



NEWS

Issue 6 – September 2008

Welcome

Thank you for your continued support of Strathcarron Hospice. It makes a huge difference to our care and I hope when you read this newsletter you will get a flavour of the many things that are going on at the moment.

As usual we have been busy and were particularly pleased to receive a visit from our Hospice Visitor, HRH The Princess Royal. In the same week we also held our most successful (if rather wet!) Fete and we are grateful to everyone who supported this.

The newsletter focuses on the immediate

news but of course there is plenty of forward planning as well. In the next few months we hope to start to upgrade some of our patient bedrooms, with a generous grant for the Rank Foundation, and we will also be updating our website to provide much more information in an easily accessible way. Unfortunately we also have to spend time and money on more mundane matters such as drainage!

As we approach Christmas, we have decided to introduce a special event at the Hospice to remember loved ones as we light the new Christmas tree. This is an opportunity to come to the Hospice, leave a message on a tree if you so wish and join

some of our staff informally over refreshments afterwards.

As usual at Christmas we are also selling Christmas cards and this year we have also introduced a gift catalogue of "virtual gifts", so if you know someone who has everything, instead of sending them a present you can send them a special card telling them that you have bought a present for the hospice instead. We now need to raise over £50,000 every week so buying our cards and gifts would make an enormous difference.

Thank you for your continued support

Irene McKie,
Director

ROYAL VISIT

We were delighted to welcome back HRH The Princess Royal who visited the Hospice in July. The Princess Royal met all the patients who had come to Day Care since her last visit and she also met our in-patients.

As usual a photographer discreetly photographed her meeting every one of the patients and by the following day we were able to give each patient their photo as a memento of the day. This year we were entertained by the Bowmar Pipe Band who very kindly also went round to the back of the building so that one of the patients could hear a specially requested tune.

The Princess Royal also met many of our staff and supporters and once again spent time meeting the crowds in the grounds. Her visits provide a huge boost for the Hospice and we are very grateful for her support.



Cumbernauld Shop

We have just opened a new Hospice shop, in the shopping centre at Cumbernauld. The response has been overwhelming and we had more than 12 volunteers even before we opened.

As well as nearly new goods, we also have some new items on sale including cards, gifts, jewellery and bags. The shop looks terrific, thanks to expert merchandising and window dressing. Please pay a visit if you are in the area.

As we approach Christmas we will also have a special Christmas shop in the Falkirk Mall. The Mall has very generously given us the free use of a shop unit from mid October to Christmas.

The shop will sell our Christmas cards and other new Christmassy goods so it will be an ideal place to buy Christmas ornaments, decorations and stocking fillers.

We are urgently looking for volunteers to manage and work in the Christmas shop! If you would like to volunteer for this or any other shop, Ann Parker, our retail Adviser, would be delighted if you gave her a call at the Hospice.



Picture courtesy of Cumbernauld News.

Patients' Glenshee Holiday

For many years we have been fortunate to receive the use of a large country house to allow some of our Day Care patients to have a week's holiday amid the breathtaking scenery of Glenshee. This summer, eight patients, accompanied by three spouses, had a great holiday with outings to Blair Atholl, Pitlochry and many other places. They were joined by some of our nurses and some wonderful volunteers who do all the cooking and driving. Despite variable weather, everyone had a great time and we are very grateful to the generosity of the Gammill family who gift the use of Cray House every year.

Education Conference

This October, Strathcarron Hospice will be hosting a 2 day Conference at Airth Castle. The conference, entitled "Reviving the Spirit within Palliative Care Practice" will enable palliative care staff from across the UK (and beyond!) to come together to explore new and creative ways of incorporating spiritual care into day to day practice. Our speakers include leading academics and clinical practitioners from as far away as Australia and the USA. We anticipate having over 150 delegates at what should be a very thought provoking and energising event.

Donald

We are very sorry to announce that our Administrator, Donald Robertson, is retiring at the end of October.

Donald has been in post since 2000 and has been an invaluable member of the management team. As well as the duties he thought he had come to Strathcarron to perform, over the years Donald has found himself repairing vacuum cleaners, erecting tents, crawling about in the roof space looking for leaks, dressing up as a dwarf and even damaging his finger whilst putting cushion covers on new furniture!

More seriously he has been very conscientious and hardworking and has



made huge improvements to our corporate governance arrangements and financial management. We will all miss him very much but wish him every success as he sets off to travel the world and build a home on Skye.

Celebration by Candlelight

This year we will be officially turning on the lights on our Christmas tree at a special celebration by candlelight in the grounds of the Hospice. This short ceremony will be an opportunity to remember loved ones as we light up our Christmas tree and those who so wish can also write a message to attach to the tree. We hope everyone will then join us in the Day Care lounge for some refreshments.

