

SERVING SHIPSTON-ON-STOUR, WELLESBOURNE, KINETON AND THE SURROUNDING AREAS



# **EXECUTIVE DIRECTOR'S REPORT** Andrew Revell

Welcome to our 2021 newsletter.



Early 2020 brought the news that Asia was experiencing the early stages of the COVID -19 pandemic. It was all too easy to think China is a long way away, we have heard it all before with SARS, which did not really affect us here in the UK, so we will be fine.

#### How wrong was I!

By early March we were fully immersed in developing new protocols, procedures for safe working and increasing our collaboration with NHS Trusts, Sister Charities, and other healthcare partners. Preparing for something you have never experienced, cannot physically see, which often does not manifest itself with identifiable symptoms and can be transmitted by air, fluid and touch is not easy. Best practice and guidance were changing daily, we followed

the evolving advice from Public Health England and tried to glean as much information and guidance from the many Zoom and Teams meetings we were now being requested to attend daily.

The fundamentals of everything we did was to maximise the protection of our staff and patients. We invested in and started using the best quality Person Protective Equipment (PPE) we could source with the view that being overcautious was the only approach to take to keep everybody safe.

Apart from the first two weeks after the March lockdown where we tried to restrict visiting patients' homes to hands-on nursing and symptom control only, our nursing service has operated as normal, albeit with strict risk assessments and lots of PPE. This is truly a testament

to the quality of our staff ably guided by Gemma Roberts our Head of Nursing.

During the 2020 calendar year we cared for a total of 162 patients, we fully expected an influx of patients, largely from Hospital discharges, but this did not really happen. What we saw instead, was an increase in the numbers of patients who were now understandably reluctant to enter Hospitals, Hospices and Care Homes and very much chose to spend their final days at home.

Obviously, all community fundraising events were initially cancelled or deferred including our Circus Ball for which a huge amount of planning and organising had been done by the Ball Committee and which was to be the highlight of our fundraising calendar.

Despite the loss of income suffered through not being able to stage events we have been humbled by the incredible generosity of our donors, and supporters during the year. With very few opportunities to stage socially distanced fundraising events our income has been relatively stable through a combination of increases in regular monthly giving, one off donations, legacies, and support from existing and new Trust funds. We also received some grant income from the COVID-19 fund set up by the Government.

Total income for the period ending 30 June 2020 was £372,856, expenditure was £342,309 leaving a net contribution of £24,248. Our Reserves continue to be invested through CCLA Investment Management Ltd, the

income from which contributed £29,387 to overall income.

The optimisation of our Fundraising Department was completed in January 2021, the reduction in fixed costs will start to be evident in our 2020-21 Report and Accounts, with annual benefits being seen thereafter.

Our operational continuity plans have survived and continue to survive the COVID test with all non-clinical staff returning to home working since lockdown number two. Although this works effectively by leveraging technology, we are mindful of the wellbeing of all staff during this difficult period and have the necessary support structures in place to identify and manage this.

Moving forward we continue to find ways of delivering our vision of "ensuring that every adult in our community has access to free high quality end of life care at home" while ensuring that has the financial sustainability to deliver this and more.

I firmly believe that the true measure of an organisation is the way in which its people react during a crisis and my thanks go to all staff and Trustees for their unfailing and ongoing support during this period.

Finally, my personal thanks go to you, our supporters, volunteers, and sponsors, for helping us continue to navigate our way through these ever changing times.

Very best wishes

## Andrew Revell Executive Director



#### Dear Gemma

My Mother sadly died last week at my home here in Ilmington. I am writing to thank you for the exemplary care given by your Nurses both to my Mother, myself and my sister in managing to make her end of life as comfortable as possible. My special thanks go to Heather who recognised and provided the extra support we needed and to Shirley who tended my Mother through her last night allowing us to get some rest. She was a wonderful gentle presence in our home at what could have been a very traumatic time. The collection at my Mother's funeral will go to your wonderful association.

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## NURSE MANAGER'S REPORT Gemma Roberts

2020 may have brought some unprecedented challenges to our service but I am proud to say that as a team we rose to the challenges and continue to provide the same excellent care that the community have come to expect.

The year has been immensely difficult for everyone and although we have had to adapt our services to protect patients, our community, and our staff, SHN continues to grow. Our patient numbers have increased and the care we provide continually develops.

Our already highly skilled nurses constantly strive to enhance their skills and increase the level of care provided. In fact, during this period staff have gained extra skills to equip them with this constantly changing environment. The nursing team have adapted to the changes forced on our services by the pandemic and have grown the service despite this. I am immensely proud to be part of such an amazing team.

We are incredibly lucky to have the support of our local community but also of the wider healthcare network who have all joined forces to tackle this pandemic. SHN work closely with SWFT, GP's and other hospice services to ensure patients receive the right care at the right time, this wider palliative care network has grown from strength to strength throughout the pandemic to ensure patient care is in no way compromised.

I must add that without the support of our community and fundraising team none of this would be possible, we could not have imagined the generosity of our community and supporters over the last 12 months. I would like to thank everyone who



supports SHN as together we have created a service that supports everyone in our community and gives people choice at the end of their lives. **Gemma Roberts**Head of Nursing Services

## A MESSAGE FROM OUR CHAIRMAN Clive Irwin

Many people have been or will be personally affected by the COVID virus.

That is why it is very important that the service to patients who wish to be cared for at home has continued throughout the crisis. All folk have to be treated equally so the Nursing team have had to assume all patients and environments are potentially positive and act accordingly wearing PPE and following protocols.

I am personally proud of the way the whole team have responded. We all owe them an enormous debt of gratitude for working under enormous pressure with such calmness and professionalism.

Most patients referred to us before Christmas actually did die in their own homes, avoiding the awful situation of being in a hospital or nursing home with no or very limited visiting. Referrals have quietened down after New Year, perhaps due to the huge numbers of Covid admissions to hospitals, and the disruption to other care pathways in the secondary care system.

Please be assured the team are ready to respond if and when referrals are received.

Other functions of the Charity have taken on a 'remote' flavour, and Fundraising events have quite rightly ceased for now. However, due to a combination of Government support and humbling local generosity, the current finances are stable

Meetings are now virtual, however the care delivered by the nurses and supporting team is still very real, and will continued to be delivered at a personal level at home as long as staffing and rules allow us to do so.

