

Winter 2018

Hospice Matters

because **you** matter



ARDGOWAN
CHRISTMAS
2018

*together
we care*



Facing Christmas without Jennifer

See page 3

Also inside:

- Patient Transport Service supports so many
- Young people talk about loss
- Fantastic fundraisers



Thank you to the stars and back

Hello

My name is Marjory. I am a nurse in the Inpatient Unit at the hospice and I helped care for Jennifer when she was in the hospice. Jennifer needed specialist treatment and she chose to get that help from us. Jennifer was admitted to help manage her pain and symptoms and we gave emotional support to Jennifer and her family.

We were also here at the end to make sure it was peaceful, pain-free and that she was with her family and friends.

All of the nurses and clinical staff are so pleased Jennifer's family are supporting us this Christmas to raise funds for the hospice. This is an act of compassion and kindness, which is heartfelt and we are so grateful for their help.

Thank you

Marjory Love, Staff Nurse



Facing our first Christmas without Jennifer

This will be our first Christmas without Jennifer. It's hard because I remember how much Jennifer loved preparing for Christmas and getting presents for our beloved daughter, Poppy.

Our family have learned a lot since Jennifer's death in March.

We have learned that grief is a constant companion, but that it ebbs and flows and can change from a dull ache to something much more powerful in an instant, sometimes for no obvious reason.



We have learned that even when it seems impossible to imagine, that the world does keep turning, and the sun continues to rise and set and the stars come out at night.

We have learned that children are resilient and can find happy moments and enjoy their lives, even in the face of such tragedy. Poppy is moving forward, growing into a wonderful little girl surrounded by love and family. Jennifer would be so proud.

We have learned that the reality of what happened last year and life without Jennifer, remains very difficult to fathom. We often feel like she's just in the next room, or I will pick up the phone to call her before reality hits.

Ardgowan has helped us every step of the way. They were there for

Jennifer at the end of her life and we all get one to one support from the Bereavement Service and Poppy goes to the Butterfly Service and is learning to cope with the loss of her mum.

We are thrilled to be supporting the **Light up a Life** appeal, it's about remembering the loved ones you've lost and writing down some of your happy memories. The tree and all the lights symbolise the light the person who has died brought into your life when they were living.

Writing on a star and hanging it on a special tree is a comfort and the **Light up a Life** service is a time for everyone to get together and get some comfort from being part of a community who all remember family and friends.

Andrew Shaw



“The Patient Transport Service was invaluable for my Dad”

Compassion and kindness really drives the Patient Transport Service. Patients and families who have used the service donate or fundraise to ensure the service helps others. Brian Clements, owner of McTears Auctioneers, explains: “The Patient Transport Service was invaluable for my dad. Although my sister and I would have found the time to take him to his appointments, he didn’t want to rely on us or put us out. He wanted to be independent and not worry us and the transport service gave him this opportunity.

“He got to know some lovely drivers, including Joe, and also met other people going through similar things and it made him realise that he wasn’t alone.”

Brian was instrumental in organising funds from The Senit Foundation to be donated to the hospice.

The Drive for Funds Remains the Same

The principles of the service are the same today as they were on the very first journey. There is no cost at all to the patient for the transport and the drivers are all volunteers who drive their own car and get a mileage allowance.

The funding is the same too—the service relies now, as it did then, on kind donations from organisations and individuals.

Showing his appreciation: Brian Clements is pictured above with Joe Gatherer, volunteer driver and Alex Mula from Fundraising at Ardgowan.

1981

Ardgowan’s Patient Transport Service was up and running before the first patient was welcomed to the Inpatient Unit. The conversion of the former Eye Hospital was taking place, but patients needed help to get to the Beatson Oncology Centre in Glasgow, before the building in Greenock was finished.

1984

The need for supportive care grew and so did the hospice with addition of a Homecare service in 1984 and Day Care Unit in 1985.

