

# THE OXFORDSHIRE BEFRIENDING NETWORK

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## End of Life Care Strategy

- *The Department of Health has published The End of Life Care Strategy*

Published by the Department of Health in late July this represents a hugely important step forward in recognising and addressing the needs of people who are dying. As the strategy acknowledges each individual may have a different idea about what constitutes a 'good death', for many the central themes involve:

Being treated as an individual with dignity and respect

Being without pain and other symptoms

Being in familiar sur-

roundings

Being in the company of close family and/or friends

Some people do get to die as they wish but many do not and so the strategy sets out to address the issue.

The strategy was formed over a year by an advisory body and 6 working groups and looked at existing good practice and research evidence. A consistent message given by the strategy is that a whole systems approach is

needed and within that a care pathway approach both for commissioning services and for delivery of care for individuals has been strongly recommended. The care pathway involves:

Identifying people approaching end of life and having discussions about preferences for end of life care; care planning; co-ordination of care; delivery of high quality services; management of the last days of life; care after death and support for carers.

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## End of Life Care Strategy

The strategy itself addresses some key areas including raising the profile of end of life care. There is a key role for the Primary Care Trust and Local Authority to work in partnership to

consider how to engage communities in raising the issues associated with end of life care.

What does this all mean for The Oxfordshire Befriending Network?— watch this space!!

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## The Cowley Road Carnival

Hilary Walker writes:

I was very pleased to be able to spend some time on The Oxfordshire Befriending Network's stall at the Cowley Road Festival on July 6<sup>th</sup> along with members of staff and volunteers.

Although the weather was a little mixed – sunshine and some rather heavy showers

– the number of people attending seemed as huge as ever. Lots of different people come to the Carnival from many cultures, backgrounds and ages.

It was a fantastic opportunity to spread the word about the work of The Oxfordshire Befriending Network

to such a wide audience and a chance to enjoy the event as well.

By the end of the day many leaflets had been distributed and everything was getting a bit soggy in the rain. It is always hard to say what will happen to the leaflets and whether any interest

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## The Cowley Road Carnival

*It is really worthwhile for The Oxfordshire Befriending Network to have a presence at such vibrant events*

has been stirred. However, seeds have been sown and I think it is really worthwhile for The Oxfordshire Befriending Network to have a good presence at such vibrant community events.

We would like to say a big thank you not only to Hilary and to Isabel and Ally from the team here but also to our volunteers Mark Arthur, Brenda Newey and Valerie Jones who helped out on the day

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## Help The Aged

.Help the Aged produces 24 free advice leaflets on topics such as 'Taking Medication Safely'; 'Caring for your Eyes' and 'Financial Help if you are Sick or Disabled'

The charity fights for disadvantaged older people in the UK and overseas.

You can find out more about their services by logging onto

[www.helptheaged.org.uk](http://www.helptheaged.org.uk) or calling them on 02072781116

## Help us with our Business Planning

As you will have read before in an earlier newsletter in the autumn The Oxfordshire Befriending Network are going to kickstart the planning round with an event looking at business planning..and we want you to be involved. The date is being finalised at present but will be a Saturday in October and we want as many volunteers and partners as possible to

engage with us.

But why should we even have a business plan? Well it is a vital 'working tool' that supports organisations, and particularly their trustees, to address the challenges, instabilities and opportunities of the current climate so as to fulfil their mission and survive

It enables trustees and their organisation

to focus and harness the organisations strengths, human and financial, and work towards achievable and measurable goals and outcomes.

It supports a way of working that minimises risk for trustees and the organisation.

## Business Planning

It demonstrates 'good stewardship' and ensures that the organisation and its trustees fulfil their charitable and legal responsibilities. A Business Plan should be 'owned' by everyone in the organisation.

What should an effective Business Plan cover?

- A Brief Outline of the Mission and Background of the organisation - why it is there, what it does, intends to do and why - makes the case!

- Legal status, lim-

ited company etc.

- Review of its work to date.

- Identify barriers and challenges

\*Strategic aims of the plan - where you are going and why?

*Help The Oxfordshire befriending Network plan for the future*

## Business Planning

- National and Local strategy – Other Players Analysis - showing the Plan is 'sound' and based on evidence.