After 23 years of tireless service, Charlie Wells our founding Trustee decided to retire. Following a personal tragedy where Charlie lost her sister Penny, and identified the need for a Hospice at Home nursing service, she inspired a group of local people to form a Board of Trustees and

Shipston
Home Nursing
Simon Miesegaes, both long

was born. Since
that time Charlie has
been actively involved with the
charity providing clinical guidance
and mentorship to the Nursing
Team together with a 'can do'
approach to the running of the
charity. Charlie leaves with our
thanks for helping to build our
service and reputation to what it
is today, we wish her the very best
for the future.

Simon Miesegaes, both long standing Trustees decided not to stand for re-election because of other commitments, they also leave with our grateful thanks for all their efforts and support over their many years of service.

Stay safe and try to keep up with the ever changing rules.

Dr Clive Irwin

Chairman of Trustees

## **PEGGY RUTHERFORD**

## FEBRUARY 4TH, 1921 - NOVEMBER 18TH 2020

Peggy would have been 100 years old on Thursday, February 4th, 2021 and had lived in Shipston with me, her eldest daughter Josie for seven years. We moved here from Sidmouth in Devon to be nearer to my sister Vicki who lives in Sutton Coldfield.

Mum was one of the original 'Wags' and the Victoria Beckham of her day, as in 1946 she married Joe Rutherford, the Aston Villa goalkeeper, and settled in Castle Bromwich, moving from her hometown of Sutton-in-Ashfield in Nottingham. Of course, life wasn't quite as glamorous as it is now for footballers and their wives, as a footballer's wage was £10.00 a week, with a ten shillings bonus for a win on Saturday!

During the war, Mum worked as a Land Girl, and left her job in a silk-stocking factory in Nottingham, to live and work on a farm in Tuxford, Lincolnshire, where she rode on her shire horse pulling a plough, drove the tractor to market, and harvested the produce to feed the population during the years of rationing.

Mum lived with me for almost 20 years after Joe died, moving from my house in Godalming, Surrey, to Sidmouth in Devon and then to Shipston-on-Stour. Mum enjoyed meals out at the local pubs, and cafes, going shopping in Stratford, and reading her kindle, getting through two or three books each month. In 2018 she suffered a stroke, which knocked her off her feet for a short while. However, she recovered well, was soon walking up and down stairs again and doing her own cooking and household chores. In April 2020 she fell at home and broke her hip and went into hospital for the very first time in her life, where she was operated on successfully and came back home in good spirits and pain free. She had help with her personal needs from NHS Home First, and then Shipston Care, who were both wonderful. Unfortunately, in August she contracted a bladder infection, which spread to other areas. She rallied from these and was doing reasonably well and remaining cheerful until the infections resurfaced and she could not fight them off.

At that point Shipston Home Nursing came to the rescue at my request, as it became clear that Mum was unlikely to recover from this second bout of infection and needed more frequent medically focused care. The Nurses from Shipston Home Nursing were an absolute godsend, treating her with respect, kindness, professionalism and compassion. The fact that they were qualified to give medication when required was a great comfort to myself and my sister Vicki, as by this time, although not in any pain, she was suffering from acute anxiety and agitation, which we found particularly distressing to experience and to deal with. Having the



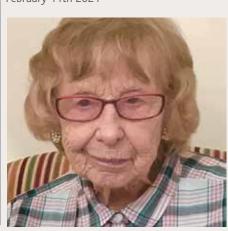




Nurses there was such a blessed comfort and a relief. In Mum's final week, a Nurse came in to fit Peggy with a driver to administer a more regular dose of sedative, and this was done at a moment's notice with no distress to Peggy at all, giving her a more relaxed and peaceful existence in her last days. The comfort this brought to Mum and to myself and my sister was wonderful.

On the night of the 17th November, Nurse Pat came to stay overnight with us, as Vicki and myself were getting no sleep listening out for Mum all night. Pat was such a comfort, sitting with Mum and checking on her every few minutes. At 6.15am in the morning there was a knock on the bedroom door to let us know that Mum had breathed her last. We went downstairs and Pat respectfully retired to another room so we could spend time with our Mum. Pat came back into the room and asked if we would like her to open the door to let Mum's spirit out. Mum came from a family background where this was always done, so we readily agreed and Pat opened the door for us and we both went outside into the star-filled night and said our goodbyes. After attending to the official proceedings, Pat then stayed with us way beyond her allocated time. She asked if we would like her to go through what needed to be done next, and we agreed. She explained everything clearly with compassion and clarity, and this made the following few days so much easier for us, as we had a clear plan of the way forward. I can't express enough my profound thanks to Shipston Home Nursing and their wonderful service. The booklets and literature they supply prepare you well for the death of a loved one, by explaining what to expect. They work very closely with all the local services; the Medical Centre, Shipston Care, District Nurses, Rapid Response and the NHS generally. I feel so grateful that they are here in the town for all of us, and in particular for the support they gave to me and my sister. I would ask everyone to support this caring organisation in whatever way they can.

**Josie Kemp** February 11th 2021



## 20 WALKS - IT'S TIME FOR A HANDOVER!

Ian McConnel

Predictably, 2020 has been dominated by Covid Lockdowns. We were only able to sell our books and go on walks from January till March.

Lockdown prevented any activity during April, May and June. We had a short window during July through to September after which Lockdown effectively closed most of our sales outlets, in particular Inns and Pubs, for the rest of the Year. Our Total Donations to SHN for the year were £2088.

We are very grateful to you all who contributed towards these events and hope we will be able to renew our efforts in 2021 as and when Lockdown eases.

As I am now approaching my 80th Birthday in September this year. I think it would be an appropriate moment for me to stand down and make way for some younger blood so a new team can take over once lockdown allows us to get underway again. I will be very happy to brief any successors on my sales outlets and Modus Operandi when lockdown allows us to

I always remember Rebecca asking me to "help" with the sales of the books. When I enquired what it involved, she cleverly said...

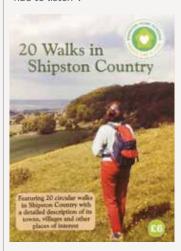
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You just have to visit all Pubs within c. 15m of Shipston -How could I refuse!

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It has been a fascinating experience getting to know all the Landlords/Ladies and staff and their foibles. I learnt very early on that if I was asking them

for a favour, it was best to start off by "ordering a drink and they had to listen"!



