

Sobell Times

THE NEWSLETTER FOR SOBELL HOUSE HOSPICE



Issue 3
Spring/Summer 2023



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Dear friends,

I love reading our newsletter because the content always inspires and moves me, and reminds me what a privilege it is to be a part of the Hospice movement. On page 12, you can read a wonderful story by Derek about his grandfather Eddie, who was one of the first patients at Sobell House which, in its turn, was one of the early hospices in the UK, opening in 1976.

In this edition, you can also find out more about how the Hospice movement is changing by learning about a day in the life of a Home Hospice Care team member. As well as on our inpatient unit, we offer compassionate and specialist care and support across our hospitals and in the community at people's homes. This amazing Home Hospice Care team supports people to die at home if that is their wish – part of the gift of a 'good death' that the Hospice movement seeks to offer to everyone – and details of how to support it by donating to our match-funded appeal can be found on page 5. Every penny you donate will be doubled.

If you want to be a part of the Hospice movement and the amazing community that surrounds it, then this newsletter highlights so many ways in which you can support us. Whether it is by running the Oxford Half (page 8), taking part in Bike Oxford (page 16), shopping with us (page 15) or becoming a volunteer (pages 6-7), then we are here to support and thank you.

I hope you enjoy reading this newsletter as much as I did – and don't worry – I haven't included spoilers for everything in this introduction!



Amelia Foster

Amelia Foster
Chief Executive

PS If you are really brave, you could take part in our LEGO Walk on 2 July... see page 16 for more details.



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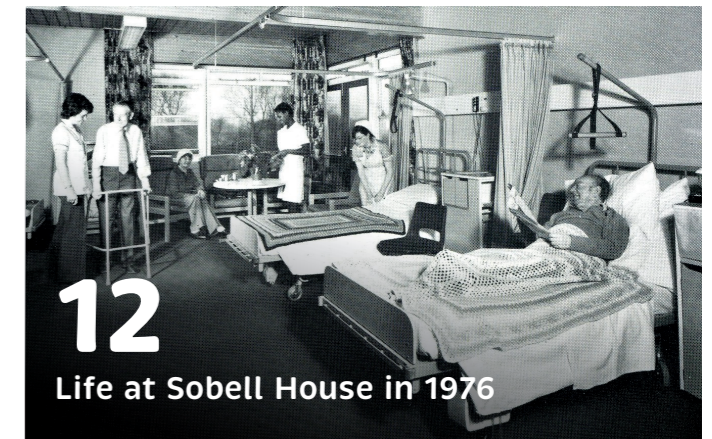
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A Day in the Life of a patient support worker

Written by Eve Campbell

or not, flag any changes in their condition, and raise queries or concerns.

We set about following John's care plan, working together with John at his own pace and explaining at each stage what we need to do next. We spend around 45 minutes with him, but it feels like no time at all. While documenting our visit notes on my work phone, Helen tells us that she now realises how invaluable our visits will be, because she saw that without rushing, we managed everything in less than half the time it would have taken her. John and Helen will now get more quality time together, which is exactly why we're here. I set off from John and Helen's house to get to my next patient.

8:10 I arrive at Jane's flat in Wantage. She lives in sheltered accommodation and, despite her illness, manages to live mostly independently. However, she needs supervision to shower safely and perhaps some motivation to eat regular meals. I've met Jane several times now so her routine is familiar to me and we chat as we go. Jane shares that she really appreciates being at home because many of the other residents are her friends who drop in to see her often, so she's never lonely. While Jane dresses, I make her a cup of tea and she drinks it while I complete my visit notes. Everything is normal for Jane today, so I say my goodbyes.

9:00 After another short drive, I arrive at Maggie's bungalow and let myself in using her secure key. I've met Maggie a few times, but things seem different today. I ask her how she's feeling and she tells me her energy levels and mood are low and yesterday's devastating news that she only has weeks rather than months to live is still sinking in. With no more breakfast visits booked in, I take my time and support Maggie with the routine tasks that she wants to do today. She requests 'just a wash, please', and we talk more about how she feels while we do this.

