

THE MYTON HOSPICES

NEWS

Spring/Summer 2019



Every year we support thousands of people and their families, in our three hospices, via our patient & family support services, and in the community through Myton at Home. We are a charity and we couldn't do it without people like you – read on to find out more about our work and the many ways you can help us to be there for more people when they need us most, now and in the future.

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We have hospices in
**Coventry,
Rugby &
Warwick**

and specialist nursing teams that
care for people in their own homes

We care for people aged

**18 years
& over**

with a wide range of life
— limiting illnesses —

We provide all of our services

**FREE
OF CHARGE**



The services we
provide across
**Coventry and
Warwickshire**

Inpatient Units

Day Hospice

Myton at Home

Physiotherapy

Occupational Therapy

Complementary Therapy

Art Therapy

Hairdressing

Lymphoedema

Counselling

Clinical Psychology

Spiritual & Pastoral Care

Fatigue and Breathlessness
Programme

The Living Well Service

To find out more visit
mytonhospice.org/services



myton
hospice

Welcome to The Myton Hospices Spring/Summer News. There is so much going on that it's difficult to know where to start, so perhaps the best place is with a massive thank you to everyone who has made and continues to make what we do here at The Myton Hospices possible. Firstly there's our amazing volunteers who support every aspect of what we do from working directly with patients and families to keeping our gardens beautiful all year round – they have also played a big part in the success of our coffee shop which you can read about on page 45. Then there are our donors and fundraisers who have helped us to generate in excess of £9 million in the last year, see what some of them have done to generate much needed cash on pages 34 and 35.

It would be impossible to write a list of thank you's without mentioning our staff, who regularly go the extra mile for our patients and their families and on a daily basis make me proud to work at Myton. I wish I could introduce you to them all but you can at least learn a little bit more about three of them; (Claire, Sarah and Yasmin) on pages 26 – 33.

It surprises many people to know that Myton is not just about caring for people in the final days of life but also about helping them live well for

longer and we have introduced a number of services to do just that. On pages 2 and 3 you can read about the difference our new Living Well and Fatigue and Breathlessness programmes are making to patients, and then turn the page to read about the benefits to patients of working with nature – the results have been inspiring.

As you read this newsletter you'll see that Myton is an organisation of many different parts, but there is something about which we are united. Every single person at Myton, whatever role they play, is committed to making a difference to the lives of patients and the people who love them and with your support that's what we'll keep on doing.

Happy reading!



What's new at Myton?

SERVICES EXTENDED TO HELP MORE PEOPLE!

At Myton we want to help more people to live well for longer with a terminal illness and to reach out to people earlier in their illness with services tailored to their needs. Our Living Well Service and Fatigue and Breathlessness Programme do just that, read on to find out more.

THE LIVING WELL SERVICE

Following a successful pilot our Living Well service has been rolled out across our hospices and aims to help people living with a life limiting illness to work towards goals which are important to them. Following an initial assessment, our Living Well Team support patients over six outpatient sessions. Within our dedicated team there is a Nurse, Physiotherapist, Occupational Therapist, Art Facilitator and Complementary Therapists. A key aim of this project is to provide supportive interventions for people who are not traditionally regarded as hospice patients and may be earlier on in their illness.

If you would like to find out more please contact us on 02476 841917.





THE FATIGUE AND BREATHLESSNESS (FAB) PROGRAMME

The FAB programme takes place over six weeks, and brings together small groups of people who experience breathlessness and fatigue.

Patients are provided with education on breathlessness, fatigue, medication, nutrition, exercise and relaxation. People currently referred are living with COPD, Heart failure, Emphysema and Lung cancer.

A core element of the programme is to have the opportunity to talk through their circumstances with staff and other people experiencing similar symptoms.

The FAB programme is available at our Coventry, Rugby and Warwick hospices.

If you would like to find out more please contact us on 01926 838816

GREEN FINGERED PATIENTS, STAFF AND VOLUNTEERS GROWING!

Research shows that horticulture, gardening and access to nature, whether through active or passive participation improves wellbeing (Sempic et al 2005). Benefits to people with life limiting illness include restoration of energy and attention, recovery from stress, improved confidence and person identity, adjustment and normalisation.

Following the success of the initial 12 week Horticultural Therapy programme at Warwick Myton Day Hospice, Ryton Organic Gardens have trained staff from all of our three Day Hospices. Now patients across all days of the week and locations will have the opportunity to take part in these valuable activities!



<p>.....</p> <h1>Welcome to The Myton Hospices Inpatient Unit</h1> <p>.....</p> 	 <p>We have hospices in Coventry, Rugby and Warwick</p>		<h2>CONTENTS</h2>	
	<p>We provide all of our services free of charge</p>	 <p>myton hospice</p> <p>mytonhospice.org    @mytonhospices</p>	<p>01</p> <hr/> <p>About this booklet</p>	<p>04</p> <hr/> <p>Why am I here?</p>
			<p>07</p> <hr/> <p>What do I need to bring?</p>	<p>08</p> <hr/> <p>What facilities are available?</p>
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		<p>We care for people with a wide range of terminal illnesses</p>	<p>14</p> <hr/> <p>Information for visitors</p>	<p>17</p> <hr/> <p>Donate by text</p>
				

NEW ADMISSION PACK

Every patient who is referred to our Inpatient Units receives an admission pack when they arrive filled with useful information about Myton. There is already plenty to think about if you are admitted to Myton and we hope that the revamp of the admission pack makes the information even easier to digest for patients and their families.

To find out about all of our services visit mytonhospice.org/services

COULD YOU JOIN OUR FAITH AMBASSADORS PROGRAMME?

Our Equality and Diversity Steering Group has been supporting our Community and Diversity Chaplain, Zabia Khatoon, to develop a Faith Ambassadors programme for volunteers.