You, and all those involved in Shipston Home Nursing do a fantastic job and I have been proud to have been able to contribute to such an excellent organisation. I have often quoted

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If I ever have a need for SHN, I will have been glad to have supported their cause. If I do not ever need them I will be even more glad/relieved!

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imcconnelhome@gmail.com



I am looking for another volunteer to take on Ian's excellent work, plus someone who would organise "walks" once a month, starting at a local pub, walking for an hour or so and then ending off with a get together over a meal and drink.

Ian has been "working" for SHN for the last 10 years. Ian thoughtfully offered to help after he had retired from Savills. His enthusiasm in selling the walk books at all our pubs and restaurants over so many years has increased the sales hugely. Ian then decided to organise walks, in the morning during the Winter months and in the evening during the Summer. Everyone loved this social get together and at the same time getting some exercise, ending at a pub for a delicious meal and a well deserved drink!

We cannot thank Ian enough for all that he has done for the Charity, in true spirit and enjoyment for everyone involved. Ian you are going to be a hard act to follow. Many, many thanks for all your time and generosity we will miss you.

# NEED A GIFT? VISIT WWW.SHIPSTONHOMENURSING.CO.UK HELP SHN AND BUY OUR MERCHANDISE ONLINE

Available from our online shop and at Richard Harvey in Shipston: Umbrellas - Greetings cards/Notelets - Recipe Books -Walk Book and Mugs



## SHN 100 CLUB REPORT Hannah French

Shipston Home Nursing 100 Club has managed to continue to flourish despite the very challenging times we are all living through during this pandemic.

We still have almost 100 members, with many new players signing up during last year on line, an easier way to join in the 100 club fun during Covid!

We also raised over £1500 for Shipston Home Nursing over the last year, so a huge thanks to all

the 100 club members for your continued support, it is very much appreciated.

If you would like to join the 100 club with a chance to win a cash prize every month, please contact us, or simply download a 100 club form from our Shipston Home

Nursing website, complete and send to the contact address.

Best wishes to you all at this challenging time, stay safe and

Enormous thanks Hannah for your time and enthusiasm!



# THE SHN 100 CLUB PLAY - WIN - CARE

Join our SHN 100 CLUB, for your chance to win a cash prize every month and help us raise vital funds for more nursing hours!

It's simple to join and here's how it works......

- Sign up for the year by completing the joining form in the SHN 100 CLUB Leaflet, with a cheque for £24 or a completed standing order mandate form.
- You can enter as many times as you like, each entry costing £24 a year, entitling you to 12 monthly draws.
- Each month Shipston Home Nursing will draw a lucky winner to receive a cash prize!
- Our lucky winner will be notified and a cheque will be sent in the post.
- Players must be 16 or over.

Complete the joining form at www.shipstonhomenursing.co.uk

For existing 100 club members, please don't forget to renew your subscription in May 2021.





In common with so many events, the plan to row from Oxford to London to raise funds for SHN was cancelled last year for the obvious reasons - such a shame as the weather was glorious.

Now, after carefully reviewing the latest Government plans and advice, it looks likely that we will be able to safely run this event this year, albeit with a few changes. For example, whereas the crew had been looking forward to the odd night in a Thames-side hostelry, the crew are now looking forward (ish) to sleeping on the boat and in a tent and even cooking their own food! This self-sufficient approach, with the march of the vaccine programme and the latest Government plans gives us confidence that 2021 will be the year.

The basics remain the same, following the journey of Jerome K Jerome's famous book (David Williams, Jonathan Davies, William Drysdale) will be starting at Donnington Bridge in Oxford on Monday 24th May, we will be rowing the 85 or so miles to London, aiming to arrive at Waltonon-Thames on Saturday 29th May. One of the few up-sides of the last year is that certain crew members have lost a bit of weight and got a bit fitter!

Taking an original Thames camping skiff our plan will take us from Oxford via Radley, Abingdon, Clifton Hampden, Wallingford, Moulsford, Pangbourne, Reading, Shiplake, Henley, Marlow, Maidenhead, Windsor, Staines, Weybridge and Walton-on-Thames - with our aim being to "camp"

Amazingly we have managed to secure a commitment from a private benefactor who has generously agreed to double whatever we raise before June 1st, up to a maximum of £10,000. The good news is we've already raised over £3,450, so please give whatever you can. So, if we can raise £10k with your help, our benefactor will double this to make a total of £20k, which would be amazing. Please find our donation page at http://virginmoneygiving.com/fund/3meninaboat

We had originally hoped to be able to offer people a "seat' in the boat for a day in return for a donation. Sadly we're not going to be able to do that this year but a big thank-you to those who

Finally, we hope to set up a web-cam on the boat so you can keep track of the progress - more details on this nearer the time.

Working with Shipston Nursing & Pharmacy To My Door

## **ANGELA'S STORY**

Angela Balfour-Kinnear, and her three daughters, moved to Shipston in 1977 to open the Walrus toy shop. Angela was always buzzing with energy and ideas. She had never worked in retail before, and considering this, the five marvellous and magical rooms she created, and the knowledge she had of everything in them, was a remarkable accomplishment.

Over the following 21 years Walrus became a place where two generations made lifelong memories, and often a lifelong friend in Angela. She always took a genuine interest in people and their lives, she was perceptive, kind, and hugely generous with her time and love.

In 1997 a magnificent balloon race was launched from the Walrus, to signify the beginning of Shipston Home Nursing, and from that moment on, Angela continued to support and fundraise for SHN, until last year. She could be seen selling at the plant sales (and buying!) every year, baking fabulous cakes for the designer sales, packing bags at Sainsbury's, and selling her beautiful toys and nightdresses at the Christmas fairs. She loved to be involved, and understood what an incredibly important service SHN offers to our community.

Sadly, in September 2020, Angela suffered a heart attack which led to complications. She was hospitalised, and in her last days the wonderful SHN team worked very hard to bring her home. They arranged a special bed for her at very short notice, and communicated with the hospital and other health teams to make what seemed impossible, possible. She was so happy to be home. She was not only able to see her family, her cat and her garden again, but she felt safe, cared for, and comfortable. Precious gifts indeed!

It is with deepest, deepest gratitude, from all of Angela's family to the amazing Shipston Home Nursing nurses for making these miracles happen. Thank you.