Maggie says it's tricky to have a conversation about dying. Her son lives an hour away, and although he calls daily, she doesn't feel comfortable talking about it over the phone. However, he's visiting tomorrow and she plans to talk to him then. Unfortunately, Maggie's best friend still thinks she's going to get better and won't entertain talk of dying. Maggie feels robbed of energy and time, and there are still practicalities to sort out. I offer to make her a hot drink which she accepts, and while the kettle boils, I notice the vase of fresh flowers on the kitchen sink (delivered yesterday, but not opened) and offer to arrange them and place them somewhere Maggie can see them. I've been here an hour now and complete my visit notes reporting the changes I've seen. As I prepare to leave, Maggie expresses her thanks

for giving her the opportunity to talk things through because it's really made a difference to her day, and how lovely it is to have the flowers where she could see and appreciate them.

10:10 I call our hub to confirm that I've finished my breakfast visits before driving back to Didcot.

11:15 I meet Justine for a coffee during our break and we decompress. We agree that we are lucky to be part of an amazing team who support each other emotionally as well as professionally.

12:15 Justine and I are back at John's house for his lunchtime visit. He still has a good appetite, so while Helen prepares their lunch, Justine and I support him with his personal care needs and put the Wendylett sheet that's just arrived on his bed to help make repositioning easier and reduce discomfort. We keep things relaxed and chat to John about his day. John's sense of fun and quick wit begins to show and Helen comes in from the kitchen to see what all the giggling is about and join in!

At the end of our visit, they both say how lovely it is to have this kind of support. Helen adds that she didn't expect to hear laughter and how difficult it can be to share a sense of humour when you're stressed. She tells us it means so much to have him home, and to hear John cracking jokes and being his old self again makes a challenging time more bearable.

13:15 Justine and I phone the office to check in and let them know we've finished all of the visits on our list. We are due to finish at 13:30 and so we are told to make our way home.

April 2023 marks one year since the Home Hospice Care service began and I've learned so much in this time. I enjoy my job immensely and I cannot imagine doing anything else, and I know my colleagues feel the same. Every one of us aims to give our patients and their families the best care and support possible, so that they can be at home while their lives are ending. To help them fulfil this wish is such a privilege.

All patient names have been changed for anonymity.

6:25 Having double-checked my round and patient notes on my work mobile phone, I start driving to my first patient's house. I nearly always start my shift at a patient's home and today I'm travelling to Didcot which will take me about half an hour.

7:00 I meet my colleague, Justine, at John's house for a double-handed visit. We don our PPE and knock on the door, which is answered by Helen, John's wife. She shows us through to the living room, where we find John dozing on his hospital bed. We gently wake him and once he knows who we are, we ask how things have been since yesterday's initial assessment. John and Helen are both feeling tired following a restless night and, although delighted to be back at home, John is feeling slightly anxious about how our support works.

Supporting someone with their personal care is something that is done with them and not to them, but it can feel intimidating to the uninitiated. We reassure John by explaining that we will be helping him with his morning routine and can continue to assess his condition and make sure that any concerns we have are logged on our visit notes.

Patient Support Worker visit notes are really important. We are the eyes and ears for all the clinical professionals involved in a patient's care, so feedback from our daily visits is essential. We assess whether a patient is coping

Help us bring hospice care home



Over the past year, our Home Hospice Care service has been a lifeline for local families and helped to fulfil hundreds of people's final wish to be out of hospital and back at home at the end of their life, surrounded by their family and home comforts.

This spring, we've been urgently appealing to our local community to support this crucial service, so warm and caring people like Eve can bring life, laughter and peace back into people's homes and give them the opportunity to live their final days with dignity and in comfort. **Can you help us? Every penny you donate will be matched!**

Donate →



Visit: sobellhouse.org/hospice-care-at-home-appeal
Call: 01865 857007



Meet our volunteers

"I have been volunteering for Sobell House since August 2022. I came to appreciate the value of hospice care after a close family member was diagnosed with terminal myeloma - a type of blood cancer - some years ago.