Our aim is to recruit a group of faith leaders from different ethnic minority communities in Coventry and Warwickshire who are able to explore concepts of death and dying within their communities and inform people about the services available at Myton so that more people from different backgrounds are able to access care and support from our team.

Full training and on-going support will be provided so if you or someone you know might be interested please contact Zabia to find out more on **02476 841902** or email **zabia.khatoon@mytonhospice.org**

PATIENT AND CARER INVOLVEMENT GROUP

This group is made up of current or recent users of Myton's services, such as a patient, family member or carer. It provides an opportunity to contribute to the decisions we make about how we develop Myton in the future and ensures that our users are at the centre of everything. This could include:

- Our new Corporate Strategy – what should our priorities be?
- How we develop the services we deliver
- Changes to our buildings and spaces
- How we market Myton and communicate with people

Meetings are quarterly and the next one is on Wednesday 10th April 2019 at 4pm at Warwick Myton Hospice.

If you know someone who would be interested in joining the group or to find out more please contact David Pratt on **01926 838881** or email **david.pratt@mytonhospice.org**





Wasps Rugby Club

We are thrilled to announce we are partnering with Wasps Rugby Club! We are looking forward to working with the club and having their support as we continue to provide our services to people with terminal and life limiting illnesses, and their families, in Coventry and Warwickshire. Watch this space for updates!



New Shops

OUR FIRST CHARITY SHOP IN ALCESTER OPENED ITS DOORS IN OCTOBER

The opening was attended by Mayor of Alcester, Cllr Andrew Foster, Low Bailiff of Alcester Court Leet, David Parkes, and the Rotary Club of Alcester, as well as shoppers keen to get a first look.



Manager Steph Dodsworth said: "The people of Alcester, and visitors, have been so welcoming. The quality of donations people have provided for us has been so high. The Myton shop is a fantastic addition to the town!"

WE ARE ALSO VERY EXCITED TO HAVE TWO SHOPS IN STRATFORD UPON AVON

You will be able to support Myton while you shop in Stratford town centre, and before you do your grocery shopping at Morrisons!

Our two new shops can be found on Wood Street, and inside Morrisons supermarket on Alcester Road.



• • • •

David Dyson, Head of Retail and Trading at Myton, said:

“It is very exciting for Myton to open our first shop in Stratford upon Avon, and even more so to be followed by a second shop in the town! Myton’s services, particularly our Inpatient Units, serve the people of Stratford and this is a wonderful opportunity for local people to connect with us as well as supporting the charity.”

If you would like to volunteer or work at one of our shops please visit mytonhospice.org/vacancies or mytonhospice.org/volunteering

• • • •

We now have 27 shops in Coventry and Warwickshire

- 1. Alcester** 9 High St
B49 5AE Tel. 01789 400963
- 2. Atherstone** 41 - 43 Long St
CV9 1AY Tel. 01827 718700
- 3. Bedworth** 10 All Saints Square
CV12 8LU Tel. 02476 491074
- 4. Coventry** Cannon Park
Shopping Centre CV4 7EH
Tel. 02476 696633
- 5. Coventry** 1-2 Quinton Parade
CV3 5HW Tel. 02476 503117
- 6. Coventry** 63 Barker Butts Lane
CV5 6EP Tel. 02476 597133
- 7. Coventry** 27 Earlsdon St
CV5 6EP Tel. 02476 713412
- 8. Coventry** 74 Far Gosford St
CV1 5DZ Tel. 02476 555253
- 9. Coventry** 44 Hertford St
CV1 1LF Tel. 02476 631426
- 10. Coventry** 65 Jubilee Crescent
CV6 3ET Tel. 02476 594563
- 11. Coventry** 6 Riley Square
CV2 1LX Tel. 02476 581394
- 12. Coventry** 715 Tile Hill Lane
CV4 9HU Tel. 02476 422255
- 13. Coventry** 21 Trinity St
CV1 1FJ Tel. 02476 520661
- 14. Coventry** 94 Walsgrave Rd
CV2 4ED Tel. 02476 459660
- 15. Henley in Arden** 133a High St
B95 5AU Tel. 01564 79439
- 16. Kenilworth** 42 Warwick Rd
CV8 1HE Tel. 01926 511623
- 17. Leamington Spa** 30 Bedford St
CV32 5DY Tel. 01926 423122
- 18. Leamington Spa** 104 Warwick St
CV32 4QP Tel. 01926 338117
- 19. Nuneaton** 11 Abbey St
CV11 5BS Tel. 02476 388055
- 20. Nuneaton** 15 Bridge St
CV11 4DX Tel. 02476 328656
- 21. Rugby** 13 Albert St
CV21 2SD Tel. 01788 576425
- 22. Rugby** 6 Church St
CV21 3PH Tel. 01788 553341
- 23. Southam** 9 Market Hill
CV47 0HE Tel. 01926 811257
- 24. Stratford Upon Avon**
24 Wood St, CV37 6JF
- 25. Stratford Upon Avon Morrisons**
22 Alcester Rd, CV37 9DA
- 26. Warwick** Brook St
CV34 4BL Tel. 01926 400323
- 27. Wellesbourne** WRT House, School
Road, CV35 9NH Tel. 01789 842284
- 28. Distribution Centre (Mon-Fri only)**
Unit 8-9 Herald Business Park,
Golden Acres Lane, CV3 2SY
Tel. 02476 459342

We appreciate every saleable, good quality item donated to us at Myton; if you have items that can be sold by us to help raise vital funds you can drop them off to one of our shops or to our distribution centre. We are happy collect large items of furniture from your home. If you would like us to collect items please call our distribution centre team on **02476 459342**. Please note we will only be able to take saleable items.