Caroline Balfour-Kinnear







## **COLLECTION BOX DONATIONS STILL CONTRIBUTE**

Percy Sewell

I continue to be amazed with the generosity of our supporters, particularly as the use of small change has been actively discouraged in many retail outlets. "Card Only" signs became the norm and, on the rare occasion when change was used, it had often been immersed in a bowl of pungent disinfectant, soon finding its way into the boxes. Smelly or not, money is money and the £1,526 raised was a great achievement.

Going forward, we're all going to be using less cash (many people haven't touched copper

coins for almost a year), posing concerns for the collection boxes: we'll have to take that hurdle when it comes, but, in the meantime, we remain immensely grateful to the retailers and contributors who continue to make the scheme viable.

Many thanks to Percy and his team, for their enormous support throughout the year. Well done and our grateful thanks to everyone who kindly houses our boxes and helps raise vital funds.



## AN UNPRECEDENTED FUNDRAISING YEAR

Rebecca Mawle

This last year has been one that none of us have witnessed before. So fundraising has been a different one. As the months have gone on starting last March, it has been quite remarkable and extremely humbling that our supporters recognise the Charity needed your help. Hopefully you have all been mentioned in one way or another, on the donor list, or through thanks in other reports, to thank you so very much for your donations. If you are not on this list, please accept my sincere apologies, trust me we are indebted to you all. Without your support our Nurses would not be able to continue their invaluable work in our community. Thank you so much.



## **OUR GENEROUS ROLL OF DONORS 2020**

All our supporters who donate via Standing Order and at some of our events. All Trusts that choose SHN as a beneficiary.

The Keith Coombs Trust The DLW Macfarlane Trust

The Reverend GRJ Shea Trust

The Gravelines Trust

The DMG Roper Trust The Birmingham Soft Drinks

Foundation

The Ofenheim Trust

The Blyth Trust

The Dumbreck Charity The L & D Seccombe Trust

The Eulalie Buckmaster Trust

The E Jackson Trust

The Stella Symons Trust The Adrian Swire Trust

The RAK Charitable Trust

The RANK Foundation SWFT Clinical Services Ltd

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A. Forsyth Farmwork 10k sponsor

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Pauline Austin

John Scholes

Mrs Isobel Terry Cox

lane Cox

Ilmington The Rotary Club Shipston-on-Stour

Mrs Christine Ingham

David & Jane Cleave

The Croft Preparatory School

Sally Cahill

The Hon Lady Butler

John Spencer Mr Matjaszek

Mr & Mrs JR Harris

Gordon Pepper

M R Rannister

Mr & Mrs G James

David Blakemore

Tim & Sarah Wright

John Odell

Dr I J Cox

Tom Heritage

Margaret Goldsmith - Lent Lunch

The Welford Family Trust

Jill Perrin

Henry & Roz Warriner

Jane Brabyn Roy Bateman

Mr J Kennard

Mr M Hutching Shipston Bridge Club

Mrs S Rapp

Mr A | Back & Mrs | M Stevens

B M Ashfield

Mrs J Macnair Ms N P Tiddy

Mr Mike Palin

Mr Jeremy Palin

Irene Proudman

Mrs Sandra Butt Julia Melvin

Martin Jones

Cameron Mitchell Natalie Tiddy

Clare Cecil

Mr G Walker John Dudbridge

Maryke Seel Christine Archer

Patrick & Fudge Ramsay

Katie Lukas

Linda & Andrew Sadleir Sue Rew

Emma Barkes Roger Ford

8

Allen Turner's Friends Simon Kirby

Mr & Mrs R Sanders

Stella Platt

David Seel Diana Dawson

Mrs Mair Howell Rosemary Salt

Colette Nock Patricia Graham

Jane Hemming Simon Downer

T Paton

lim Gardner

Ann Ormeshar Shipston Lodge Nursing Home

Elizabeth Greetham

Robert Harper The Warwickshire Hunt / Frank &

Alix Speir Angela Meadows

Rob & Nicola Loades

Dave Boddy Belinda & David Derrington

Employees at Salts Healthcare

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Bridge Members Janet Watkinson

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The Moreton Scrub Hub Group Mrs J W Hughes

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The Ettington Stitchers	_
Wendy Veale	_
Andrew Revell	_
Julie Renfrew	_
lan & Daphne Beaumont	_
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C A Russel	_
Martha Haslam & Sophie Roberts	_
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D Peckham	_
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Salts Healthcare Ltd	_
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Jenny Green	_
The Watkinsons	_
	_

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Mrs J Williams
Shirley Carr
Debbie Williams Pilates at
Admington Hall
Tony Dyer
Pauline Austin
Nora Hardy
Melanie Osborne
Aniko Wildsmith
Sue Armes
Melanie Wright
David Howells
Keith Brooks
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Mrs S Jakes
S Jury
S Jury The Black Horse, Shipston-on-Stour
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The Black Horse, Shipston-on-Stour Ffion Hilliam Pam Jovell
The Black Horse, Shipston-on-Stour Ffion Hilliam Pam Jovell Roger Smith
The Black Horse, Shipston-on-Stour Ffion Hilliam Pam Jovell Roger Smith Mr Bryan Mills
The Black Horse, Shipston-on-Stour Ffion Hilliam Pam Jovell Roger Smith Mr Bryan Mills Andrew & Linda Sadleir
The Black Horse, Shipston-on-Stour Ffion Hilliam Pam Jovell Roger Smith Mr Bryan Mills Andrew & Linda Sadleir Andrew Guest
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Mark & Jane Reynolds

Edward Hicks
Clive Irwin
William Douglas
Rob & Nicola Loades
Alison Homer
Simon Kirby
Simon Miesegaes
Susie Dockar-Drysdale
Janet Watkinson
Janet Wells
Will Dockar-Drysdale
Lord & Lady Aylesford
Tim & Sarah Wright
Wilmcote Charitrust
Caroline Foord
Michael Appleton
S M Holloway
Jane Daniell
Bill Joss
John Spencer
David Close
Mr T Murray-Holgate
Francis Smith
Mervyn Loggin
Phil & Liz Wragg
Rachel Vial
E Daniell
SM Holloway
Victor Lee
Sharon Plant
Karen & Tony Gaymond
Richard Mawle
Andrew Mawle
Barton-on-the Heath Village Fete
Committee
Caroline Balfour-Kinnear
Margaret Sherwood
Diana Hughes
Caroline Scandrett
Julia Sewell
Deborah Williams
Ann Holland  Caroline Gunn
Emma Morris
Shipston Therapy Centre Gillian White
Mrs A Jackman
Mrs A Jackman  Mrs V Lees
Long Compton Parish Council
Kineton Parish Council
Ilmington Parish Council
Gt Wolford Parish Council
Alderminster Parish Council
Ettington Parish Council
Ratley & Upton Parish Council
G Eves
June & Peter Mathias
Byrd's Retreat Limited
John Felton
Whichford Dotton . The Keeling

