

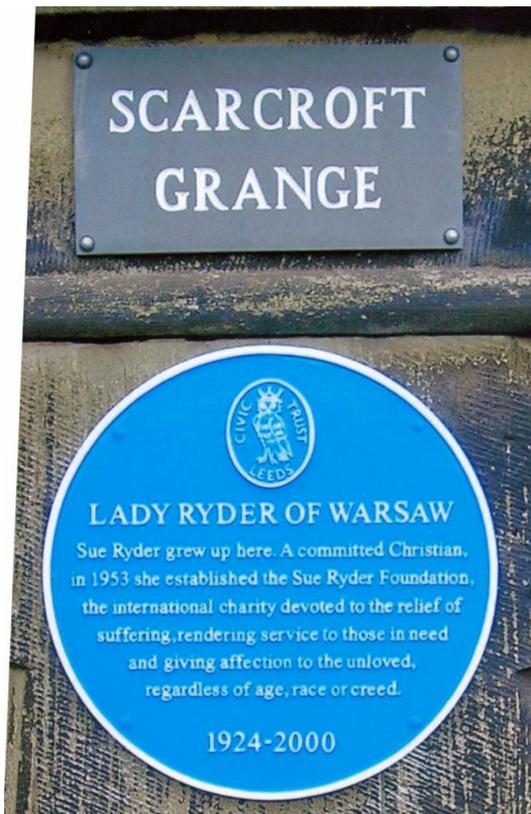


There's Rosemary, that's for Remembrance;
PRAY, LOVE, REMEMBER
Hamlet

Parmoor News

*News of the Lady Ryder of Warsaw Memorial Trust
and the Sue Ryder Prayer Fellowship*

Spring 2012



Blue Plaque at Scarcroft

On the 25th June 2011 a Blue Plaque was unveiled at Scarcroft Grange, near Leeds where Sue Ryder's parents lived and where she spent the early part of her life.

The plaque was unveiled by Sue Ryder's son and daughter, Jeromy and Elizabeth Cheshire. It was lovely to have them with us.

The whole event was at the initiative of, and organised by the Leeds Civic Trust. The arrangements for the day were made by Sue Doe and Beryl Wood on behalf of the Sue Ryder Prayer Fellowship and the Lady Ryder of Warsaw Memorial Trust. The cost of the plaque and the expenses of the ceremony were covered by donations from Supporters of Lady Ryder's work. About forty Supporters and members of the Leeds Civic Trust were present including two supporters who had travelled from Poland. Scarcroft Grange is now divided into flats, and the occupants most generously opened the garden for us to have a lovely tea. It was a very English occasion which I am sure the Polish visitors appreciated. I am not so sure that Sue Ryder would have approved of the amount of food that was left over!

A message from Canon Robert Clifton, Chairman of the Lady Ryder of Warsaw Memorial Trust and the Sue Ryder Prayer Fellowship:

Elsewhere in this edition of Parmoor News, you will find an account of a visit that some of us made to Poland last September, to see at first hand some of the work of the Fundacja Sue Ryder in that country, and also to do some sightseeing.

From the beginning of Sue Ryder's work, Poland was of prime importance. What was extremely encouraging from our visit was that the Sue Ryder Legacy is very much alive and well in her beloved Poland. Everywhere, we found a wide acknowledgment of her work and

a deep love and reverence for her as a person. Everywhere we heard of exciting dreams and plans for the continuing and future development of the work. Such energy! Now I understand why, when Sue Ryder would return to Cavendish from her work in Poland, she used to say that she was energised by her time there, despite the long drives and the long hours of work.

One of the most amazing moments for me was that while we were being taken round the Warsaw Uprising Museum, we were suddenly brought face to face with a picture of Sue Ryder in the section of the museum that deals with SOE. There were several pictures and references to Sue Ryder and descriptions of her work during and after the war. What was so astonishing was that apart from Winston Churchill, the photo of Sue Ryder was the only photo of an English person that we saw in this very remarkable and moving museum. Here she was in the middle of this most Polish place. All this helped me to appreciate the place which Sue Ryder has in the hearts and minds of the Polish People.

