SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT LTD.


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General Information

Swaffham & Litcham Home Hospice Support was set up in 1988, to provide support for terminally ill patients in the local community.

From small beginnings it has grown to a group of 32 volunteers managed on a day to day basis by a Co-ordinator, Debbie Harfield, two part-time Assistant Co-ordinators, a part-time Project Manager and a part-time Secretary.

A Management Committee carries out financial and administrative strategy.

A grant from the NHS Norfolk (previously Norfolk Primary Care Trust) and donations from the local community fund us. We rely on a separate fundraising committee to provide additional financial support.

We annually support approximately 140 patients suffering from life threatening illnesses, and their families from Swaffham, Litcham and the surrounding villages. We are a non-medical organisation giving practical and emotional support in a variety of ways.

Services

Home Visits
Our volunteers can offer care and support in the home by visiting, providing a listening ear, someone to chat to, maybe help with shopping, outings, G.P. visits. This can give the family carer the chance to have some time off.

Day Care
We run a Day Care Service at the Swaffham Community Hospital every Friday from 10am to 3pm. Patients can have a relaxing day, chatting to others, trying crafts, games and activities, a delicious lunch, a relaxing reflexology session, or have a manicure. Once again, the family carers get the chance of a break from caring, but know their loved ones are being well looked after.

Art & Craft Group
Held every Wednesday at our premises at Brocks Road, EcoTech Park, Swaffham, from 10am to 12 noon. It is open to anyone affected by cancer and other serious illness – this includes patients and their carers.
You can take some time out to focus on arts and crafts, something new, a chance to create something, or just come along for a chat and a cup of coffee. Reflexology is also on offer.
BEREAVEMENT GROUP
Fortnightly at our premises at Brocks Road, EcoTech Park, Swaffham, from 10.30am to 12 noon. A friendly, informal self-help group, which gives bereaved people a chance to meet with others who are also trying to come to terms with a major loss. We occasionally arrange outings for the group, as we know it is sometimes difficult for bereaved people to get out and about again. We also offer individual bereavement support where appropriate.

TREE OF LIGHTS
We hold an annual event at Christmas where lights are sponsored on a Christmas Tree in memory of lost loved ones. This will take place at the EcoTech Centre in early December.

CARS WITH CARE
For patients needing support for hospital appointments and treatments, we are able to offer driver/carers who drive and escort the patients to their appointments. We call this service ‘Cars with Care’ as the driver will look after the patient for the duration of the trip and then return them safely home. Whilst a patient is in hospital – where there is a need – our drivers can take family members to visit.

HEAD START
A service offering help and advice to ladies suffering from hair loss due to cancer treatments. We are able to demonstrate a variety of scarves and headwear that is practical, comfortable and attractive.

LOAN EQUIPMENT
We have a stock of equipment that is available for loan to make patients more comfortable in their own homes.

NEW SERVICE – FAMILY CARERS’ SUPPORT GROUP
Second Wednesday of each month – 2 to 3.30 p.m. at our premises in Brocks Road, EcoTech, Swaffham. A chance for family carers to get together to discuss worries and concerns. They can also obtain advice and support plus have some fun and relaxation.

For more information on any of these services, please contact Debbie, Georgie or Alan at the office.
Thank you all for coming to the 2011 Annual General Meeting. It is always good to see you, our supporters, and to have the opportunity to let you know what is going on, and to give you the opportunity to ask us questions.

2010-11 has been a year of change with Jackie McCarthy, our secretary of 5 years, retiring and Jayne Thomas taking over from her at the end of October. Since Jayne started she has not had a moment’s peace with all the arrangements for the Tree of Lights, and then helping to implement the changes instituted by Rob Young on the fundraising side, but more of that later from Rob. However, I cannot let the occasion go by without congratulating Rob on galvanising his team and producing an excellent fund raising plan for this financial year. One of the strengths of Home Hospice is that the staff know our patients and volunteers very well, thus giving a personal service to everyone. So anyone starting in the organisation has a steep learning curve to climb. Jayne has fitted well into our pattern and style of operating and after just over 6 months in post has a good handle on Home Hospice matters.