Mark & Mary Sewell
Brenda Clark
The Wolfords W I
Special EFX
Jane Brabyn - Virtual Caro
Roy Bateman
Richard & Judy Johnson
Colin Corlett
Mary Field & family
Wendy Townend
Richard Cariss
Clare Storey
James & Christine McPake
Bridget Clark
Mrs Sheila Wilde
Councillor Chris Kettle
David Robotham
S. Gallagher
P Gaunt
Mr & Mrs JW Buffham
Helen Taylor
David Hodges

#### **SHN MERCHANDISE SALES**

Thank you to Shipston Therapy Centre Mrs Browns Tea rooms Richard Harvey The Howard Arms The Shipston Medical Centre

Rebecca Mawle Head of Community Fundraising Shipston Home Nursing rebecca.mawle@ shipstonhomenursing.co.uk 01608 674929

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



Thank you for all the care and support you gave my Father, during the last six months of his life. Your support enabled me and my sister to care for him peacefully at home as was his and our late Mother's wish. We will be forever grateful for this.

The service, care and kindness you provide is truly wonderful. Thank you for everything you all do



family

Whichford Pottery - The Keeling

Tania & Rose Llewellyn

Granary Oils - David & Rachel Tame

## **OUR VERY DISRUPTED 2020 EVENTS CALENDAR**

## PRESENTATION BY THE SHIPSTON ROTARY CLUB

Gemma and I attended the Shipston-on-Stour Rotary Club presentation evening where Gemma introduced herself and explained how our Nursing team support the family as soon as possible to build a relationship. I was presented with a cheque for £650.

#### LINDA CORNOCK AN INSPIRATION!

A lovely local lady who lives in Shipston has been sewing since the start of lockdown, making masks. These were for sale outside Linda's home every single day. People leave their money and Linda carries on sewing. Linda raised £1000 for the First Responders and since then has raised £2000 for SHN. Enormous thanks to this wonderful lady.

#### THE BLACK HORSE SHIPSTON-ON-STOUR

Gabe, owner of this popular pub in Shipston organised a Quiz last Summer and raised £54.42. Thank you for your ongoing support.

## PILATES AT ADMINGTON HALL WITH DEBBIE WILLIAMS

Local Pilates teacher Debbie kindly arranged for an afternoon at Admington Hall teaching Pilates in the garden, socially distanced, with tea to follow! Thank-you Debbie for your ongoing support and raising £286, well done!









#### POP UP SHOP TOWNSEND HALL

Another successful two-day sale in Shipston. Enormous thanks to John, Fred and Mike for helping with the rails, a fit mans' role! Many thanks to all the volunteers who helped sell over the two days and raise £2000 for SHN. The Townsend Hall works well for this event. I would like to thank all the supporters who give clothes, furniture and bric-a-brac for donating such lovely items for us to sell, we now have a great reputation for having fabulous items. We will hopefully return this year!



#### THE ETTINGTON STITCHERS RAISE EXCELLENT FUNDS SUPPORTING SHN

Village Grandmother Gwenda supplied everything required to start this marvellous project a few weeks into lockdown.

The team of Stitchers have made over £1200 to date (May 2020), sewing face coverings, raising funds for local hospices and Air Ambulance.

Lindsey, Allyson, Helen, Alison, Mary, Jane, Madi, Freya and Nola have worked together throughout the last twelve months.

Please visit the fantastic "Insomnia Coffee Shop" in Ettington, run by Andrew who has supported the Stitchers every step of the way. Come and pick your own fabrics from a wide range of fabric: children's, business, contemporary and fun!

Choose from ready-made or place a personalised order.

In addition, there is a selection of donated plants for sale.

The Insomnia Coffee Shop is the perfect place for a delicious coffee and cake. Takeaway is currently available but as soon as lockdown conditions allow there is an idyllic sunny garden or indoor seating area where you can get together with friends.

Lindsey team coordinator says" It has been quite a journey, in challenging times, but enormous fun, all in good spirit, supporting the community and the Stitchers contributing many hours of sewing"

Many thanks to you all for your wonderful contribution and excellent idea. Good luck and



keep up the excellent work!

The grand total to date is £2730



## TILLY MERRICK AGED 5 RAISES £33 FOR SHN

Tilly has been busy selling sunflowers and plants at the end of her drive in Brailes. Well done Tilly you should be very proud of such excellent work! Thank you so much.

#### ARMSCOTE MANOR TULIPA BULB SALES

These beautiful bulbs raised £2345. We are so grateful to Deborah Williams for supporting the Charity, donating these pretty bulbs in memory of her brother. Thank you so much Deborah. Our thanks also go to the following outlets who kindly sold the bulbs:- Talton Mill, The Cottage Garden Florist Shipston, Ilmington Community Shop, Taste of the Country, Richard Harvey Collection, and Whichford Pottery.

#### THE HOWARD ARMS ILMINGTON

Raised £66.20 from local customers over Christmas and lockdown. Many thanks to Pawel and his marvellous team for their support.

## THE WARWICKSHIRE HUNT'S 'AUCTION OF PROMISES'

by Countryside Alliance

As long-time supporters of Shipston Home Nursing, the Warwickshire Hunt were delighted to present them with a cheque for £1500 from their Auction of Promises. The auction, organised by new joint-master Alix Speir, sold lots offered by hunt supporters ranging from bales of hay through to an evening glamping. It was very well attended with all present bidding enthusiastically, understanding the importance of raising as much money as possible.

"This charity is very close to our hearts and extremely important to our rural community, so we were glad to help them in this small way," explained Hunt Chairman Sam Butler. "Charities are finding it very difficult at present so it was incredibly rewarding to send them this cheque."

Rebecca Mawle from Shipston Home Nursing said: "SHN are absolutely delighted with this wonderful donation of £1500 from the Warwickshire Hunt. These are testing times with no fundraising events, so this generous donation is very timely. Our Nurses continue their excellent 'Hospice at Home' service, free of charge, to the community who need palliative nursing care. Once again our grateful thanks to you all."