The Celebration by Candlelight will take place on Tuesday 9th December at 6.00pm in the grounds of Strathcarron Hospice. You are most welcome to join us.

New Staff

We are delighted to welcome new members of staff.

Billy Andrew joins us as our new Administrator. Billy has a wide range of experience working in the NHS as well as working in Management Consultancy. Most recently Billy was the Support Services Manager at the Marie Curie Hospice in Edinburgh.

Laura Cairns has joined us from Stobhill Hospital as our new Staff Nurse.

Mandy Malcolmson is the new staff nurse in our Day Care Team. Mandy joins us from NHS Greater Glasgow & Clyde.

Dr Gemma Falconer has been appointed to the Hospice as a Clinical Assistant. Gemma has just completed her training as a G.P. and has also previously worked at St Columba's Hospice.

Emma Dymond is our new Specialist Registrar. Emma will be with us for one year as part of her training to become a consultant.

Melanie Ferguson and Gemma Anderson

both join our Domestic Team. Melanie and Gemma have both been bank employees in the department but now take up permanent posts.

Ann Parker has been appointed to the newly created post of Retail Adviser. Ann has a huge amount of retail management experience and she will help us develop our retail sales as part of the Fundraising Team.

Goodbye to . . .

Dr Liz Arnold, one of our Clinical Assistants, has moved to the Marie Curie Hospice in Edinburgh.

Dr Alistair McKeown has completed his 1 year rotation at the Hospice as part of the Specialist Registrar training scheme and has moved on to the Marie Curie Hospice in Glasgow.

Liane Grant, one of our Domestic Assistants, leaves to start a Post Graduate Course in Social Work at Dundee University.

We wish them all every success in their new challenges.

Bridge Walk

The new bridge over the River Forth at Kincardine is nearing completion and will be officially opened (and named!) by the First Minister in early November. We have the unique opportunity to walk across the bridge before it opens to the public and this is also a wonderful chance for us to raise some much needed funds for the Hospice.

We are having a sponsored Bridge Walk on Sunday 16th November between 10.00am and 3.00pm. Why not come and join us for this special occasion? Participants must register with us in advance, paying a £10 registration fee and promising to raise at least £30 in sponsorship. Adults who registers will receive a commemorative T shirt and medal. Children can join in without registering as long as they are accompanied by a registered adult.

This should be a great day out and a unique experience. We hope you can join us!

RELAXATION THERAPIES

Our Relaxation Therapists are becoming involved in some great new developments of our service. We now have 3 part-time therapists – instead of just one! And it has made a huge difference to the availability of massages, aromatherapy and reflexology. We can provide much better cover to both inpatients and day care patients and we have become involved in teaching sessions where carers learn simple touch therapy. We have also been able to start a weekly relaxation session for relatives who are spending a lot of time in the Hospice.

Our staff also had great fun at the Eco Health weeks of Cumbernauld, St Andrew's and Eastfield Primary Schools where they carried out some relaxation techniques from the Massage in Schools Programme. This involved children massaging each other, relaxing music and lights and a calming story. Teachers, pupils and our staff all enjoyed themselves and it gave us a great opportunity to get out into the wider community and let people know that relaxation is an important part of keeping healthy.

Congratulations to . . .

Cath Kelly, one of our Community Clinical Nurse Specialists, was nominated as an "NHS Hero" by several patients and families in the Cumbernauld & Kilsyth area. Cathy received this award as part of the celebrations of the 60th Birthday of the NHS.

Fiona Fraser, our Occupational Therapist, completed her Moving & handling Trainers Course.

Liz Aitken, our Human Resources Assistant has completed her Certificate in Personnel Practice.

Mari Alcorn, Clinical Effectiveness Coordinator, has completed the latest module of her Open University Computing degree, on Building Blocks of Software.

FUNDRAISING EVENTS 2008

Date	Event	Venue
October 8th	Fashion Show with GMTV's Fashion Guru MARK HAYES Tickets £12 includes glass of bubbly goody bags and tea/coffee at interval	The Mall, Howgate, Falkirk 7.00pm
October 19th	Ladies lunch with TRICIA STEWART Tickets £35 includes fizz reception, 3 course lunch & coffee	Westerwood Hotel, Cumbernauld, 12.30pm
November 14th	Sports Dinner with Radio Clyde's Football Pundit PETER MARTIN, Comedian MIKE CASH & Former Football Manager DES MCKEOWN Tickets £45 includes drinks reception, 3 course dinner & coffee	Glenberrie House Hotel, 7.30pm