While on staff matters we are constantly reviewing the way in which we operate and while we are small, and always wish to remain local, the pace of work has increased with more complex demands in both supporting patients and helping those who have been bereaved. Debbie Harfield and her two stalwarts: Alan & Georgie - Alan in particular for being always willing to tackle anything if someone, or Home Hospice, needs help - have met this challenge head-on, but the Management Team has been aware of the pressures that the staff is under – especially the wide remit that Debbie herself has. We reviewed the situation with a view to making improvements and providing her with more support. Although not strictly in the last financial year I am pleased to report the appointment of Leigh Taylor, initially for 6 months, and introduce you to her now.

Leigh will work for 20 hours a week as the office’s prime focus for fundraising and will support the fundraising team in its efforts to boost income, and also take on a lot of the administrative work that takes up so much of Debbie’s time. Debbie, while remaining in overall charge of things, will be able to concentrate her efforts on directly supporting patients. For too long we have expected the co-ordinator to be all things to all men, and such is the nature of any organisation that if you spread yourself so thinly either the service will suffer or the individual will; before that happens we have decided to act. It does not mean that we are, or want to get bigger, but it does mean we are determined to provide the best service to our patients in the most effective way.

The precarious financial times we live in have not yet impacted fully on Home Hospice, although we have seen some revenue streams reduced, but a bequest at the end of the year gave us a surplus of revenue over expenses and Anne will talk you through the accounts in a moment. However, we are in a sound financial position. I would like to remind everyone that as a charity we are a non-profit making organisation. Furthermore investments sitting in the bank are doing little for patients, and it is sometimes necessary to use some of them for practical needs.

Our volunteers continue to do excellent work and their efforts are very much appreciated. Although we have taken on quite a few new volunteers this year, we have also lost some too so that our overall number remains remarkably similar to last year. On the other hand – similar to other organisations – the average age of our volunteer force continues to rise, and the pressure on individuals from family, friends and their other interests often reduce the time some of them
can give us, thus we are always on the look out for volunteers to join our team. Recruitment never stops, nor does the training task this recruitment drives. I am always impressed by the enthusiasm with which the volunteers embrace the training we provide; it is specifically geared to their needs and those of the patients. It is an on-going task, but one which ensures that we operate to the highest standards possible.

On the governance side we continue to review our procedures and standards. From our annual survey – last year about our bereavement service there were no adverse comments from the 78% return we received. 91% found our volunteers very helpful and 86% found the bereavement support very helpful with the remainder in both cases rating the service as good. We now have supervision in place for Debbie as well as the bereavement team, and our new well-qualified bereavement volunteer has helped improve the service further. Some of the comments from the survey are worth relating to you.

“Everybody was so kind and supportive to my husband and me. Nothing was too much trouble for them and for this I am most grateful.”

“My sister came to stay at the time of my husband’s death but Home Hospice rang to make sure that I was OK”

“The home visits were good because my family were not involved, and I knew what I said would not be repeated to anyone else.”

“There was an immediate response when I was in desperate need of support. If only those paid to do this kind of work could provide equivalent help and support. I cannot praise Debbie and her helpers enough. I will always be grateful.”

That I hope gives you a flavour of how our bereavement service is valued by our patients and their families. We will conduct another survey this year – this time into our care services.

Turning to our offices, we have completed the external repainting of the building and provided an external lock on the back door making it easier for wheelchair patients to get into the building. We have also upgraded our computers and networked them which should make it easier to communicate, track everything and record our work.

As many of you know we are part-funded by NHS Norfolk Primary Care Trust and we are pleased to report that my fears about funding in the short-term have not materialised and our funding will continue albeit at the 2009 level for this financial year. The future, however, is not certain.

Those of you here last year will remember that I reported on the Marie Curie “Delivering Choice” programme that we had been participating in for the previous 18 months. Regrettably all that effort has amounted to little as far as we are concerned. Indeed the pan-Norfolk bereavement structure whereby there would be one telephone number for people who do not know how to access local services was put on hold until this April when MacMillan have become more involved, and hopefully we might see some progress made here. However, the proposed government policy – transferring power to GPs – has stalled many existing programmes as the PCT begins to prepare for this major change and on current plans should disappear in 2 years time.