And so, I find myself returning to the thoughts I tried to express in last year's Parmoor News, that it is our responsibility to preserve, protect and carry forward the legacy which the Founder passed to us and especially the concept of the Living Memorial. After the long years of suffering, persecution and occupation, Poland is enjoying freedom and rising prosperity. It is vital that amidst all the great changes and developments that are going on in Poland that we should be able to support the Polish Sue Ryder Foundation in their work, and learn from them in their devotion to the ideals of the Founder. The Concept of the Living Memorial is well understood and recognised in Poland. We must work for the same recognition and understanding in this country, and redouble our efforts to promote the ethos of Sue Ryder's work and her concept of the Living Memorial.

Thank you for your continuing support for the work of the Lady Ryder of Warsaw Memorial Trust and the Sue Ryder Prayer Fellowship at Parmoor. Without your donations, legacies and fundraising efforts the work will not go forward, and we cannot allow that to happen.

Report from Arthur Nicholls, Treasurer of the Lady Ryder of Warsaw Memorial Trust:

During this past year we have been able to support or promise support for various projects in England, Lourdes, Italy and Poland, details of which you will find in this newsletter. This help has only been possible through both generous donations and legacies. We are most grateful to each and every one of you for your kindness.

We cannot stress too strongly how much we rely upon legacies and we would ask all our supporters to consider making a bequest in favour of the Lady Ryder of Warsaw Memorial Trust in their Will. Recent changes in the inheritance tax law provide incentives to make charitable bequests and supporters can obtain advice from their legal or financial advisers.

Fundraising

Rick Nicholls, my Grandson, is running in the London Marathon this year in aid of the Trust. If you would like to sponsor him you can do so by sending a cheque with the enclosed form. Rick has just completed the Bath Half Marathon in one hour and forty three minutes so we wish him well on the 22nd April.

The Lady Ryder of Warsaw Memorial Garden

In the last edition of Parmoor News, there was a detailed description of the plans to restore the Walled Garden at St Katharine's Parmoor as the Lady Ryder Memorial Garden. During the last year the work has gone ahead at some pace and the first new greenhouse is now up and working. The garden is producing lots of fresh vegetables for the House.

What is really exciting is that the project is providing work and training for the young unemployed and homeless. Giving the homeless of the area a chance to do something practical, to learn skills, and regain self

confidence and get back to work and a place in society, is undoubtedly something of which Sue Ryder would have approved.

The Lady Ryder Memorial Garden will be formally opened by Sir Terry Wogan on the 1st May. A beautiful carved stone plaque will be placed in the wall, by the gate into the Garden, recording the event.

It would be very good if we could cover the cost of the plaque, by donations. It will cost approximately £1500. If you would like to make a donation, please send it to Miss D. Rogerson, The Hon Treasurer – The Sue Ryder Prayer Fellowship, 30 Devonshire Road, Chorley, Lancs, PR7 2DS. Please make cheques payable to the Sue Ryder Prayer Fellowship. If you would like a gift aid form, please indicate.

There will be a full account of the opening of the Garden and a more detailed account of the work being done there in the next issue.

Robert Clifton

News from Italy:

2011 has been an eventful and difficult year for *Fondazione Sue Ryder* in Italy. Not only is our country experiencing financial difficulties in the public health sector, but also in our charity.

The situation became critical leading us to launch a plea to all our supporters. To our relief there was an immediate and heartfelt response. Thanks to supporters and especially the ***Lady Ryder of Warsaw Memorial Trust***, we managed not only to continue the same levels of care but also to increase the number of patients we could care for at any one time.

