

# THE MYTON HOSPICES NEWSLETTER



## Myton's 35<sup>th</sup> Anniversary

Take a look at how things have  
changed since 1982

### Myton Stories

The difference we  
make to our patients  
and their families

### Spotlight On

Two of our clinical team  
tell us about themselves  
and the work which  
happens at Myton

### What Myton Means To Me

Discover what makes  
Myton unique

### Retail

Find out more about a  
career in charity retail

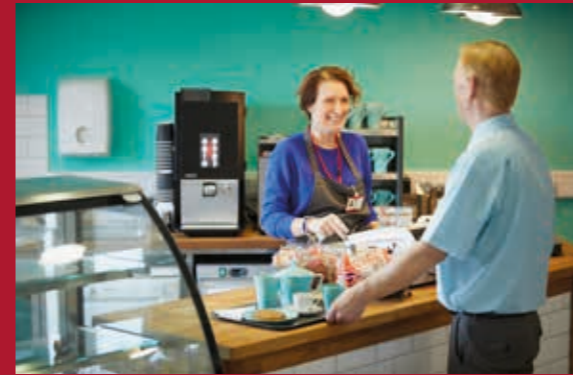


  
CELEBRATING  
35 YEARS

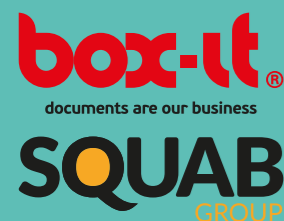


myton  
hospice

We provide care and support for people living with a terminal illness, aged over 18 and registered with a GP in Coventry and Warwickshire.



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# We have hospices in Coventry, Rugby & Warwick

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

We care for people aged

# 18 years & over

living in Coventry and Warwickshire

Last year we supported

# 1,400

people and their families

We provide all of our services  
**free** of charge

# We have to raise £8.8 million

this year to provide our care

Less than **25%** of our funding comes from the NHS

We care for people with a wide

## range of terminal illnesses including

Respiratory conditions, Heart conditions, Cancer, Parkinson's, Renal failure & Motor Neurone Disease

We are the  
**only**  
hospice providing inpatient beds in Coventry and Warwickshire



This is a very special year for us because it's our 35th Birthday and to us that means it's time to celebrate, so

in true Myton style we have lots of exciting things planned to mark the occasion. Of course birthdays are also a time for reflection and as I think about the work Myton has done over the last three and a half decades I can't help feeling immensely proud that I am part of an organisation that has achieved so much and made a difference to so many.

Since we first opened the doors at Warwick Myton in 1982 we have touched the lives of thousands of individuals across Coventry and Warwickshire - both patients and their families - and as a consequence there are very few people living locally who haven't been touched by Myton or know someone who has. This puts us right at the heart of the communities we serve and we don't underestimate the importance of what this means in terms of the support we receive each year from thousands of volunteers, donors and sponsors.

possible without the enthusiasm and kindness of local residents and organisations. Last year our voluntary income reached over £8 million which by any standards is amazing. Not only is this testament to the big-heartedness of our supporters, it is also the reason that we can continue to expand and improve our services, and most importantly ensure more people living with a terminal illness and their loved ones get the help and care they deserve at the time when they need it the most.

The vision we have for Coventry and Warwickshire for the next 35 years is that more people will be able to live well for longer with an illness which cannot be cured. More people will have a choice about where they spend their final days and more families will be given the means to cope when their loved one's choice is to stay at home. The Myton Hospices will play a big part in the achievement of this vision and with your continued backing and generosity we will work tirelessly to make it a reality.

Thank you for everything you do and have done for Myton over the last 35 years.

None of the work we do would be possible without you. Here's to the next 35 years!

**Ruth Freeman**  
Chief Executive Officer

# The Myton Hospices' 35th Birthday

2017 marks the 35th birthday of The Myton Hospices which has grown from humble beginnings in Warwick to provide palliative and end of life care to people in Rugby and Coventry too.

A lot has happened in the last 35 years at Myton; not only have we broadened our geographical reach but also our medical reach to serve more people with life limiting illnesses including Respiratory conditions, Heart conditions, Cancer, Parkinson's, Renal failure and Motor Neurone Disease.

We have been trawling through the archives to create a timeline from 1979 when Rev. John Gibbs launched the appeal to provide a hospice at Myton Hamlet, to the present day. We hope that you find this as interesting as we have!

## 1979

Dr Thomas Wynter Backhouse founded Myton in 1982 after a tireless campaign with the Bishop of Coventry Rev. John Gibbs to raise £400,000 to provide care for cancer patients and families who needed support during the later stages of their illness.