As a Sobell Companion, my role involves visiting patients on the ward and at home. It may only be a quick chat, but patients get the chance to focus on something other than their condition and can reminisce, reflect, laugh, and share any concerns they are having. It also means their carers get a little time for themselves. From the outset, I have been struck by how kind and friendly everyone has been, and by the high regard in which Sobell House is held by patients and their families. It is a real privilege to spend time with the people who make Sobell House tick, and those who benefit from its invaluable support."



"I have been volunteering at Sobell House for just over four years and I usually do one day per week. My initial impression of Sobell House was how well they looked after my partner's mother in her final days. After I retired, I wanted to do something totally different from my 27-year career in publishing. I knew the role would challenge me on a social level and I would learn new things, as I knew very little about the inner workings of a hospice.

I can honestly say that no two days are the same; from manning the desk, which can include meeting and greeting family members and visitors, to requesting repairs and fetching prescriptions from the pharmacy. I make plenty of tea as and when necessary and take the famous drinks trolley around to patients."



"I began volunteering at Sobell House eight years ago and have helped out in the Living Well day service, on reception, but mostly on the ward.

Over the years, I have lost family and good friends to cancer, and I wanted to give something back. I chose Sobell House as they were by far the most welcoming and flexible. The induction to the role was excellent, and since then, at regular intervals, they have offered me both mandatory refresher courses, as well as very interesting optional courses, which have given me a wealth of new insights and skills.

I see my role on the ward as supporting the patients and the staff in any way I can. When I arrive on Wednesdays, I get a handover from staff so I know the first name of all the patients and find out if any of them have any particular needs of which I should be aware. Next, I get the drinks trolley ready, stocking it up with a vast range of spirits, beer, wine, and soft drinks, before wheeling it round to each patient's room to offer them a pre-supper drink. I can always tell if someone is new to the ward as their eyes pop out of their heads when they see what's on offer. The luxury of a special drink of their choice is such a morale-lifting experience. For 45 minutes, I am the most popular person on the ward!



After the rounds, I see if the housekeeper, who is getting supper ready, needs any help with distributing meals. On two occasions, when the housekeeper was not available, I did it on my own. Supper was a little late, and not everyone got exactly what they ordered, but nobody went without! I then get another trolley ready and visit all of the rooms once more to offer patients and visitors a tea or coffee.

However, no two shifts are identical, as other opportunities to help do occur. I've shown the family of a new patient around the ward, cleared up spillages, sat a distressed visitor down in an empty room with tea and tried to alleviate their distress, answered the phone, and helped to sort out a visitor's confusion with a parking machine.

However, I've left until last the most important part of my role as a volunteer. It's a privilege to get to know the patients, and to help them in any way you can. Of course, it's vital to understand what you can do and what you must leave to the trained and dedicated staff. I chat with patients as I go about my duties but will always try to spend longer with those who are on their own. I'm always in admiration of the way in which many patients face up to their situation and show courage and a sense of humour. I've been witness to scenes of joy in a situation where you might have thought none was possible: a young woman looking radiant in a white dress getting married on the ward, just days before she died.

Working on the ward is sometimes sad or stressful, but also joyful and fulfilling. Patients, visitors, and staff are very appreciative of what you do, and you feel part of the team. I go home tired, but happy."



Become a volunteer →



Visit: sobellhouse.org/volunteers
Call: 01865 857007

Did you know?

Our volunteers provide around 14,000 hours of support across the year. This amazing commitment saves around £182,000 in staffing costs that can be spent on caring for patients and their families.



The Oxford Half returns on Sunday 15 October. Are you ready to challenge yourself and be part of something special this year?

