

Autumn/Winter 2017

# Hospice Matters

because **you** matter



ARDGOWAN  
Hospice

*together  
we care*

## Why it's good to talk

See page 8

### Also inside:

- How you are changing lives
- Caring In your community
- Remembering loved ones this Christmas



Hello and thank you to all of our supporters across Inverclyde and beyond...

I'm Ian Marshall, Acting Chief Executive Officer at Ardgowan Hospice, and I really do want to thank each and every one of you.

By choosing to support Ardgowan Hospice, you are choosing to support your families, friends and neighbours living in your communities. And without you, we simply couldn't exist.

I've been nursing for over 20 years so I know first-hand just how incredibly important hospice care is to the community of Inverclyde. I believe it should be accessible to everyone who needs hospice care and people shouldn't be scared of it. That's why I want to encourage more people to access hospice services to really help them.

Inside this first edition of Hospice Matters, you will hear about a new project we are working on called Inside Out Hospice, where the aim is to take our support services out into the wider community. And in fact we're already doing it at two new Supportive Care Clinics, held in Port Glasgow and Greenock Health Centres.

I also want to enable people to live longer within a place of their choosing—whether that is at home, in the hospice or in hospital or care homes. Patients we see quite often would prefer to be at home and our Ardgowan Community Nurse Specialists work closely alongside other health practitioners to make this happen whenever possible—you can read more about them on page 5.

As we look forward, there are lots of new and exciting things we are planning but of course, we can't do any of this without the support from kind and compassionate people like you

**Thank you for believing in our work.**

Ian Marshall, Acting CEO

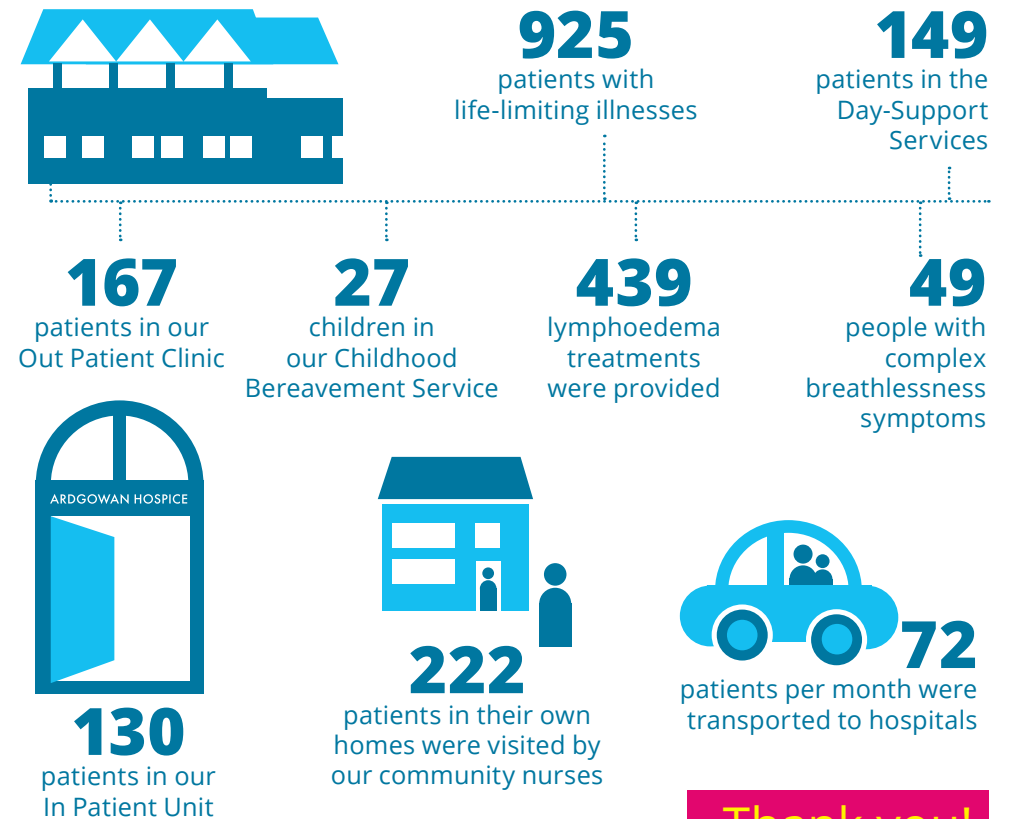
## How you are changing lives

Every day it costs around **£9,000** to provide the wide range of hospice services to care and support patients and their families in your communities.