## 1981

The Duchess of Kent planting a commemorative tree at new site of Myton Hamlet Hospice



## 1982

The Duchess of Kent officially opening Myton Hamlet Hospice with the Bishop of Coventry, the Rev. John Gibbs and staff

## 1984

Myton Hamlet Hospice holds an open day



## 1992

Myton Hospice celebrates its 10 year anniversary



## 1999

Anita Harris signing autographs at the Myton Hospice Summer fete

## 2001

The footprint of the new £1million Rugby Myton Hospice, paid for by Rugby fundraisers



## 2007

Construction work is started on Coventry Myton Hospice after a successful six-year fundraising campaign



## 2014

Warwick and Leamington MP Chris White officially opening the relatives accomodation at Warwick Myton Hospice

## 2017

The new Coffee Shop at Coventry Myton Hospice was officially opened by the Lord Mayor of Coventry, Lindsley Harvard



## 1986

Diana, Princess of Wales pays a royal visit to Myton Hamlet Hospice and is shown around by Dr Henderson



# What Myton means to me...

*Our 'What Myton means to me...' campaign aims to highlight what makes The Myton Hospices and the support that we provide to patients and their families so unique. It portrays Myton from a range of perspectives including those of patients, families, staff and even visiting pets.*

We want to show people the warm, friendly and often fun place that we know Myton to be, and in doing so to help dispel some of the common myths about Myton as well as answer some of the questions people might have about hospice care. We want to demonstrate that Myton is as much about living well for longer with a terminal illness as it is about excellent end of life care so that we can reach out to even more people in need.

We would love to hear what Myton means to you – **please get in touch with us on Facebook, Instagram or Twitter @MytonHospices using #WMMTM or email us enquiries@mytonhospice.org**

We are also testing a new strapline and we would really appreciate your feedback on what you like or dislike about **'Enhancing lives, empowering people'** as a strapline for The Myton Hospices.



“ It's like being at home here ”



“ Dad was never alone ”



“ I'm always made to feel at home ”



“ I can still enjoy my life ”



“ Care in the comfort of my own home ”



“ I am able to laugh again ”



“ I was still able to be a mum ”



“ Time to get to know my patients ”

# What's New At Myton?

## The Living Well Project

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

If you would like to find out more please contact us on 02476 841 917

## The Fatigue and Breathlessness (FAB) Programme

We have introduced a six week programme that aims to manage breathlessness and fatigue levels for those experiencing these symptoms due to a long term condition. It is accessible to patients registered with a Coventry or Rugby GP.

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

The feedback received so far has been fantastic:

“I'm now able to manage the 24 steps to my flat”

“I can prepare a meal”

“I now leave my home when I didn't previously”

“I can now eat and breathe without choking”

“I understand my anxiety”

“I'm more relaxed”



## A brand new website

In the early part of 2017 we launched our new website. If you haven't yet seen it take a look at [mytonhospice.org](http://mytonhospice.org) - we'd love to hear your thoughts.



## The Coffee Shop at Coventry Myton Hospice

Our first Coffee Shop was officially opened by the Lord Mayor of Coventry, Lindsay Harvard in February 2017. The Lord Mayor was joined at the opening by The Myton Hospices Chief Executive Officer, Ruth Freeman, the Chair and Vice Chair of the General Charities of the City of Coventry, Myton staff, volunteers, patients and families.

The Coffee Shop is open Monday to Friday 10am – 4pm and is run by a team of volunteers, serving coffee, specialist teas, hot chocolate, cakes, baguettes, muffins and cookies. All of the profits from the Coffee Shop go towards funding patient care. The Coffee Shop can be used by Myton staff, volunteers, patients and families, and is an information hub for those wanting to find out more about Myton.



## Virtual Tours

We worked with a Google approved photographer to create a Virtual Tour of each hospice. These are listed on Google when you search for Myton and are on our website. The idea is that you can take a look around and get an idea of what to expect before coming to Myton. We hope this will help to take away some of the uncertainty that people might be feeling, or you could just be curious about what a hospice is really like. Despite common perceptions, we know that our hospices are very different to a hospital or a care home, and we hope that people will be pleasantly surprised by what they see. You can navigate your way round using the arrows on screen, your mouse, or the arrows on your keyboard, alternatively use the menu on the top left of the screen to explore the different areas. Take a look around [mytonhospice.org/virtualtours](http://mytonhospice.org/virtualtours)



## The Hospice Biographers

Myton has joined a pilot scheme started by the Hospice Biographers charity to offer hospice patients the chance to have their life stories professionally recorded on audio, free of charge. This aims to help patients with closure and their families will be able to hear their voices and memories long after they've died. The Hospice Biographers charity was created by TV broadcaster Barbara Altounyan who recorded her own father's life story on audio when faced with his premature death many years ago. Day Hospice patients at all three sites can enquire about having their life story recorded by our Hospice Biographer.

# Myton Stories

*We believe that everyone matters for every single moment of their life; we focus on enhancing life when cure is no longer an option. As leaders in compassionate end of life care; our work centres on enhancing life, empowering patients and involving them in decisions about their care. Perhaps most importantly we give our patients more quality time with their loved ones. Here are just a few examples of the way Myton has made a difference...*

## Steven's story

Introduced by a mutual friend at the age of 18, Hannah and Steven dated for a short time but soon decided that in each other they had found the person they wanted to be with. Hannah and Steven couldn't have predicted the news they received just two weeks into their relationship on Steven's 19th birthday - Steven had neck and head cancer. From the day he was diagnosed, Steven's condition was terminal but healthcare professionals did all they could to make him as comfortable as possible over the next three years, with Hannah right by his side.

Steven's illness didn't stop the couple from continuing to fall deeply in love as they enjoyed every moment of their lives together. Steven proposed to Hannah on her 22nd birthday and they planned to marry in May 2016.

In November 2015, Steven and his family received the news they had been dreading; Steven's condition was deteriorating and they only had a matter of weeks left with him. With Steven's condition and mobility becoming an increasing concern, the couple moved their wedding forward. On 3rd December 2015, surrounded by their loved ones, the couple were married at the Mallory Court Hotel in Leamington Spa.

