



## National Association for Hospice at Home

### March 2019

Welcome to our Spring quarterly newsletter!

We hope you enjoyed the last newsletter – we are all learning at this, so would be grateful for any feedback (positive or negative).

Your Trustees have been working on the NAHH strategy for the next 3 years and hope to have our new strategy finalised and uploaded to the website for you all over the next month or so. We are committed to sharing learning, experience and best practice so are currently looking at ways we can communicate more widely – and that will form part of our strategy moving forward.

We are also planning our 2019 conference and for those of you who attended last year, you will know how enjoyable the 2018 conference was! We would encourage early bird booking and will be able to provide more information over the coming weeks.

Keep an eye on our website for any changes, information sharing, job opportunities etc and please do make the most of networking with one another on our members' forum.

Becca and Heather  
NAHH Co-Chairs and Trustees



## NAHH Annual Conference 2019

We are delighted to announce that the NAHH Annual Conference will take place on the 19-20 September 2019 at Kents Hill Park, Milton Keynes.

We are working on a packed programme for this two day event, which will include our AGM on the 20 September.

The title for this year's conference is '**Back to the Future: Respecting the Fundamentals**'.

Keep an eye on our website and our twitter for updates  
Registration will open in April.

## Do you want to Exhibit?

Would your organisation be interested in exhibiting at our conference this year, if so please get in touch with us via our email: [NAHH@compleatconference.co.uk](mailto:NAHH@compleatconference.co.uk) to receive further information about the packages available.

## Health Care Assistant Workshops 2019 are now OPEN!

The NAHH are delighted to be offering the interactive study days in 2019 for Health Care Assistants;

14 May – Sue Ryder Hospice, Leckhampton

18 June – Princess Alice Hospice, Esher

2 July – Douglas Macmillan Hospice, Stoke on Trent

*Sharing Best Practice: Caring for People at Home who are approaching the End of their Lives.*

For registrations and for more information please [click here](#)



## Thank you and Farewell

We would like to take this opportunity to thank Ros Matty who stood down as our Patron in January 2019.

Ros spent over 18 years working within Hospice at Home in South Essex. Fair Havens Hospice @ Home was launched in 1992, one of the first in the country with Ros in charge and this also coincided with her developing the then National Forum for Hospice at Home bringing together like minded services providing specialist End of Life Care to patients at home under one umbrella.

She was also instrumental in setting up the first Annual Conference which still continues to this day. Her drive and determination has resulted in a huge legacy not just locally in Essex but nationally during her time with the Association.

Ros was the NAHH Secretary from 2000 - 2008 and some of those basic tenets she brought to the new membership organisation are still relevant now and indeed form part of the Associations' core ethos to this day.

We wish her all the best in her well-earned retirement. As she recently commented "My abiding memory will always be that of the huge privilege that it is to support dying patients and their families at home so that they could die peacefully where they most wanted to be".

## Twitter

To keep up to date with the latest news regarding the NAHH please remember to follow us on  Twitter [@UKNAHH](https://twitter.com/UKNAHH)

## Feedback

Please feel free to share this newsletter with your colleagues and any feedback is gratefully received on

[NAHH@Compleatconference.co.uk](mailto:NAHH@Compleatconference.co.uk)

## Membership News

Your NAHH membership is due to expire on the 31 March, if you have not already please do get in touch to renew your membership and we will issue you an invoice for payment.

In an effort to expand the membership we have extended the limit of Associate Members, so please feel free to get in touch with us to add any additional colleagues, giving them direct access to membership news, the website and our newsletter.

## Donations

As a non-profit charity the NAHH could not provide the services we do without the support of our members and the donations gratefully received from members of the public.

Ways to donate to the charity can be found by [clicking here](#)

## Advertising

Did you know that you can advertise your event and job vacancies on the NAHH website?

We offer excellent rates for members and non-members and are currently offering a 50% discount on all adverts placed between 1 March and 31 August. [Click here](#) to find out more!

## Rosalind Matty former NAHH Patron 2000 - 2019



"As I was standing down from being patron of the NAHH I was asked if I would share a hi-light or an anecdote from my memories of Hospice at Home in South Essex, having worked for 18 years with two local hospices to provide 'hospice at home' care and support for literally thousands of patients and their families.

