, trying not to wake up the Taylor family!

Our route took us across the Sibford - Hook Norton roads and on to Traitor's Ford. We then made steady progress until our next stopping point, the Cherington Arms which unfortunately was not open to quench our thirst at 10am. From the Cherington Arms we walked on towards the A3400 and into Shipston where we were met by a wonderful crowd on Mill Bridge - some of whom were hoping to witness a capsize as we transferred from foot to canoe. However, all went smoothly until Charles Suglo (Ethan's father), who was accompanying David, decided to attach a 47kg empty gas canister, found floating in the river,

to the canoe. David, unaware of this, was all set to moor in order to carry the canoe down the Weir at the back of Fell Mill when the canister decided to take on the Weir, dragging the canoes behind. No capsize and all were safe but a warning to us all! Exhausted and in need of substance we made land at Honington Hall and received a warm welcome from the natives who brought food and water and were very welcoming. Jeremy was tucking into a well- earned sandwich





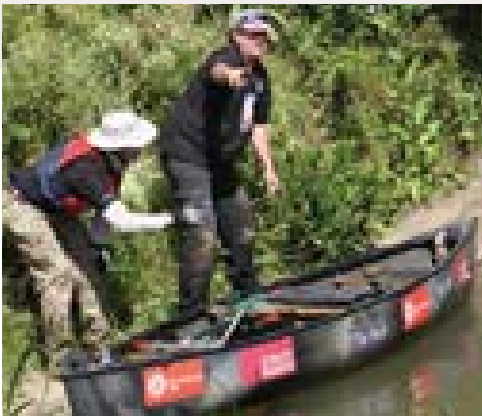
**Day 2** - another early start and David was joined by Will Dockar-Drysdale in his canoe, rather than Charles. We made good progress due to favourable weather conditions and with increasing confidence we shot over several rapids and weirs. Passing through Alscot Park and with a storm forecast for the afternoon we headed towards Clifford Chambers and arrived at the mouth of the Stour with cheering cows and crowds! The data which we will submit to the Geographical Society shows the entire journey to be 27 miles, 11 walked and 16 canoed! The success of the expedition was celebrated and toasted thanks to Emma Holman-West and the hospitality of fizz and food by the Bell at Alderminster.

when Ethan shouted "Obolo" at him. Jeremy's chest puffed out thinking that it meant 'Great Warrior' but it was lost in translation, as it meant 'fat one'!

Behind schedule because of numerous hazards and challenges we were grateful for a warm welcome by a patient crowd at Halford Bridge. As we approached Ettington Park we heard gunfire and assuming unfriendly natives were lurking in wait, Ian McConnel was sent to negotiate a safe passage through. Having established there was a Clay Pigeon Shoot at Ettington Park we succeeded in arriving safely at our overnight stop, Talton Mill Scout Hut. The Bell at Alderminster was our watering hole, the local cider was great medicine, and one team member slightly overdosed (the navigator)!

The completion of this magnificent expedition by these three brave adventurers was only made possible due to the generosity of our sponsors: Strutt and Parker, Technique Print Group and The Bell at Alderminster. It would also not have been possible without the wonderful support of the farmers and landowners who allowed us to cross their land at a time when crops were growing fast and thoughts were turning towards harvesting. We simply could not have done it without them.

At Shipston Home Nursing, our wonderful nursing team provide respite, expertise and, frankly, someone to talk to and rely on - all at a time, when patients are close to the end of their lives. Ethan's story was about giving a



chance to someone who perhaps would only reach the age of seven or eight years without expert medical help. For the four of us, the wonderful donations we received (in excess of £23,000) allowed us to help someone at the start of their Circle of Life as well as those for whom the Circle of Life is closing. That was a truly humbling experience and we cannot thank all of those who donated, in whatever forms, for their support. The Spirit of those whom we have lost is perhaps seen in Ethan's new chance of a long and healthy life.

A final thanks go to our amazing support team Ian, Rebecca, Debbie, Nikki, Jacquie and Mark Holberton Talton Mill, who prepared the reeds on the Stour for our safe passage.