With Christmas fast approaching, the couple were determined to decorate the house to reflect Steven's love of Christmas. It was shortly after this when Steven was admitted to Warwick Myton Hospice following a visit from the

community nursing team. Hannah said, "I didn't know what to expect before coming to a hospice but my experience has been absolutely fantastic. I couldn't fault anything. The help and support you receive at Myton is amazing. They don't make you feel like it is end of life care. They make you feel so comfortable and everything you need is right there. They try to help you keep life as normal as it can be given the situation you are going through."

Day and night Hannah could be found at her husband's bedside. Being actively involved in Steven's care was important to Hannah so the nursing team tried to include her as much as they could whilst Steven was at Myton. Steven sadly died at the age of 22, just 17 days after he and Hannah married.

Motivated by her experience and the level of care and support Steven received whilst at Myton, Hannah continues to raise money for Myton in Steven's memory.



## Ian's story

In a matter of weeks, Ian Dawson went from being an active 46 year old to an inpatient at Warwick Myton Hospice.

Ian, originally from the Forest of Dean, moved to Stratford upon Avon after meeting his partner, Pennie Kendrick, at work. During a family trip to Cornwall, Ian fell ill. On his return to Stratford, Ian went to the doctors and was shocked to discover that he had gallbladder cancer.



Ian was quickly admitted to hospital where it was believed his condition was incurable but treatable. Within a few weeks this dramatically changed and Ian was quickly transferred to Warwick Myton Hospice.

Ian's family travelled every day from the Forest of Dean to be with him. After a few days, the distance became very difficult for Ian's mother, Avril, and she was also offered the relatives' accommodation where she stayed for 2 weeks to be close to her son. Pennie added, "What Myton did for Avril was amazing. If she couldn't have stayed in the relatives' accommodation the travelling distance would have been horrendous on top of all the stress related to Ian. It's like being at home here- the hospital was so fast paced, very impersonal and clinical whereas it's more individualistic and so much calmer here."

Inspired by their experience at Myton, Ian's brother, Mark, has since set up a charity to build a hospice in the Forest of Dean, hoping to provide the same level of care they received at Myton for those living with a terminal illness in the region.

## Avril's story

Before she began attending Myton Day Hospice grandmother Avril Gear spent most of her time at home.

Her treatment for pancreatic cancer had taken its toll on her confidence and she didn't want to socialise or go out. After talking to her Macmillan nurse one day, Avril was referred to our Warwick Day Hospice and went along to see if she would like it.



The pensioner was very close to her daughter Jackie and granddaughter Tasha, often referring to the three of them as the A-Team. Jackie said: "Mum loved day hospice. She was able to have her hair done and they helped her sort out a hair piece which gave her back her confidence to go out."

"My mum was a very private lady who kept herself to herself. She didn't talk about how

she was feeling about what was happening to her and I never saw her cry so I think it helped her to be at Myton with people in the same position and talk to people there about how she was feeling.

"I will always remember us going to the summer fete as a family and mum being very proud and introducing us to the nurses and her new friends. She loved it and there was one nurse called Michelle who she idolised."

"It was great for us to have that support too and I was able to talk to Michelle who would let me know how mum had been and whether she had eaten or not. It really helped me as mum often wouldn't always tell me if she had a hard day."

As her condition deteriorated Avril was admitted to Warwick Myton Hospice where our team supported the whole family.

Jackie added: "By going to day hospice mum was able to become familiar with Myton and the nurses which took that fear of the hospice away. This was really helpful as it meant that when she became very poorly and needed to stay in for longer we all already knew Myton and the team and they knew us."

Since Avril died Jackie has been doing all she can to support Myton. She currently volunteers as an event marshal, lottery collector and speaker - sharing her story with potential supporters and donors to increase awareness.

*At Myton, we have more than 1,000 fantastic volunteers – if we paid for this resource it would cost in excess of £1 million a year!*



Lily Yang

“ I go to Rugby Myton Hospice every Wednesday from 12pm to 1.45pm during school term time. I talk to the patients and help them at lunchtime by serving their food. I make cups of tea and coffee for them after their lunch and sometimes help with arranging activities like a quiz. I have been a volunteer at Myton since September 2014 and started because I had some free time and wanted to use it to help other people. I enjoy talking to the patients and they enjoy my company as well as the company of each other. They can chat to each other while they are at Myton, do exercises, art, reading and more. I think the most important thing is that there is an environment and an atmosphere at Myton that they enjoy. The staff and volunteers at Myton help to create that atmosphere. ”



Vera Oughton

“ My niece, Collette, was a cook at Warwick Myton Hospice in 1982 and she said the first shop in Leamington Spa was opening and asked if my sister, Jo, and I would be interested in helping. We started on the day it opened over twenty five years ago and I have been a volunteer there ever since. It has changed a lot, definitely for the better! I'm so glad to be helping the people who use the hospice's services. I shall have to retire soon – I'm 90 next year but I'll take it as it comes. I would tell people thinking about volunteering to 'go for it'. It gets you out and about and you meet all sorts of people. ”