In 2011 we were able to care for 179 patients and their families. This was 25 more than the previous year. The number of visits the doctors, nurses and psychologists could do were also more than the previous year. Perhaps it is difficult to understand the meaning of the numbers, but being able to rely on the availability of a palliative care team to

come and treat you in your home 7 days a week and also be on call at night, if necessary, is something not to be underestimated - especially when you have terminal cancer and have chosen to die at home. Decisions like this on behalf of a patient makes it very worrying for the family who fear they cannot cope with the unknown path cancer may take them. Try to imagine just for a minute what it must be like and you can only then begin to understand just how precious the *Fondazione* is and has been to so many sick people. Lady Ryder certainly understood. Last year we were able not only to increase patient numbers but also to begin a new care project.

This particular project began as a response to the unacceptable length of time patients had to stay on our waiting list. When we did our calculations, some 40% of patients were dying before we could even get to evaluate them. Physical and mental decline is inevitable when one is suffering from a terminal disease hence waiting is something neither patient or family can afford.

Thanks to the precious help given to us from the *Lady Ryder of Warsaw Memorial Trust* we were able to create an interdisciplinary evaluation team. The team members consist of an oncologist, nurse manager and psychologist, with years of active experience in palliative care.

This meant that patients on the waiting list could be rapidly evaluated and helped earlier. The more seriously ill patients are now fast tracked into care whilst those who can wait a little longer, now have the opportunity to be prescribed medication in the meantime to relieve their symptoms, and can rely on help if needed while they wait at just a 'phone call away. Results have been extremely encouraging. In 2011 the average wait a person had to expect before they were taken into care was **40%** less than 2010! What better way to express the significance of our charitable aims.

Last year we participated in various forms of fundraising which meant raising awareness for the plight of the dying. In May we joined other local charities in inaugurating the opening of the first public playground

and park in our area. The neighbourhood is poorly serviced and many live in very difficult circumstances. Our presence at the 3 day *fiesta* gave the public an opportunity to come along and talk to us and better understand the Charity overall.

Every November is dedicated to remembering Lady Ryder, in a day of remembrance known as “**Giornata del ricordo**”. This year was no different, with our volunteers offering rosemary plants for sale at various street stalls or outside parish churches on Sundays, throughout November. As in years gone by, this year it was a huge success, and is always a wonderful way of showing our respect to our Founder.

At Christmas our fundraising campaign took on a different look. We gained the support of Restaurant **Shari Vari**. This is a most unusual place to dine, where one can also experience digital art, photography, live music and poetry. During the entire month of December the restaurant encouraged clients to make a donation to the *Fondazione* towards the purchasing of a syringe driver. This instrument is fundamental to proper administration of pain relief at home for the use of our patients, who would otherwise need to be admitted to hospital in order to receive the same type of treatment. What a great help we received from those who understood the needs of our patients, especially around Christmas time.

The help given to Fondazione Sue Ryder in Rome by the British public is indispensable , we thank you for this and we ask you to continue to stay at our side this year as well.

This year Fondazione Sue Ryder Italy is **15 years old!**
In the next Newsletter we will let you know about the celebrations.

Visit to Poland, by Eileen Wise

Last September Robert Clifton, his wife Sian, Lady Parmoor, Ruth Chestney, Arthur Nicholls and I went on a week's trip to Poland to see for ourselves much of the good work carried out by a variety of Sue Ryder schools, hospitals and centres for the young and elderly.

On a Sunday afternoon we flew from Stansted to sunny Krakow where we stayed in a charming university guesthouse called Dom Gosciny, in the centre of the old town. That night we enjoyed a late supper in the main square, sitting outside one of the many charming and picturesque cafes overlooked by the dramatic Cathedral.

The following morning we spent some time looking around the beautiful old city, travelling in a small open top electric minibus. I lost count of all the beautiful churches we passed on our journey, and we found our visit to the Jewish quarter fascinating.