The Oxford Half is a 13.1 mile race through the streets of Oxford, where live music and incredible crowds will keep you moving until you cross the finish line. If you're a beginner, there's plenty of time for you to start training, or better your time if you're a seasoned runner. Join Team Sobell and receive:

- ★ Free registration - save £48
- ★ A Sobell House running top
- ★ A goody bag on race day
- ★ Team spirit which makes race day extra special
- ★ Access to a Team Sobell Facebook group

Sign up today →

Visit: sobellhouse.org/oxford-half-2023
Call: 01865 857007



Sisters Rebecca and Heather ran with Team Sobell in 2022:

"Running the Oxford Half was an experience we will never forget! The route is fantastic, mostly flat, and you run past the most famous buildings in Oxford. The entertainment was superb and really helped spur us on. We'll never forget the cheers we received as we approached the finish line – it was very emotional!

It was a privilege to help such a wonderful charity and run in memory of our mum, who spent her final week of life at Sobell House. Not only was she tenderly and expertly looked after, but so were we, receiving endless cups of tea and toast – even at 3am.

I would encourage anyone to sign up to this year's Oxford Half – it's a day like no other!"



Your legacy, their future



Writing a Will is the best way you can protect the people you love after you have died and ensure that everything you have worked hard for – your home, possessions, and money – end up with the right people. It is one of the most important documents you will ever sign, for both you and your family.

Writing a Will is a lot easier than you might think, and we have partnered with Will writing experts Guardian Angel to offer you an exclusive opportunity to write, or update, a simple Will for free. You can do it online, over the phone or in person, and it only takes around 15-20 minutes.

Did you know that a quarter of our charitable income comes from gifts in Wills?

If Sobell House is a cause close to your heart, then please, if you can, remember us in your Will. Gifts of all sizes over the last 47 years have helped ensure specialist, compassionate care for thousands of patients and their families. Your gift will help us continue to provide the highest standards of hospice care to local people in the future.

Find out more about the free Wills service →



Visit: sobellhouse.org/leave-a-legacy
Call: 01865 857007

Leaving a gift in your Will to Sobell House will help us care for people like Pippa and Chris.

"My wife, Pippa, was diagnosed with cancer in August 2019 and admitted to Sobell House in June 2020. As she was very ill, I was allowed to stay with her in a beautiful room which overlooked the golf course next to the hospice. Pippa was looked after by the most wonderful, kind people who would do anything for her.

There came a time as Pippa became more unwell where it became increasingly difficult to wash her hair, so one of the nurses, Charlotte, went home on her lunchbreak to fetch Pippa some 'dry shampoo' and help ease our stress. The nurses would also give Pippa ice lollies when it was all she could manage. It was these small acts of kindness that seem so trivial at the time, but make all the difference looking back.

From the moment we arrived, we were treated so incredibly well. Rachel, the Chaplain, would pop along to say hello and read Pippa some scripture almost daily, and the nurses were always so attentive which made this sad situation all the more bearable.

After six weeks of staying at Sobell House, sadly Pippa lost her battle with cancer and my time there ended. I will be eternally grateful to the staff who looked after Pippa and me."



Our supporters never fail to inspire us. In this issue, we're celebrating three people going the distance for Sobell House.

Mark Vanhegan and Phil Stephenson have been friends for over 30 years and have set themselves the ambitious challenge to walk from Winchester to Rome in just three months. Here, they share their story:

"It was perhaps inevitable that we would be friends. We are both lawyers, enjoy travel and adventure, and share a love of walking. But by far the saddest thing that we have in common is that we both lost our mums to ovarian cancer.

Our mums, Valerie and Sue, loved walking and the outdoors, which is why, this Easter, we will be walking from Winchester to Rome in their memory and fundraising for the three charities that helped them after their respective diagnoses: the Eve Appeal, Sobell House Hospice (who cared for Mark's mum) and Bolton Hospice (who cared for Phil's mum).

Starting on Good Friday, we set off from Winchester to Rome, following the Pilgrims' Way to Canterbury and then the Via Francigena through France and Switzerland over the Alps to Italy and Rome. We will cover 2,200km in total and the walk will take us around three months to complete.