Ally Gerrish

“ I have been qualified in Sound Work and Shamanic Therapy for a number of years and I am currently training in Reiki but I had never before practiced the hands on relaxation techniques that Myton has specially adapted for palliative care. Here the therapies are patient led to give them a sense of empowerment and control. I hadn't previously worked in a hospice or medical environment either but everyone is so welcoming and compassionate. I volunteer on a Wednesday and it is the best day of my week - I feel on cloud nine when I leave. I get so much from being able to help patients to relax and switch off from their anxiety through physical and mental relaxation. I also love working so closely with the multi-disciplinary team at Myton including nurses, occupational therapy, physiotherapy, art therapy and chaplaincy. I have met some incredible therapists since joining Myton and it is fantastic to have a network to share experiences with and provide support for each other. For me volunteering at Myton has been a really transformational experience and one of the most fulfilling things that I have ever done. ”



Mick Taylor

“ I started as a volunteer driver at Coventry Myton Hospice nearly three years ago when I found myself with a bit of spare time. Volunteering for Myton was an easy choice to make; my mum was supported by Myton as long ago as 1986 and the care and support she received is something which has always stayed with me. My dad was always doing something to support Myton - once he walked from Coventry to Durham (which finished on the day Coventry City won the FA Cup!) My role involves driving patients to the Day Hospice at Coventry where the staff are exceptional. They are warm, positive and never without a bright smile. I feel privileged to get to meet so many wonderful people and some great characters. It is one of the most rewarding things I have ever done. ”

# Could you volunteer for Myton?

Find out more at [mytonhospice.org/volunteering](http://mytonhospice.org/volunteering)



# Spotlight on

618  
patients  
were cared for  
in our inpatient  
units in  
2016 - 17

*Our clinical teams make it possible for us to provide high quality specialist care. Michelle and Sarah support and manage the outstanding team of nurses that we are lucky enough to have here at Myton.*



**Michelle Linnane**  
Director of Nursing & Care

**If you had to describe yourself in 3 words, what would they be?**

Friendly, honest and considerate

**What do you enjoy most about your role?**

There is huge staff engagement here which is great. The majority of people want to deliver fantastic care but they also appreciate that we need to also improve services and progress. The enthusiasm of the people who work here is great. We're all here for one reason and that's about caring for people and their families and when I get letters of thanks from families of patients we have cared for that makes everything worthwhile.

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

The first Christmas I was here I went round singing carols to patients which really blew me away. There

was a patient in a wheelchair with oxygen that looked very poorly but was having an absolute ball singing with us and it was a moment where I thought "Wow ... I've never been in this position in the whole of my nursing career where I've been able to do this" and it meant so much to me. It's moments like that which make Myton so different to anywhere I've ever worked before.

**How do you think palliative care at Myton differs from that of other healthcare providers?**

At Myton we have patients who are here for symptom control, respite, or because their life is coming to an end and the nurses don't have all the pressures that there are in

**What does your role entail?**

**I am responsible and accountable for the delivery of nursing care services. That means I am responsible for setting standards and overseeing them in relation to patient care and also the care of the relatives of our patients. It is about setting an example of what good leadership is and what a good healthcare provider should look like.**

an NHS acute hospital. My teams have time to sit and give support to families and patients when they need it, and time to make sure patients pain is under control. My nurses are no different to the ones in the hospitals but a hospice is very much focused on giving the patients what they need rather than what we think they need. Here we can be more flexible by letting pets in and allowing them to be on the bed with patients to give them comfort which is really important. For a number of patients pets are part of their families. Some

NHS wards don't allow children on the wards, and I understand why, but here we welcome and cater for children. That's what makes the care here different.

**What are the common misconceptions about hospices and hospice care do you think?**

People think a hospice is where you come to die – I did before I came to Myton. We need to change that perception. We want to get people into the Day Hospice earlier on in their illness so they can live their life better. If things start to deteriorate they can come back into care but we need to dispel the myth that it's a depressing place where we should be quiet and low. This isn't a

depressing place to come – it's full of life and we can do a lot more for people if they are referred earlier.

**What do you like to do in your free time?**

I like to spend time with my husband. We spend time with my daughter and her partner. I love being in the garden – I like things which are relaxing and don't take a great deal of effort. I also like being outdoors so we go walking. Because of the job I do, I like to find myself in the middle of nowhere so I like to get away from it all.



**Sarah Goode**  
Inpatient Unit Sister at  
Coventry Myton Hospice

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

Passionate, committed, loyal

**How do you think palliative care at Myton differs from that of other healthcare providers?**

I think we have more time. We are specialist in what we do which is providing palliative care. We have consultant rounds that we can access. We are very respectful here; privacy and dignity is huge, taking into consideration patient's wishes and doing advanced care planning. We are very honest about symptom control. I think people really respect that. There is a huge package here that cannot be delivered in a number of healthcare providers.

**What does your role entail?**

I am the ward sister for the Inpatient Unit at Coventry Myton Hospice

so half of my time is managerial, administration and office based. My responsibilities include staffing and budget management, supporting and developing the staff, professional development and ensuring the nurses are all confident in their role. The other part is being on the clinical floor, leading the team by example. This

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

**My auntie died at a young age, she was only 43, and she was my best friend. If I could see her again that would be amazing. She inspired me to be a nurse; she used to be a ward sister at Leicester Royal Infirmary A and E and then went into district nursing. My auntie was a huge inspiration to me.**

involves putting my uniform on and providing patient care, setting the standard. When I am on the floor it's about leading the team, guiding them and supporting them.

