

A day in the life of a Leo Community Nurse

Paula Charnley is a Leo Community Nurse. Here she shares her experience of working with Leo House at Home providing care in families' own homes.

"My job here is really varied but one of the main focuses is to provide support and respite to children with life-shortening conditions and their families in Brighton & Hove and the surrounding areas. This involves looking after children in their own homes so that their families can have a break, looking after the children whilst they are in hospital, taking the children out to access activities in the community, or taking them to interact with their peers. We also act as advocates for parents, supporting them with hospital appointments and meetings regarding their child.

Each visit with a child is different,

sometimes we might do some cooking, encouraging them to be involved where possible. We do have things we take on visits with us, such as toys, the sensory box, and a whole box of music which a lot of the children enjoy. Our time with the child is always led by them, as each of our children will enjoy different things.

Part of my role involves caring for children at the end of their life. Families are able to choose whether their child receives care in hospital, or in their own homes, and we provide a 24 hour on call service in partnership with other agencies to offer as much support to families as we can during this difficult time.

A lot of people ask me how I can do this job, and it can be hard work emotionally, but most of all it is satisfying. To me it is an honour that these families have



let you into their home and trusted you with their child. Sometimes it is sad, and end of life care is never easy – but we have a very supportive network of colleagues and there are systems in place to support you. Most of the time it is a very happy place to work and I feel very privileged to be able to do this job."

Scallywags have a Win-Win!



Sometimes a simple idea has all kinds of good outcomes. Jackie Leslie, from Hassocks WI, gathered some baby and toddler clothes left over from a Leo House fundraiser and asked if she could sell them at a local 'Scallywags' Toddler group. Now she does this regularly, recycling clothes and benefiting the Scallywags families and Leo House at Home. Pictured are some of the children and helpers. Well done Jackie!

Looking ahead

Don't forget to let us know of any forthcoming fundraising events in aid of Leo House at Home.

Contact us

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Leo House on the Hospice Trail

The Sussex Hospices Trail is an exciting new project initiated by Friends of Sussex Hospices to create a series of walks dedicated to raising awareness of hospice care in Sussex. The Leo section is from Brighton to Southease, and includes beautiful views over the sea and the Downs. The total route, which will be completed by November 2016, will cover 200 miles and

be divided into 26 parts, making it possible for walkers to complete as little or as much they choose. Using existing public rights of way, the trail connects the nearest public footpaths to the 12 hospice care providers in Sussex.

The photo shows representatives of Leo House at Home and Friends of Sussex Hospices at the start of the Leo Section.



Mad March Quizzes raise £100's

This year's quizzes, held at Brighton Marina Yacht Club, Ovingdean Village Hall, East Brighton Golf Club and a special raffle at Preston Park U3A raised a total of £890. Many thanks to the quizzers and question setters. The photo shows one of the teams in deep thought.



Who are we?

Leo House was established by Brighton Lions Club to help life-limited children, young people and their families living in East and mid Sussex as well as in Brighton & Hove. Leo House supports children and young people with a life-limiting condition from birth to 25 years of age and their families. We know we cannot cure them but we can help to give them the best quality of life for as long as that might be.

Golf Day raises £3,500

The annual Steven George Danahar Memorial Golf Day attracted 80 people to remember their friend and colleague. The stableford event at The Dyke Golf Club in May this year included a raffle, auction and other games. The golf was won by a team from KEW Electrical. Our thanks to the Danahar family, Dave Plant and the organising committee.



Thank you!

Thank you to everyone for your generous donations to Leo House including:

Rottingdean Smugglers
Mr & Mrs N Tate
Metal Box Pensioners
Farrington Property Developers Ltd
St Helens & St Richards Hangleton
Seedy Sunday (Seed Swap)
Uckfield & District Lions Club
Miss B E M Garrett
Mrs B Blomfield
Dr C Edwards

Tuck Shoppers Share the Pleasure

Customers at the Lewes District Council Tuck Shop were able to raise a fantastic £1,099 during a 3 month period of snack buying. The Tuck Shop, organised by Dave Scott, raises money for local charities on a regular basis. The photo shows Dave with one of his generous customers.



Don't forget, Leo House at Home spends almost all this money to fund our nurses, less than 2p in the £ goes to pay expenses.