Neither of us have undertaken anything like this before. We

are both reasonably fit walkers but have never attempted walking 25km a day for 90 days or anything like it. As you can imagine, we're both doing lots of walking to help us get fit and strong enough to take it on. We also expect it to be quite tough mentally and have been reading books written by other pilgrims to try to get some idea of what it will take.

Despite our preparations, we are in no doubt that the walk will be arduous, but we will give it our very best shot in tribute to our mums and to say thank you to the people who provided utterly invaluable nursing care to them."



Follow their journey:

 @philandmarksroadtorome
 Phil & Mark's Road to Rome



Sobell House supported Mark's mum Valerie in her final weeks of life in 2012. Here, Mark describes the impact this had on his family:

"My mum Valerie, or 'Bobo' to us, died on Christmas Eve 2012, aged 74. Bobo loved the outdoors – she was never happier than when walking in the Oxfordshire countryside. In her final years, mum's love for walking was curtailed after being diagnosed with ovarian cancer. Following 15 months of chemotherapy and surgery, the disease was too far established and mum was referred for palliative care.

At the beginning of December 2012, despite her initial desire to stay in the home in which she had lived for over 25 years, and in which during the previous four months she had been so diligently, carefully and lovingly tended and nursed by my father and sisters, Bobo chose to be admitted to Sobell House. She knew when she entered that she would not be going home. The care at Sobell House was superb. The nursing and medical staff made mum as comfortable as she could possibly be; from the soothing bath on her first day (she had been unable to get into the one at home) and the nurse who gave her back a massage when she was uncomfortable, to providing the ice cubes to moisten her lips, and controlling her symptoms effectively as her condition worsened. They were also highly sensitive to us, informing dad and my sister Sarah of the imminence of mum's death. This gave them time to contact my sister Emma and I, so that we were able to stay in her room for the last 24 hours and hold her as she passed away, just before 6am on Christmas Eve."



Neil Jordan has supported Sobell House for 16 years and, in that time, has raised a truly incredible £67,236. Here, he shares more about his fundraising and the close connection he has to our hospice:

"My wife Linda was first diagnosed with breast cancer in the 1990s. Following treatment, her cancer seemed to be in remission and life happily moved on. In early 2004, I was diagnosed with prostate cancer and underwent surgery in August. While in recovery, we received the devastating news in October that Linda's cancer had returned and had spread to her bones and liver. She underwent chemotherapy for a couple of years which proved unsuccessful. After being admitted to the John Radcliffe Hospital in May 2007, she was transferred to Sobell House for specialist end of life care.

When we arrived at Sobell House, what impressed me most was the overwhelming sense of care which was shown to us by all of the people we met, especially the nurses. Linda said that she could tell immediately if someone had 'it' – the ability to care for and empathise with a patient – and the staff of Sobell House certainly had 'it'. The other thing that struck us both at the time was that you would perhaps expect a hospice to be a rather melancholy place, but at Sobell House there was lots of laughter, mixed with the inevitable tears.

Linda died at Sobell House on 23 June 2007. She lit

up the lives of all who knew her through her smile, laughter, generosity and genuine interest in others. I wanted to support the hospice in her memory, and knew I would need a distraction to occupy my time. I therefore decided to combine learning some new skills with fundraising.

In 2008, I completed my Ride, Stride, Glide challenge from John O'Groats to Land's End, during which I cycled, walked, and paddled a sea kayak and canoe, covering 1,435 miles. This challenge raised around £30,000 which was shared equally between Cancer Research UK and Sobell House.

Ten years on, I decided to organise another fundraising challenge, and settled on a walk from the bottom to the top of the UK, walking from the Lizard in Cornwall to Dunnet Head in Scotland. Unfortunately, when I arrived at the Scottish Borders I discovered that I had a strangulated hernia and was rushed to hospital. I resumed my fundraiser the following year, reaching Dunnet Head in May 2019, and managed to raise £9,786 for Sobell House.

This year, I will be walking across the country side to side, starting at Land's End and ending at Lowestoft Ness, which covers around 690 miles. I plan to start on Friday 12 May and finish on Monday 3 July, a total of 53 days including four rest days.