It was good to have viewed the Jewish Quarter because that afternoon we travelled by minibus to Auschwitz and Birkenau. Our guide was Gosia, a teacher from the Lady Ryder School at Wola Batorska.. This was a very important part of the trip – after all, the reason why we were in Poland was because after the war Sue Ryder travelled there in her battered Land Rover and brought home to England many Polish concentration camp survivors.

Everyone has read about the concentration camps and seen the bleak, depressing newsreel films from after the war, but NOTHING really prepares you for the absolute horror of it all. The scale of the slaughter is hard to comprehend - over 1.3 million died in Auschwitz and Birkenau alone.

I wept when I saw the thousands of suitcases piled on high, the children's shoes and clothes, and mounds and mounds of human hair and pile upon pile of people's glasses. It is impossible to understand man's inhumanity to man.

Birkenau was even more horrific than Auschwitz, because it was actually built as an extermination centre, whereas Auschwitz had evolved over time. The awfulness of the sinister gas chambers, the dreadful, bleak huts where prisoners slept on the floor, the long row of toilets where people were allowed to go only once a day with no privacy at all – it all beggared belief.

It was a distressing, if valuable, experience and we were all subdued on our return to Krakow. But in the way one can be, we cheered up enormously after a good dinner in a typically lively Polish restaurant.

In the morning the charming Gosia Porębska came to meet us and we drove to the Lady Ryder School in Wola Batorska. It was a wonderful school run by an impressive young head teacher. The 120 pupils could not have been nicer and more welcoming, and we all took part in a question and answer session in the gymnasium.

We were offered the first of what proved to be many pieces of cake! The Poles are so hospitable that wherever you go they seem to take every opportunity to thrust different varieties – and great quantities – of cakes upon you! We extended an invitation for the children to come and stay at Parmoor, which they accepted and are now expected at the beginning of May this year.

Then we were back into the minibus for a couple of hours before being met by a friendly welcoming committee at Pierzchnica Nursing Home for the elderly – again on arrival we were offered tea and cakes! The home is five years old yet looks and feels sparkling and new. The rooms were bright and spacious and I was impressed to see the elderly residents using exercise bikes and weight equipment in a small gym. The staff were most enthusiastic and the place had a good atmosphere – then it was lunch in a local restaurant (with more cake to follow!).

Feeling full and a little sleepy, we were loaded up into the school's bus accompanied by Kryzstof for a 200-kilometre drive to Warsaw.

Our hotel was reasonably central and the following morning we were met by Pani Teresa and taken to the Uprising Museum. She introduced us to some older ladies, including 85-year-old Pani Danuta, a survivor of three concentration and forced labour camps. Despite having endured such a terrible time in the war, these ladies were in such excellent shape and spirits, making splendid companions on our tour of the museum. It's an impressive modern building; perhaps the highlight was when we were shown a computer animated 3D movie entitled "The City of Ruins" — a simulation of a Liberator bomber flying over the ruins of Warsaw in 1945. It showed the absolute devastation of Warsaw, how it was flattened so there was nothing left but rubble. Nearby we discovered the Freedom Park and its Memorial Wall, which features the names of more than 10,000 insurgents who lost their lives in the battle for the city.

Then we visited the Sue Ryder shop where the director of the Polish Sue Ryder Foundation, Joanna Chodor, showed us round, followed by lunch in a nearby cafe. Afterwards we were back in a minibus for the journey to Konstancin to visit "the girls". It was a sad visit as the home is more or less unused and only Ela, Michasia and Miecica remain. They are sweet and stoical, and it is so heartening to see how they struggle on despite the threat of the place being closed - which would mean them having to leave their home of over forty years.

The next day we were taken by a delightful guide Pani Maria who took us to Henrykow which is the largest home for the elderly in Poland with 400 beds – clearly a most impressive and efficiently run place. There were three Pavilions (buildings) donated by Sue Ryder and we were pleased to see a large stone monument in her memory. The facilities were excellent with physiotherapy and exercise rooms, and the whole ethos of the place was to get and keep the old people as mobile as possible.