We receive NHS funding for around **£3,000** of that.

So without you, we simply couldn't do what we do!

### Last year your generosity helped:



**Thank you!**

**59p**

The cost of producing and sending out this newsletter. If you prefer to receive Hospice Matters by email, simply email us at [info@ardhosp.co.uk](mailto:info@ardhosp.co.uk) with your details. You can also keep up to date with us on Facebook and Twitter too.

# Caring in your community

Last October, Ardgowan Hospice kicked off a new four year project to make hospice care available to everyone who needs it.



If you feel you would benefit from the support of Ardgowan Community Nurse Specialist team, speak to your GP, district nurse, or call Ardgowan Hospice on 01475 726830.

**Funded by the Big Lottery Fund, this project is being led by Joyce Sweeney who was on hand to tell us a bit more about it.**

“We know that there are a rising number of people in our community living with life limiting illnesses. Inside Out Hospice is about reaching out to them to offer support through the expansion of day and home support services.

People tell us that they are scared of the hospice and they think care is only given to cancer patients at the end of their life.

In fact hospice care supports people living with a range of life limiting illness, including heart failure, COPD and neurological conditions, from the first diagnosis stage.

That’s why it is important for us to extend our services to ensure that these individuals and their families get the support they need as we believe everyone deserves a helping hand. So far, we’ve introduced two new Supportive Care Clinics at Port Glasgow and Greenock Health Centres, and we will continue to improve access to our services.”

**The Inside Out Hospice project will enhance the existing community care service offered by Ardgowan Hospice Nurse Specialists who support patients and families across Inverclyde. We caught up with Anna Forde, a member of that team.**

I see every day the difference this service makes to the people we support.

Not everyone wants to come to the hospice so the time I spend assessing and supporting patients and families in their own homes can really help to reduce their stress at what can be an already difficult time.

**People think we only support those diagnosed with cancer—but we don’t.**

We support people living with conditions such as heart

failure, COPD, kidney failure and neurological conditions. We can help to reduce physical symptoms of an illness and we can also offer emotional and psychological support. Sometimes people need advice on practical issues which can also really make a difference.

**We are not MacMillan nurses.**

Sometimes people confuse us with MacMillan but we are an entirely different service and are funded by Ardgowan Hospice.

**It’s a team effort.**

We all play our part and work across all the hospice services, and with GPs, hospital consultants, clinical nurse specialists and other health and social care partners, to make sure patients get the very best service that is tailored to their individual needs.

## Improving quality of life in our community

Ardgowan Hospice offers much more than just a place for people to stay and be looked after at the end of their lives—we're at the heart of the Inverclyde community.

For people who want to be cared for at home, or are discharged from hospital, we have a range of community services in place to support them and their families, including day hospice activities, outpatient services and specialist nurse home visits.

Last year we were successful in achieving funding from The Big Lottery Fund (BLF) to help us to transform how we deliver

care throughout the Inverclyde community. This year we have introduced community Supportive Care Clinics at Port Glasgow and Greenock Health Centres to give people crucial access to one-to-one consultations with doctors and nurses.

If you, or someone you know, would benefit from hospice care and support, please speak to your GP or get in touch with us on 01475 726830.

### WHERE WE HELP



## The evolution of hospice care

2017 marks fifty years since one lady's vision revolutionised care for those diagnosed with a life-limiting illness.

This year we celebrate 50 years of the 'Modern Hospice Movement', founded in 1967 alongside the creation of St. Christopher's Hospice in London, by the late Dame Cicely Saunders.

Dame Cicely believed that the focus be placed on the achievements that a patient can still make in the face of a life limiting illness; helping people to live well until they die.

Fifty years on, attitudes towards death and dying have slowly changed but the desire to support those who are ill remains unchanged; the same ethos and philosophy underpin the care we provide at Ardgowan Hospice; the care approach remains the same, yet the challenges we still face are those Dame Cicely saw 50 years ago.

We need to ensure that everyone in Inverclyde has fair access to hospice care. There is still work to be done to ensure people embrace hospice care as it really can make a huge difference to those living with a life limiting condition. The Inside Out Hospice project, featured on page five, aims to do just that, but it is also important that we continue to debunk some of the myths that prevent people accessing support.

### Common Hospice Myths

#### Hospice is only for cancer patients

Hospice is for anyone who is living with a life limiting illness, such as heart disease, lung disease, kidney disease, neurological conditions.

