

Newsletter

Spring / Summer 2024



A fresh start

In this issue

The difference we make

Telling your stories

A living legacy

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Chief Executive's message



After a very busy Christmas and New Year at the Hospice it is a pleasure to welcome you to our spring newsletter and on behalf of the teams here I want to wish you a very happy 2024. New Year at Dorothy House is a time when we pause briefly to reflect, ensuring that we are on track with our current plans, whilst setting our goals for the year to come.

As we looked back upon 2023, there were a few facts that I and the team were particularly proud of. These included knowing that in the last six months, we cared for over 1,900 patients, making it our busiest period ever and setting us up to reach our goal of caring for nearly 4,000 people by the end of the year. We know that the need for our care is only increasing and that there are over 5,000 people in our patch who would benefit from our specialist support. We want to make sure that everyone who needs our care is able to access it, when and where they need it. Making this kind of progress, including investing in new specialist roles in dementia and heart failure, is vital, as you will read later.

We also know that the friends and families of patients under our care need as much support as the person

who is ill, and so it is wonderful to see that our Family Support Team has had an amazing year. There were 763 visits to our Bereavement Help Points over the past six months, and I know from meeting with attendees, the value they place upon the service.

On the non-clinical side we had some highs too. We launched a new digital strategy, created a new education and training programme, and opened two new shops; one in Midsomer Norton selling furniture, and a brand new concept shop selling new goods including our very own Ubiety products – on London Road in Bath. Local support has been tremendous and I know that a few of my own family's Christmas stocking fillers came from the new Find Ubiety store!

All of these investments in our future require crucial funding, so one last plea from me!

In April, I will be trekking 20-30 miles a day, in 30 degree heat, 100% humidity and in the jungles of Vietnam for 5 days! I would be incredibly grateful if you could sponsor me via my JustGiving page by scanning the QR code below. I promise every bead of sweat will be worth every penny I raise to support Dorothy House.



Wayne de Leeuw (Chief Executive)

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Privacy statement update

Dorothy House is committed to protecting the data we hold, whether this relates to patients and clients, donors, staff or volunteers. We have updated our privacy statements to explain how we handle data for the different groups of people we work with. You can find these at: dorothyhouse.org.uk/privacy/

If you are unable to view them online and would like a hard copy, please phone 01225 722 988

Community & corporate heroes



1 Davies & Davies

On Sunday, 15 October, team members from Davies & Davies took part in a 14 mile walk along the River Avon from Trowbridge to Bath. Setting off at 10am they made great progress and enjoyed some beautiful autumnal sunshine, completing the walk to Bath in just under five hours. Davies & Davies were incredibly proud to raise £2,143 for Dorothy House. Thank you for your fantastic fundraising!

2 My Skills for Life

My Skills for Life has been supporting Dorothy House for a number of years, providing us with first aid cover at our large-scale events, most recently at our Santa and Elf Run. They also provide key training to members of staff across the organisation. During this year, one of their team bravely took part in our Firewalk in November, raising valuable funds for the Hospice. We cannot thank them enough for their amazing support and expertise!

3 Bath Roller Derby

Bath Roller Derby once again hosted their now annual Peek a Hurt You Cup in memory of Amy Buller, their former teammate, who Dorothy House cared for back in 2020. Roller Derby is a fast-paced, full-contact

sport played on quad roller skates and the team is run entirely by volunteers. The cup day featured games from beginners all the way to advanced level. The club, participants and spectators raised a wonderful £2,300 at this year's event.

4 Vobster Quay Christmas Cracker Chill Swim

On Sunday, 10 December, 65 hardy open water swimmers took to the chilly waters at Vobster Quay for the Christmas Cracker Chill Swim! Wearing fun, festive accessories and enthusiastic smiles, the swimmers had a great time at this awesome event, which raised funds for both Dorothy House and the Dorset and Somerset Air Ambulance. Our amazing volunteers were there on the day to cheer on the participants!

Afterwards, the swimmers were treated to a hearty hot meal prepared by local professional chef, Dagmar Hewell and live music from local Bath singer/songwriter Sam Evans and even a fire-eating act courtesy of Emily from LABEvents. The event finished with a fundraising prize draw raffle.

Special thanks to Vobster Quay and all the swimmers involved – this event raised a fantastic £1,300 for Dorothy House.

Working with our community

Sam Robinson, Senior GP Partner, discusses the role of Dorothy House nurse specialist, Melissa Foss, at Combe Down Surgery, Bath.