THE MYTON HOSPICES RICOH ARENA ZIP WIRE

SATURDAY 20TH JULY

9AM - 5PM



NEW ADRENALINE PUMPING EVENTS!

Our first ever abseil raised £50,000! Over 120 people abseiled down the side of Coventry Cathedral to raise the money, with crowds cheering them on and even an appearance on ITV News!

The event was so successful, and so many people wanted to take part, that we decided to hold a second abseil on Saturday 9th March 2019!

If you missed out on our abseils, why not sign up to fly across the Ricoh Arena on a zip wire on Saturday 20th July 2019. This exciting event is the newest challenge to join our calendar and is sure to get the adrenaline pumping!

To sign up or find out more visit mytonhospice.org/zipwire

Sponsored by



Myton Events

We have an array of events to suit everyone, from abseiling down a local landmark to enjoying a walk in the countryside, anyone can join Team Myton and help to raise vital funds! Our calendar is full to bursting with everything from cycling events to seasonal fayres, save the date or sign up today!

Glow for Myton
Saturday 30th
March



Walk for Myton
Sunday 12th
May



It's A Knockout
Friday 28th
June



Summer Fete
Sunday 30th
June



Coventry Summer Fayre
Saturday 6th
July



Ricoh Arena Zip Wire
Saturday 20th
July



Myton Summer Celebration
July 2019



Cycle Challenge
Sunday 4th
August



Golf Day
Thursday 19th
September



Legacy Event
September
2019



Rugby Craft Fair
Saturday 19th
October



Harbury Craft Fayre
Saturday 16th
November



Rugby Christmas Bazaar
Saturday 23rd
November



Coventry Winter Fayre
Saturday 7th
December



Santa Dash
Sunday 8th
December



Light Up a Life
December
2019



Challenge Events

**Coventry
Half
Marathon**
Sunday 24th
March



Whether you're looking for an exhilarating skydive, a testing half marathon or a muddy obstacle course, we have an event for you! Join Team Myton and do something amazing for your local charity – we need to raise millions of pounds every year and we can't do it without people like you!

**Myton
Skydive**
Saturday 27th
April



**Mini Military
Mud Run**
27th & 28th April
6th & 7th July
28th & 29th
September



**Ultra
Challenge
Series**
May - September



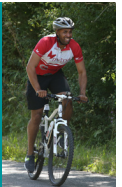
**Velo
Birmingham**
Sunday 12th
May



**Two
Castles
10K**
Sunday 9th
June



**Virtual
Race**
Friday 21st
June



**Leamington
Half
Marathon**
Sunday 7th
July



**The
Mudnificent
7**
Saturday 17th
August



**Kenilworth
Half
Marathon**
Sunday 1st
September



**Great
North
Run**
Sunday 8th
September



**Myton
Skydive**
Saturday 28th
September



**Birmingham
Half
Marathon**
Sunday 13th
October



**The Inca
Trail Trek
to Machu
Picchu**
November 2020



Don't worry if you've missed an event! It may take place again next year or there could be something similar. Please note events are subject to change. Check our website mytonhospice.org/events for upcoming events.

CHALLENGE YOURSELF AND RAISE VITAL FUNDS

We have free places available for the following 2019 events: Mudnificent 7 on 17th August, Kenilworth Half Marathon on 1st September and the Great Birmingham Run Half Marathon on 13th October!

BE INSPIRED!

In 2018, £11,809.48 was raised by people who took on the Great Birmingham Run in aid of Myton! Our Team Myton skydivers raised £9,548.55 in September! Andy Harris cycled from London to Brighton in aid of Myton and raised £2,611!



Visit mytonhospice.org/events to see all of our upcoming events



Michael's Story

Michael McCotter died at Coventry Myton Hospice in July 2018; only 11 weeks after being diagnosed with secondary colon cancer in the liver.

His sister-in-law, Jane Owen, explains: "Michael was a real family man, loving husband to Jackie for 29 years, devoted Dad to Faye and Emily, beloved Grandad to Isaac and Austin, brother to 6, good friend to many and much loved colleague.

"When Mick knew he was terminally ill, he expressed a wish to go to Myton, wanting to make it easier on the family. As soon as we arrived on the Monday morning, Mick instantly relaxed. Being the 'top bloke' he was it turned out that Mick was friends with quite a number of people in the hospice; staff and volunteers alike!

"We were shown into Mick's lovely room – large, filled with sunlight, opening out onto the beautiful garden, complete with birds singing – it was perfect. In

the only too short time that Mick was there, both he and the family were treated with the utmost respect, professionalism, dignity and tenderness. There always appeared to be the right person arriving at the right time, and saying and doing the right thing. What could have been an awful and traumatic event was actually very quiet, peaceful and pain-free, plus very positive and uplifting for everyone involved. We felt we were in the very best of hands at all times and this experience has certainly helped us with our grief.

"We will never get over Michael's death and we will forever remember him with love in our hearts, but we are grateful for the fabulous life he had, for all the people he touched with his humour, friendship and kindness, and for the wonderful care we received from The Myton Hospices – we will never cease to support this brilliant cause in every way we can. They truly are angels."

£460 will fund an inpatient bed for one day, so more people like Michael can choose to spend their final days at Myton knowing that they and their family will be safe and supported.

To find out more visit mytonhospice.org/stories

The Myton Hospices

MAKE A WILL WEEK

YOUR PART IN OUR FUTURE

At some point in our lives, we all have to look to the future. Myton is no different. In fact, planning for the future is vital if we want to be here to support and care for patients and families in the years ahead. We're committed to reaching out and giving outstanding care to even more people. Through leaving a gift in your Will, your legacy could touch many people's lives.

For more information please visit www.mytonhospice.org/Will or to talk to the team about leaving a gift in your Will call us on **01926 838886** or email legacy@mytonhospice.org



MAKE A WILL WEEK 2019

Thank you so much to everyone who took part in our Make a Will Week 2019! Our aim this year was to raise £15,000, which will fund an inpatient bed for just over a month.