- SWOT analysis (strengths/weaknesses/opportunities/threats)

to maximise the resources that the organisation has, avoiding potential risk and identify new opportunities.

- Review of Services provided

- Objectives for individual services.

Regular Reviews

So you can see that you have a huge part to play in helping us move forward

## Fundraising with Waitrose

Calling all Waitrose shoppers... Waitrose has started a scheme whereby charities can apply for a slice of £2.28 million that Waitrose will donate to nearly 7,000 community projects in the next 12 months.

This money is being awarded as part of Waitrose's plans to

support more local causes. The Community Matters scheme will be available in the company's 190 stores.

Each one will receive £1,000 a month which can be distributed between 3 local projects. Employees at each branch will vote for which causes the

money will go to each month.

Charities can contact their local stores to nominate themselves as well as being nominated.

## Fundraising with Waitrose

Customers then choose which of the 3 monthly projects to support by depositing vouchers which they receive at checkout into a box for their favourite charity.

The amount each charity receives will

be directly proportional to the number of tokens in each box.

So if you have a local Waitrose why not pop in and nominate us... and please let us know at the office as we don't want to have

duplicate nominations.

*Calling all Waitrose shoppers!*

## Oxford City Carers

The Carer's Centre based at 174a Cowley Road (not far from The Oxfordshire Befriending Network's offices) runs a number of services for carers.

Alan Steer is their Befrienders Co-ordinator and helps provide befriending support to enable the carer to go out and have time for themselves.

If you know of a carer who would benefit from the service contact the Carer's Centre on 0186520519 or email at [info@carerscentre.co.uk](mailto:info@carerscentre.co.uk)

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## The work of the coroner

The Oxfordshire Be-reavement Network has arranged an evening meeting on 18<sup>th</sup> September 6-8pm at Sandhills Community Centre where Ruth Rees from the Oxford Coroner's office will talk about her work.

There will also be an opportunity to network and find out more about the services and wealth of knowledge that exists in the county.

If you want to attend please email [director@seesaw.org.uk](mailto:director@seesaw.org.uk) by 15<sup>th</sup> September

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## Freecycle

*Help reduce landfill waste*

Do you have something you want to get rid of – are you looking for something?

The why not log onto [www.freecycle.org](http://www.freecycle.org) – this site matches people who have things to get rid of with people who are looking and

helps reduce landfill waste.

From frame tents to freezers, from dishwashers to driers, freecycle is worth checking out

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## Remembering

Fred 'Snowy' Snowdon died at the end of July in Beechcroft Nursing Home. Fred who had been referred to us by concerned staff at Vale House where his wife of 60 years was being cared for, had several life threatening condi-

tions including MS. Despite this he remained resilient and full of good humour. He was often heard saying 'I've got MS but it hasn't got me!' He was befriended over a lengthy period by firstly, former volunteer Marge Crosby

and then until his death by Mo Nisbet. Both offered Fred sterling support through the many life changes his illness necessitated and our thoughts are with them both at this time.

## Diary Dates

August 5th Oxford City, daytime and evening Support groups. Office

Kidlington Support Group, Exeter Hall

Banbury Evening Support Group, Carer's Centre

August 7th Banbury Daytime Support Group, Relate

August 12th West Oxon Support Group, Burford

September 2nd

Oxford City, Daytime and Evening Support Groups. Office

Kidlington Support Group, Exeter Hall

Banbury Daytime Support Group, Relate

Banbury Evening Support Group, Carer's Centre

September 3rd

South and East Support Group. Venue tbc

September 9th

West Oxon Support Group, Burford

## Diary Dates

*Dates for your diary*

October 7th

County Gathering. Venue tbc

October 21st

Befriending Induction Training Session 1

October 28th

Befriending Induction Training Session 2

## Contacting Us

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The Oxfordshire Befriending Network aims to improve the quality of life for those with life-threatening and terminal illnesses. We do this by providing trained volunteers in the capacity of befriender, advocate or counselor to give support in the home, the hospice or the hospital, For more information about our services, to make a referral , to help us raise funds or to find out about our volunteering opportunities, contact us

[enquiries@oxonbefriending.net](mailto:enquiries@oxonbefriending.net)

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