“Melissa has been a breath of fresh air and working together with our mutual patients feels like a shared endeavour. She never leaves us at the end of the day with a big to-do list, or makes us feel like we're being given extra work.

When some other GP practices refer to Dorothy House, they might see it more as one-way traffic. However, we don't see it like that; we see it as a helpful collaboration and that is what makes it work so well.

Support nurses are the key thing. If you don't have a hands on support nurse then you won't get a very good service, because the vast majority of clinical work is delivered by that individual. So we hope Melissa's not planning on moving on in the near future!”

“Working closely with GPs and other healthcare professionals means that patients' journeys are as smooth as possible. Having these established relationships ensures they get timely advice and avoid unnecessary stress. The GPs and other professionals I work with on a day-to-day basis support me; I feel respected and trusted.” – Melissa Foss



Our care through the voices of our patients and families

Receiving a life-limiting diagnosis can be a scary and confusing time. Many patients and family members are directed to the Dorothy House, website and open access support groups by their GP or Consultant.

■ A wealth of resources are available on our website for anyone to access.

In September, 13,000 people visited our site for palliative and end of life care information. This is 28% more than visited in April.

■ One of our **peer-support groups**, Coffee Connections, is run alongside the charity 'We Hear You' and is open to anyone in the community affected by a life-limiting illness.

"The support from others helps me to cope."

"It encourages me to get out of the house and mix with other people."

13,000

people visited our website in September.

“

Dorothy House has been amazing – I feel like I'm leaving here a different person



As a patient's condition worsens, they might experience difficult symptoms and feel they need more specialist palliative support.

■ At this stage, the patient or their family might contact our **Advice Line** directly.

"I was listened to and given all the time to talk about my anxieties with my cancer diagnosis."

"I feel reassured that now professional help and advice is at hand should it be needed."

■ Our **Community Palliative Care Teams** are usually the first contact a patient has from Dorothy House. These local teams are made up of a mix of health professionals.

"As I care for my husband it is comforting and reassuring to have a small team helping me to keep my husband as well as possible."

90%

of our care takes place out in the community and in people's homes.

Our patients are often referred on to receive care from a variety of Dorothy House teams. We will always ask 'what matters to you?' and tailor care accordingly.

■ Our **Day Hospice** offers the opportunity to meet with other patients in a safe and friendly environment, and to share experiences.

"Staff were very professional, my needs were considered and catered for. The group sessions were informative and all contributions were shared. Overall a very positive experience."

■ Our **physiotherapy team** is here to help maintain and improve patients' independence.

"I was delighted to meet Catherine today when she visited me in her capacity as physiotherapist. She showed me many useful exercises and advised strategies to help with my condition. I plan to do the exercises every day."

■ Our **comfortable Inpatient Unit (IPU)** is available to patients who require specialist support from our multi-disciplinary team. Patients often stay for a short time to have their needs assessed and to balance medication.

"Dorothy House has been amazing. I feel like I'm leaving here a different person. They have sorted out my mobility and all my pain and I am truly grateful."

■ We are also here for the families and carers of our patients. We offer **complementary therapy and counselling**, not only for patients, but also their loved ones.

"Anne wasn't just there for Suzanne but all of us as a family and nothing seemed too much, even if it was just to feel the reassuring presence of someone and sit quietly with a hand to hold."

We put the person at the centre of their care, and encourage conversations about end of life plans and wishes. Many people would prefer to spend their final days at home surrounded by their loved ones.

When hospital is the right place for someone to be cared for, we are there too. In partnership with our RUH colleagues we provide medical and companion support when required.

■ Our Hospice at Home team is made up of experienced healthcare assistants, providing palliative care in people's homes.

"My husband received first class care during the last couple of weeks of his life at home. Nothing was too much trouble. Without this service we couldn't have managed ourselves and my husband would have been in hospital instead."

62%

of people we supported died at home over the last 6 months.



92%

occupancy in our IPU in the first 6 months of the year.

15,237

hours of care delivered by our Hospice at Home team.

After a patient dies, their family will continue to be supported by Dorothy House for as long as they need us.

■ We are here to help both adults and children, before and after bereavement. This includes **one to one counselling and group work** such as our 'Bereavement Help Points'.

"There is nothing that could have been improved upon, I have been treated with the utmost care, professionalism, patience, compassion, understanding and given time to heal mentally with the help from my councillor."