We have contacted the West Norfolk Practice-Based Commissioning consortium and a couple of initial meetings have been held. The local priorities are an integrated hospice at home service to improve patients dying at their preferred place of choice – usually at home and to avoid
unnecessary hospital admission. A 24/7 advice line for professionals is a goal, as is a single point of referral in West Norfolk to co-ordinate referrals to specialist care. There will be an additional 11 community matrons working with integrated teams with a caseload of the neediest patients and with “in-reach” to the QEH. We continue to liaise with the Norfolk Hospice and work well in these strategy meetings to try and get the best we can from very limited funds.

It is clear from recent statements that no-one is confident about the way ahead for the NHS and the recent ‘review and reflect’ of the NHS Bill, coupled with the tensions exposed in the Coalition Government will further stymie progress towards any useful conclusion for the immediate future. However, once the way ahead is clear there will, hopefully, be discussions about budgets before any plans can be implemented. We are in the hands of the politicians and the bureaucrats, but hopefully the status quo will remain. We will, however, be able to progress our own agenda within the funding available to us this year and probably next year as well.

Overall we have had a very good year and incorporated staff changes without affecting our services, and that programme continues this year. We know we are always going to have a challenge to meet our financial targets, but the whole team is determined to reach them and to make sure that our patients and carers are properly supported. I believe that we are in good shape, and can look forward to the future with confidence.

Peter Wrighton
Chairman
I am pleased to give my report on the work of the Home Hospice for 2010 which proved a challenging year with some changes and improvements.

Firstly a run-down of the figures:-

We received 80 referrals

40% were self-referrals (although often on advice of a Health Professional)

25% from the MacMillan Team with whom we have a close working relationship and the others came from GPs, D/Ns, Swaffham Cottage Hospital (SCH), The Queen Elizabeth Hospital (QEH), Norfolk Hospice Tapping House, Social Services and Age Concern.

In total 190 patients and their families received care and support from us (29 of these were bereavement support only).

5332 care hours were provided by our great band of volunteers (this averages out as 103 hrs weekly or 20.5hrs per working day). We have had 45 volunteer carers working with us during the year some giving a little time and some as much as 10 hours per week. We are very grateful for any time given, as it is our volunteers that make the Home Hospice the great success it is.

54,391 miles were driven in support of our patients -

785 Home Visits - this is still the core of our work and includes initial assessment, respite sits, taking patients out for social and pleasure reasons and home visits to provide companionship and support.

498 Escorted hospital trips – includes 56 Addenbrookes, 121 Norfolk & Norwich, 263 The Queen Elizabeth Hospital. Patients also taken to Wisbech Hospital and SCH.

162 Hospital Support Visits - these are where we visit our patients when they are in-patients and take family members to visit where they have difficulty getting to see their loved ones. At present we do a weekly trip to Addenbrookes for a wife of one patient who has been in for over a year.

Day care episodes 286 over 47 sessions - Our Day care continues to run very successfully at SCH every Friday between 10am and 3pm. we have been working at our full capacity of 6 places for most of the year and occasionally managed to squeeze another patient in. The patients who attend really enjoy their day – there is always a lot of chatting and friendly banter. Revd John Smith called in most weeks for a few words with the patients and we miss him now he has retired. Another regular visitor is Phoebe a local PAT dog who is a very welcome guest with her owner. Thank you to Mavis and all her staff who continue to welcome us and give us their help and support.

Art and Craft Group episodes 202 over 46 sessions- - This group continues to be run by Georgie and she keeps coming up with new ideas to stimulate and encourage our patients. Recently they have been using modelling wax to create very realistic figures- it seems to have been both therapeutic and enjoyable.

Carers Group 23 episodes over 10 sessions- This group has recently been reviewed and we have changed how it is run - we were meeting just once a month in our meeting room with a
core membership of 4 carers. However, when a carer couldn’t come it meant there was a long gap until the next meeting and although we continue to support carers with respite sits, a listening ear and reflexology, it was felt that the group is an additional opportunity to support carers. Therefore, Georgie has developed a fortnightly group meeting at present in Ceres Coffee shop – where carers meet, enjoy a chat and tea with delicious cakes – they see it as a ‘treat’ for themselves and if they aren’t able to get there it is only a fortnight till the next meeting. Thanks to Georgie and her small group of volunteers for running this group.