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

Forward thinking organisation

**What do you enjoy most about your role?**

I absolutely love my job. I can't tell you how passionate I am. I want to get it right for our patients and their families. It's a real privilege and an honour to be part of someone's life, especially the end of their life. What I enjoy about my role clinically is to be able to provide what I would want for my family and what I would want for myself – fulfilling our patient's wishes and supporting their family through that patient's illness and providing the best care. I enjoy supporting the staff and

receiving feedback from patients and their loved ones.

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

If I could witness any event, I would like to have been there for D-Day, it would have been amazing to have been a part of that. If you said to

me I could go back and have a week during any era, I would pick a week in the 1940's just to witness how difficult and challenging life was then.

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

I would love to learn to play the violin. I used to play a trombone at school so I can read music but I would love to be able to play the violin.

**What do you like to do in your free time?**

I've got two Labradors so they take up quite a lot of my time. I also love going to festivals, I'm really into VW's and campervans. I love reading and music is also a massive passion of mine. I love spending time with my friends. I love looking around antique shops.

# You might be interested to know in 2016/17

**1,178**

Santas dashed around Leamington Spa in our annual Santa Dash event

**£58,000**

was raised from donations of £10 or less which could fund 108 Inpatient bed days

**£113,665**

was raised through our in-store collections and collection tins

**295**

people used our Counselling services

**£51,182**

was raised by the Glow in the Moonlight event which would fund 50 days of running our Rugby Day hospice

**385**

people used our Complementary Therapy service

**40%**

of people were discharged from Myton after a stay in our Inpatient Unit

**£135,648**

was generated from retail Gift Aid

**579**

people used our Physiotherapy and Occupational Therapy services

**£35,000**

was donated to The Myton Hospices by an anonymous benefactor after reading an email about our 35th birthday

# This year we need to raise £8.8 million to run The Myton Hospices. We couldn't do this without the fantastic support of the people of Coventry and Warwickshire.

From trekking to the summit of Kilimanjaro to getting your neon on at one of our Glow events the sky is the limit when it comes to raising funds for Myton. As well as taking part in the events our Fundraising team organise, people across Coventry and Warwickshire are fantastic at baking cakes, running, cycling, walking and skydiving to raise money and show their support for Myton. Here are just a few examples of what our amazing supporters have been up to. We would also like to say a huge thank you to absolutely everyone that supports us!

For more information on how you can help raise vital funds for Myton and to get a free fundraising pack please contact us by emailing [enquiries@mytonhospice.org](mailto:enquiries@mytonhospice.org) or call 01926 838 892.

**The Myton Hospices**  
Stratford upon Avon · 🌐

A big thank you to Clopton Nursery and Thomas Jolyffe School for Caring for a Bear & raising £813



👍 Like    💬 Comment    ➦ Share

**The Myton Hospices**  
Bidford · 🌐

Simon's computer marathon installing every version of windows is very unique fundraising.

👍 Like    💬 Comment    ➦ Share

**The Myton Hospices**  
Rugby · 🌐

Thank you to The Griffin Inn for raising £525 from your charity folk day in memory of Marie Phillips.

👍 Like    💬 Comment    ➦ Share

**The Myton Hospices**  
London · 🌐

Thank you to all of our London Marathon runners, what an achievement, you are all truly amazing.



👍 Like    💬 Comment    ➦ Share

**The Myton Hospices** @MytonHospices  
Meet Zac Daffern, the remarkable 7 year old who raised £118 for Myton!



↩    ↻    ❤    ✉

**The Myton Hospices** @MytonHospices  
Thank you to Andrea Bellerby for taking part in a head shave and raising £1,779.

↩    ↻    ❤    ✉

**The Myton Hospices** @MytonHospices  
Thank you to The Warwickshire Masonic Charitable Association Ltd who have in total donated an incredible £11,153!

↩    ↻    ❤    ✉

**The Myton Hospices** @MytonHospices  
Thank you Sainsbury's Kenilworth, for making us their Charity of the Year raising £6,040.



↩    ↻    ❤    ✉

**The Myton Hospices** @MytonHospices  
Thank you to Wembrook School who raised £6,216 in memory of Janet Holt.

↩    ↻    ❤    ✉

**The Myton Hospices** @MytonHospices  
Thank you to Moat Primary School who raised £2,593 from their Welly Walk!

↩    ↻    ❤    ✉

**The Myton Hospices** @MytonHospices  
Thank you to Dawn Foods who did the Wolf Run and raised £1,249.50 for Myton!

↩    ↻    ❤    ✉

**mytonhospices**



❤    💬    ➦

**The Myton Hospices** We would like to say a massive thank you to the Rotary Club of Warwick for organising this year's Dragon Boat Race.

**mytonhospices**



❤    💬    ➦

**The Myton Hospices** Margaret Kite, one of our devoted volunteers has been awarded a British Empire Medal! Thank you and congratulations!

**mytonhospices**



❤    💬    ➦

**The Myton Hospices** Ethan and Emily Flint, and friends, raised £1,021 for Myton by putting on a production of the Wizard of Oz at Playbox Theatre

Follow us on social media for the latest news and updates [f](#) [t](#) [i](#) [@MytonHospices](#)

# Support Groups

We are very lucky to have three devoted support groups, each made up of volunteers who organise events in their local areas for Myton; from summer and winter fayres to Easter egg tombola's, and everything in between! They work really hard to raise vital funds

for The Myton Hospices and we are truly grateful.

