

If you would like to make an online donation to help the Foundation continue with their good work, please visit www.justgiving.com/barchester/donate

Casino Royale – shaken not stirred...

Hosted by Sue Hill, General Manager, and the team at Oulton Park in the stunning surroundings of Southwold in Suffolk, Casino Royale was the action packed evening to remember!

The evening kicked off at 007pm where guests were greeted with a champagne reception before a sumptuous three-course supper – all prepared and served by Barchester staff from the region.

The entertainment continued long into the night – the casino and live music being a firm favourite – and a fantastic night was had by all, raising a phenomenal £11,000 for the Foundation.

“I would like to thank all who attended, contractors of Barchester who generously donated prizes and money and Saint Felix School for donating the venue. A special thank you to all staff that helped me to make the night a great success.” – Sue Hill, General Manager and host.

Special thanks to guest photographer Mike Barnett, www.mikebarnettphotography.co.uk who captured and recorded the event.



Every cloud has a silver lining!



As a professional charity consultant, advising boards of trustees on strategic planning and development, there is a great danger I can become too far removed from the every day work of small- and medium-sized charities. So, the hands-on role I have as a Trustee of the Barchester Healthcare Foundation keeps me well focused on the practical needs of older people, and other adults living with disabilities.

Great difficulties are faced by those who come to us for help. It is extremely hard to choose between applicants, each so worthy of support, and is made even more difficult as the number of applications rises, and the amount available to distribute gets smaller.

The current economic downturn has made things particularly challenging for charities – income from investments has plummeted for most people, and individual charitable giving is suffering as a result. But even more difficult for the voluntary sector is the drop in support from charitable trusts, upon which good causes rely so much for their core activities.

So it was particularly encouraging to see the efforts of Bill Wilson and his team as they completed the Coast 2 Coast 3 cycle ride. Riding 700 kilometres from the Irish Sea to the English Channel, crossing the Black Mountains, the Brecon Beacons, the Cotswolds and the Chilterns, and fundraising for the Foundation and another important charity, Help for Heroes.

It would be wonderful if even more people can take their lead from Bill, helping to give valuable support in order for others to live their lives to the full. Every cloud, after all, has a silver lining!

Elizabeth Mills O.B.E.
Independent Trustee,
Barchester Healthcare Foundation

Up, up and away!

Making a Dream Come True is a new initiative from the Barchester Foundation available to Barchester care home residents who would like to fulfil a lifelong dream.



In June of this year we helped 88-year-old Chalfont Lodge resident Paul De Burgh, achieve his ambition of a lifetime – a helicopter flight at 12,000ft over Buckinghamshire and Herts.

In his youth Paul worked in the film industry, often flying all over the world but never by helicopter – something he thought would now be “too late” to achieve. Fortunately Barbara Hughes, Activities Organiser, felt differently and saw the opportunity to make Paul’s dream a reality.



Safely back on the ground, Paul said: “It was a great opportunity; exciting and exhilarating, and I thank everyone who made this possible.”

The sky’s the limit in what we can help to achieve but the dream must go well beyond what can be provided by a Barchester care home. If you would like further information about the programme, or an application pack, please contact one of the team on 0800 328 3328.

Coast 2 Coast 3

Having sworn ‘never again’ we were delighted to see Bill Wilson, Barchester Property Services Director, and colleagues Dan Goddard, John Lavan and Chris Bamford back in the saddle for the Coast 2 Coast 3 challenge.

Riding from St David’s Bay, the most Westerly point of Wales, to Lowestoft, the most Easterly point of England, and covering a total of 449 miles via 22 stop off points in only five days, the race was truly on.

The team’s endeavours raised a phenomenal £23,000 to date which will be divided between the Barchester Foundation and Help for Heroes, the war wounded charity.

Bill comments: “I would like to personally thank the nine other riders who rode the full distance and Uncle Pete who supported us for five days. Nobody knew everybody before the start and some didn’t know anybody but we created an amazing team spirit that was very special and helped to overcome numerous adversities – physical, technical, meteorological and topographical whilst remaining cheerful and positive and most importantly – finishing together. Well done and thank you guys.”



Show Bill, the team and these two amazing charities your support via their JustGiving page www.justgiving.com/coast2coast3

Let them eat cake

This year we were delighted to celebrate our very first Foundation week, running from 11–17 May, across all Barchester care homes and support offices.

With a tea party theme – ranging from mad hatters teas to Caribbean themed beach parties – we were touched by the enormous efforts made by Barchester staff, residents and visitors.

Terry Tucker, Director of Learning, Development and Hospitality, and suppliers 3663 kindly sponsored the ‘Great Bake’ competition which saw Badgeworth Court steal the title for 2009.

Across the company we raised a phenomenal £4,050 which will be matched pound for pound by our generous shareholders, and will contribute to the good work of the Foundation. Our thanks to all homes, residents and guests for making our very first Foundation week such a roaring success!



News bites

> £360 towards a wheelchair power pack

Safdar is 85 years of age and wheelchair dependent following a stroke. Our grant contributed toward a power pack for his wheelchair, enabling him and his wife to keep mobile.

Safdar's Occupational Therapist, Melinda Shepherdson, comments:

"Mrs S can now take her husband outside several times per day, and for longer distances. Mr S enjoys going to his local café for a coffee. Mrs S no longer has severe wrist and back pain (which was due to pushing the wheelchair) and is grateful for all of the financial help they received."