A big THANK YOU to all of the Solicitors and Will Writers, who gave their time free of charge, to write or update basic Wills in return for a donation to Myton.

SUMMER IN MEMORY

For Summer 2019 we will be giving people the opportunity to pay tribute to and remember loved ones with a beautiful memento and a brand new event at Coventry Cathedral. There will be an installation of butterflies at Coventry Cathedral from 19th July – 2nd August 2019 and you will be able to purchase a butterfly to show your support for Myton and remember a loved one.



To find out more visit mytonhospice.org/butterfly



WITH THANKS TO:

Alsters Kelley | Blythe Liggins | Dixon Alderton Law Ltd | Hammons Solicitors | Johns Gilbert & Frankton LLP | Ladders Solicitors | Mander Hadley | Murgatroyd Solicitors | Penmans Solicitors | Robert Lunn & Lowth

Giving in celebration

Special occasions are a time when your friends and family search high and low for that perfect gift to put a smile on your face! What better gift to give than helping Myton care for more people when they need us most; lots of people also use it as an opportunity to remember a loved one.

Our exclusive silver pin badges make the perfect wedding, christening or birthday celebration favours. Personalising them in memory of a loved one adds that special touch to your big day.



THANK YOU CHARLOTTE FOR CELEBRATING THE BIG 3-0 WITH MYTON!

"My childhood friend Eleanor, who sadly passed away in 2012, was cared for at her family home by the Myton at Home nurses. I feel so very fortunate to have everything I could wish for in my life and instead of receiving gifts I asked friends and family to consider making a donation to The Myton Hospices." Now living in London, Charlotte still thought of Myton and raised over £1,100 through her JustGiving page and on the night of her party.

So whether it's a birthday, wedding, anniversary or another special occasion, by giving in celebration you will receive the perfect gift, the gift of ensuring someone has the best care at Myton. Contact **ellie.morgans@mytonhospice.org** or visit **mytonhospice.org/celebration** to find out more.

CONGRATULATIONS AND THANK YOU TO NEWLYWEDS ABBIE AND CALLUM

Abbie and Callum supported Myton instead of having traditional wedding favours on their big day last year. What a perfect day...



Rainbow Ripples and MyTeens - Children and teen services

Did you know? Our counselling team don't just provide invaluable services for adults they also offer support for children and teens.

For children aged 5 to 12 years old, Rainbow Ripples offers one-to-one counselling sessions as well as weekend group workshops.

The group sessions involve creative activities and games as well as time to be with and talk to other children who are experiencing the same situation, hospice staff and trained facilitators.

MyTeens provides activity sessions for 12 to 18 year olds who are recently bereaved, or who may have a family member who is being supported by Myton. The sessions normally involve taking part in activities like laser quest, wall climbing or bowling.





Erin's Story

9 year old Erin Wilson has been seeing a counsellor through our Rainbow Ripples service after her Grandad, John, died at Coventry Myton Hospice. The sessions helped her to recall fond memories as well as talking about her feelings.

She shared some memories of her Grandad, and told us about Rainbow Ripples:

"We used to go out on sunny days to the park and he'd push me on the swings and he used to always fall asleep when we'd watch movies, even at the cinema! I used to carry his tea and toast for him because his hands shook and he'd spill it otherwise. I never wanted to leave his side. One Christmas I was given a makeup set and he let me do his makeup – eyeshadow and blusher and lipstick! I look at my snakes n' ladders game every day because that's what me and Grandad used to play.

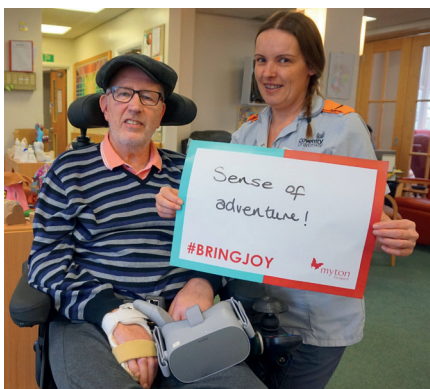
"Grandad was 80 when he died; His birthday is Valentine's Day and I still buy him a balloon

every birthday and let it float into the sky so he can catch it! I was really upset when my Dad told me Grandad died. Now I'm happier though because he's in a happier place. It's been a very hard experience with my Grandad not being here. I was crying every time I went to school, and we made Valentine's cards at school which upset me but everyone on my table came around me to hug me and make me feel better.

"I came to see Rosemary at Warwick Myton Hospice for counselling and I've got lots of things which I made with her like a memory box, salt jar, hedgehog and a canvas to remember him. I've told my friends all about coming to Rainbow Ripples and all the stuff I've made. I felt much better after having counselling with Rosemary – all of my sadness has gone and all of the happiness about my Grandad has come back. Me and nan still share memories about Grandad."

£162 will fund 10 children's bereavement counselling sessions so more children like Erin can understand and work through their grief following the death of a loved one.





Corporate Social Responsibility

Written by Chris Wilmott, Corporate Fundraiser

Corporate Social Responsibility (CSR) can have a far-reaching and lasting impact on businesses, organisations and charities across the country. The benefits are huge for all concerned.

Charities and community organisations receive vital support in the form of volunteer help and crucial boosts to the coffers. Companies meanwhile reap the reward for their involvement with a happier and more involved workforce with a greater sense of belonging, the joy of giving to the communities around them and, last but definitely not least, a PR boost.

Never before has the responsibility to our planet and our local communities been higher on the news agenda. Being a responsible employer can make a huge difference when it comes to attracting and retaining the very best staff. And the business benefits to a company come with stats to back them up too.