My training is going well – I keep fairly fit as I visit the mountains every month with a group of friends. I have just come back from a week of climbing in Scotland. To train for these trips I walk hundreds of miles, gradually increasing the weight I am carrying to replicate the conditions.

I would be really grateful to have anyone's support in helping me raise funds for Sobell House, as this is what motivates me. Knowing that people are following your story helps to keep you positive on the days when things go wrong, or the rain has soaked you to the skin and you still have miles to walk before looking forward to a night in a wet tent!"



Celebrating 47 years of care

Founded in 1976, Sobell House was ahead of its time as one of the first UK hospices to exist. Since opening our doors, we have cared for thousands upon thousands of people across Oxfordshire, and we hope to be here for our community long into the future. While our building, services and team have expanded, and our care is now mostly provided to people in hospital and at home, our mission to give people the best quality of life possible in the time they have and the gift of a 'good death' remains the same. So, what was life at Sobell House like in 1976?

Eddie Jenkins was one of the first patients to be admitted to Sobell House in 1976. Here, his grandson Derek shares his family's story and ongoing connection to our hospice:

"My Grandee Eddie was a very proud Welshman. He had a big heart in his 4ft 11" frame. He loved cricket, especially Glamorgan, and was known to burst into tears if he heard even the first few words of song from any male voice choir from 'the valleys' back home. He worked at the car factory in Cowley for nigh on 40 years. He started working there in the 1920s, having walked from South Wales to Oxford to find work. In Oxford he met Mabel, my Granny, who was a Woolworths shop assistant. They couldn't have kids so they adopted my Mum in 1943 shortly after she was born. After working at the car factory, Eddie did the milk round in Oxford, before retiring in 1970.

My sister Sian and I were six and 11 years old respectively when Eddie was admitted to Sobell House. I remember those visits as being relaxed and almost homely. I have an old audio tape recording somewhere of me with my parents and my sister sat round Grandee's bed chatting. It's just a conversation that would take place in any home. It didn't feel like a clinical setting.

While staying at the hospice, Eddie was interviewed for the BBC Radio 4 Woman's Hour programme. In his interview, he describes the hospice as 'wonderful' and 'marvellous' and my Granny shares that she's pleased she's been able to 'be a companion for Eddie instead of a carer. We can have a little cry together and a little laugh together. We've been able to lead a more normal life since we've been at Sobell House.' It's wonderful to be able to listen back to this audio clip and hear that they felt content and comfortable at Sobell House.

As well as being part of my inspiration to recently become a volunteer companion for patients at my local hospice, I'd like to think that our visits to Sobell House to see him in those formative years were also, at least in part, behind Sian's later decision to embark on her nearly 40 years of service as an NHS nurse. My positive personal experiences and memories from those early days of Sobell House and the wonderful care my grandfather received are now experienced, thankfully, across the country."



Eddie and Mabel about a year before he died.

Eddie and Mabel with their grandson Derek circa 1965.

Eddie Jenkins, the retiring Co-op milkman—'helpful, reliable, friendly.' Eddie photographed for an Oxford Mail article published in 1970 after retiring from his milk round.

Regular gifts help to future-proof our hospice



We want to care for our community for the next 47 years and beyond. However, it is estimated that the number of people needing vital end of life care in England will rise by 55% by 2031* and, as a result, the demand for hospice care is expected to grow at a similar rate. Assuming that NHS funding will not increase at the same rate, in order to be able to provide a service to all that need it within Oxfordshire, we are likely to need to double our annual fundraising by 2030.

We are here for people 24 hours a day, 7 days a week, 365 days a year. But imagine a future where we couldn't be.

With regular monthly gifts, we can plan ahead and rely on a stable income as we face unpredictable years ahead. **If you can, please consider making a monthly gift to Sobell House.** This is the impact your gift could have every month:



£2.50

could pay for a patient's dinner, homecooked by our fantastic catering team.



£4.98

could fund transport costs for our Home Hospice carers to provide support to patients in the comfort of their own home.