"Dorothy House has/is giving us amazing support... it's nice to have an outlet and gain support by meeting other families in the same position as us."

122

family members supported by our specialist Bereavement Support Team

763

visits to a Bereavement Help Point over the last 6 months.



Many family members find our Winsley site offers a space for reflection, peace and connection with nature.

■ We have recently expanded our 'Firefly Woods' – hundreds of individually handmade 'Fireflies' donated by local artist Bruce Munro. Each Firefly is a constellation of separate small lights, which can be dedicated to a loved one.

"While I am not religious the Fireflies seem to symbolise life and hope, they blow in the wind in the beautiful woodland setting and feel so peaceful and positive."

“

My husband received first class care during the last couple of weeks of his life at home – nothing was too much trouble

All statistics cover 1 April – 30 September 2023. All quotes are from Dorothy House patients, carers and family members.

Improving the quality of palliative and end of life care

We are proud to announce the launch of our 2024 Education training sessions, aimed at bringing high-quality training to the healthcare community. The calendar is designed to showcase a diverse range of courses, highlighting our organisation's commitment to promoting knowledge and skills in the vital field of palliative and end of life care.

From foundational principles to more advanced techniques, our courses cover a broad spectrum of topics. Participants can expect to gain a deeper understanding of the subject matter, with a focus on application in real-world scenarios, expert guidance, engagement in interactive sessions, and networking with like-minded individuals.

To ensure the highest standards of education, we use not only our in-house experts, but also our partner specialists to add to our existing wealth of experience and a passion for educating others.

In addition to the initial course offerings, we will be releasing new courses throughout the year. These will include specialist masterclasses delving into areas such as heart failure and motor neurone disease.

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If you are a healthcare professional, caregiver, or someone interested in enhancing their understanding of end of life care, please visit the Education area on the Dorothy House website (scan the QR code) or contact education@dorothyhouse-hospice.org.uk for more information or to register for our courses.



From foundational principles to more advanced techniques, our courses cover a broad spectrum of topics.



Staff Spotlight

Claire Morgan

“I’ve been working at Dorothy House since 2015 and recently became Clinical Lead for Heart Failure.

While I have a lot of general medical knowledge - having worked in nursing for 23 years - one of my particular interests was always cardiology. So when the exciting opportunity came up to be Clinical Lead for Heart Failure, I felt that I could bring all of my palliative and cardiology experience and knowledge to the role.

The service will officially go live in March, so right now I’m involved in a lot of research, meeting heart failure teams and building connections and relationships through collaborating with the heart failure services within Bath, Swindon and Wiltshire. I also work with GP practices, district nurses, community teams and hospitals. I have also started to sit in on the palliative care Multi-Disciplinary Team meetings at Salisbury Hospice, specifically around patients with heart failure.

I love having the opportunity to create a brand new service that will be collaborative, effective, and setting best practice for patients with heart failure; ensuring that they have equal access to Hospice services that patients with cancer have. I love a challenge!”



JOIN THE RETAIL REVOLUTION

Fuel the future of retail. We focus on profit with purpose through sustainable shopping. A salaried retail role with us is a huge opportunity to personally and professionally shape your world. Be part of the solution.

.....
“I joined Dorothy House as a volunteer in 1997 and in 2001 I became a paid colleague and have been here ever since! I enjoy the interaction with customers and meeting different people.”

Heather Thorne – (Deputy Manager),
22 years of service

.....
“It sounds cliché, but every day really is totally different and I get to work with some amazing people.”

Debbie Russell (Mobile Deputy Manager),
9 years of service

.....
“It means a lot to me that when I get home at the end of the day, I know I’ve made a difference to other people.”

Mick Mooney (Van Driver Team Leader),
8 months of service

.....
“Working with Dorothy House is so diverse and rewarding. There can be challenges but you overcome them because it’s contributing to a bigger goal.”

Wendy Williams (Retail Support Team Leader),
5 years of service

.....
Check out our latest vacancies in Retail here:
<https://careers.dorothyhouse.org.uk/vacancies>
or scan the QR code.





Telling your stories

Many people consider their life stories to be ordinary, but at Dorothy House we recognise that everyone's experience is unique. In the tales of magnificent adventures or the small, everyday moments, we believe that enabling people to capture their memories offers meaning not only to the storyteller, but also to their loved ones.