The 2017 Easter egg tombola's alone saw the support groups raise an amazing £4,764.69 for Myton. We can't thank them enough for this fantastic achievement and

their continued support. In 2016 the Coventry Support Group raised over £5,800 through their Christmas and summer fayres. If you see events like these organised by these dedicated volunteers please go along and show your support.



Coventry Support Group



Harbury Support Group



Rugby Support Group

## Could you start a support group for Myton?

We would love to have groups across all areas of Coventry and Warwickshire. If you are interested in becoming a member of one of our support groups, or if you would like to start your own, please call the Community Fundraising team on **01926 838 892** or email [communityteam@mytonhospice.org](mailto:communityteam@mytonhospice.org)

# Partnerships

*We work with a range of businesses and trusts to help engage their staff and raise their profile, and together we can further the work we do in the local community. We are very proud of our excellent partnerships which help to ensure that we can continue our work and help even more people in Coventry and Warwickshire. Here are just a few of our partners who help make a difference.*

Baxi	Bennetts	Bravissimo	Charity of Thomas Oken & Nicholas Eyffler	Coventry Building Society
Crowngate Construction	Denfield Advertising	Dennis Eagle	Edward Cadbury	Gaskins Trust
General Charities of the City of Coventry	Hobson Charity	IRESS	Phillips 66	Pink Ribbon Foundation
Spencer Gardner Dickins	Squab	Stratford Town Trust	The Masonic Charitable Foundation	<p><b>Could your organisation support us?</b></p> <p>Our partnerships are incredibly important to us. We know that each company or organisation we partner with is unique. That's why we always tailor-make our approach, to enable you to get the most out of your partnership with us.</p> <p>From corporate sponsorship opportunities to funding specific services and essential items of equipment – all support is gratefully received and we would love to hear from you! Please contact <a href="mailto:hannah.morris@mytonhospice.org">hannah.morris@mytonhospice.org</a> or call <b>01926 838 817</b>.</p>
The Truemark Trust	Warwick Provident Dispensary Charity	Western Power		

# Event Dates

Our fantastic Myton Events team work hard to put on a wide range of events throughout the year. From glow events to fayres, sponsored walks to cycle challenges and mountain treks to skydives there is something for everyone to enjoy whilst raising money for Myton.

## Robert Bowers

Robert, his sister Victoria and 80 of their friends took part in our Glow in the City event in memory of mum Norma and raised over £4,000 for Myton. They want to continue to raise vital funds for Myton and have also signed up for Glow in the Moonlight.

“None of us were shy to dress up for Glow in the City so we are not going to hold back for Glow in the Moonlight. Wigs, tutu's, leg warmers and lots of UV paint. The odd mullet might be on show as well!”



## Coming in 2018...



### Coventry Fayres

1st July & 2nd December



### Summer Fete

Sunday 16th July



### Cycle Challenge

Sunday 6th August



### Glow in the Moonlight

Saturday 16th September



### Harbury Craft Fayre

Saturday 11th November



### Rugby Bazaar

Saturday 18th November



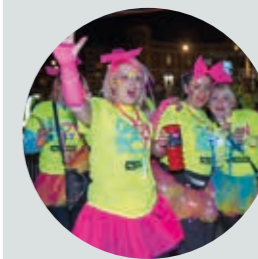
### Light up a Life

3rd, 10th & 17th December



### Santa Dash

Sunday 10th December



### Glow in the City

Date TBC



### Walk for Myton

Date TBC

2017

2018



### Northbrook 10K

9th July



### The Mudnificent 7

17th July



### TrekFest in the Peaks

2nd September



### Kenilworth Half Marathon

3rd September



### London to Amsterdam

22nd September



### Kilimanjaro Trek

23rd September



### Myton Skydive

23rd September



### Birmingham Half Marathon

15th October



### Myton Skydive

Date TBC



### Great Wall of China Trek

Date TBC



Official Charity Partner

# Challenge Events

For more details on our events please visit [www.mytonhospice.org](http://www.mytonhospice.org) email [events@mytonhospice.org](mailto:events@mytonhospice.org) or call 01926 838 825

In 2016 - 17 Challenge Event participants raised £194,563

Don't worry if you've missed an event! It may take place again next year or there could be something similar. Check our website [mytonhospice.org/events](http://mytonhospice.org/events) for all upcoming events.



## Nikki Barnett

“First I did Glow in the Moonlight which was such a fun event, then I received an email from Myton about Kilimanjaro and I thought “... that sounds like an adventure and something different...” – not even knowing where Kilimanjaro was! I knew that I wanted to raise more money for Myton whilst raising awareness of the services on offer, and taking on a massive personal challenge outside the ‘norm’.”

334  
patients  
attended our  
day hospices'  
in 2016-17

## Are you living with a long term condition or life limiting illness, aged over 18 and registered with a GP in Coventry and Warwickshire? We can help

Our day hospices in Coventry, Rugby and Warwick offer you the opportunity to meet with experienced nursing staff on a weekly basis as part of a 12 week programme to offer support with physical health and emotional wellbeing so you are better equipped to deal with your illness. Services include occupational therapy, physiotherapy, spiritual and pastoral care, hairdressing, complementary therapy, art as diversion and therapy, and counselling. All of these services are provided free of charge.