Christmas Party and Cream Tea - A Christmas Lunch and an afternoon cream tea in June were two additional events organised by Georgie for patients and their carers- both events much enjoyed by all who attended.

Bereavement support - Individual visits, 571 bereavement group episodes over 30 sessions - The new bereavement process that we instigated at the beginning of last year is working fairly well although it has been challenging at times to follow up on all bereaved families in the way I would want. We had 55 deaths in 2010 plus there is also on-going bereavement support so there is quite a case load. Fortunately in January of this year we received an approach (via WNVCA) from a new volunteer who had extensive experience in bereavement work and social care and I have been pleased that Dot Owen has joined our team and is helping me to follow up bereaved families. Our two bereavement groups are thriving – The FAB (Friendship and Bereavement) Club still meets fortnightly in our meeting room, the second group is smaller but has brought a more active group of people together who have found friendship and support enabling them to get out and about and try new activities together. They meet at the office monthly but get together most weeks for social events and mutual support.

Tree of Lights – once again we held our Christmas Tree of Lights at the Eco Tech Centre- it was incredibly well supported once again and had a huge turnout even with the appalling weather. 190 lights were sponsored and we estimate 200 people came on the night with many others visiting the Eco tech centre to see the tree in the weeks up to Christmas.

242 Sessions - Reflexology – this service is offered to our patients and their family carers either at our office or in their own home- they all seem to enjoy it – although a few are a little sceptical to start with!

52 Equipment Loans – most loaned items are electric recliners, wheelchairs and glider commodes but pressure cushions, listening devices and wedge cushions are also often requested - these items can often be delivered on the day we receive the request all items that make patients more comfortable at the end of life

8 Sessions - Headstart – only a small part of our service but ladies with hair loss find it really valuable. Referrals come from a far afield as Kings Lynn and Downham Mkt- generally patients come to the office but I take the service to them if that is not possible

Training courses - Moving and Handling, Induction and Listening Skills courses were run. We now have the computer technology and equipment to enhance our training in house and intend running short training films at our monthly meetings.

Meetings - we hold a monthly support meeting for our volunteers. As a thank you for all their hard work a jazz picnic was held at Holme Hale Hall in August and a Christmas lunch at Cockley Cley (although this was held in Jan)
Fundraising and Promotion of Home Hospice. The office is also very involved with fundraising events and I would like to thank Rob and his team for all their efforts to raise much needed funds and also in raising our profile in the local area.

So you can see we have been quite busy but as I mentioned before there have been some challenges to face - one problem that has been building over the years is availability of volunteers – we have an absolutely great band of volunteers who give their time so freely and willingly and are the lifeblood of our organisation. As mentioned previously the time commitment is very variable ranging from 2 hours to 516 hours in the last year. However, the work we do is very varied and we endeavour to place volunteers in the right place taking into account, health and safety, their abilities and wishes plus time factors and location. We have also had a large turnover of volunteers due to retiring, moving away, having ill health themselves or in their close families. Sadly also we were sorry to lose Ken who died in July. We have been fortunate to attract new volunteers but it takes time to complete the induction and initial training process. Also, today’s volunteers tend to be extremely busy people – not just helping the Home Hospice but being actively involved with other organisations/families/leisure/work. Therefore we do sometimes experience difficulties providing the care requested by our patients. However, we endeavour not to let anyone down, Alan, Georgie and myself are also very hands on and so cover trips sits and other work where we can’t find a volunteer to cover.

Another challenge was caused by the unprecedented demand for help with hospital transport in the previous year so we felt that we had to assess our transport more carefully. Some of the extra demand arose from support to the ever expanding bereavement service so we have encouraged members of the bereavement group to organise their own transport for the group meetings and for their own hospital appointments. However we do still help if this proves difficult for anyone.

Another change this year was the retirement of our secretary Jackie in October. She had been a stalwart of the office for 6 years and we were sorry to lose her but we have been pleased to welcome Jayne to the post. She got thrown in at the deep end at our busiest time of year but she has coped well and is still smiling.