Polly Portwin, Head of Hunting at the Countryside Alliance said: "This is another example of a hunt helping out in their local community. Many hunts across the country get involved in similar acts of goodwill and fundraising, and we are proud that hunt supporters are able to contribute to those doing such great work."











#### **OUTDOOR SCREENING OF GREASE AT MOUNT SORRELL**

This should have been a balmy Summers evening!

After a stressful 24 hours due to high winds and having to postpone to the following day, the evening was an enormous success and everyone who came had a great evening. It was a calm, dry, mild night and sitting outside was rather fun! Picnics, cocktails, ice creams and delicious coffee and cake all available at the cinema under the stars, of which there were millions shining brightly!

Dan and his film crew; Team Clearsound

Dan and his film crew; Team Clearsound Productions were as ever exceptional, always a joy to work with. Liam Roberts our site manager was hugely helpful with socially distancing the car parking and making sure everyone could see the screen! The marshalls were brilliant, our lovely "young" supporters that live locally and are waiting to get a job or go back to Uni, thank you all. A special thank you to Graham and Marilyn Roberts whose land we invaded, a perfect spot! Thank you Andy Lyne for supplying the large bottles of sanitiser!

So many of you sent generous donations, I am so grateful for this ongoing support. Thank you all. *Total raised £1163.40* 

Our team of Marshalls:- James W, James DD, Ellie W, Lydia DD, Sabrina, Eve, Flora, Maddie, Fred and Kate.





#### **SUNFLOWERS AT LODGE FARM KINETON**

Huge thanks to Jilly Wright who worked tirelessly day in day out keeping the local community happy at Lodge Farm. Baking cakes and biscuits each night to sell the following day using her catering expertise! Bailey photography donated £175 to the Charity with photo shoots in the fields of Sunflowers. Jilly raised the extraordinary amount of £5,041 in four weeks of continual sales. Such hard, dedicated work and one to be applauded, thank you Jilly so much.

#### WHICHFORD POTTERY

The Keeling family have given £1925, 10% of the sales of the Armscote Bee pot over the last year. Thank you so much for your ongoing support.

## JANE BRABYN'S VIRTUAL CAROLS AT HER HOME

Thank you Jane and all your virtual guests for the marvellous donation of £800.

#### SHIPSTON ROTARY CLUB

Over the last 12 months members of the Shipston Rotary Club have continued to give the Charity generous donations, recognising the excellent work our Nurses do in the community. Our grateful thanks to you all.



## DASSETT COUNTRY SHOW COMMITTEE

In spite of no Fete last Summer. Avon Dassett have generously donated £600, enormous thanks for your support.

#### **SHREDDING**

Wendy Veale organised a Shredding company to come and deal with her private papers, she thoughtfully offered this service to local friends giving a donation to SHN. Thank you Wendy, your excellent idea raised £200.



# NEIL GOODWIN / TWO VIRTUAL MARATHONS / SUPPORTING SHN. THE VIRGIN LONDON MARATHON AND THE LONDON VITALITY 10K

Raising a marvellous total of £880. Dr Neil Goodwin retired to Pillerton Priors. A keen runner and wanting to support a local charity he "noticed" SHN and decided to raise funds, running these two challenges within a couple of weeks of each event. What a terrific achievement, thank you so much Neil.





#### **BUTTERFLIES... BY APPOINTMENT BY RICHARD GRAY**

Richard Gray is a valued supporter of Shipston Home Nursing and this Summer generously made a virtue of the social restrictions we're enduring to deliver a unique and magical experience to families and friends.

When COVID struck, back in March, my first instinct was to cancel the annual Butterfly Walk at Blackberry Farm, together with all other Stour Valley Wildlife Action Group (SVWAG) activities. However, the more I thought about it, the more I realized there was an opportunity to turn adversity into opportunity. Instead of having a single event and trying to attract as many folk as possible on a single day, it made more sense to go for as many people as possible in a single month. It quickly became apparent that, by having individual appointments (up to 6 people) with two hour slots, that visitors could have 20 acres of open space all to themselves, without the risk of bumping into the visitors in front, or being caught up by those behind. Thus the whole of July was available – and the result turned into the remarkable:

• 400 visitors

- the youngest, six months old
- the oldest, 86 years old
- over £2,000 raised (£5 adult, children free) As before, the walk (approximately one and a quarter miles) was on a mown circuit with wooden animal sculptures and metal

facsimiles dotted around at suitable points. Additionally, a competition for children to count up the number of exhibits and, if they got the count correct, unfettered access to a generous bowl of chocolates and the scene was set to have a 'jolly good time'! Henry, aged seven, saw a White Letter Hairstreak AND a Hummingbird Hawk Moth: "It's like being in heaven", he said, shaking with excitement.

11-year-old Summer got the sculpture count spot on (22) and won her chocolate reward. The butterflies, for their part, put on a magnificent show with Marbled Whites, Meadow Browns, Ringlets and Gatekeepers out in force with Small Tortoiseshells, Peacocks, Brimstones and Commas adding their support plus, of course, Henry's White Letter Hairstreak.

Thank you to all who came and here's looking forward to next year's events.

My enormous thanks to Richard for running this wonderful opportunity for anyone to visit this haven in the countryside. Blackberry Farm is unique and peaceful, all that one wishes for during these troubled times.

# Rebecca's lockdown Blog

Having been locked down for the last 7 weeks, I decided to "push on" with the annual newsletter, even with a lack of events to report. I think it is important that we all remember this time for all sorts of poignant reasons.

#### FRIDAY MAY 8th 2020 VE DAY

Today is VE day and Great Wolford is looking cheerful with red, white and blue on people's homes, recognising the significance of the day. A 2 minute silence at 11am remembering our heroes who went to war, lost their lives but saved our country.

Today we would have been at Brailes preparing for the Plant Sale. Fudge has been absolutely marvellous selling plants at the end of her drive, these have been donated by her and our local green fingered supporters. Thank you to Roz Warriner, Felicity, Fudge and anyone else who donated plants. Fudge has raised £1,110. Sue Rew, Elizabeth Gilkes, Katie Lukas, Long Compton Garden Club, Jane & David Cleave and Michael Cummings have also donated. The grand total

12

raised was £1,795. This is extraordinary, and a true testament of how our community keeps on giving for the Charity, recognising the valuable work our team of Nurses do.