We can offer you a relaxed and informal environment where you can be yourself and, if you wish, talk with others who may have had similar experiences. Attending

one of our day hospices can also give your loved ones a much needed break, with the knowledge you are safe and well cared for by our nursing team.

**Physio and Occupational Therapy** to help with a range of symptoms and maximise your independence.



**Art as Therapy** purely for pleasure or to help with the emotional aspects of your illness.  
**Hairdressing** to help you look and feel good.  
**Complementary therapies** such as aromatherapy, massage, reflexology and reiki to help you relax and unwind.  
**Multi faith pastoral care** for those seeking spiritual guidance and support.  
**Counselling and emotional support** for you and your loved ones.  
The types of conditions that might benefit from coming to one of our day hospices include Respiratory conditions, Heart conditions, Cancer, Parkinson's, Renal failure and Motor Neurone Disease.

If you think this type of support could help you speak to your GP or nurse, or contact us directly to find out more.

**Warwick Myton Hospice** 01926 838 808  
**Coventry Myton Hospice** 02476 841 900  
**Rugby Myton Hospice** 01788 550 085

# Working in charity retail



## Deanna Culley Bedworth Shop Manager

**Are you considering a career in charity retail? We spoke to Deanna who is the Manager at our Bedworth shop about her journey into charity retail. Our charity shops are a key part of promoting the work Myton does as well as vital for raising funds to keep our services running.**

### How long have you worked in retail and how did you get into the industry?

I started at Myton as a volunteer when I was 16 years-old – my Aunt was the manager at the Bedworth shop so I did it to help her. Two years ago I became the Assistant Manager and then at the start of 2017 I became the Manager. I've been with Myton for 7 years now!

### What made you decide to work in a charity shop?

I didn't realise it when I was a teenager volunteering at weekends, but working in a charity shop is so rewarding. I realise now how much the work we do helps the people who need Myton's support. Our charity shops are so important and I'm always pushing myself because I know the work I do is helping other people.

### What does your role entail?

My job involves managing the

team of volunteers and making sure we're working to be the best we can. We need the shop to be full of stock for customers, and customer service is a top priority – we want people to want to donate and shop here. It's important that people know us as Myton too so they know what their donations and money are being used towards.

### Are there any differences between working in a charity shop and a high street store?

I think the main difference is that all charity shops are different – high street shops all have the same stock and look similar. Although we are One Myton, the quirks of the Manager, the volunteers and the shop itself make each shop individual. It's amazing what

We're expanding!  
If you would like to work at one of our shops visit [mytonhospice.org/vacancies](https://mytonhospice.org/vacancies) to view current vacancies or register your interest.

people donate too; we've had so many good quality Radley handbags donated, a Dolce and Gabbana suit which was in top condition, and even a wedding dress, bridesmaid dresses and matching pageboy suits which had never been worn.

### What would you say to someone considering a career in charity retail?

Working in a charity shop is extremely rewarding. You make new friends with the people you work with and they become a support system to you. The skills you learn are also transferable – using the till, talking to customers and working with the stock. And as a teenager it's often hard to find work because you don't have

experience so volunteering at a charity shop is a great way to learn the skills you need in other jobs. I started as a volunteer and here I am now as manager!

### What is your favourite part of working in a charity shop?

I love my team! We're like a little family; we know each other so well. The volunteers choose to come here so it's really nice for me that they're choosing to do that. I also love the customers – the people who come in regularly we get to know very well and they become like friends too.

## We're not just looking for retail staff

We have a wide range of roles across Myton from chefs to nurses and finance to housekeeping, plus lots more. If you're interested in working for The Myton Hospices, take a look at our vacancies or register your interest at [mytonhospice.org/vacancies](https://mytonhospice.org/vacancies). As well as helping to make a difference to the people of Coventry and Warwickshire, we offer a fantastic learning and development programme and a range of benefits for all employees.