With this in mind, 2023 saw us relaunch the **Dorothy House Life Story project**, offering our patients and clients the opportunity to tell their stories.

Whether we are capturing our memories for our loved ones or taking time to explore our memories just for ourselves, documenting the chapters of our lives can bring meaning, value and a sense of purpose at a challenging time, often bringing a welcome relief from medical appointments and the focus on illness. This volunteer-led service aims to encourage patients to enjoy this process purely for themselves, to document their own part of history, or maybe to leave it for loved ones, giving the opportunity to enjoy time with their memories and share all that they have accumulated over the years.

"I wanted to record some of the happiest times of my life, in words and pictures, to enjoy myself and to pass onto my children."

The project can be simple or ambitious – often creating personal messages in the form of letters, keepsakes, voice recordings, poetry, drawings, collating photos or collecting found objects for a memory box...The possibilities are endless. Our Life Story team are here to guide participants through the many options which enable the individual to document their life chapters. We meet for six sessions which can be held anywhere – at the Hospice, the person's home or even a local café. Although it can feel daunting to start, our specialist volunteers are here to guide the process and enable everyone to choose their individual way of expressing themselves.

Our patients also find that telling their life stories can be therapeutic – a way to understand feelings and to engage with the past. Making sense of what we have lived through, reflecting on the highs and lows of these times. It is in the retelling of these stories that we often come across new perspectives and relive the preciousness of these significant or even long forgotten memories.

"Ultimately, the richest resource for meaning and healing is one we already possess. It rests (mostly untapped) in the material of our own life story, in the sprawling, many layered text that has been accumulating within us across the years, weaving itself in the depths of, and as, our life"

- Kenyon and Randell.



Although it can feel daunting to start, our specialist volunteers are here to guide the process





Felicity Simpson Morfe

Felicity Simpson Morfe has recently trained as one of our Life Story volunteers:

"I am both a trained birth and postnatal doula, and a Dorothy House life story volunteer. For me, the way we leave the world is just as important as the way we come into it. The training Dorothy House offers its volunteers has been really amazing – from day one I have felt like such a valued member of the team. I have now started working with patients, helping one of them to voice record stories for their grandchildren which has been a really special experience. It can be difficult at times, as often when people start thinking about what they are leaving behind they are already very ill, but it's a real privilege to help people leave special memories for their loved ones."



The Dorothy House Zipline is coming...



Something very exciting is coming in Summer 2024. A new hair-raising, fundraising event!

We're working very closely with Bath and North East Somerset Council to bring a zipline to the centre of Bath during the summer holidays; offering supporters the chance to tick off a real bucket list item!

Registrations will open in the coming months, with room for a few hundred new and loyal supporters to take on the exciting and extraordinary challenge. We'll be taking over an iconic Bath street for the August Bank Holiday weekend and hosting a community event like no other. Every penny raised will support the work of the Hospice.

The weekend will feature staff and volunteers who will be on site to raise awareness about our care and services in the community, ensuring everyone knows that we're here to make sure that anyone facing a life-limiting illness can live well, and die well. Our retail staff also do their bit to help reduce landfill and breathe new life into preloved items, so you can expect to see plenty of shopping opportunities too.

We're so excited to shake up the centre of Bath with a new activity. With so many supporters and their families travelling into the city to take part, cheer on and watch, we know this weekend will have a really positive impact for the Bath businesses around the zipline too.

Keep an eye on the calendar of events on the Dorothy House website and across our social media. We expect this to be a popular event with limited time to grab your spot!

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Turn to our back page to tear off our 2024 Events Calendar – we promise you won't be disappointed.

Help us ensure that nobody in our community has to face death alone

Our locally focussed, multi-disciplinary teams are now caring for more patients than ever out in our communities. In fact, we directly cared for 2,486 patients last year, meaning our care was brought closer to our patients, when and where they needed us the most. To put the work of our Community Palliative Care Teams (CPCT) into perspective, last year Dorothy House cared for a total of 3,800 patients, carers and family members; so a huge percentage of this care is being delivered by our community teams.

We continue to work in new and exciting ways to ensure we can meet the growing demand for our services, but we are not currently able to reach everyone in our community. In order to meet this growing need, we are asking you to consider investing in the future of hospice care, with a regular monthly donation.

The care that your money could help provide is invaluable. Our patients only get one chance to have a good death, and the memory of how a loved one dies remains with their family forever. I don't think there is any better way to illustrate how important that is, than sharing some words from Olenka, whose mum, Karen was cared for by Dorothy House for over a year.