Our gardens are looking absolutely wonderful and we are grateful to see all the colours blooming and the plants loving this weather. Every green you could imagine. The roses are coming out and peonies are about to burst.

APRIL 18th should have been the 10k at Walton Hall. Our sponsors had donated and we had about 55 online entries pre-lockdown. My thanks to Hutsby Brothers, The Forsyth's and Derek & Robert Hutsby. It was a beautiful sunny Sunday morning and would have been perfect for the 10k cross country trek. We now have a date for 2021,



#### **GOLF DAY AT FELDON VALLEY**

An enormous thank you to HL Barnes and Rob Bowen who sponsored the day.
Once again, in spite of Covid, the Golf day at Feldon Valley was another wonderful success. Thirteen hugely generous teams, supporting



the Silent Auction £975, Beat the Pro £215.15, made the grand total of £3665.

1st SEFC, 2nd Mark Foster, 3rd Professionals My thanks to Keith Brooks, David Howells, Les Hardiman and Martin Harris for their donations.



Feldon Valley served coffee and bacon rolls, before tee-off, the teams returned and they were allowed into the Bar for a drink. Sadly no dinner or presentations. But I know that everyone had an enjoyable day. Many thanks to you all for supporting the Charity.





## RAY LUKER'S CHRISTMAS WONDERLAND

Ray who lives in Shipston-on-Stour spent many days making his garden and home into the most wonderful Christmas Wonderland. The town of Shipston and people from local villages came to see this marvellous display. Ray raised £324.13 for the Charity. We are so grateful for this donation, thank you Ray!





## THE STANDING ORDER CAMPAIGN IN SHIPSTON-ON-STOUR

An encouraging success. Our grateful thanks to all who have signed up to this committment for the Charity. You are making a huge difference to our annual income. Many thanks to you all.



#### **CAKE SALE**

Sophie Roberts and Martha Haslam two enthusiastic nine-year olds who live in Stratford-on-Avon, baked an assortment of delicious cakes, selling them on their driveway, raising funds for SHN. They raised a marvellous £95. Well done and thank you both so much for your enthusiasm and supporting the Charity. It was an extremely hot afternoon and the girls fortunately had umbrella's to save them from melting!

Sunday April 18th, also at Walton Hall. We look forward to welcoming you. Thank you to all the entries who were happy to either donate their fee or keep a place for next year.

During these challenging times, as there are no events, there is no fundraising, I have been overwhelmed with your generosity and thoughtfulness, plus your ongoing support for SHN receiving the marvellous donations that are just flowing in. Thank you all so much.

Not least, a local gentleman, Mr Roger Ford from Shipstonon-Stour who gave his perfect little car, for me to sell. This sold in 6 hours, raising £1,500. Zoe Thornburgh a local physio was delighted with her purchase. Many thanks Roger.

The Shipston Rotary Club were organising a Fashion Show with Justina and Dice; this was also cancelled. Thank you to the lovely ladies

who have donated their ticket fee to SHN.

The Stratford Herald has gone into administration. Hopefully this will be a temporary situation. I personally would like to thank the team at the Herald for the last 23 years of support. SHN have never paid for any adverts, editorials, or for

raising awareness of events. You have all been so supportive, thank you and all the best for the future. I look forward to working with you again.

#### 3 MEN IN A BOAT

Bank Holiday Monday and this week our trio of Will, David and Jonathan were going to row in a skiff from Oxford to London to raise funds. They have now postponed until May 2021, but the Virgin Money site remains open for donations. 3 Men in a Boat will be a fantastic week next year!

Roger Blake who lived and owned the village shop in Brailes, passed away in May 2020. Roger and Mary's support for the Charity over the years has been wonderful and I would like to thank them for their help with raising funds for SHN. Our Nurses looked after Roger at home, until his passing.

#### THE VIRTUAL GIFT FAIR

Our terrific stallholders supported us with this first time venture due to lockdown! Debbie created a marvellous online way for our supporters to do their Christmas shopping. The website looked brilliant!

There were over 30 businesses, and we are grateful to you all for joining in, whatever the outcome. Thank you for your donations after Christmas. I would like to thank Amanda Luther, Caroline Gunn and Emma Morris for their huge input in making the SHN "stall"

such a success! Delicious mincepies, flapjacks, shortbread, brownies and delightful Winter bulbs and flowers. This unusual event raised over £1000. Fingers crossed by this coming November we will be able to return to Ettington and welcome you all.







## TEAM SHN COMPRISING MALCOLM BRYAN, HILARY BRYAN, DEB SLATTER AND EMMA SPEECHLEY. VIRTUAL MARATHON OCTOBER 4TH - CONGRATULATIONS AND THANK YOU SO MUCH

TEAM SHN simply thrashed the Virtual London Marathon walk around Stratford-on-Avon the day the London Marathon was supposed to be happening! Donations were received from the Stella Symons Trust £250, Wiil Spencer, Deborah Waud £100 and £500 from the Wilmcote Charitrust; the grand total raised was over £2500.

#### HILARY'S STORY

Rebecca asked me why I decided to walk the Virtual Marathon; I did ask myself, on that wet, blustery morning the same question!

A casual post on my fitness group outlining the basis of the London Virtual Marathon and asking for volunteers, got me thinking, maybe I could achieve that, never ever have I run a marathon. I like a challenge (or so I thought) so after asking a few friends if they'd like to join me, I duly went to register. First hurdle failed....all 45,000 places had been filled (limited by the number of medals made) so then I thought what's to stop us tracking our own route and raise some money for SHN, a charity dear to me. I have been involved in a small way over many years and like to support local charities that make such a difference to our community.

A team was formed Malcolm (my husband) sister Deb Slatter and Emma Speechley. Emma, had an official number having applied to run the Marathon in London 2 years previously, and didn't want to now complete it alone as only elite runners were allowed to head to London. I decided on the flattest, nearest route

I could think of, being Long Marston along the Greenway to Stratford-on-Avon, pick up the canal towards Wilmcote and beyond, turn round when we reach 13.1 miles, easy peasy I thought!

Training coincided with the extra walking most people were doing, with the start of lockdown, doing several walks from the Shipston Home Nursing walk book. Emma and I did a recce of the Milcote to Stratford-on-Avon canal section on a sunny afternoon, to check the link up.