A survey by the UK Small Business Consortium revealed that 88 per cent of consumers said they were more likely to buy from a company that supports and engages in activities to improve society. All of these benefits come at a small cost of giving staff a few hours off to volunteer for a good cause or a simple cash donation or sponsorship – money the tax man would be more than willing to take off your hands anyway! In short, everyone is a winner when it comes to CSR.

So, the question really is – can your company afford to not be involved?

It doesn't matter how small or large your firm is or how much time or money you can give, every single penny and every single volunteer hour make a massive difference to us and a massive difference to you.

If you would like to find out more about how your business and staff can benefit from CSR involvement, please call a member of Myton's Corporate team on **01926 838817** or email **corporate@mytonhospice.org**

Staff Spotlight

Claire McDowell Community Fundraiser

If you had to describe yourself in three words, what would they be?

Caring, positive and easy going

What does your role entail?

My role involves looking for opportunities on a daily basis to raise funds. When I started 16 years ago our yearly fundraising target was £1.3 million, but because Myton has grown and we reach out to more people it is now over £9.6 million which is a big challenge!

I work with a wide range of families and supporters who want to raise funds for us after their loved one has experienced the special care we give. I support people and groups with organising their own events like quizzes, dances and walks. I also deliver talks to groups like Rotary Clubs to encourage them to fundraise for us and work with supermarkets to arrange collections.

As well as day to day fundraising I oversee the volunteers who run our Coffee Shop in Coventry and manage our Coventry Support Group volunteers who organise our Summer and Christmas Fayres and other fundraising activities. It feels

like I am juggling many things at once but I feel privileged to do my job and wouldn't have it any other way.

How did you come to work at Myton?

My dad died in August 1994; he became ill very suddenly and died very quickly at the age of 58. He was one of the most selfless, kindest, funniest and inspiring people in my life who always saw the best in everyone. Even after the shock of him being given a short time to live he still remained positive and was more concerned about everyone else. My dad spent the last 4 days of his life in Warwick Myton Hospice where he was treated with kindness, respect and dignity, and as a family we were able to spend quality time with him. When he died I was working at Barclays who encouraged staff to raise funds for charities; I decided then I would do some fundraising to help pay for the care he was given. I organised fetes, cake sales, charity nights and anything else I could to raise money for Myton, Marie Curie and Macmillan. With some match funding from Barclays we raised over £20,000 in a short



time. A job at Myton came up shortly after and I knew I had to apply and I have never looked back. The last words my dad said to me were 'make me proud' and I would like to think I have

If you had to describe Myton in three words, what would they be?

Three words aren't enough to describe the wonderful place Myton is but; humbling, passionate and inspiring.

What has been your most memorable moment at Myton?

Having worked for Myton for over 16 years I have many memorable moments but one which sticks out has to be the opening of Coventry Myton Hospice as I was involved with the initial £5 million appeal to build it which was launched in 2001. And to top it all off, the hospice opened on my birthday!

What is a skill you'd like to learn and why?

A skill I would love to learn is tarot card reading. I have always been interested in this and who knows, I may be able to foresee a nice lottery win to help with our fundraising targets!

What do you like to do in your free time?

I love spending time with my grown up sons and friends. I swim most mornings at 6am to clear my head and I also volunteer for a local charity which provides assistance to the homeless and socially destitute families and individuals.

If you would like to find out more about how you could support Myton with community fundraising please email **communityteam@mytonhospice.org**



If you had to describe yourself in three words, what would they be?

My family and friends would describe me as caring, proactive and organised

What does your role entail?

As a doctor specialising in palliative medicine, my role is ensuring my patients receive the best possible care so their well-being and quality of life are as good as they can be. This involves assessing their physical condition, treating any pain or symptoms they have, addressing their psychological and emotional needs, considering their own particular spiritual preferences, and supporting them within their own individual family and social situation.

As a consultant I support the whole multi-professional team to ensure

we are continually improving the care we provide. We work closely with other health and social care professionals to ensure coordinated care locally and to better meet the needs of our local population.

My new role as Medical Director will bring with it exciting opportunities while supporting the Medical Team, working closely clinically with the Senior Nurses and representing Myton locally as a new member of the Myton Senior Leadership Team.

What do you enjoy most about your role?

The people I work with. I enjoy meeting new patients, each with their own unique personalities, clinical story and particular preferences. I love working as a part of the Myton clinical team. Everyone is so dedicated, hard-

working and compassionate. I have worked in many clinical teams since I qualified 22 years ago, but there is nowhere quite like Myton!

I really value playing a part in the Myton jigsaw, working every day with all the other doctors, nurses, allied health professionals, pastoral care team and support staff – yet feeling as much a part of the wider team with everyone working in housekeeping, catering, estates, administration, finance, fundraising, HR and IT, alongside all the many volunteers.

How did you come to work at Myton?

I trained in Southampton and was interested in palliative care as a medical student. I did an elective placement at the Countess Mountbatten House hospice in Southampton. I followed my husband to Warwickshire and did my first local job in A&E at Warwick Hospital. While working there, I came to visit Warwick Myton Hospice, nearly 20 years ago to the day! I asked the Medical Director at the time how could I come to work at Myton. I was advised to go away and gain more clinical experience... I came back in 2002 as the ward registrar!

If you had to describe Myton in three words, what would they be?

Friendly, happy, supportive

What has been your most memorable moment at Myton so far?

This is difficult as there are many. I think probably when I was working at Coventry Myton Hospice and we welcomed the first inpatients into the new building. All the staff gave them very special attention and they were proud to be the first people to experience the new services!

If you could have lunch with anyone, dead or alive, who would you pick and why?

Probably JK Rowling. I admire her for the journey she has been on through her life and all she has achieved, yet she remains modest, supporting causes close to her heart.

If you could witness any event of the past, present or future, what would it be?