"Anyone referred to Dorothy House has access to the best care possible. Not only because it's a wonderful and beautiful place, but also for the family support. No question is too big or too small, everything is important. The people who work there are immensely compassionate."



Olenka with her mum Karen

"My family and I would never have been able to have this positive experience without Dorothy House; our only other option would have been for Mum to stay in the hospital. They provide death with dignity; I'll never forget that. I would hate to think that other people would not be able to get that kind of experience because the funds weren't there."

This example is precisely why it is vital that we can continue to be there for people in our community when they need us the most. I hope that you can help us to achieve this, by pledging to support Dorothy House with a regular monthly donation. You will be helping us to ensure that nobody has to face death alone.

A small monthly donation really can make a huge difference

£10



could fund a 20-minute call to our 24-hour advice line, answered day or night, providing invaluable support to our community when it is needed the most.

£15



could fund an hour of care by a skilled and experienced Hospice at Home carer, enabling a patient to stay in a familiar setting at the end of their life.

£20



could fund an hour of care delivered by one of our compassionate bereavement support workers, offering a safe space for patients and their families.

As a Monthly Giver to Dorothy House, you will be joining our amazing group of supporters who believe in our care, and want to help make sure that we can continue to reach more people, now and into the future.

We will send you a report every six months about our work, so you can see how your investment is really helping patients and their families. You will also receive a special welcome pack with your own exclusive window sticker to display with pride.

Whatever amount you can afford to give each month, we promise, it will make a huge difference.

To become a Monthly Giver just sign up online via our donation button on our website, call us on 01225 721480, or email supportercareteam@dorothyhouse-hospice.org.uk

Intimacy at end of life

When someone is dying there are many practical concerns that need to be taken care of, but there are also more sensitive issues that are difficult, but important, to address. A frequent worry is how to navigate the impact that a life-limiting illness can have on physical and emotional intimacy. This can be a challenging topic to discuss, both for patients and their partners, and for healthcare staff.

To try to address this problem, our Centre for Education and Research obtained approval from an NHS Research Ethics Committee to allow us to explore people's perspectives on intimacy in the context of end of life care. We developed a series of questions, and with the help of volunteers, we have so far conducted interviews with a small number of patients and their partners, and with Dorothy House staff.

The project is still ongoing, but so far, patients and their partners have told us there are many ways in which they define intimacy, and what it means to them can shift over time. They have also highlighted how it can become difficult and complex to maintain intimacy as the patient's symptoms and condition changes. Staff have reported how much they want to provide support for these needs, and the importance of them feeling confident in prompting and engaging in conversations about intimacy.

We are continuing to conduct interviews and improve our understanding of intimacy at the end of life. The findings of this small study will help us develop training and education for staff on this delicate, but very important topic. We hope that by building staff confidence in this area will further enhance the excellent care and support we provide.

If you have any questions about this project or any of our research activities, please email research@dorothyhouse-hospice.org.uk



Valerie Dyer

A living legacy

In 2023, Dorothy House was gifted a house in Bradford-on-Avon by Mrs Valerie Dyer after she decided to move into a care home. This is Mrs Dyer's incredible story.

"I was a bursar for one of the halls of residence at the University of Bristol where I managed the finances. When I retired, I used to visit Bradford-on-Avon regularly as my mum was on her own by then. I took up volunteering in the area and volunteered for every organisation that you could think of: the tourist office, the library and the museum. You name it, I volunteered for it, and that included Dorothy House.

My cousin was admitted to Dorothy House as a patient when it first opened and I used to visit her at Winsley House. I thought: 'this is a lovely place' and 'what can I do to help?' I started volunteering by collecting donations on the streets of Bradford on Avon over 20 years ago.

“

I wanted to do this whilst I was still alive...

Dorothy House looked after my husband in his last few days. I knew what a good thing Dorothy House was when he was moved there from the RUH. They supported me as well; my bereavement counsellor came and talked with me and invited me to walk around the grounds, which I did. I continued to do that until I was unable to walk; I walked there whenever I could. The atmosphere at Dorothy House is so special for all the family involved.

Getting older made me realise that I had enough money to support myself, and anything left over could help someone else. I don't have any family dependent on me, so I might as well donate it and I wanted to do this whilst I was still alive. The first time I rang and told them that I wanted to give them my house they were struck dumb! I had to say it three times to three different people."