#### Hospice is only for patients who are dying or are close to death

Most people wait too long to speak to us. In fact the earlier you access care, there is better chance of improving comfort and enjoying a better quality of life.

#### Hospice is just for the elderly

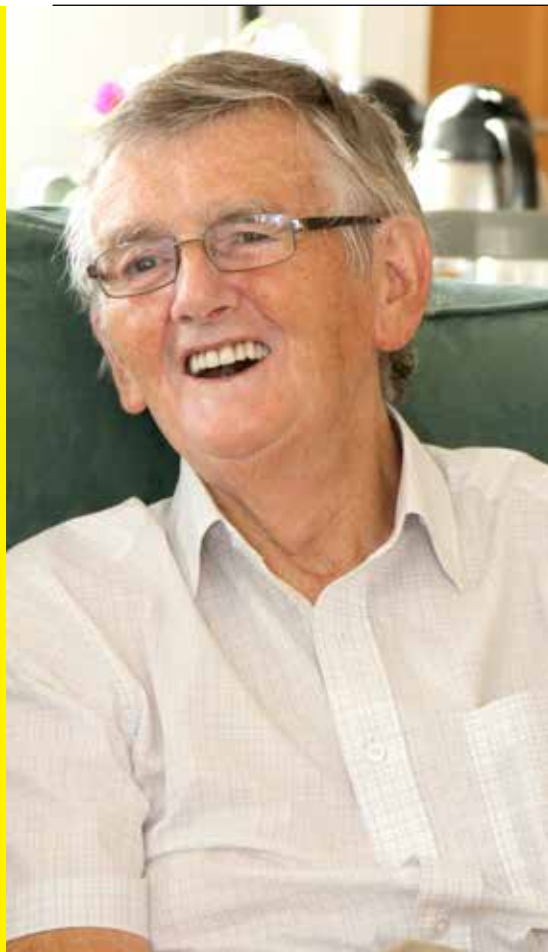
Unfortunately younger people need support too. We provide support to children and young people affected by life limiting illness through our Butterfly project.

#### Hospice is scary and sad

The thought of dying is frightening to many people, but our patients and their families tell us that our hospice is a warm, homely and happy place where sometimes sad things happen.

#### Hospice is fully funded by the NHS

It's not. We receive around 40% of funding and we rely on the compassion and generosity of the Inverclyde community to fund our vital services.



**14 years on, both men continue to support those who are going through the same thing they went through —something they both described as “very scary”.**

The Men's Support Group meet every Friday at the Ardgowan Hospice Access centre, and currently has around 12 members.

“The support group is about getting together, talking and helping each other.” says Walter.

He firmly believes this was something “very important for males to do”. He continues, “We have people come along who want our support and are very uncertain about the future. When I was diagnosed there seemed to be a lot more support for women and a much higher awareness through all the pink campaigns, but for men, there wasn't much. I just wanted to change that.”

“Traditionally men get together and talk about things such as football, not their health. But the reality is, having someone to talk to about what is happening is really important.” he said.

“Of course some of us have partners and families, and they're an important part of the journey, but sometimes it's just good to speak to people who are in the same boat as you.”

Ronnie McLarty was diagnosed with cancer in 2014 and underwent surgery and treatment. He heard about the men's group while using the Hospice Patient Transport

service going to appointments in Glasgow. Following his treatment, Ronnie was really keen to get back to work, but as a joiner, the physical aspects of that type of role made it difficult. He told us “I came along to really just speak to others who might have been in the same position and to see how they managed it. The first week I arrived and discovered they were all retired so didn't think it was for me as I couldn't see how they would help me in my situation.”

“I decided to give it another go the next week and I guess I just really liked their company and advice. Even though they are all a bunch of old codgers”, he jokes.

Dennis explains why groups like these are so important, “When you're going through treatment and surgery, it's all very medical and then once they've “fixed you” no-one really explains what to expect and what feelings are normal. The group is a good way for talk men through these issues.”

While the group was originally about offering support, the men have become firm friends and regularly socialise together and they are always keen for more men to come join them. They said, “The Friday afternoon group is a good chance for us to get together, help each other but also enjoy some banter along with a cuppa and cakes.”



## Enjoy Tea at Three

As Walter and Dennis have already highlighted, a cuppa and a chat is of great benefit. So why don't you get together with your friends, neighbours or work colleagues and hold your own tea at three?