1988

Records show that drivers had driven patients to Glasgow hospitals **783** times.

2018

The Patient Transport Service today takes patients to **2,879** vital treatments and supports **370** patients and families each year.



Changing places can give you a new and improved view

Needing transport for life-saving radiotherapy treatment, having previously driven patients as a volunteer driver, was a change in places Colin Aitken (left) wasn’t expecting. Getting the ‘all clear’ means he is back in the driving seat, but has more understanding about what patients and their families are going through.

“The hospice service is a lifeline for so many people. I’ve been there and I know that is the truth. I am so grateful for the support I got and I’m so glad I can do the same for others now.”

“The driver service also takes some of the pressure off family members. They don’t have to miss work or worry about you as you are getting a Rolls Royce service by kind volunteers.

“I understand how hard it is to face all the travelling and waiting around for appointments. The care you get is great, but it is so hard to get to everywhere, particularly when it’s not on your doorstep and you don’t want to bother family and friends.”





I'm Over Here

Giving children and young people a voice about loss.

'I'm Over Here' is a thought provoking play that resonates with anyone that has experienced the loss of a close relative.

The setting is stark with white masks against a black background representing the 'unheard'.

Each young performer takes their turn and removes their mask, takes up a picture of their loved one; they are heard by the captivated audience. The stories are real case studies and delivered in powerful monologues. The young cast from Greenock Players Youth, relish the opportunity to give a young person's point of view.

The play was produced to raise awareness of child bereavement. Professionals including teachers, health and youth workers in the

audience listened intently. The message from the children is that adults can often cause upset and confusion to a child simply by what they say and don't say.

One story explains how it took two days for a six year old to work out that her mum had died and was not coming home from hospital. Flowers and chocolates were arriving at the house and everyone kept saying 'passed away' and she simply didn't know it meant death until a kindly neighbour explained.

Janice Lee, who leads the Butterfly Service, which provides bereavement support for children and families, says:

"This play aims to raise awareness of the needs of bereaved children and young people by giving age

"It really helped to open my eyes about how to deal and respond to kids who have lost someone. I feel, as a teacher, it is a very difficult thing to bring up as you don't want to bring up the 'elephant in the room'.

Thank you for opening up my eyes."

A teacher's response after seeing I'm Over Here

appropriate information about what's happened and what is going to happen. It also gives children and young people a chance to express their feelings and thoughts about the death and dying and not leaving them forgotten mourners. I am incredibly grateful to everyone who has made it possible to give bereaved children a voice."

The play is a co-production between Ardgowan Hospice and the Greenock Players Youth. It has been scripted for stage by Amy Shearer, directed by Kerry O'Donoghue and co-ordinated by Janice Lee from Ardgowan Hospice.

The play, which was performed in the Beacon Arts Centre, Greenock, was well received with so many professionals saying they need more training and support to help children.



Celebrity, Jean Johansson, a long term hospice supporter, with Ailee Gray in rehearsal.

The Butterfly Service



We support children and young people who are going through a difficult time when someone close to them has been diagnosed with a life-limiting illness or if they have been bereaved. We also offer support to families to help them support children and young people at what may be a challenging time.

For more information contact Janice Lee, Child and Family Support Coordinator on 01475 726830.

Fantastic Fundraisers

We need to raise thousands of pounds a day to give hospice care to the community of Inverclyde. We couldn't get anywhere near this target without the superb support of our fundraisers.

It's incredible what people will do to support their local hospice—here we feature a few of the things that people do.



“I just wanted to help all the people that were so kind and looked after my grandad.”

Erin Lamond, age nine, had her head shaved to raise money. She battled deadly meningitis and E.coli and received life-saving neurosurgery. She had a crazy surgery haircut and decided to just shave it all off and raise money for the hospice in memory of her grandad.

She wanted to say thanks to the staff for the care they gave her grandad Hugh McIntosh, who died five years ago.