Valerie's selfless gift to Dorothy House is a true testament to our unwavering commitment to our community and to our goal of providing end of life care to anyone within our patch. Her legacy will make a profound difference to our patients and their families.

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To find out how to leave a gift to Dorothy House, no matter how large or small, please contact Sarah on 01225 721 480 or email – Sarah.Dodd@dorothyhouse-hospice.org.uk



Live Life in Colour

Why wait for spring to arrive to indulge in the blooming effect of bulbs, blossom and sunshine? Instead, surround yourself with sensory treats from our Ubiety range...

The Mandarin, Grapefruit and Cedar Uplifting Reed Diffuser

Made with serotonin-boosting cedar, the heady mix of essential oils includes grapefruit oil, known for its mood-lifting properties. Mandarin oil is known to re-balance the nervous system, and neroli, bergamot and clementine are reputed to boost your mood.

The May Chang and Lemon Myrtle Euphoric Hair and Body Wash

Our head-to-toe wash cleanses and soothes skin and hair, while bringing joy to your bathing rituals. May chang is a fizzy lemon yellow fragrance, known for its 'happy' feel and believed to help dispel anxiety and depression, while lemon myrtle is the ultimate 'get up and go' oil.

The Frankincense and Lavender Calming Body Salve

Our creamy, nourishing body salve is a regal purple; evocative of bluebell woodland. On application, you'll enjoy the scents of lavender and clary sage, and as the formula warms on the skin, it develops into a lavish, intoxicating potion.

Visit the Find Ubiety store on London Road or scan the QR code to access our products.



Become a Dorothy House Pioneer

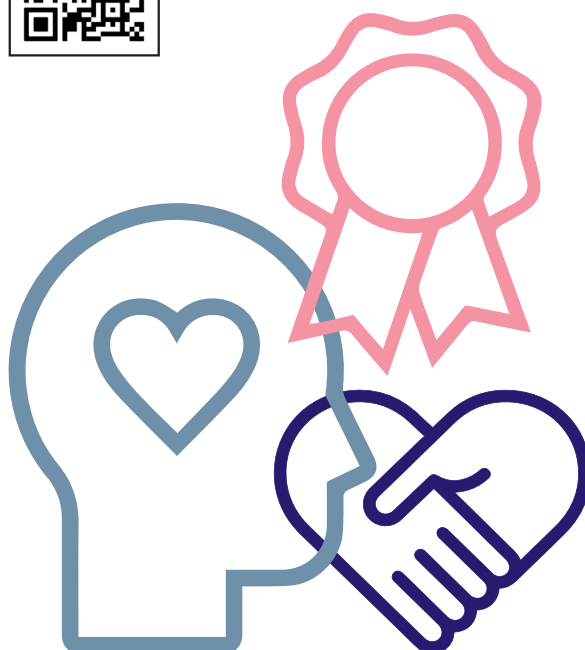
Join our Dorothy House Pioneer Programme and be part of a vital network of investors funding key areas of innovation and development for our community.

By pledging to donate £1,000 per year for three years, Pioneers drive innovation and development across fundamental areas of our work, making meaningful progress a reality.

Since its launch, over 50 people have helped us to take pioneering steps within research, community care, and training for health professionals. Through their kindness, we have gained deeper insight into patients' and families' needs, enhanced our community nursing practice, and enabled scores of carers to acquire new skills and knowledge.

As we look to the future, we know that our Pioneers will play an increasingly pivotal role in helping to ensure our care and support is the very best it can be. We have recently made some changes to the programme, including being able to offer you more choice in which areas of our work to support; putting you in the driving seat of the difference you can make for your local community.

To find out more, please scan the QR code, visit <https://www.dorothyhouse.org.uk/support-us/pioneer-programme/> or call our Supporter Care Team on 01225 721480.



What a Tree-mendous Year!

Thank you to every single person who made a donation to the Hospice for their real Christmas tree collection. It has been our most successful year to date with over £97,000 raised!

Most of the trees were chipped and shared across the community to reduce the need for weed killer usage. We are also proud to recycle some of the chippings at the Hospice itself; distributing them around our incredible Firefly installation and creating sustainable pathways on our grounds. Thank you to all of the incredible volunteers, skip companies, van drivers and chippers who made this fundraiser possible. We couldn't do it without you!