You'll feel better for taking time out for a natter and at the same time you could raise some funds to help provide vital hospice care.

For more information, **Elaine, Alex and Joanna** would love to hear from you—email [fundraising@ardhosp.co.uk](mailto:fundraising@ardhosp.co.uk) or call them on **01475 726830**.

The group meets every **Friday at 2pm** in the Ardgowan Hospice Access building on the corner of Nelson Street and Ardgowan Street. If you would like to discuss how you, or someone you know, might benefit from hospice care, then please do get in touch. **Call us on 01475 726830 or email [info@ardhosp.co.uk](mailto:info@ardhosp.co.uk).**

**It's good to talk!**

When **Walter McPherson** and **Dennis McLaughlan** were diagnosed with cancer, talking was a big aid in their recovery.

## Celebrating and remembering loved ones this Christmas

"It's the most wonderful time of the year!" So the song goes. For many people, though, Christmas isn't a wonderful time at all.

And if you've suffered a close bereavement, whether it's the first Christmas since your loss or many years have passed, Christmas can be one of the hardest times of the year.

The team of bereavement specialists at Ardgowan Hospice know only too well what an emotional and difficult time this can be. Avril Pearson, Bereavement Counsellor says, "When a loved one has died, the thought of Christmas can fill us with dread. We remember the joys of Christmases past, and wonder how we will be able to get through this season when the rest of the world seems to be rejoicing."

"Accept that this time of the year will be a difficult time and be gentle on yourself—give yourself the time and space to grieve. Perhaps next Christmas you may be able to look back, see that you are a little way further down the road, and feel more able to face the festive period."

"There's no way around it, after someone important dies the holidays are often never the same again. Traditions, events, parties, songs, movies—the grief triggers are everywhere. Avoidance and denial are popular coping tactics, but we suggest a different approach. Instead, try keeping your loved one's memory alive by continuing to make them a part of your holiday season."

It is possible to make this festive season meaningful, even though it may not be the Christmas you had hoped for.



Here are a few ideas that you might find helpful:

- Don't be pressurised into feeling you have to do anything—remember you only have to do as much as you want to do. Leave the words "ought" and "should" out of your vocabulary.
- Accept any offers of help and don't feel like a failure for doing so.
- Find creative ways of remembering your loved one on Christmas day. For example, you could light a memorial candle for them at the dinner table.
- Take time to share special memories or stories of your loved one with family or friends who care. Focus on happy memories, not regrets.
- If you have children, try to make Christmas special for them by creating some new happy memories, despite the sadness you are feeling.
- Take time to think about what Christmas really means to you, and don't try to live up to the expectations of society or the media.



### Remember, celebrate and support your local hospice this Christmas

Ardgowan Hospice invites you to a special service on Sunday 3rd December at 6:30pm in Westburn Church, Nelson Street Greenock.

After the service we will light the hospice Christmas tree in memory of those loved ones no longer with us.

You can dedicate a light on the tree and make it shine bright in celebration of the lives of your family or friends at this special time of year.

Simply visit the Ardgowan Hospice website, [www.ardgowanhospice.org.uk](http://www.ardgowanhospice.org.uk), tell us the name or names of those you wish to dedicate lights to, and make a donation to help us continue to care and support the Inverclyde community.

**Thank you.**

## Get involved



### Fundraise for us

Bake sales, sponsored runs, quiz nights—whatever your thing is, have fun raising money to help others.



### Make a donation

Whether it is a one off donation, a regular monthly gift or a gift in your Will, your kindness will help to provide care to those who need it most.



### Support our charity shops

We love what you don't so please donate your unwanted goods to our shops. While you're in, have a snoop round for a bargain too.



### Become a volunteer

Put your time and talent to good use—we're always looking for people to help in our hospice kitchen, in our charity shops and to help out in fundraising.

## Over to you...

£7000+



**RBS Mortgage Centre** in Greenock has chosen the hospice as their Charity of the Year and has so far raised **£7,000**—of which £1,784 came from their Hospice Go Yellow activities.

£310



**Bill Stewart, son Steven and grandson Cameron McEwan** took to their bikes in the Pedal for Scotland cycle challenge and raised **£310**.



£969

**49F Greenock (MacRoberts Reply Squadron Air Training Corps)** were out in full force as they bag packed in Tesco, raising a fantastic **£969**.

£669



**Jenny Barry from Largs** took part in the Kiltwalk and raised **£669**, which was topped up by an additional £207 from The Hunter Foundation.