I would love to go to Norway to witness the phenomenon of the Northern Lights.

What do you like to do in your free time?

I love being outdoors and exploring the countryside. I enjoy spending time with my family, walking locally with my husband, daughter, son and Golden Retriever puppy.



Surprise visit for lifelong Leicester City Football Club fan!

Leicester City Football Club (LCFC) fan Brian had been telling staff at Coventry Myton Hospice about his love for the club and his family had brought in some of his football memorabilia to help make him feel more at home. Brian has been a season ticket holder for more than 50 years and Consultant Dr Jo Poultney spoke to Brian about trying to arrange for him to go to one more match. But Brian felt it would be too much for him and those around him to arrange with his deteriorating health.

Dr Jo really wanted to cheer Brian up and thought if he can't go to LCFC then we will bring the club to him!

Brian mentioned that he was known as 'Big Brian' at the football ground so Dr Jo used that as the subject line when she emailed the club. Within a matter of minutes she had a response saying they knew Brian well and would love to arrange a surprise visit at Coventry Myton Hopsice.

Dr Jo and the team let Brian's family know so they could be there but they were all sworn to secrecy. A few days later club ambassador and former player Alan Birchenall stunned Brian with a surprise visit and signed shirt! They spent over an hour and a half reminiscing and Brian's spirits were well and truly lifted!

Brian said: "I didn't know a thing it was a complete surprise and everybody kept it quiet. Dr Jo is wonderful, I've told her that I'm going to write to Buckingham Palace to say she should be made a Dame! Everybody is perfect, there isn't anybody I don't love; they're all lovely, it's a certain kind of person that works here. I admire them all."



Join our lottery team and make a difference

Our weekly lottery funds the care of 1 in 4 of our patients in Coventry and Warwickshire. As well as an opportunity to support your local charity and community we can offer:

- Flexible working
- Full and part time hours to suit you
- Opportunity to earn up to £25k
- Paid annual leave entitlement
- Training and development
- Group Personal Pension Scheme

To find out more visit mytonhospice.org/vacancies or call our Lottery Manager, Chris Godber, on 07964 977822.



Meet Yasmin Audhali, our Corporate Fundraiser!

Just a month after her Grandad died at Warwick Myton Hospice, Yasmin joined our Corporate Fundraising team. She, like many of our staff, was inspired to work at Myton following first-hand experience of the care we provide to patients and their families. She tells us about herself, her Grandad and the time he spent at Myton:

Grandad was diagnosed with Oesophageal Cancer back in August 2016. In September 2018 Grandad was referred to Warwick Myton Hospice. Taking his walking stick and an overnight bag, Grandad closed the door behind him on his beloved thatched cottage that he had lived in for 20 years and headed for the car to go to Myton. My mum still says this was one of the hardest things to watch knowing he would never be going back.

When arriving at Myton, Grandad was warmly greeted by the staff and instantly we felt a weight lifted off our shoulders; he was being cared for and in the best place possible.

His health deteriorated even more and he realised the hospice was the best place to be. He even became worried they were going to send him home!

Right up until his last breath, Grandad and my family were so well looked after and he received such dignity while in the care of Myton.





During Grandad's time at Myton, I practically lived there for 18 days, bringing my sausage dog Ralph to visit him and spending four nights in the family accommodation and the rest on the armchairs and the communal sofas. I had been on the hunt for a new job since July but with Grandad deteriorating so quickly I decided to put in on hold. It was then that I came across a job vacancy and realised working for an organisation like Myton would be so rewarding; I went home and filled in the application.

I was called in for an interview three weeks after Grandad passed and I was so nervous! Fortunately I was offered the job and was over the moon! I had told Grandad I had applied for it and I know he would be so proud of me. Each day comes with its challenges being back at the hospice as it's still raw. Hopefully with my experience and passion for the charity I will succeed in this role that I love so much.



If you are a business and would like to find out more about how you can support Myton please contact corporate@mytonhospice.org or call **01926 838817**.

If you would like to apply for a job at Myton you can view our vacancies online at mytonhospice.org/vacancies

Our supporters are amazing

Thank you to all of our supporters for your fantastic fundraising efforts! Here are just some of the people who have supported us recently:

Leam Terrace Street Party committee

raised £5,380.64 in 2018 which featured a dog show, auction, raffles, cake stalls, quiz in the New Inn pub

All Saints Church, Leamington Spa

held their annual 'Carols by Candlelight' in December 2018 which raised £400.50

Ettington Park Hotel

supported Myton as their Charity of the Year from December 2017 to December 2018 and raised £1,481.54

Jaykays Dance Company

have raised £1,973.25 for Myton since 2009

9 year old Chloe Shale

raised £280 in memory of her Nan by holding a tea party for friends and sold homemade cakes and sweet bags

Julie Smith and Jack Garrard

raised £530 by taking on the Wolf Run

Audley Binswood, Leamington Spa

raised £425 through a Summer Fete and Christmas Events

Heart of England Odd Fellows Society

Provincial Grand Master Brother, Keith Darlison, chose Myton as his Charity of The Year and raised £6,225

King Edward VI School, Stratford upon Avon

raised £8,751.59 for Myton as their chosen local charity for two years

Hellidon Lakes & Golf Club

Peter Sadler supported Myton in his year of office as the Tigers Captain and raised £1,271

Tesco on The Parade, Leamington Spa and Emscote Road Warwick

donated prizes to our Easter and Christmas Tombolas as well as raising £1,373.12 in 2018

Pat Fahey

raised £4,366.50 by hosting afternoon teas

Dunwood Travel and June Britain

raised £2,034 for Myton

Allesley Festival

have donated £21,270 since the festival began

Ego Restaurant Nuneaton

raised £1,102.50 for Myton on their opening night

Coventry Junior Motocross Club

raised £19,938.28 in memory of Dave George

St Marie's Union Catholic

raised £775 for Myton

Anne Watson

donated in memory of her husband Donald who was cared for by our Rugby Myton at Home nurses

G Force Martial Arts, Rugby

raised £446.50 at their summer BBQ

11 year old Sydney Lovell

raised £52 by holding a sponsored beach clean up



Thank you to some amazing Trusts!