£1,000+

“It helped me to talk to someone and attend therapy sessions.”

Linda attended the Breathless Intervention Service at the hospice after surgery to remove part of her lung due to cancer. Linda ran the Great Scottish Run for the hospice.

£200+



In Memory of Sandra

Sandra Gault, a wife, mum, granny and friend to many sadly died of cancer last year and left a huge hole in the family. Her daughter, Louise, explains why they are fundraising in memory of her mum. She says:

“The community nurses from Ardgowan Hospice visited several times, they also explained how our mum could benefit from a short stay in the hospice.

“The hospice arranged for carers to visit our mum (to help our dad with her care), they arranged a bed and all of the aids she would need at home. They also provided us with some training on how to best help and care for our mum.

“We truly believe our mum wouldn't have been with us for so long if it hadn't have been for her stay in the hospice and we cannot thank them enough.”

The family had a successful quiz night and walk and have already raised over £5,000, this is an incredible achievement and will offer another family the support that they received.

Coming up

- 2 December 2018**
Jingle Bell Jog
Greenock
- 9 March 2019**
Hospice Ball
(supported by Arnold Clark)
Greenock
- 28 April 2019**
Kilt Walk
Glasgow
- 26 May 2019**
Edinburgh Marathon



Over to you...

There is so much more that can be done. We have the Jingle Bell Jog coming up and this is a fun event for all the family.

Next year you could take the plunge and take part in one of the Kiltwalks. We had 13 walkers this year, who raised over £7,600. Anything raised is increased by 40% by the Hunter Foundation, so it's a wonderful way to raise money.



Bikes recycled to make money for the hospice

The 'Two Guvnors': **Rhonda Hotchkiss**, Prison Governor, HMP Greenock and **Linda McEnhill**, Chief Executive, Ardgowan Hospice swap their office for the cycle workshop at the launch of the bike initiative.

Ardgowan Hospice, working in partnership with HMP Greenock and CVS Inverclyde, is making sure unwanted bikes are getting a new home. The exciting collaboration means the proceeds from the sales of the up-cycled bikes will go to fund hospice care. The high quality bikes are available to buy at highly competitive prices at the Ardgowan Furniture Store, Carnock Street.

The initiative allows HMP Greenock to provide job specific training opportunities in the prison. The cycle workshop is open in office hours and selected prisoners attend Monday to Friday. They are being taught mechanic skills to strip down, repair and rebuild bikes supplied by the local recycling centre at Pottery Street. The offenders have been considered to be low risk within the prison system and this type of programme helps them to improve their opportunities on release.

Linda McEnhill, Chief Executive, Ardgowan Hospice, is very supportive of this business venture. She says:

"We can offer families and commuters the opportunity to buy a high quality bike at an affordable price. Each bike sold allows us to fund hospice services. We are also contributing to the rehabilitation of currently serving offenders by supporting their learning of valuable skills."

Rhona Hotchkiss, Prison Governor, is particularly supportive of collaborating with Ardgowan Hospice. She said:

"The cycle shop is a hub of activity. Low risk prisoners work at something they enjoy and gain skills and learn to work as a team in a supportive environment. We are delighted to be supporting the hospice and the inmates are equally proud that they are doing something to help Inverclyde residents."

Poppy will be remembering her Mum

Join us at a special service to remember a loved one and support the hospice



A special Light up a Life service

At Westburn Church,
Nelson Street, Greenock

Sunday 9th December
at 6.30pm

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

Light up a Life provides a unique opportunity to come together as a community to remember those we love who are no longer with us.

We invite everyone, and not just those touched by hospice care, to join us in this time of remembrance.

Make a donation to Ardgowan Hospice today

1. My Details

Title:

Forename:

Surname:

Address:

Postcode:

Tel No:

Email:

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.

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:

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 tick below how you would like to be contacted:

Email Telephone 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 General Data Protection Regulation.

5. Return To:

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