



This month's contribution to Cynthia Spencer Hospice got us thinking; we are asked to donate cakes to help with this invaluable organisation on an annual basis but wanted to refresh our memories of this wonderful charity history and get up to date with their current activities.



Dr Ben Jolles

Cynthia Spencer Hospice was set up in 1972 by the late Dr Ben Jolles who led a Northampton committee to fundraise for continuing care to provide cancer relief in Northamptonshire. By the end of 1975 funds to build an inpatient facility of 25 beds was built and opened by the late Queen Elizabeth the Queen Mother in May 1976.

This was one of the first modern hospices in the country. The 7th Earl Spencer agreed to be Patron of the committee, and Cynthia Spencer House (as it was then called) was named after his late wife, Lady Cynthia Spencer DCVO OBE.

The Cynthia Spencer House Trust was set up to provide continued support for the unit and in the next decade funds were raised to build a day unit which was opened by the late Diana, Princess of Wales in 1985. In 1990 the Friends of Cynthia Spencer Hospice was formed to raise funds and profile of the Hospice in the local community.

During the late 1990s it became clear that the facilities needed to be modernised to meet an acceptable standard of care. New facilities were required and sale of part of the



Hospice land raised £8.5million but an additional £1.5million was needed to complete the project. A fundraising campaign took place and through hard work and generous donations, the new hospice building as we know it today was opened in 2005.

Present day

Cynthia Spencer Hospice provides specialist palliative care services for South Northamptonshire and their sister hospice, Cansley Hospice provides similar services for the North of the county.



Services that are provided include inpatient care, outpatient services, Wellbeing services, Hospice@Home, lymphoedema service and palliative care clinical nurse specialist service. They have two specialist Consultants in palliative medicine, a team of doctors and specialist nurses working within the Hospice and the community as well as in Northampton General Hospital and Danetre Hospital in Daventry.

Referrals for the Hospice services are usually made via a patient's GP, district nurse or hospital Consultant and nurses.



This month is their 45th year of providing care to terminally ill patients and support for their families. They will be looking back over their 45-year history and sharing stories on their

website <https://www.cynthiaspencer.org.uk/>

Like all charities, raising funds in current times requires innovation and their retail team have launched an online shop, **LOVED BY Cynthia** with 100% of profits going directly to Cynthia Spencer Hospice.

Visit their website above for further information.

This year they need to raise £1,492,880. That is £4,090 per day to continue all the services that they provide. The care provided is funded by the Charity and the NHS through the local Clinical Commissioning Groups. They are also dependent upon the generosity of their supporters.

Note from Editor. This has been a humbling editorial to compile, and we hope you have enjoyed reading it as much as we have working on the article.



Members Snippets and Posers

Answers to April Edition:

Flower knowledge

London Pride, Speedwell, Narcissus, Gladioli, Snowdrop, Forget-me-not, Tulips, Sweet Pea, Rosemary

Hub-words

Aeon, anon, ante, earn, fern, font, near, neat, neon, none, noon, note, oner, onto, rant, rent, roan, tarn, tern, tone, torn, atone, front, oaten, tenon, tenor, toner, tonne, ornate, tanner

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H T O A S T E D L O D D D I R G Z Y Z
 Q Z W B R A I S E S S E E G T F A B V
 B B T R I E B M F C P P P M R T O P P
 G G O V O H E C E E H O A S A I L R X
 O E N I S A B G E R A E O T A E L V K
 P W D E L E S T S C P V F N U L T L L
 F D C P M T S T H A D A L A S L T S I
 R U O I B A R B E C U E E T M W A Q O
 Y Q O C V N W T U P R C C O D D L E R
 I P K E K I T E S H X V E A T D V O B
 N E Y R F R I T S K H M Y P E Q L T C
 G P B I H A S I O Y I J B T A L W Z A
 P P V R H M L C I C Y L A W I N F P N
 A E A E K E U R R G G L L N G V R Q O
 N R K X R P A O Z V P Q G E E I I V P
 Q N N I S Q W A V G Z P B V T G E R E
 E E I M B A K E L L I T E N O N D N N
 W G F D V M W C O N D I M E N T B S E
 F Q E E D Z K D Z I S S A U C E V M R

BAKE, BARBECUE, BASIN, BOIL, BRAISE, BROIL, CAN OPENER, CHEF, CODDLE, CONDIMENT, COOK, CUPS, FORK, FRIED, FRYING PAN, GRILL, HEAT, KNIFE, MARINATE, MICROWAVE, MIXER, OVEN, PEPPER, PLATE, POACH, RECIPE, RELISH, ROAST, ROLLING PIN, SALAD, SALT, SAUCE, SAUCEPAN, SIEVE, SKILLET, SPATULA, SPOON, STEAMED, STEEPED, STIR FRY, TIMER, TOASTED.

Sticking to the rules... Whatever Covid restrictions placed upon us some things just would not stay local, did you know our magazine has been known to travel to Northumberland, Stoneleigh, Devon, Cambridge, Suffolk, Northampton, and London. Do you know of any other places it has absconded to??



Here is an insight into composing this magazine. Our resident gardener was asked by the editor to recall and identify one of the flowers Becky iced at our February meeting: *'It looked like an iced gem with a silver centre' 'That would be an individual hydrangea flower, but to save confusion, let's call it an Icedus Gemicus'*

What an imaginative behind the scenes team we have.



Here are Colleen's next posers which are either Sports, Games or Pastimes

- Greeting monarch
- All scores in this game
- Hairdressers should excel at this
- The ... on the hearth
- Larchlaps
- Played between 4 or 6?
- Card game by the fire
- Rotten china
- Played at the Crucible
- Filming – at Bisley



Cooking with Nanna Irene will return next month... today we have a non-bake sweet treat for you

10 – minute fruit and nut fudge

125g diced unsalted butter, 375g golden caster sugar, 397g tin condensed milk, 1 tsp vanilla extract, 150g pack of fruit (or a mixture of raisins, flaked almonds, dried cranberries, chopped ready-to-eat apricots and chopped pistachios)

1. Line an 18cm sq tin with greaseproof paper
2. Put the butter, caster sugar and condensed milk in a large microwave-safe bowl – do not stir
3. Microwave for 1 min on full power (900w) and stir. Repeat this, heating and stirring 9 times, then stir briskly until cooked and thickened.
4. Stir in the vanilla extract and two-thirds of the pack of fruit and nuts baking addition
5. Pour into the tin, then scatter over the remaining fruit and nuts. Cool, then cut into squares