If you are interested in supporting this scheme in January 2025, please get in touch: christmastrees@dorothyhouse-hospice.org.uk



A big thank you to Tim, Frances and C&C Trees colleagues Callum and Logan for all your help!

The Men's Walk to Support is back for 2024 and registration is now open, so get in quick to join us on 9 March! Once again, all of our fantastic participants will gather at Winsley House to sign in, before heading off on the 8 mile walk along the canal into Bath. The walk ends at Bath Pavilion, where everyone is offered a meal and a pint, before sitting down to watch the day's two Six Nations matches on the big screen.

Last year, over 280 participants raised £55,000, which has since had a huge impact on the care we deliver to patients, families and carers right across our patch.

MEN'S WALK TO SUPPORT



Sign up by scanning the QR code or visiting our website



Kicking off 2024!

We're kicking off 2024 with a bang, ready with our complete fundraising events calendar for the year ahead, to give you the choice of how you would like to support Dorothy House. From returning events like the Men's Walk to Support and Midnight Walk, to brand new additions including this summer's Zipline event, there really is something for everyone!

Spring is the perfect time to take on a challenge, be it something from your bucket list such as a Skydive or Wingwalk, or to boost your fitness on one of our running events.

Plenty of our events are family friendly too, including our Paws in the Park event and our annual Santa and Elf Run.

Our events are such a brilliant part of the Dorothy House calendar, and we'd love to have you, and your friends, family and colleagues join us in 2024!

Sign up for your favourites and raise vital funds for Dorothy House. Visit: <https://www.dorothyhouse.org.uk/get-involved/events/> or tear off our new Events Calendar on the back page and add it into your plan for 2024 to help us fund end of life care in your community.



Fundraising Calendar

2024

Ice Bath Challenge

Fri 2 February / Holt

New for 2024, ice ice baby, with a Wim Hoff instructor, take the plunge!



Feb

Snowdrops Open Garden

Sun 11 February / Melksham

A fantastic chance to experience the beautiful snowdrops in the gardens of this charming fifteenth-century manor house.



Hellebores Open Garden

Sun 3 March / Bath

Come and enjoy this wonderful garden with refreshments available.



Mar

Men's Walk to Support

Sat 9 March / Winsley

Walk 8 miles with great company and raise vital funds for Dorothy House.



Bath Half Marathon

Sun 17 March / Bath

We have 100 Silver Bond places in Bath's prestigious running event – sign up to join today!



London Marathon

Sun 21 April / London

There are five precious Golden Bond place up for grabs – we'd love to hear from you if you have an independent place.



Apr

Wingwalk

Thur 9 May / Rendcomb

Fancy a walk in the clouds? Take part in the Dorothy House Wingwalk challenge!



May

Survival Challenge

1-5 June / Secret location!

New for 2024, do you dare to be wild?



Jun

Midnight Walk

Sat 15 June / Bath

Join us for a beautiful night time walk round the beautiful city of Bath followed by a party...in your pyjamas!



Frome Running Festival

Sun 18 August / Frome

Bringing back an old family favourite with several distances to choose from.



Aug

Zipline Event

24 & 25 August / Bath

New for 2024, your chance to zip through Bath and tick off a bucket list item!



The Big Avon Paddle

Sat 14 September / Bath

Get on board with our new Pirate Theme and see how many 1.5 or 4.5 mile loops you can paddle!



Sep

Skydive

Sat 21 September / Salisbury

Take to the skies in this awesome once in a lifetime challenge!



Paws in the Park

October / Location TBC

Join our sponsored dog walk, it's set to be a pawsome family day out!



Oct

Christmas Fair

Sat 30 November / Winsley

Join us for some fun festive shopping and refreshments.



Nov

Reindeer Run

December / At your school

Refreshed for 2024 a chance for schools, nurseries & groups to come together and run in reindeer gear!



Dec

Santa and Elf Run

Sun 1 December / Winsley

Fun for all the family, a festive run or walk full of Christmas cheer.



Phone

Switchboard: 01 225 722 988
Fundraising: 01 225 721 480
Clinical 24hr Advice Line: 0345 0130 555

Online

dorothyhouse.org.uk
info@dorothyhouse-hospice.org.uk



Post

Dorothy House, Winsley, Bradford on Avon,
Wiltshire, BA15 2LE

If you would like to discuss any aspect of this newsletter,
contact the Communications Team:

comms@dorothyhouse-hospice.org.uk

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Newsletter

Spring / Summer 2024



A fresh start

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