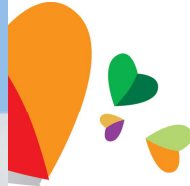




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Helen & Douglas House
HOSPICE CARE FOR CHILDREN AND YOUNG ADULTS

Channel Challenge Pack



The Channel Challenge Pack

your Channel Challenge

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es wide. There are 1,609 metres in a mile, so in a 25 metre lengths is equal to the Channel. If 90 pupils took part they would each swim 15 lengths. If you have swimmers of different abilities you can set the average number of lengths at 15, with some pupils doing fewer and others doing more.

If swimming the Channel is too much of a challenge, why not take on a shorter distance such as:

10 miles up the Thames

5 miles across the Sea of Galilee

1 mile across the Long Lake in New York

Or even just a sponsored splash dash!

Calculating number of lengths to be swum

	Example	Calculate your challenge
Choose your challenge	The Channel Challenge	
Distance to swim in miles	21 miles	
Distance to swim in metres (miles X 1,609)	21 X 1,609 = 33,789	
Pool length in metres	25	
Number of lengths to swim (distance in metres divided by length of pool)	33,789 ÷ 25 = 1,351	
Number of pupils taking part	90	
Average number of lengths each pupil to swim (number of length divided by number of pupils)	1,351 ÷ 90 = 15	

We also have available :

- Balloons
- Stickers
- Leaflets
- Newsletters
- DVD . a 14min DVD about Helen & Douglas House

If you would like any, please contact the fundraising team on schools@helenanddouglas.org.uk or by post

Schools Fundraising Team, Helen & Douglas House, 14a Magdalen Road, Oxford OX4 1RW

The Channel Challenge Pack

House key facts and information

care for children and young adults with life-shortening conditions

- Children, birth . 18, can stay at Helen House with their families
- Douglas House cares for young adults with life-shortening conditions from the age of 16-35 although this can vary depending on the condition and prognosis
- The types of care that we provide are:
 - respite care (short stay to provide a rest for children and young adults and their carers)
 - end of life care
 - treatment of distressing symptoms
 - support and friendship for the whole family
 - support after the child or young adult has died
- Helen House was the world's first children's hospice, opening in Oxford in 1982. It was founded by Sister Frances Dominica.
- Helen House is currently celebrating its 25th anniversary and the beginning of the children's hospice movement
- There are now over 40 children's hospice services in the UK
- Douglas House is the world's first hospice built specifically for young adults; it opened in 2004
- Special rooms at Helen House include a soft play room, a play train, an arts and crafts room
- Douglas House has everything a young adult might want including a big Jacuzzi, a bar, a music room and a cinema
- Helen & Douglas House is based in Oxford and looks after children and young adults from Oxfordshire and the surrounding counties
- Living with a child or young adult with a life-shortening condition can be an exhausting and lonely experience as many families have to cope with constant care and they do not get a chance to simply relax
- It costs over £4 million a year to run Helen & Douglas House
- Helen & Douglas House look after around 250 families over a year through respite care, emergency care, end of life care and bereavement support
- Both Helen House and Douglas House are bright, vibrant and positive places, not the sad buildings that you might think a hospice for children or young adults would be. Helen & Douglas House believes that the emphasis should be on living life to the full even when that life is short

How much does it cost?

for an afternoon	Donated
Providing dinner for one guest	£2.50
A school lesson for one hour at Helen House	£16.50
A session in the Jacuzzi	£25
A therapy session such as music	£25
A one hour session with a doctor	£36
Medical supplies for one day for both houses	£36
One Bereavement Team visit (two hours)	£40
Employing one Care Team Member for one day	£46
The cost of running the DH bar for a Saturday night	£50 plus Volunteer
A cook for the day in Helen or Douglas House	£55
Electricity and gas for a day	£76
Employing one Nurse for one day	£85
Cost of maintaining the grounds and gardens for a month	£167
Cost of one sibling staying at an overnight camp	£300
The cost of one member of staff's training for one year	£355
A night's sleep for Mum and Dad at Helen House (mum and dad staying in family flat with child in-house)	£588
A night's sleep for Mum and Dad at Douglas House (mum and dad staying in family flat with young adult in-house)	£443 as we get some statutory funding
Cleaning HH and DH for a week	£1,000
Cost of maintaining the two Jacuzzis for a year	£1,200
Family of four staying for one weekend at Helen House	£2,140
Cost of running a siblings/bereaved siblings overnight camp for 20	£5,000
Having a doctor on-call for 24 hours a day, 7 days a week (for a week)	£3,500
A family using the Little Room or Starfish Room for one week	£3,800
Water rates for a year	£5,200
Heating / lighting and electricity for one year	£28,000
Average cost of employing one Care Team Member for one year	£16,500
Average cost of employing one Nurse for one year	£30,000

Helen & Douglas House Schools Quiz

Questions 1 and 6 respectively need to be seen. These are available

1. What is Helen & Douglas House?
2. When was Helen House set up?
3. Who founded Helen House?
4. What age people use Helen House and what age use Douglas House?
5. From what geographical area do children and young adults come who visit Helen House?
6. When was Douglas House set up?
7. What are two of the special rooms at Helen House?
8. What are two of the special rooms at Douglas House?
9. What was the name of the boy on the train on the DVD?
10. What instrument does Alistair Craig play and what is special about the way he plays?
11. What symbol does Douglas House use?
12. How many families do Helen & Douglas House support a year?
13. What do all the children and guests who use Helen & Douglas House have in common?
- 14. How much does a Jacuzzi session cost?**

House Schools Quiz - Answers

that provides care for children and young adults with life-

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2. Helen House was set up in 1982, we are celebrating the 25th year anniversary in November 2007
3. Sister Frances Dominica founded Helen House
4. Children (birth . 18) can stay at Helen House and young adults (16 - 35 depending on their condition) can stay at Douglas House
5. Helen House looks after children from Oxfordshire and the surrounding counties
6. Douglas House was set up in 2004
7. Special rooms at Helen House include a soft play room, a play train, an arts and crafts room
8. Special rooms at Douglas House include a big Jacuzzi, a bar, a music room and a cinema
9. Harry Pickering is the boy on the train in the DVD
10. Alistair Craig plays the guitar and he holds it on his lap as his wheelchair gets in the way if he holds it in the normal way.
11. Douglas House uses the starfish as its symbol
12. Helen & Douglas House support 250 families a year
13. All the children and guests who use Helen & Douglas House have life shortening conditions
- 14. A Jacuzzi session costs £25**



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Helen & Douglas House

HOSPICE CARE FOR CHILDREN AND YOUNG ADULTS

The Channel Challenge paying in slip

To be sent to Helen & Douglas House

FAO Ruth Harrison, Community Fundraising Manager

Please find enclosed a donation of £ _____

School name _____

School address _____

Contact name _____

Email address _____

Contact number _____

Date of event _____

Name & location of pool _____

Please return this slip and donation to:
Ruth Harrison, Community Fundraising Manager,
Helen & Douglas House,
14a Magdalen Road, Oxford OX4 1RW