I have found my work load becoming increasingly difficult to manage over the last year and I would like to thank the office team - Alan, Georgie, Jackie and Jayne plus the Management Committee particularly Peter, Mavis and Sandra, plus many of our carers for all their help and support which has helped me get through. I am delighted to welcome Leigh to our team and very hopeful that she will take much of the administrative and organisational demands away from me so I can concentrate on what I do best which is ensuring our patients get the highest level of care.

I would like to finish with some comments from those we help as I think this best reflects what we are about:

- It was comforting to have someone care and just to talk to, and the lady who came did just that.
- Very supportive and I do not know how I would have coped without it.
- I felt that I had someone to talk to when I was feeling so low, and it was a great help.
- It has helped me to look forward with my life and I am grateful for that.
- Being disabled transport is very difficult for hospital visits and having people you know helps take the worry of these visits.
- We find both the Art & Craft group and the Reflexology service a great help. They take us out of ourselves and a chance to talk about our worries. It is good to talk to people who understand our problems and are able to offer help.”
• *Home visits and equipment loan help my mother to be independent and gives her a reason to get up.*

These comments seem to say it all, so once again, thank you all for all the help and support you all give to make it possible.
This is my first year as a volunteer with the Swaffham & Litcham Home Hospice. I am deputising at short notice for Sue Henry who sends her apologies. I am therefore representing the views and comments of the volunteers who I have spoken to and worked with during my initial 6 months.

As I understand each volunteer is matched to the personal skills they possess and this produces the ideal person:
- To drive patients, and sometimes family members, to and from the hospitals within our area, these include the Queen Elizabeth Hospital, Kings Lynn, the Norfolk & Norwich Hospital, Norwich, Addenbrookes Hospital Cambridge and Papworth.
- To sit with poorly patients whilst their carers get some much needed time to themselves
- To support the running of our various groups which include the Day Care Group, the Art and Craft Group the Carers Group, and our FAB Group
- To become a Bereavement Visitor.

This in itself produces a wide and varied bunch of people who have a genuine wish to help in their community. I myself was matched in November 2010 with a younger patient who shared a love of animals and for the short time I was with her, it worked well as we had some common ground.

I have been lucky to attend a Listening Skills Course November 2010. This was a great event and gave an opportunity for carers to meet and discuss issues whilst learning how to listen, a great event. Debbie and team continue to hold a monthly carers meeting which is invaluable in offering support to all whilst offering news and updates on what is happening at that time.

In January 2011 I was also lucky enough to attend a belated Christmas lunch at Cockley Cley Hall hosted by Georgie which was a very pleasant, enjoyable occasion and much appreciated by all the volunteers who attended.

On a personal note, my involvement with the Hospice has been extremely rewarding and fun even in the short time I have been volunteering. Its been very clear to me in a short space of time what a much needed group of people we are.

Leigh Taylor
Volunteer Representative
May 2011
SWAFFHAM & LITCHAM HOME HOSPICE SUPPORT

ANNUAL GENERAL MEETING 2011

FUNDRAISING COMMITTEE REPORT

I am very pleased to submit this report detailing our fund raising activities during the last twelve months. We have raised over £13,750 compared to £9,500 last year. The increase was due to the introduction of a golf tournament into our programme. This was highly successful, primarily because of the direct sponsorship we received from Hylton Gott Ltd, Abel Homes, Swaffham Golf Club and Heygates Farms. Many local firms donated very generous prizes for the auction and draw. These included Strattons Hotel, Dow Chemicals, Peter Beales, PIL Membranes, Fransham Farms, Adrian Flux, Adnams Brewery, Great Yarmouth Racecourse, R & I Builders etc. We were particularly indebted to Sir Samuel and Lady Roberts for hosting, and in one case cooking, lunch at Cockley Cley Hall for all of the players.