The Game & Wildlife Conservation Trust  
**Simulated Game Day**  
 Friday 9th June 2017  
**The Foxcote Estate**



Ilmington, Warwickshire, CV36 4LD  
 By kind permission of Mr & Mrs L. Wexner

**Teams of 4 @ £500 per team**  
**Team numbers limited, so book early**



**Carter Jonas**

**Lycetts**

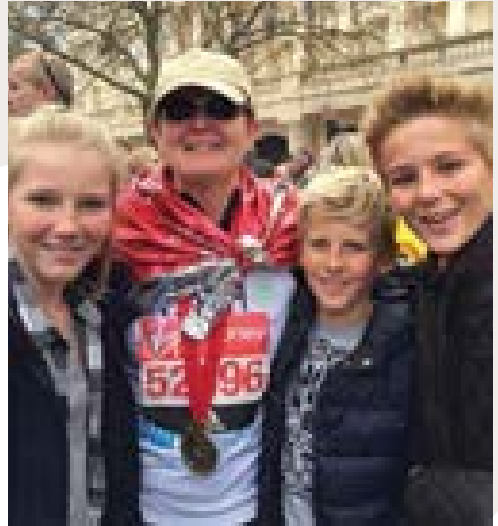
**MACFARLANES**



*The Game & Wildlife Conservation Trust Warwickshire committee is pleased to be supporting Shipston Home Nursing and the Bone Cancer Research Trust via this event.*

# Cath Daley's Marathon

**After months of hard training, the morning of Sunday 24th April 2016 arrived, London Marathon Day. Oh dear what have I done? My first attempt at the London Marathon. I'd had a good night's sleep. My running kit was laid out the night before with the race number pinned to my vest emblazoned with my main sponsor Blink Medical. This event was all about raising as much money for SHN in memory of Andy Bygate a dear friend who lost his battle to a brain tumour. In a last bid to raise more funds that morning I pledged people to donate £5.64 as it was 564 days since he had passed away. I knew Andy would be with me every step of the way.**



Back to the room to get ready and read my many messages of support from family, friends and colleagues. By goodbyes; first to my biggest fan my husband Steve and then across the hotel corridor to say an emotional goodbye to Andy's wife Sharon and his beautiful children Charlie Izzy and George. They were still sleeping but wanted to wave me off and wish me luck. I had to be focused, there would be plenty of time for the tears and laughter later. They had been briefed on the best viewing points around the course and I had a vague idea where I would hopefully see them on the course.

The tubes and trains were packed but excellently managed as the atmosphere built. In the park there were people all shapes, sizes and ages. People were stretching, limbering up and making last minute kit adjustments. My goal time was under 5 hours.

I arrived in my starting pen 45 minutes before the start. I listened to people chatting between themselves, one man said the most he had run was 4 miles.... I couldn't believe it! This filled me with confidence as my longest run had been 21 miles albeit a slow plod.

The start was loudly counted down with a big cheer. The first few miles were not as

congested as I thought and I was soon into a comfortable stride. My mantra was not to start too quickly, but it is difficult to not get carried away with the emotion of the day and up the pace with the surge of adrenaline.

Seeing the Cutty Sark was a lasting memory I had from watching the London marathon as a child, now I was running around it. Next was Tower Bridge an adrenaline rush and the half way marker. I felt pretty good at the halfway mark. I was desperate to see my family and friends. I received a call they were struggling to get through the crowds.

On route I received phone calls from Australia, Germany, Liverpool and Warrington, all with words of encouragement to keep me going. After speaking with my parents over in Oz I had a little blub.

Mile 24 Embankment - my team of supporters were there. A quick high five, I had waited so long to see them. I thought the last 2 miles would now be a breeze but how wrong I was, I checked my watch I thought I would easily get under my 5 hour target. After seeing my supporters there was time for another blub,



not something you practice on your training runs. This was my hitting the wall moment. For the first time I had a wave of negativity. I'm hurting, I'm emotional, I'm tired, I need to walk. This shouldn't be happening now, I should be enjoying the last 2 miles. I was constantly thinking of why I am doing this, Andy Bygate! I can do this I've done the hardest bit, dig deep, I've not walked once why do it at mile 24? I looked at my watch and thought where's those minutes gone I might struggle to make the 5 hour target. I now upped the pace, 800m to go, I thought that's twice round an athletics track. Perhaps I upped the pace too much as my breathing laboured on reaching 400m and I really could feel for the first time the lactic acid building in my legs.



But before I knew I was about to enter what I had visualised on all those training runs I turned out of Birdcage Walk and there was Buckingham Palace in all its glory. The home stretch, take this moment in, I've got to sprint down the Mall like a professional with arms aloft as I cross the line. Let the celebrations commence!

