

The newsletter for those receiving care and support from EACH Quidenham

February 2017



## Welcome to February's Family Corner

Welcome to the February 2017 edition of Family Corner. As usual, this edition is packed with updates and events, including news of a very special visitor to the Quidenham hospice!

As always, we welcome your views, so if you have any suggestions for future editions, please don't hesitate to get in touch, or fill in our [feedback form](#) on the website. We'd also love to hear from you if you'd like to contribute to Family Corner, so if you are a budding writer and would like to share your experience with other families, please get in touch!

If you no longer wish to receive Family Corner, just let me know, or click on the 'unsubscribe' link at the bottom of the email.

Rachel Wright, Family Comms Co-ordinator. [rachel.wright@each.org.uk](mailto:rachel.wright@each.org.uk), 01842 765121.

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## HRH The Duchess of Cambridge visits Quidenham



On Tuesday 24th January we were delighted to welcome our Royal Patron HRH The Duchess of Cambridge to our Quidenham hospice. The Duchess met with families, staff and volunteers, and took a tour of the hospice, seeing for herself why the nook appeal, which she helped launch in 2014, is so vital.

[Read more](#) 

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## Text messaging is go!

The EACH Comms team sent our first text message to families on 28th November last year, and since then it's been all go! We've been able to let families know about loads of fantastic ticket offers, including pantomimes, ice skating and trips away. If you would like to receive alerts about ticket offers and various other information by text, please fill in the form on our website: [www.each.org.uk/texting](http://www.each.org.uk/texting)





(Please note you can opt in or out of receiving text messages from EACH at any time – opt-out information is included in every text, or you can simply contact the admin team at your local hospice).

[Read more](#)

## We'd love to see you at our next Family Forum on Wednesday 8th March

Our next Family Forum is at Quidenham hospice on **Wednesday 8th March, 10.30am - 1pm** - and we'd love to see you there! Our Family Forums are a great opportunity to help us improve services to you and other families. Meetings are relaxed and informal, and we really do listen and make changes from the feedback we get.



- All family members are welcome, including bereaved families
- There is no commitment to attend (you can just come to one, or come to one miss one etc)
- We'll happily look at providing childcare for you.

Please email [EACHQuidenhamAdmin@each.org.uk](mailto:EACHQuidenhamAdmin@each.org.uk) or call us on 01953 888603 to let us know you're coming. If you have something you would like to raise but are unable to attend, or would like to add something to the agenda in advance, fill in the form on our website.

[Read more](#)

## EACH model of care evaluation: Looking to the future



Over the past few years we have been developing a more person centred approach to the way we care for and support families – developing our services to meet all levels of need, for all family members.

We now need to do a stock take of where we are now, to inform future care development and delivery. We are asking for feedback from families in various different ways – visit [www.each.org.uk/LookingToTheFuture](http://www.each.org.uk/LookingToTheFuture) for more information about the project, and how you can have your say.

[Read more](#)



## Focus on... EACH in Australia!

Find out how EACH are supporting Hummingbird House, a new children's hospice in Queensland, Australia...

[Read more](#)

## A request to share your artwork with EACH supporters

Calling all budding artists!

We had some great feedback to our request for artwork in the last edition of Family Corner, but we'd love to have as much lovely artwork as possible! To remind you...



We're on the look-out for lots of artwork produced by children and young people for showcasing in our marketing materials, online and as framed limited edition prints for presenting to long-term volunteers and supporters. The artwork can be anything you already have or we can talk to you about creating a new piece.

All original work is returned once prints have been made and we provide families with their own special copies of how the artwork has been reproduced.

All artwork remains anonymous and labelled as 'Artwork produced by a young person at East Anglia's Children's Hospices.'

If you would like to submit or produce something (one piece or many!), we'd really love to hear from you!

Please contact:

Rachel Wright, Family Comms Co-ordinator  
[rachel.wright@each.org.uk](mailto:rachel.wright@each.org.uk); 01842 765121

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## Get involved with our service user engagement group



EACH is committed to welcoming and including service users' voices in all aspects of our work, and we are looking for some help to develop how we do this. We are setting up a small group to meet and discuss how we can best work together to engage with service users. The initial meeting will last approximately two hours, when arrangements for further meetings and your involvement will be considered. If you are interested in helping with this work we would like to hear from you - please contact Carolyn Roberts, Head of Education and Quality by emailing [carolyn.roberts@each.org.uk](mailto:carolyn.roberts@each.org.uk) or call 01473 271334.

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## Colour Tangle has begun!



Our new Colour Tangle groups are small creative art groups based on the popularity of colouring books/zentangle designs. They offer a creative way of managing stress by exploring and playing with your own creative nature. The groups are open to all adults using EACH services. To encourage local friendships we are setting up in various venues – see our [website](#) for locations in [Suffolk and Essex](#) and in [Cambridgeshire](#). The groups will meet once a month from now until June. You can bring your own books and pencils/felt pens but pages and materials will also be available for use on the day.

For venues and times booking is essential:

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## Christmas party 2016



Our Christmas party was once again held at the Norfolk Showground, on Sunday 4th December. It was very well attended with around 30 families coming along. Entertainment was provided thanks to The Clown Doctors and DJ James D with the disco, balloon modelling and a variety of games. There were lots of Christmas crafts to enjoy, including hand printed calendars, reindeer photo frames and a Santa countdown clock. There was also face painting and tattoos, and lots of yummy food and drink to enjoy. And of course, not forgetting a very special guest appearance from Father Christmas who had a present for every child!