> £2,950 towards a profiling bed

Anne is 63 years young and has Muscular Dystrophy. Our grant purchased a specialist profiling bed to make Anne's day-to-day living more comfortable.

Anne's Support Worker, Sue Walker, commented:

"She wants you to know how this grant has made a difference to her situation. I was very happy to sponsor Anne for this grant. Thank you again for your support and consideration."

> £510 towards a CCTV Magnifier

Michael is registered blind. His disability makes everyday tasks, like reading a book or writing a letter, very difficult. Our grant contributed towards a specialist CCTV reader to help with basic tasks, helping improve his day-to-day living.

Michael comments:

"I would like to thank you, your organisation and its Trustees for your generous grant. I hope your charity continues to help the individual and for you to know how important it is to do so. What you do for ourselves stays with us, what you do for others is eternal and immortal."



Keeping Trevor on the go

Trevor has Limb Girdle Muscular Dystrophy type 2a – a progressive muscle wasting condition. Due to his medical condition Trevor has not been able to walk for the past 20 years and has limited movement in his limbs.

Our contribution of £5,000 ensured that Trevor could purchase a specialist powered wheelchair to accommodate his day-to-day needs, keeping him mobile and comfortable at the same time.

Trevor's daughter, Sarah Acres, comments:

"My father is very active within his local community. Amongst his voluntary activities, he is a governor for two primary schools, sits on the board of the local Citizen Advice Bureau and assists with the Lancashire Disability Service.

This has had an enormous impact on his independence and consequently his wellbeing and sense of purpose. This impact helps to ease the amount of care he requires from others, primarily my mother, who is his full-time carer."



Doreen in control

Doreen is 78 and has very limited and poor mobility, relying upon others for all of her care needs.

Our grant of £1,360 paid for a riser-recliner chair for Doreen to help elevate her legs and keep her comfortable in her own home.

Social worker and application sponsor, Helen Sweetman, comments: "The riser-recliner chair that was purchased with the grant has contributed greatly to improving her wellbeing. The chair means she can now sit with her feet raised as advised by her doctors, and the remote unit gives her control and independence, minimising dependency on care staff."

Listen up!

Brian is 85 years young and with significantly deteriorated vision and hearing he is not in the best of health.

Our contribution of £1,000 towards a pair of digital In The Ear (ITE) hearing aids means that he can now listen to the TV and radio while wearing his glasses – a small but significant improvement to his day-to-day living.

Brian's sponsor, Malcolm Shaw, comments: "I have no doubt that the improvement to his quality of life has increased enormously. You will be aware that he is 85 years of age, wears an oxygen mask for long periods of the day and wears spectacles, both of which secure around the ears. With the new ITE hearing aids he is no longer restricted and this makes his life much more bearable."

Family Support Clacton and Neil Diamond – Headed for the Future

Family Support Clacton is a local voluntary organisation that helps housebound and socially isolated older people to meet up and socialise.

Their services are wide ranging and include Alzheimer's and dementia days, short-term memory groups, healthcare and hygiene services as well as entertainment and social gatherings. To their members they are a lifeline to the community.

We awarded £1,000 towards events and entertainment which contributed towards a Neil Diamond gala dinner for members. The evening was a roaring success with Valerie Reiser, Fundraising & Project Manager, noting: "It was a brilliant success with some of our elderly clients getting onto the dance floor after the meal. They have all asked for a repeat event! Thanks to all of you for your support – we couldn't have put this event on without you."

Helping Dora every day!

Dora is 81 years of age and has arthritis in her knees. As such her mobility is poor and keeping mobile within the community a serious issue for her.

Our contribution of £595 helped Dora purchase a mobility scooter to keep her active in her day-to-day living.

Dora's grant sponsor, Karen Dexter, comments:

"I have spoken to Mrs D's daughter and she informs me that her mother is enjoying using her scooter. It has given her the independence she really needed and even though the weather has been cold it has not stopped her wanting to use her scooter and go to the local shops with her daughter. Thank you once again for your kind donation..."

Iddenshall Ball

On Friday 27 November Gill Jones, Home Service Advisor and Ann Hull, General Manager of Barchester Iddenshall Hall in Cheshire, will be hosting a Charity Ball and Auction at Pryors Hays Golf Club. Celebrating the good work of the Tarporley Memorial Community Hospital and the Barchester Foundation, the exciting night looks to be a sell out. You can receive more details, buy raffle tickets or make auction bids/donations from Gill Jones on 01829 732454.

GB 10K run

Inspired by Steph Palmerone's epic running endeavours for the Foundation, colleagues from the Barchester Chelsea Support office decided to enter this year's British 10K run through central London.

The team – made up of Jon Hather, Terry Tucker, Angela Green, Aisling Kearney, Debra De Jongh and Geoff Pride – raced to the finish line in just over an hour and are still accepting donations via their JustGiving page

www.justgiving.com/bhcfoundation Congratulations to the Chelsea runners!

Steph Palmerone – Our heroine on the run!

This year Steph Palmerone, Grove Director of Strategic Initiatives, set herself a physically and mentally gruelling challenge – ten 10K runs and two half marathons over six short months!

Starting in Derby in March and finishing in Northants in August, Steph's hard work

and dedication has raised a fantastic £1,606 for the Foundation! You can still show your support by making a donation via her JustGiving page www.justgiving.com/stephaniepalmerone

Congratulations Steph!