Running the London Marathon is probably the closest a non-professional athlete could feel like being a professional. The spectators make

this event. As I sit here writing this I can feel myself welling up with emotion of pride at crossing that finish line and the reason why I did it. An unbelievable, unforgettable experience:- proud to be one in a million.

I would like to thank Shipston Home Nursing in allowing me to represent their Charity, this was the first year SHN had applied for a London

Marathon place. Sharon, Charlie, Izzy and George Bygate for the tears, laughter and amazing support you gave me. Roger and Charlotte Tyler for their amazing sponsorship and support. Sue Peters my marathon training buddy who spurred me on each mile. And last, my biggest supporter of all, my husband Steve who gave me the time, patience and kept me focused on my end goal.

And let's not forget the reason I was there in the first place to raise money for Shipston Home Nursing in memory of an amazing charismatic man and a true friend Andy Bygate.

***Our enormous thanks to Cath and her team who raised an incredible £5701. Also received, were donations from The British Transport Police Federation (£300) and British Transport Police Sports and Social Club (£75). Enormous thanks to Blink Medical, Roger and Charlotte Tyler who sponsored Cath £2,500.***

# Treasurer's report Christopher Owen

**We are now in our twentieth year of providing free nursing for the terminally ill at home in the Wellesbourne, Kineton and Shipston on Stour areas in South Warwickshire.**

We managed to cover our costs for the financial year ended 30 June 2016, and made a surplus of £99,335.

We received £60,328 mainly from NHS Primary Health Care Trusts for the continuing care by our nurses of NHS patients leaving hospital and referred to SHN. If we had not received a record £217,500 in legacies a loss of £118,165 would have been suffered.

Fundraising events contributed £73,163 after event costs. We have adequate reserves to cover operating costs invested in COIF Charity Funds managed by CCLA Investment Managers Ltd.

We need at least £300,000 this financial year to 30 June 2017 to cover our outgoings.

## Developments

Our fundraising team continue to attract support from businesses in



the area and welcome any leads in this respect.

We have leased dedicated office premises as an administrative base for use by an administrator and for nurses to meet, close to the District Nursing team in the Ellen Badger Hospital.

A continuing service review is being undertaken by the Trustees management team to strengthen the nursing base, improve training and expanding the service to patients.

Conversion to a charitable incorporated organisation (CIO) is ongoing.

The dedicated experienced professional team of Trustees, Nurses and Fundraisers are continuing working hard to ensure the longer term success of the service.

I would urge supporters of Shipston Home Nursing to consider making provision in their wills in favour of the charity and life time gifts of shares, property etc, and if assistance is needed I am on hand for guidance.

Keep up the good work and thanks for your support and your continuing efforts.

**Any ideas for Trust, legacy and other income or comments please ring Chris Owen, Treasurer on 01608 686547 or email [ci.owen01@gmail.com](mailto:ci.owen01@gmail.com)**

## Plant and Home Produce Sale

*Plants & Produce Wanted Please*

**Saturday 20th May, 10am - 12noon, FREE ENTRY**

Sheldon Bosley Hub, Shipston-on-Stour CV36 4DQ

Plants (including vegetable plants), Jams, Chutneys, Cakes, Biscuits, Marmalades, Pickles, Pies, Garden Produce etc.

*Delivery of plants and produce to Sheldon Bosley Hub from 12 noon onwards, Friday 19th May or call Nicola on 01926 651453 for prior collection.*

**For more information please call Fudge Ramsay 01608 680000 or Caroline Gunn 01608 663508**



# Who can receive the service provided by Shipston Home Nursing?

The service is available to those living within areas marked on this map



Any ideas for Trust, legacy and other income or comments please ring Chris Owen, Treasurer on 01608 686547 or email [ci.owen01@gmail.com](mailto:ci.owen01@gmail.com)

# Wellbeing Day



**Saturday 11th March - 10.30am-4.30pm**  
The Butts, Cherington CV36 5HZ

*By kind invitation of John and Beverley Beaumont*

Price: £30 for 3 half hour sessions - Ticket includes Tea, Coffee, Cake and Soup.

**To book treatments/classes please call Beverley on 07866 988355 or email [beverleybeaumont@gmail.com](mailto:beverleybeaumont@gmail.com)**

**What's on:** Averil Plank- Half body massage, Ariadne Los - Ayurvedic treatments including feet/hands/face/head and Neal's Yard products. Marianne Flint - Neurokinetic Therapy/sports massage/pilates group or one to one session. Jamie Francis- Pilates sessions throughout the day. Verity Mee/ Hayley Robinson - will offer 'Spa find' hand and arm massages/make-up consultations/eyebrow make over. Nina Truman-Indian Head Massage..