Our next visit was to Helenow, a school for disabled children, where it came as no surprise to be offered some excellent cake on arrival! It was an incredible place, set in large grounds surrounded by trees. Forty-five

children live there, some autistic, others with cerebral palsy and Downs syndrome.

What was most impressive was the individual attention the children received from the caring staff. Being in the country they were able to keep horses, and it was fascinating to see how some children responded so well to riding therapy; the staff told us they noticed a big difference. An old Sue Ryder building was also being restored for severely handicapped kindergarten children, which is due to open in June this year.

After our enjoyable visit with the children in their peaceful and well run school Wojciech Slaski collected us and took us on a tour of the Old Town, which has been rebuilt in a medieval style after it had been completely destroyed by the Nazis. The architects modelled it on Canaletto paintings, full of intricate detail, and it worked well and looked most impressive.

Opposite the large church was a very moving monument to all the people who had died in the Warsaw Uprising. We had a pleasant stroll around the town and Wojciech showed us the family house where his father had hidden in the nearby sewers during the uprising.

The next morning back in Warsaw Robert and Arthur were taken off to the Uprising Museum again, this time to record an interview about Sue Ryder, while the rest of us were left to have a pleasant wander around the city.

Later that day we caught a very crowded train to Bydgoszcz. On arrival we were met by a minibus from the home and taken to our hotel before we joined all the Directors from the various Sue Ryder organisations in Poland, who were meeting for their annual conference. We went for a very sumptuous and delicious meal – which in our heart of hearts we all knew Sue Ryder would not have approved of!

After the meal, which was held in a place called Jurassic Park, we were shown into a very smart cinema auditorium where we watched a 3D

film about dinosaurs! It was disconcerting but exciting as the chairs moved about and you felt that the dinosaurs were about to jump out at you. When the creatures were frolicking in the water, we had water sprayed on our legs! Quite an extraordinary experience to say the least.

Our next visit was the Museum of the Congregation of the Holy Spirit where we saw an interesting exhibition of African artefacts and viewed a display recounting Sue Ryder's work in Malawi.

Then it was off to the home in Bydgoszcz, which like everywhere else we'd visited was well equipped and had 24 beds for people needing continuing care. Later we were able to walk around the centre of town, and when strolling by the river we came across a team of young rowers from Oxford competing against a team from Bydgoszcz University.

On our last night we went to the very grand Concert Hall where the focus of the evening was to raise funds for Sue Ryder's work in Malawi. The entertainment opened with an excellent film about her work, showing some lovely old clips of both Lady Ryder and Leonard Cheshire – a most enjoyable and a suitable end to our trip and a reminder of how it all started.

The concert started with a little girl who had been in Poland's equivalent of 'Britain's Got Talent', and if I was perfectly honest she sang perhaps a few too many songs! The second half of the concert was the Bydgoszcz Youth Orchestra whom we all thought enthusiastic and accomplished players.

Then back to the hotel where they'd laid out the obligatory cake for us to have before bedtime! In morning we were up early to catch our flight home.

I found this week-long trip with all the different homes and schools we saw both fascinating and moving. It is so good to see the work that Lady Ryder started over 60 years ago continuing to this day, and to appreciate how much the name Sue Ryder still means to the people of Poland today.

News from the Sue Ryder Prayer Fellowship:

Quiet Day in June 2011

Led by Rev Elizabeth Jackson and reported here by Kay Fitzsimmons:

PRAYER – MUSIC - GARDENS

With so much in common, bringing us all together.

Unbeknown to Elizabeth that this would happen, her theme for our Prayer Day started on Monday evening, when during our meeting, Ann enthusiastically described the Walled Garden project and the vision for the future of the Walled Garden. Ann then invited us all for a conducted tour of the garden during our stay, to meet the gardeners and to see the vast progress made.

On Tuesday, our day of prayer with Elizabeth: Singing in Three Gardens, Morning Worship.