My abiding memory will always be that of the huge privilege that it is to support dying patients and their families at home so that they could die peacefully where they most wanted to be."

### An Unusual Situation

I vividly remember an unusual new patient referral one very snowy evening when I was the Hospice at Home co-ordinator on-call. It was for an elderly lady in her mid-70s who had never been in hospital before in her life but who had suddenly become very poorly, and it rapidly became evident that she had been ignoring symptoms that she'd had for some time.

She had been admitted to Rochford Hospital the previous day and I received a phone call at about 9.00pm that evening from her distraught son who said, "My mum is riddled with cancer. She's only been in hospital 48 hours, but she's dying and I don't want her to be here. She never wanted to be in hospital. I want her to come home." He was the nephew of one of the District Nurses whom I knew well. I phoned the District Night Sisters and explained the situation to them.

Jackie, who was the District Night Sister on duty, and one of my colleagues when I too had worked as a District Night Sister, suggested that we go and see the lady in hospital to see if there was anything that we could realistically do. We went to Rochford Hospital together and met and talked with the son. We told him we couldn't make any promises, but we'd see what we could do to help. The Ward Manager was very empathetic with the son, and explained to us that the patient lived in sheltered accommodation, and that we would need to speak to the warden to get her back in to her home. She was very drowsy and we knew that she was not far from death.

With the support of the Ward Manager, Jackie and I spoke to the son, saying, "We can arrange this, if it is really what you want for your mum, but you need to appreciate that moving her might be too much for her, and she might die in the ambulance." He needed some space to think about it, so left us with his mum. He came back after half an hour, saying, "I can't handle the thought of my mum dying in an ambulance. That would be dreadful, but I think I can accept that she will be well looked after here as long as I can be with her." So we left him sitting with his mum, much more at peace with himself than when we'd first arrived on the ward.

He rang to tell me that she had died at 2.00pm the next day. It was his mum's perceived loss of dignity and choice that he hadn't been able to cope with, but he was grateful that Hospice at Home had listened to him and given him the choice, which was what he needed to enable him to make the right decision for his mum.

Dame Cicely Saunders, the founder of the hospice movement, once said, "How people die lives on in the memories of those who live on."

***Rosalind Matty***

## Trustee Opportunities

**The Trustee board at NAHH are currently looking to recruit a Treasurer.**

This is a great opportunity to develop your skills and offers valuable experience for someone wishing to support the National Association for Hospice at Home from a strategic perspective. The role is voluntary, in line with all other Trustee roles and involves:

- Making sure the charity keeps proper accounts in liaison with our Compleat Conference Accounts department
- Reviewing the charity's financial performance
- Drawing up or reviewing policies for finance and investment as required
- Ensuring that the charity has robust and effective financial controls in place
- Reporting on financial matters to the members at the Annual General Meeting

Knowledge and/or experience of financial management or accountancy are essential as well as a desire to sustain and grow the charity's income. We are committed to investing in our charity members enabling them to care for as many people as possible with a terminal illness, wishing to die in their home setting.

This is not an onerous role in terms of hours and would probably require a commitment of 3 hours per month, but requires some flexibility according to the time in the financial year.

For further details, please contact the NAHH by [clicking here](#)

## Could you be our 'Day in the Life'?

Do you have an interesting story to tell, something you are passionate about, or a best practice to share? If so, we are looking for individuals to be our 'Day in the Life'.

If this could be you or you know of a colleague that may be interested, please get in touch by emailing your story to [NAHH@Compleatconference.co.uk](mailto:NAHH@Compleatconference.co.uk)

We look forward to hearing from you.

## Contact Us

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 [@UkNAHH](https://twitter.com/UkNAHH)

## Dates for the Diary 2019

14 May	HCA Workshop	Sue Ryder Hospice, Leckhampton
18 June	HCA Workshop	Princess Alice Hospice, Esher
2 July	HCA Workshop	Douglas Macmillan Hospice, Stoke on Trent
19-20 Sept	NAHH Annual Conference and AGM	Kents Hill Park, Milton Keynes