General Charities of the City of Coventry have donated an amazing £243,443 to Myton since 1995! The charity donated £50,000 in 2008 towards the Coventry Hospice Appeal and £40,000 in 2017 towards the refurbishment of our Coventry Inpatient Unit. They funded The Coffee Shop and furnished one of the nurse-led beds when these were introduced at Coventry Myton Hospice. Their support has also enabled us to purchase numerous beds and specialists mattresses.

Thank you to the Rugby Soroptimists who have funded much needed new equipment at our Rugby Day Hospice.

THANK YOU ALSO TO THE FOLLOWING:

King Henry VIII Endowed Trust | Warwick Provident Dispensary Charity | Baron Davenport's Charity | Ratcliff Foundation | ScrewFix Foundation | FC Stokes | Geoff Hill | Hilary Awdry Charitable Trust | Bilton Charities | Richard Cadbury | Kenilworth Rotary – Bid4 Fund

Could you be a volunteer driver for The Myton Hospices?



This is a unique volunteering role within Myton which involves helping to transport patients between their home and Day Hospice if they are unable to make their own way. Mick Taylor has been a volunteer driver since he retired over 4 years ago and says this is the most rewarding thing he has ever done! So what is it like to be a volunteer driver?



“

If you want to do something fulfilling, I couldn't think of anything better to do. The staff and volunteers are very special. Everyone has a smile and is so welcoming. It can be humbling, seeing people who are ill who just get on with life... it puts other things into perspective. Some of my colleagues have been volunteering for years and do it daily, which is just indicative of how much they enjoy it. It's incredibly rewarding, and I feel privileged to volunteer here.

”

If Mick's experience has inspired you, apply to be a volunteer driver at mytonhospice.org/volunteering where you can view all of our volunteering vacancies.



Get on your bike for Myton!

Our annual Cycle Challenge is arguably one of our most popular events each year! With three routes to suit cyclists of all abilities, it is the perfect excuse to get on your bike to raise money for Myton. And this year for the event on Sunday 4th August 2019 we've also introduced a Mini Myton route around St Nicholas Park. Even members of Myton staff have been inspired to take up cycling and challenge themselves!



50km Route

100km Route

100 mile Route

Mini Myton Cycle

To sign up or find out more visit mytonhospice.org/cycle



Accounts Assistant Sheila Coad has completed six of our Cycle Challenges since 2011! It started as a way to get fit, and to raise some money for Myton where her father-in-law was cared for, and she caught the cycling bug!

"I enjoy taking part in the cycle challenges as it's a great way to spend time with friends, having a laugh and a natter. It's also a great way to exercise and enjoy the fresh air, seeing parts of Warwickshire that I have never seen before."



Our Graphic Designer Emma Nailon only began cycling in 2017, and our 2018 Cycle Challenge was the second event she had ever taken part in! She and her Dad are planning to take part again this year, and are hoping to beat their times for the 100km route.

"The feeling you get after completing such a big challenge of five or six hours of cycling is pure elation. The encouragement from everyone pushes you to get to the finish line. There is such a mixture of ages and ability, and it was great to see plenty of women taking part too!"



Charlotte Ingram, Director of Income Generation at Myton, took on the 50km in 2018 which was her first cycling event!

"In the past I never thought I could ever enter a cycle challenge, and thought I'd never be fit enough to take part but actually I surprised myself! I took advantage of the incredible summer weather in 2018 to get out on my new bike and build up my fitness. The day itself was such fun and I loved seeing it from a participant's perspective for once. I was so proud of myself when I crossed the finish line."



Mandy's Story

In 2017 Mandy Kinsey was diagnosed with secondary cancer on her brain and spine, despite being given the all clear from Lung cancer just months earlier. After suffering a seizure she was admitted to University Hospital Coventry and Warwickshire. She spent five days in hospital but asked if she could be referred to Myton.

Her daughters Cheryl and Dani said: "Mum had said she didn't want to die at my house so we didn't have that memory, and she did not want to die in the hospital. And this is how amazing Myton are – less than 24 hours after the nurse and Consultant contacted Myton, there was a bed for her.

"Mum woke while we were in the ambulance being transferred to Warwick Myton Hospice and I was telling her 'we're going on holiday to Myton!' She just gives us a big thumbs up and proper chuffed smile. She did not like it in hospital,

she looked uncomfortable and had a screwed up face, but at Myton she seemed very at peace."

As soon as they walked through the front door at Warwick Myton Hospice the whole family felt a sense of calm. They were able to stay in our family accommodation on site to be close to Mandy. She soon came round and although she couldn't talk, she was able to sign to Cheryl and Dani that she loved them – something which they said was 'perfect'.

A few days after being admitted to Myton, Mandy's condition worsened and her daughters knew they didn't have long left with their mum. They sat either side of her bed, holding her hand and listening to her breathing through her final hours. And when they were ready to leave her side, the nurses were ready and waiting to hold their hands.

£25 is the daily upkeep cost of our relatives' accommodation which allows families like Mandy's to rest, shower and sleep while still being close to their loved ones in their final days.



THE MYTON HOSPICES
LOTTERY

only
£1
to enter

Win up to
£10,000

and help make a difference to our
patients and their loved ones

**Play
online**

Did you know our lottery is a vital source of regular income which now funds the care of 1 in 4 of our patients?