God created the Heaven and the Earth, The true gardener.

Followed by the placing on a table – a plant. An open bible. A lighted candle. A cross. Each item after four biblical verses, a reading from the word of our Lord.

The enlightening talk, telling the need to tend a garden, to repair, preserve, conserve – the same for each of us during our lives. We may have times of trial, but can gain therapeutic healing in prayer. His ways are not known to us, but we need to be alert to his word. The soft background music ‘Look at the World’ by John Rutter. This crept so beautifully into ones soul.

We sang favourite hymns. Morning has broken. Plus This is our God, the Servant King and Through all time’s hurtful, hopeful days.

The afternoon’s sensory walk, an inspirational pleasure. The day was fine and lent itself to the garden theme. Each of us returning with our

own memory and special experience from the walk, to share with each other.

There were papers to take away so we could replenish our minds - Flower Prayers and words from Cistercian Guerric of Igney 12th century. Bible Garden, presenting some of the Bible passages which refer to gardens. There are many more for us to find and read.

This peaceful day ended. The magic of the garden, how Prayer, Music and Gardens bring us together. God works in mysterious ways, the three days had been woven together with the delightful garden theme.

October 2011 Retreat

Reported here by Sue Doe:

Father Brian had done one of his wonderful arrangements in the centre of the circle for our focus. Flowers in a vase on the floor at one end of the table. On the table a cushion, a description of the smile on top of it, the word smile carved in wood, on the other side of the table on the floor white flowers in a vase. Then laid on the floor a ring binder containing Lady Ryder's Prayer Anthology. Such a wonderful focus it had to be described.

The Power of Prayer was the theme. Father Brian talked about Walsingham. The history of this little market town. Too much to tell you or there would be no room in Parmoor news for anything else! In 1061 the Lady of the Manor, Richeldis de Faverches had a series of visions, or dreams, when the Virgin Mary came to her and showed her the house in Nazareth where the Annunciation took place. Our Lady instructed her to build a replica of the Holy House here in Walsingham, which she proceeded to do. The site of the Holy House can now be seen in the Abbey Grounds. If you don't know about it please do take time to find out more about the building of the House of Nazareth, the Guildhall and much more. Maybe you will be inspired to visit or re-visit Walsingham. This place means so much to lots of the members of the Sue Ryder Prayer Fellowship who met there many times with Lady Ryder. It brought back both happy and sad memories to several of us. Sad that Sue Ryder no longer has a presence in Walsingham and that

there is no Sue Ryder Prayer Fellowship House for us to go and stay in. During Father Brian's talk Sister Josephine with friends from the Sue Ryder Hospice at Leckhampton Court arrived. It was so relevant with Father Brian talking about Walsingham and really good to see her.

In his second talk Father Brian talked about the Sue Ryder Prayer Fellowship and Parmoor. There is a feeling that Lady Ryder is guiding us. All those years ago Lady Ryder's vision that there was a need for people to come away, be quiet and pray. We were reminded of the passage in Luke when our Lord talked about prayer and gave us the Lord's Prayer. Please do visit the website www.srpf.org.uk where you can find out about St. Katharine's and its history. Mother Christine gifted the house to Lady Ryder. What a wonderful place to come. There is a link with Poland as some who work in the house are Polish. The Walled Garden has been described elsewhere. It is indeed a house of hospitality. Groups come together, Weddings, those in need visit, visitors from Poland, from Bellevue in Lourdes and lots more. Rosemary was planted on the twenty-fifth anniversary of the Sue Ryder Prayer Fellowship. Lady Ryder's vision of a Power-House of prayer is unfolding. This is just a short reflection on what Father Brian said to us. We must look to the future with confidence and give thanks for St. Katharine's which gives so much to so many in so many different ways.

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Selling rosemary plants in Italy



Sending out newsletters in Italy



Jeromy and Elizabeth Cheshire standing to the right of the plaque