This year's Christmas party is planned for Sunday 3rd December - save the date!

[Read more](#) 

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## Remembering with love at Christmas



In December we held our first carol service for bereaved families, 'Remembering with Love at Christmas'. This took place at the Poringland Community Centre and was attended by families wishing to remember their loved ones at Christmas. Before the service families decorated stars which were hung on the beautifully lit Christmas tree. There were poems and carols throughout the service, and afterwards there was an opportunity to mingle with cups of tea and mince pies.

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## Parents' and carers' coffee morning

This friendly support group for parents and carers has recently changed venue, and is now held at the Costessey Centre, Longwater Lane, Norwich, NR8 5AH.

We would like to welcome parents and carers with children under five to come along and join us. The group takes place between 10am to 12noon including coffee and cakes.

What some parents say about the group:



"I really enjoy the parents/carers coffee morning. It is one of the only places I can go where special needs is normal. It doesn't matter what's happened everyone is going through similar experiences. It's good to talk and share how I feel."

"For me as a Mum it's great to be able to meet other people in the same 'boat' who have children under five that can come and play whilst we adults talk and offload our problems that other people don't always understand."

Our next event will be on 9th February. For more information and dates, please visit our website or contact the Wellbeing Team: Tel: 01953 888603  
Email: EACHWellbeingTeamQuidenham@each.org.uk

[Read more](#)

## Child support group



December's child support group involved lots of Christmas fun, with music, bells, card making and "That's not my Elf" sensory story.

The child support group is for families and carers using any EACH service with pre-school children and siblings under 5. We welcome new members. Our next meeting is on 8th February, 9.45-11.30am – for more info please visit our website or contact the hospice.

[Read more](#)

## Sibling group



December's sibling group had lots of Christmas sprinkled in; Christmas craft, Christmas baking and Christmas games including 'Pass the Christmas sack' and 'Decorate the real life Christmas tree'!

Our next sibling day is on Tuesday 14th February. We warmly welcome any new members, please don't hesitate to contact the wellbeing team if you would like to join us.

[Read more](#)

## Bereaved families' coffee morning



Our annual Christmas coffee morning for bereaved families took place on 13th December, and the group was well attended by many families.

Families joined us for a chat with a hot chocolate and a mince pie, and took part in craft activities, including decorating a wooden star and making Christmas trees from a polystyrene cone and ribbon; a perfect opportunity to make a Christmas keepsake in memory of their child.

The next coffee morning for bereaved families is planned for 28th March, 10.30 - 12.30 at Mangreen Hall.

[Read more](#)

## Grandparents bereavement support group



In December's group we were shown how to fold old books and magazines into crafty displays and memo holders. The session provided a relaxed atmosphere in which to catch up whilst being very creative. Some grandparents made their books into Christmas trees and others angels. Everyone had



the opportunity to make a hard back book into hedgehogs to hold memos and post. It was an enjoyable session showing how to recycle things into useful gifts, and the group enjoyed making Christmas memories and coming together to share their feelings at this time of year.

The grandparent bereavement support group is a relaxed and friendly group, welcoming all grandparents whose families are known to EACH and have experienced the loss of their grandchild. The next meeting is on 11th February, please let us know if you would like to come, and see our website for more details and dates.

[Read more](#) 



## Bereavement support group

The bereavement support group meets monthly and we invite parents, carers and siblings (age 5 years & above) to come along and meet other families. The next meeting is on 15th February, see our website for more dates and details.

[Read more](#) 



## Events

[View all Events](#)

Please let us know if you're planning to attend any of our events – this will help us organise catering and to advise families if arrangements change, or if an event needs to be cancelled. See below for a selection of events coming up soon, and click 'View all Events' above to see our full up-to-date calendar on our website.



### Child Support Group

**8th Feb, 9.45am - 11.30am**

Address: Quidenham, NR16 2PH

For families with children under 5

Contact: Play Team, 01953 888603

[each-playspecialistquidenham@each.org.uk](mailto:each-playspecialistquidenham@each.org.uk)

[Read more](#) 



### Parents' & Carers' Coffee Morning

**9th Feb, 10am - 12noon**

Address: Costessey Centre, Longwater Lane, Norwich, NR8 5AH

For all parents and carers using EACH services

Contact: Amy Brown 01953 888603

[eachwellbeingteamquidenham@each.org.uk](mailto:eachwellbeingteamquidenham@each.org.uk)

[Read more](#) 



### Grandparent Bereavement Support Group

**11th Feb, 11am - 1.15pm**

Address: Quidenham, NR16 2PH

For bereaved grandparents

Contact: Jayne Chesterton, 01953 888603

[eachwellbeingteamquidenham@each.org.uk](mailto:eachwellbeingteamquidenham@each.org.uk)

Read more 

We realise some people may feel put off coming to an event because they don't know anyone who'll be there. Please let us know if you'd like us to put you in touch with another family going to the same event. We know many families have found the links and friendships they've made through coming to events very helpful, and there are a number of families who'd like to help in this way.

Contact Quidenham: Tel 01953 888603. Email [EACHQuidenhamAdmin@each.org.uk](mailto:EACHQuidenhamAdmin@each.org.uk)



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