Our lottery team can regularly be seen at local shops and events as well as out in the community encouraging people to join our weekly lottery for just £1! If you know of a doctors surgery, football club, library or another venue the lottery team could visit, please contact Kathryn Metcalfe on **01926 838810** or email **lottery@mytonhospice.org**

For more information visit
mytonhospice.org/lottery

Could your company support Myton?

The support of corporate clients is a vital key in the cog of our fundraising efforts here at The Myton Hospices, playing a huge part in the care and support we are able to offer patients and their families.

This support comes in so many different ways – bake sales, dress-down days, volunteering, taking part in one of our many fabulous events – or companies themselves sponsoring our events or literature.

As always, huge thanks to all our Sponsors and Charity of the Year supporters, and some exciting new partners for the year ahead: **Accenture, A & J Audhali, ABC Print, Stadium TM, Fatherson Bakery, BRI Management and Coventry Building Society** – all raring to go for the Myton cause.

SPONSORSHIP PACKAGES:

Sponsorship packages range from just £150 all the way up to £3,000, £5,000 and £8,000 for our larger events or campaigns and are a great way to give your company vital exposure and brand recognition across the region. Sponsoring an event, a campaign or some Myton materials sees the inclusion of your company's logo at events, on literature, on posters, flyers and social media platforms.

DONATIONS, RAFFLE PRIZES, AUCTION PRIZES:

If your company is able to donate a prize for our Golf Day or any of our Myton events then we'd love to hear from you. Whether it's a free dinner, a hotel stay, weekend in a sports car or whatever it is you can offer, please get in touch by calling or emailing the corporate team.

To find out how your company can get involved to help raise vital money for Myton – and hopefully have some fun while building great relationships – please give a member of the corporate team a call on **01926 838817** or email **corporate@mytonhospice.org**

And to discover just how beneficial supporting Myton could be for your company and employees, turn to page 24.



IT'S A KNOCKOUT:

Back by popular demand is our awesome It's a Knockout event, kindly hosted by Leamington Rugby Club and set to take place on the afternoon of Friday 28th June 2019.

This is team building at its very best – think giant inflatables, water, foam and plenty of fun for your teams of eight.

GOLF DAY:

An ever-popular event on the corporate calendar is our annual Golf Day on Thursday 19th September 2019.

All new for 2019 is a move to the impressive Coventry Golf Club following some wonderful times and memories made at Stoneleigh Deer Park Golf Club.

We're on the hunt for corporate four-ball teams and can promise a great day out featuring a round of competition golf, prize holes and a fabulous evening dinner, raffle and auction.





Get social with us

READ THE LATEST NEWS ON OUR BLOG

Our blog features a range of stories, take a look at mytonhospice.org/news

FOLLOW US ON FACEBOOK

Like our facebook page to keep up to date with our latest news and events.

WE'D LIKE TO KEEP IN TOUCH!

We would like to keep in touch with you about our vital work and update you on our news and fundraising activities. Please visit mytonhospice.org/signup to let us know if you would be happy for us to contact you – we really appreciate your support!

[@MytonHospices](https://www.facebook.com/MytonHospices)



THE COFFEE SHOP

DROP IN FOR A COFFEE AND A CHAT

The Coffee Shop at Coventry Myton Hospice has been open for over two years now and is going from strength to strength. It is run by a fabulous team of volunteers and all of the profits go directly into funding patient care. Between October 2018 and February 2019 the Coffee Shop made over £8,000!

The Coffee Shop serves a selection of hot and cold drinks, meals and snacks.

If you've never visited one of our hospices why not visit The Coffee Shop for a drink and have chat with one of our staff or volunteers about the services Myton offers?

Myton at Home

Myton at Home nurse, Maddy, shares a touching story about a patient she met through working at The Myton Hospices.



Mr Singh had been attending Warwick Day Hospice regularly for several years and was always 'the quiet one' who kept himself to himself. One day he asked Maddy to go for a walk around the hospice gardens. He spoke to Maddy in Punjabi, telling her about his life, how proud he was of his family, about the business he built with his brothers, and to Maddy's surprise, how he knew her grandfather!

They quickly built up a rapport and he asked Maddy to call him Uncle Ji rather than 'Mr Singh', which she was touched by as this is a term of endearment in Sikh culture.

Months later when Maddy was working in the Myton at Home team there was a referral for Mr Singh to be cared for at home.

“

Maddy explains: Because of his experience of Myton he wanted to be cared for by Myton nurses in his home. He was taken home from hospital the very same day and he was cared for by us for a week before he died.

His family told us all about him, what he was like before he became more unwell. I explained I had met him when he was a Day Hospice patient and how he had told me all about his life and family. It meant a lot to the family that he already knew me; it was reassuring for them at such a difficult time.

”

Patients who are in their last two to four weeks of life are cared for by our Myton at Home team. For some people, their own home is where they choose to die and our nursing teams feel incredibly privileged to be able to help fulfil this for them.

Visit mytonhospice.org/services to find out about Myton at Home



Join our nursing team and make a difference

- Time to care
- Education and training
- Support with revalidation
- Transfer your NHS pension
- Free parking

Visit [mytonhospice.org](https://mytonhospice.org/vacancies)
/vacancies to find out more!

We have hospices in Coventry,
Rugby and Warwick and Myton
at Home in the community.

 **myton**
hospice

THANK YOU

to all of our supporters, none of the work we do is possible without people like you. With your help we are able to make a difference to more people when they need us most.

If you would like to find out more about Myton and how you can support us please get in touch, we'd love to hear from you enquiry@mytonhospice.org

Coventry

Clifford Bridge Road
Coventry, CV2 2HJ
02476 841900

Rugby

Barby Road
Rugby, CV22 5PY
01788 550085

Warwick

Myton Lane,
Warwick, CV34 6PX
01926 492518

mytonhospice.org

   @MytonHospices

Registered Charity No. 516287