# Our shops raise over £2 million each year

Shop with us and help make a difference



**1. Atherstone** 41 - 43 Long Street  
CV9 1AY Tel. 01827 718 700

**2. Bedworth** 10 All Saints Square  
CV12 8LU Tel. 02476 491 074

**3. Cannon Park Shopping Centre**  
CV4 7EH Tel. 02476 696 633

**4. Cheylesmore** 1-2 Quinton Parade  
CV3 5HW Tel. 02476 503 117

**5. Coundon** 63 Barker Butts Lane  
CV6 1DU Tel. 02476 597 133

**6. Coventry City Centre** 21 Trinity Sreet,  
CV1 1FJ Tel. 02476 520 661

**7. Henley in Arden** 133a High St.  
B95 5AU Tel. 01564 794 396

**8. Kenilworth** 42 Warwick Road  
CV8 1HE Tel. 01926 511 623

**9. Leamington Spa** 30 Bedford St.  
CV32 5DY Tel. 01926 423 122

**10. Leamington Spa** 104 Warwick St.  
CV32 4QP Tel. 01926 338 117

**11. Nuneaton** 11 Abbey Street  
CV11 5BS Tel. 02476 388 055

**12. Nuneaton** 15 Bridge Street  
CV11 4DX Tel. 02476 328 656

**13. Radford** 65 Jubilee Crescent  
CV6 3ET Tel. 02476 594 563

**14. Riley Square** 6 Riley Square  
CV2 1LX Tel. 02476 581 394

**15. Rugby** 13 Albert Street  
CV21 2SD Tel. 01788 576 425

**16. Southam** 9 Market Hill  
CV47 0HE Tel. 01926 811 257

**17. Tile Hill** 715 Tile Hill Lane  
CV4 9HU Tel. 02476 422 255

**18. Walsgrave Rd** 94 Walsgrave Rd  
CV2 4ED Tel. 02476 459 660

**19. Warwick** Brook Street  
CV34 4BL Tel. 01926 400 323

**20. Wellesbourne** WRT House, School Road,  
CV35 9NH Tel. 01789 840 453

**21. Distribution Centre (Mon-Fri only)**  
Unit 8-9 CV3 2SY Tel. 02476 459 342

## Your Items



£20

## Worth 25% more with Gift Aid



£25

*giftaid it*

Do you pay tax? If so, by simply allowing The Myton Hospices to claim Gift Aid when you donate goods or make a donation, you can boost the value of your gift by 25p for every £1 you have already given.

Did you know The Myton Hospices has a distribution centre?

We appreciate every saleable, good quality item that is donated to us at Myton; if you have items that can be sold by us to help raise vital funds you can drop them off to one of our shops or to our distribution centre. We are happy collect large items of furniture from your home. If you would like us to collect items please call our distribution centre team on **02476 459 342**. Please note we will only be able to take saleable items.

**ebay**

We also have an eBay store, why not take a look and see what you can find? You could bag yourself a bargain whilst supporting a great local cause – the perfect excuse for guilt free shopping! [mytonhospice.org/ebay](http://mytonhospice.org/ebay)

# Leaving a gift in your will

## How leaving a gift in your will could help...

At The Myton Hospices, we passionately believe that the final part of someone's life is as important as the beginning. We are dedicated to fulfilling the emotional, physical, psychological and spiritual needs of every patient and ensuring that their loved ones are well supported.

To achieve this, we need to raise over £8 million per year and rely heavily on donations – you might be surprised to learn that one in four of our patients are cared for with money left to us in wills. You don't have to be wealthy to make a difference to people's lives. Large or small; a gift from you can help our patients at a time when they need us most.

Since Myton Hospice first opened in Warwick in 1982 we have cared for thousands of terminally ill people, their families and their friends. We rely on voluntary contributions to fund our work in Coventry and Warwickshire and a gift in your will could make a difference to someone's life. We think that is a fantastic legacy to leave and a wonderful thing to do.

For more information or to talk to us about leaving a gift in your will, please contact Pat Noonan on **01926 838 834** or e-mail [legacy@mytonhospice.org](mailto:legacy@mytonhospice.org)

**£135**  
will fund 10 children's bereavement counselling sessions

**£535**  
is the cost of an inpatient bed for a day

**£4,380**  
will fund a patient's meals for one year

**£35,000**  
will fund recruitment & training of one nurse for a year

**£125,000**  
is the running cost of our inpatient unit for one month

**£220,000**  
funds our Myton at Home service in Rugby or Warwick for one year

## HOW DO I LEAVE A GIFT TO THE MYTON HOSPICES IN MY WILL?

There are three main ways you can leave money to Myton.

### 1

You can leave a residuary gift which is the remainder of your estate after all other gifts and debts have been paid. This ensures that your family and loved ones are looked after first and what is left over can then be donated to charity.

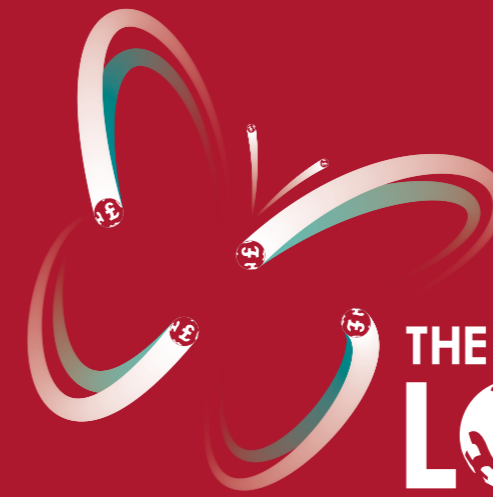
### 2

You can leave a pecuniary gift, which is a cash lump sum. You might like to ask your solicitor to index-link any cash gift to ensure its relative value stays the same over time.

### 3

You can leave a specific gift such as personal possessions (a piece of jewellery or furniture for example), land, buildings or specified items such as shares or the contents of a bank account.

Leaving a gift in your will is a highly personal and special decision. It is entirely up to you whether or not you inform us of any gift you have made. However knowing about your bequest will help us to plan ahead and thank you. It will also enable us to keep you in touch with you about our work, which we would very much like to do.



THE MYTON HOSPICES  
**LOTTERY**

only  
**£1**  
to enter

Win up to  
**£5,000**

and help fund care for 1 in 4  
of our patients

Play  
online

For more information visit  
[www.mytonhospice.org/lottery](http://www.mytonhospice.org/lottery)

 myton  
hospice



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



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

**Warwick Myton Hospice**  
Myton Lane  
Warwick, CV34 6PX  
01926 492 518

**Rugby Myton Hospice**  
Barby Road  
Rugby, CV22 5PY  
01788 550 085

**Coventry Myton Hospice**  
Clifford Bridge Road  
Coventry, CV2 2HJ  
02476 841 900

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Facebook Twitter Instagram @MytonHospices

Registered Charity No. 516287