## Whichford's Annual Marmalade Festival

**Saturday March 25th**

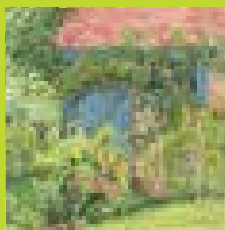
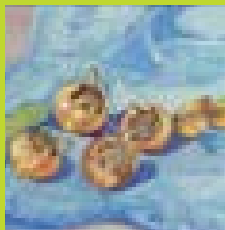
10.30am in St Michael's Church £5 entry

To enter the Marmalade Competition, bring 1 pot of marmalade to St Michael's on Thursday 23rd March: 2.30 - 4.30pm

**01608 684369: Sophia Corlett**

# Shipston Home Nursing Notelets

Each pack contains 12 cards, two of each of these stunning paintings by artist Jennifer Wilson. Please call 01608 674929 or visit [www.shipstonhomenursing.co.uk](http://www.shipstonhomenursing.co.uk) to purchase.



**£6.00**  
+ P&P



# Way of the Roses

Chris Thorogood

**How does one keep active on retirement - why not try cycling, you could when you were a child. Thus a small group of us started cycling to the pub for a pint and lunch (1st trip Oxhill - 3 miles).**

Four years on and three of us needed a challenge and decided to cycle 180 miles from Morecambe to Bridlington over three days; how difficult could that be? Once arranged and paid for we wondered about raising money for charity. Brian French and I decided to share any monies raised between SHN and helping towards young Ethan's operation.

The ride goes from West to East to take advantage of the prevailing winds, unfortunately we had sharp Easterly's into our face for three days just to make it more difficult. Still easterlies usually mean no rain and that was positive.

**Day 1:** Set off from Eric Morecambe's monument on the promenade, cycle along the Lune Valley and into the Dales. Only 55 miles - should be easy. We were lost within the first half mile spending some time before finding a cycle shop who directed us on our way. The post lunch ride up out of Settle on cobbles and then up ever steeper hills will remain with us for ever; not something we wish to repeat.

**Day 2:** Rather saddle sore - it only got worse. More hills through Nidderdale down to Pateley Bridge and then more hills (beginning to see the attractions of the Fenlands and Holland). Lunch was in Ripon where the centre of the town has been newly paved -



managed to fall off the bike as the kerbs were not easily visible - that's my story anyway. Onwards to York for the night - 80 miles.

**Day 3:** Surely no more hills - we'd never heard of the Yorkshire Wolds. A relatively uneventful day but with some time pressure as we had to meet our return transport by a certain time. We eventually cycled into Bridlington, exhausted but quietly pleased with ourselves. Celebrated with a cappuccino on the promenade only marred by a direct hit into the coffee from one of the local herring gulls.

***Enormous thanks to Chris and Brian who raised £2,519 for Shipston Home Nursing and Ethan, thank you so much for your impressive challenge and brilliant fund raising!***

Shipston Home Nursing

# Golf Day

Thursday 29th June 2017  
at Feldon Valley Golf Club

Kindly sponsored by



**BOOK NOW**  
Call Rebecca on  
**01608  
674929**



- Coffee and Bacon Rolls from 11am
- 18 hole Stableford Competition
- Shotgun start at 12 noon
- Hot dinner served at 4.30pm
- Auction
- Prize giving
- Raffle
- £250 per team

Please contact Rebecca on 01608 674929  
or email [rebecca@shn-fundraising.co.uk](mailto:rebecca@shn-fundraising.co.uk)  
to register your team



# CHRISTMAS

# GIFT FAIR

Tuesday 14<sup>th</sup> November 5.30pm - 8.30pm  
Wednesday 15<sup>th</sup> November 9.30am - 4.30pm

Entry £5 includes home made  
biscuit and coffee

Ettington Community Centre,  
Rogers Lane, Ettington CV37 7SX

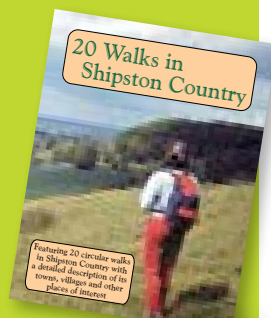


## 20 Walks in Shipston Country

This 96-page guide book published for the exclusive benefit of SHN, has proved amazingly popular.