Send photos of your fundraising adventures for Ardgowan Hospice to [fundraising@ardhosp.co.uk](mailto:fundraising@ardhosp.co.uk)

## Come along to an event

Get your friends and family together and join us at one of our fun events.

Or we can help you to organise your own!

24 November

**St Andrews Ceilidh,**  
Gamble Halls,  
Gourock

10 December

**Jingle Bell Jog,**  
Esplanade,  
Greenock

10 March

**Masquerade Ball,**  
Town Hall,  
Greenock

To find out more, go to [www.ardgowanhospice.org.uk](http://www.ardgowanhospice.org.uk)

## Leave a gift in your Will and play a crucial part in funding future care.

Making a Will is one of the most important things that you can do to ensure you pass on any assets you may have to your family and loved ones. It gives you the peace of mind that you have provided support to your family and causes you care about.

Each year Ardgowan Hospice provides free care and support to many hundreds of patients and their families in Inverclyde. Legacy gifts are extremely important and allow us to secure the long-term future of hospice care in Inverclyde. Without them, we simply would not be able to provide all the services we offer.

Ardgowan Hospice has teamed up with McClure Solicitors to promote the importance of making a Will. McClure solicitors kindly agree to waive their usual Will-writing service and legal advice charge—£150 for a single Will and £240 for a couple—all they ask is that you make a donation to Ardgowan Hospice in lieu of the service you receive. You are not obliged to leave a gift in your Will to the Hospice, but we are always very grateful to those who do.

For many, leaving a gift in your Will could be the single biggest donation you ever make, without it costing you during your lifetime. It is also likely to make the biggest difference.



## Book your appointment today

We understand that making or amending a Will is something that people often put off. However, it is extremely important to have your affairs in order.

By using the services of a professional solicitor such as McClure Solicitors it means that your wishes will be honoured in full without any confusion. It means the people you care about will be able to benefit from your estate without extra expense and anxiety.

Call McClure Solicitors on **0800 852 1999** or for more information, speak to a member of the fundraising team on **01475 726830** or email **fundraising@ardhosp.co.uk**.

# For you, because of you, thanks to you

Ardgowan Hospice exists to serve the people of Inverclyde. The support shown to us by the community and beyond is extraordinary. We are immensely grateful to everyone who has supported us over the past year.

There are so many of you we want to thank personally but instead we will leave it to the patients and families you have helped us to support over the past year to tell you what your kindness really means to them.

### Thank You.

**“I thoroughly look forward to your visits.** You have no idea how much you help me, and the doctor speaks to me on my level which I can understand. Thanks so much.”

Patient supported by Ardgowan Community Nurse Specialists

“We wanted to thank you for everything you did to help my husband and our family. **We couldn't have got through it without the hospice.** We will never forget you.”

Wife of patient supported by our In Patient unit

“I can't thank you enough for the support you have given me for my trips to the Beatson. **I don't know how I would have got there without you.**”

Patient, supported by Free Patient Transport Service



# Make a donation to Ardgowan Hospice today

## 1. My Details

Title:

Forename:

Surname:

Address:

Postcode:

Tel No:

Email:

## 2. I would like to make the Following donation:

Amount: £

I enclose my cheque payable to Ardgowan Hospice OR please debit my debit/credit card:

Card No:

Expiry Date:

Security No (3 Digits):

Name On Card:

## 3. Gift Aid: Boost your donation by 25p of Gift Aid for every £1 you donate.

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

Are you a UK taxpayer?

YES  NO

I want to Gift Aid any donations I make now and in the future or have made in the past four years to Ardgowan Hospice. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please notify us if you want to want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

## 4. Future Contact

From time to time we'd like to keep in touch to let you know about the vital work we do and how you can support us and get involved. Please let us know your contact preferences—we promise never to sell your data.

Please tick the boxes to indicate your contact preferences:

Email  Telephone

Please tick this box if you **DO NOT** want to hear from us by post:

You can change your mind at any time by calling 01475 726830 or writing to us. For further details on how your data is used and stored by the hospice, please write to us at 12 Nelson Street, Greenock, PA15 1TS. All information provided by you is held by Ardgowan Hospice Limited in accordance with the Data Protection Act 1998.

## 5. Return To:

Fundraising Team, Ardgowan Hospice, 12 Nelson Street, Greenock, PA15 1TS.

Ardgowan Hospice is a registered charity in Scotland No.SC011541