The day dawned with a 6am alarm, on opening the curtains our hearts sank, strong winds and heavy rain overnight, several roads flooded and the footbridge by us was completely underwater! A text from Deb, saying I don't think we should be doing this....Ummm, quite a dilemma, you psych yourself up to complete the task, but think are we crazy? At 7am we met in Debbie's kitchen, filled our tums with porridge and sausages, and decided we'd give it a go!

About three miles along our route, we were met by water right across the pathway and no escape, but to wade through filling boots, socks etc. Not the best start when you still have 23 miles to go! We got to Stratford-on-Avon and saw the extent of the flooding there, had a quick toilet stop and headed on our way. Rebecca met us for a quick photo call heading out of Stratford-on-Avon on the canal and compared flooding notes, blisters, etc. It was a welcome boost to our efforts and spurred us on our way.

Wilmcote was our next stop for a welcome mug of soup and a sugar hit of chocolate (any excuse!) brought along by Emma's husband Ian. As Emma had the Marathon app we were told we still weren't half way... on we plodded until Paula Ratcliffe announced we were at London Bridge and half way, which for us was a tiny little bridge just outside Bearley. A quick change of wet clothing for dry, as the rain had finally stopped, we headed back, no stops, just wanting to get the job done!

Back through the flooded pathway (we thought it would have subsided) and back to the car parked at Meon Vale, 9 hours later!! We were 7.5 hours moving time but elated to have finished, not too many aches and pains and pleased that we had kept each other going as a team, we learnt new stories and completed our challenge.

### **LINDSEY ANDERSON RUNS THE LONDON MARATHON OCTOBER 2021**

Running is a fairly new sport to me; I started at the beginning of 2020 by joining some friends who were training for the 2020 London Marathon. I ran with them and completed a half marathon in March 2020. Although meeting up for runs has been a bit on and off over the last year due to Covid, we have managed to keep running and my friends asked why didn't I try for a place on the London Marathon now taking place in October 2021. I decided a charity place was the way to go. It would give me a massive incentive to keep training and also not only give me euphoria of having completed 26.2 miles but of having raised a substantial amount of money for a charity who needs funds now more than ever.

I looked at the official list on the marathon website but it would almost be a case of just choosing one and my funds going into a big pot. I was, therefore, excited when I saw on the Shipston Home Nursing website that they were looking to fill a place. Shipston Home Nursing being a local charity meant that many of my friends would know of it, one that local businesses would support and a charity that is well respected for the amazing work they do and that many local people will either have benefitted from or know someone who has.

I was delighted when Rebecca accepted my application; so from now to October I shall be running the roads in the local area so if you see

me, give me a wave and encourage me on. **uk.virginmoneygiving.com/lindeyanderson5** 









# **COMING UP IN 2021** (AT TIME OF PRESS)

10K RUN/WALK AT WALON HALL Sunday 18th April, regist And 10am start Walton Hall, Schuldene CV35 9HU Enter at www. 10 Enhomenursing.co.uk/events 15 adults, £5 children

#### PLANT & HOME PRODUCE SALE

From May 1st for one week Table top sales in various local villages For more information please contact Caroline Gunn on 01608 663508 or Fudge Ramsay on 01608 680000

#### 3 MEN IN A BOAT

Monday 24th - 29th May Oxford to London Donate through Virgin Money at http://virginmoneygiving.com/fund/3meninaboat

#### **TOUR D'ILMINGTON**

Sunday 4th July Newbold on Stour Village Hall, CV37 8TU SHN are proud to be the Charity Partner 10 mile Family Ride starts 10am 30 mile Hilly Ride starts 10am 100KM Classic Ride Starts 8.30am See page 6 for more details

#### THE WOLF RUN

Saturday 4th & Sunday 5th September Offchurch Bury for more details visit www.thewolfrun.com

## JONNY WATKINSON THREE PEAKS CHALLENGE

September 18th

## LINDSEY ANDERSON LONDON MARATHON

Sunday 3rd October

#### **CHRISTMAS GIFT FAIR**

Tuesday 16th November 5.30pm - 8.30pm & Wednesday 17th November 9.30am - 3.00pm Ettington Community Centre CV37 7SX £5 Entry includes coffee and homemade biscuit

Keep a close eye on our website for further events as Government restrictions are lifted.

For information on any of these events or fundraising please contact Rebecca Mawle on 01608 674929 or email rebecca.mawle@shipstonhomenursing.co.uk or visit www.shipstonhomenursing.co.uk unless otherwise stated

# Making a regular donation makes a difference!

If you would like to make a regular or one-off donation please complete the form below and return to:

Head of Operational Support, Shipston Home Nursing, Ellen Badger Hospital, Stratford Road, Shipston on Stour, Warwickshire CV36 4AX.  Tel: 01608 664850 Email: admin@shipstonhomenursing.co.uk			
Make a one-off donation Donate monthly through Standing Order  My details are:	Leave us a Legacy in your Will (please call us on 01608 664850) Trusts (please call us on 01608 664850)		
Title:	Gift Aid Declaration		
Forename(s):	Boost your donation by 25p of Gift Aid for every £1 you donate  I wish the charity to treat this donation as Gift Aid and to treat similarly all future donations that I make to the charity. I am a UK Taxpayer and understand that if I pay less income tax and/or Capital Gains Tax than the amount of the gift aid claimed on all my donations in that tax year it is my responsibility to pay any difference		
Surname:			
Address:			
	I declare that I am a taxpayer and I want the charity to treat my donation of ${\bf f}$		
Postcode:	which I made on the / /		
Tel:	(Date of cheque)		
Email:	and any future donations I make as Gift Aid donations.		
I wish to	☐ I would like <b>Shipston Home Nursing</b> to claim the tax back on this donation.		
Make a one-off donation of: £ and enclose my cheque payable to Shipston Home Nursing	Please pay Shipston Home Nursing by Standing Order from the account detailed on this instruction. I understand that this instruction		
Donate £ monthly through a Standing Order, my Bank details are as follows:	may remain with Shipston Home Nursing and, if so, details will be passed electronically to my Bank/Building Society.		
Bank Name: Bank Address: Account Name:	Date:		
Sort Code: Account Number:	Signature:		
Payments to be made to Shipston Home Nursing Account:			

Lloyds Bank, 25 High Street, Shipston-on-Stour, Warwickshire, CV36 4AJ

of each month until further notice.

Account Number 01665317, Sort Code 30-98-26