Sources of Income 2010 to 2011

- 29 May 2010 – Street Collection  £625
- 19 June - Golf Competition  £4592
- 19 June – Litcham Fete  £95
- 21 August - Narborough Family Fun Day  £240
- 06 October – Illustrated Talk, Chris Knights  £1900*
- 23 October – Celidh, Narborough  £580
- November/December – Prize Draw  £1827
- 27 November – Swaffham Rotary Christmas Fair  £150
- 06 December – Tree of Lights  £3330
- 16 March – Waitrose Community Matters Scheme  £520

Additional sums were received from the sale of Christmas Cards (£330), the Loose Change boxes (£250) and a generous donation of £157 from 2unique. The Vindis Consortium sponsored some of our events and Barclays Bank* gave £750 as matched funding in the Chris Knights talk. The Prize Draw was less successful than usual due no doubt to the economic downturn but also to the reluctance of Waitrose to allow us access to the store in the four days prior to the draw. In December 2009 we made almost £1500 from our in-store sales. The deficit was only partially compensated by our inclusion in the Community Matters ‘Green Token’ scheme (£520). The Tree of Lights event continues to attract very significant numbers and the total raised was the highest since its inception.

We have contacted all of our local schools and asked for their support for our work. To date we have received donations from the Sacred Heart Convent of £250 and from Swaffham CE VC Junior School of £90. We have visited both schools to thank the pupils and say a little about our work.

All of our events have two functions to raise funds and an awareness of what we do as a Home Hospice. As such all of the events have been successful and I am very grateful to the team of volunteers who give up their time so readily. We also set out to enjoy ourselves and I hope that we have been equally successful.

This year we have produced an Annual Plan of Fundraising events and we have received training on effective fund raising strategies. This may lead to changes in the way we work in future, however I would like to draw your attention to the Swaffham & Litcham Home Hospice Week 28 May to 4 June. This includes a street collection, coffee morning, quiz night and a concert from
the Hunstanton Concert Band. Later in June the Girls Night Out sponsored walk through Swaffham on June 18 will start at about 9:30 pm and conclude at about midnight.

Robert Young
Chair of the Fundraising Committee
**Income & Expenditure Account**

**FOR THE YEAR ENDED 31 MARCH 2011**

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| Investment Interest   | 1,571   | 621    | 12,069
<p>| <strong>Total</strong>             | 13,3702 | 15,3    | 120,843 |
| Restricted funds      | 2,846   | 2,846   | 13,6548 |
| <strong>Expenditure</strong>       |         |         |
| <strong>Patient Care</strong>      |         |         |
| Salaries              | 53,124  | 48,452  |
| Volunteers &amp; Patient Travel | 23,326  | 25,537  |
| Volunteers &amp; Staff Training | 1,477   | 580     |
| Community Support     | 1,905   | 1,491   |
| Reflexology           | 3,050   | 3,650   |
| Head Start            | 252     | 100     |</p>
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<td>104680</td>
</tr>
<tr>
<td><strong>Net (Deficit)/excess for the period</strong></td>
<td>25053</td>
<td>16163</td>
</tr>
</tbody>
</table>
My forecast for donations during 2010 was not favourable taking into account the continuing world recession but the generosity of local people and bequests received proved me wrong – thankfully.

You will see from the income and expenditure account that income exceeded expenditure. Donations at £53,000.00 were considerably greater than anticipated. The Regular Giving scheme brought in nearly £4000.00 and the Fund Raising team worked extremely hard and a considerable sum was raised of which £13,750.00 was paid over to the main fund.

Some services provided by the Hospice cost more than anticipated and others less as a result of which our overall expenditure was kept within the original budget forecast.

We monitor investment income trying to obtain the best interest rates available at any given time and we remain in a very healthy position. This overall investment policy and other financial monitoring should enable the Charity to continue to provide the services required by the local community.

Ann Curtis
Treasurer
MANAGEMENT COMMITTEE

PETER WRIGHTON - Chairman

MAVIS WHITE – Deputy Chairman

ANN CURTIS - Treasurer

DEBBIE HARFIELD – Co-ordinator
(Non-Voting)

DR ALAN COLLETT

SIMON FOWLER

SANDRA HAW

DR NICKY HOLMES

SUE HENRY
(Carer’s Representative)

The Management Committee is collectively responsible for the operation and running of Home Hospice.

It is possible, by arrangement, for any other member of Home Hospice to attend the quarterly Management Committee meetings.