£21

could help provide pastoral support to a patient or their loved ones to come to terms with a life-limiting condition.

Make a monthly gift →



Visit: sobellhouse.org/donate
Call: 01865 857007



*From a 2021 independent report in connection with Hospice UK and Sue Ryder.

Can you help fix our chapel roof?

You may have heard the news that our chapel roof is leaking and urgently needs replacing.

The chapel was built in 2003 and, over the past 20 years, has played an important role in the pastoral care of many of our patients and families. It provides a serene, comforting space for people of all faiths or none who want to seek solace or find a quiet place to reflect, pray, or come to terms with the news of a life-limiting condition. Staff use the space to be able to cope with the ongoing pressure that working in palliative care brings, families often visit on the anniversary of their loved one's death, and our chaplains meet with patients and visitors in the peace and quiet of the chapel.

The chapel has also been the perfect backdrop for many weddings and blessings held at the hospice, where people have had the chance to marry the love of their life in their final precious days or weeks of life. Jon, our Chaplain, says:

"Whenever we have a wedding at Sobell House, the staff always work hard to make it a special occasion for the patient and their families. One of the things we do to mark the occasion is provide the couple with wedding boxes containing cards, confetti, bunting, a ring cushion and some bubbly for their special day.

I recall one blessing we arranged where the bride was wheeled from her room to the chapel, where staff were waiting and had formed as a guard of honour, ready for the patient to be wheeled between them and into the chapel. Memories such as these will always be remembered by me and all of the staff that get to be witness to such lovely events."

The estimated cost for us to fix the chapel roof is at least £25,000, with additional costs expected to repair the water damage to the floor and walls. To date*, we have raised £7,571, but we need your help in raising the rest of the funds so desperately needed.

*1 April 2023



The chapel's stained glass window



The chapel exterior



A wedding box



Shop with Sobell



We are sad to announce...

On 1 April, our Didcot shop closed its doors. We would like to thank all of our wonderful customers and donors who have supported the shop over the past seven years, and say how grateful we are to our staff and volunteers for their hard work. We look forward to exploring exciting new opportunities across south Oxfordshire over the coming months.



Planning a spring clean?

We're looking for good-quality clothing, garden furniture or bric-a-brac that is in need of a new home. If you have any questions about donating your items to us, please get in touch with your local shop team who will be happy to help.

Donate today →



Visit: sobellhouse.org/donate
Call: 01865 857007

Find your local Sobell shop →



Visit: sobellhouse.org/shop
Call: 01865 857007

Dates for your diary

My Lovely Postcards

20th - 28th May

Discover a collection of original postcard-sized artworks, with special contributions from Dame Judi Dench, innovative artist Annie Sloan, and TV personality Suzie Fletcher. Visit the exhibition at The Cloister Gallery at SJE, Iffley Road, Oxford, OX4 1EH, or view and bid on your favourite postcards through our online auction. My Lovely Postcards raises funds for Beth's Bursary Fund, which supports nurses to receive specialist education in palliative care.



Blenheim 7k Fun Run

Sunday 21 May

An event for all the family (and dogs!). Choose from four races and enjoy a fun-filled day out at Blenheim Palace. Run with Team Sobell and get 15% off tickets and a free Sobell House top. Your ticket gives you event entry, a finisher's medal, and car parking. The sponsorship money you raise will help us provide our care.

Bike Oxford

Sunday 25 June

Choose between a 25, 50, or 75 mile ride, and cycle some of the best-mapped routes in Oxfordshire! Sign up for free with us today and get a Sobell House top and goody bag. In return, we ask that you raise or donate a minimum of £100, which could help fund a two-hour bereavement café session for up to 15 people.



LEGO Walk

Sunday 2 July



Do you dare take on the challenge of walking across 20,000 bricks of LEGO? Be one of our fearless fundraisers, and invite your friends and family to come along and enjoy food, games, and watch the main event itself. We are proud to be hosting this event alongside local children's bereavement charity SeeSaw.

Take part →



Visit: sobellhouse.org/events
Call: 01865 857007