It has been compiled by Peter Titchmarsh in memory of his wife, as a way of thanking all the staff of SHN for their care and support.

Available locally in shops, pubs and medical centres or please call **01608 674929** or visit [www.shipstonhomenursing.co.uk](http://www.shipstonhomenursing.co.uk)



**£6.00**  
+ P&P

# You can make a difference



There are many ways to support Shipston Home Nursing.  
Please complete the form below and return to:

Chris Owen, Shipston Home Nursing, Wheelwright Cottage, Cherington,  
Shipston-on-Stour, Warwickshire CV36 5HS. Tel: **01608 686547**

- Make a difference right away by making a one-off donation
- Sign-up for a direct debit and support us monthly - please send me details
- Through your company, including sponsorship, cause-related marketing and one-off donations
- Through you or your child's school - please contact me

## You can also help us through:

- Legacies, in memoriam and angel funds - please contact me
- Trusts - please contact me
- Your own events or activities - please contact Rebecca
- Share-giving - please contact me

NAME

ADDRESS

POSTCODE

TEL NO.

EMAIL

I would like to make a donation to Shipston Home Nursing of £  Please find enclosed a cheque made payable to **Shipston Home Nursing**

- I wish this donation to be anonymous

## Gift Aid Declaration

Using Gift Aid means that for every pound you give, we get an extra 28 pence from the Inland Revenue, helping your donation go further, and it doesn't cost you a thing.

SIGNATURE

DATE

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 Shipston Home Nursing to claim the tax back on this donation

Please help!

# Calendar of events 2017

## Wellbeing Day

Saturday 11th March, 10.30am-4.30pm  
The Butts Cherington CV36 5HZ  
*See page 40 for details*

## Whichford's Annual Marmalade Festival

Saturday 25th March  
St Michael's Church, £5 Entry  
*See page 40 for details*

## Designer & 2nd Hand Clothes Sale - Free Entry

Saturday 1st April, 9.30am-12.30  
Sheldon Bosley Hub  
Shipston on Stour

## 10K Spring Run / Walk

Walton Hall  
Sunday 23rd April, 10am  
*See page 28 for details*

## Plant & Home Produce Sale

Saturday 20th May  
10am-12 noon - Free Entry  
*See page 38 for details*

## Simulated Game Day

Friday 9th June  
Foxcote Estate Ilmington  
*See page 35 for details*

## SHN Golf Day

Thursday 29th June, 11am  
Feldon Valley Golf Club  
*See page 42 for details*

## SHN Bottle Stall

Wellesbourne Street Fayre  
Saturday 10th June  
12.30-4pm

## Jazz Evening

Saturday 15th July  
Whichford House  
*See page 27 for details*

## Wolf Run

Saturday- 2nd & Sunday 3rd  
September  
*See below for details*

## 'Roaring 20's' Anniversary Ball

Saturday 9th September, 7pm  
Admington Hall  
£90 per person - Tables of 10  
*See page 19 for details*

## Shipston Food Festival

Cake Stall  
TBC

## Designer Pop-up Shop

Thursday 2nd November  
6pm-8.30pm &  
Friday 3rd November  
9am-6pm  
Darlingscott Farm  
Donation £5 Entry

## Christmas Gift Fair

Tuesday 14th November  
5.30pm-8.30pm &  
Wednesday 15th November  
9.30am-4.30pm  
Ettington Community Centre,  
Rogers Lane Ettington CV37 7SX  
*See page 42 for details*

## SHN Bottle Stall

Christmas Lights  
Wellesbourne  
TBC

For information on any of these events please contact Rebecca Mawle on 01608 674929 or email [rebecca@shn-fundraising.co.uk](mailto:rebecca@shn-fundraising.co.uk) unless otherwise stated



# WOLF RUN

## 10KM CHALLENGE

RUNNING WILD

WOODS, OBSTACLES, LAKES & FIELDS...

The WOLF RUN has chosen SHN to be their permanent Charity partner.  
Event dates at Welsh Road, Offchurch are **Saturday Sept 2nd & Sunday Sept 3rd**

Why not get a team together and raise funds for Shipston Home Nursing.  
Go to [thewolfrun.com](http://thewolfrun.com) or [shipstonhomenursing.co.uk](http://shipstonhomenursing.co.uk) to register!

**See you there!**

**BOOK  
NOW &  
SUPPORT SHN**