



NEWS

Issue 9 – September 2009

Welcome

Welcome to the latest edition of our newsletter. With this you will also have received brochures for our Christmas cards; Virtual Gifts and Light Up A Life. I hope that you will be able to support us in some way as we move towards the festive season. As you will read overleaf, we have a huge amount of money to raise to provide our services.

Many people assume we are fully funded through the NHS but in reality we have to find a massive £3million every year. This is an uphill struggle at the best of times but we are certainly noticing the effects of the recession. You can help us

raise this money in many ways including:

- Buying our Christmas cards and goods
- Shop in our Charity shops or hand in some nearly new goods for them to sell
- Join the 200 Club Lottery
- Become a Silver Patron
- Donate money or a raffle prize
- Support our Light Up A Life campaign
- Organise your own activity to raise funds for us
- Leave us a legacy in your Will
- Join the Friends of Strathcarron Hospice
- Take a collecting can for your business or a collecting box for your home

Contact our fundraising Department or visit our website for more information.

All of our fundraising is with the aim of continuing to provide and improve our services. They are special and they matter.

At a very difficult time for people it is important that they can receive our help and that the special touches that make the difference are there for them.

Thank you for your continued support

Irene McKie
Director

Our Ward Team



Lesley Ferguson



Jo Anderson



Yvonne Jardine



Anne Letford

Pictured above are the team who run our in-patient ward. Lesley Ferguson, Ward Sister, who has overall responsibility for the 24 bedded ward has been a nurse in the Hospice for 16 years and has worked in this role since 1999.

She is supported by three team leaders: Jo Anderson, Yvonne Jardine and Anne Letford, who have a wealth of nursing experience in both hospital and Hospice settings. Each are responsible for the care of a small group of patients and for ensuring that nurses within their team are skilled in all areas of palliative care.

Working in smaller teams allows staff, patients and families to get to know each other and helps us deliver care in a more seamless way.

We do have deliberately high numbers of nursing staff to ensure that we provide a responsive, caring environment and to ensure that we always have time to talk to patients and families. Care is about the whole person, not only about meeting physical needs.

Our nurses are part of a multi disciplinary team and patients will also be cared for by doctors; family support staff; chaplain; physiotherapist; occupational therapist; complementary therapists and pharmacist.

All these staff are supported by our ward clerkess, domestic staff and a host of volunteers.

Our patients are reviewed by medical staff on a daily basis and receive the individual care that they need from members of the team.

Reaching out to carers

In June, we organised what we hope will be the first of many carers' open days at the Hospice. More than forty carers took the opportunity to drop in and talk to members of staff about their issues or concerns. They also had the opportunity to have an aromatherapy treatment, find out about benefit advice or talk to a nurse, chaplain of one of our family support team. We also provided advice on stress management and moving and handling.

New consultant



We are delighted to welcome Dr Deirdra Sives as our new Consultant in Palliative Care, following the retirement of Mike Cornbleet. Deirdra has just completed her specialist training to become a consultant and most recently has been working at the Beatson Oncology Unit and at St Andrew's Hospice in Airdrie. Deirdra had previously worked as a Research Fellow at Strathcarron Hospice and spent two years with us completing her M.D and undertaking research into Advance Care Planning. We are very pleased to have her back in our team.

Hospice Funding

Any idea how much it costs to run the Hospice?

People often don't realise what a complex organisation we are. We employ nearly 140 staff, are supported by over 350 volunteers and our services include the 24 bed inpatient ward; a home care service with 10 specialist nurses; a day care unit attended by 100 different patients each week and a specialist lymphoedema clinic. We provide specialist medical cover to the NHS hospitals as well as the Hospice and patients out in the community. Our family support staff help patients and their loved ones and provide bereavement support for adults and children. Over 700 patients are referred to Strathcarron each year for specialist help

Our service costs nearly £5million every year!

This year just under £2million of our income will come from the NHS. Many people don't realise we have to raise the rest ourselves - from donations, collection boxes, the 200 Club Lottery; fundraising events, Trust Funds, our shops, Give As You Earn Schemes and legacies. Our biggest single source of income is voluntary donations – just lots and lots of very small sums given to us by individuals and groups in the community. These donations, often as small as just a few pounds, all add up and collectively come to over £1 million.

Each week we have to raise £60,000

Education Outreach

Our Education Department provides specialist education not only to our own staff but to health and social care staff from a wide range of care settings. Traditionally most of the courses run by our four lecturers and our clinical staff have been held at the Hospice but we are about to travel across Scotland – from the Shetlands to Ayrshire! We were thrilled to win the tender to provide awareness raising events on Advance Care Planning for NHS staff in 12 locations across Scotland. This is a huge opportunity for our doctors, nurses and lecturers to meet health staff and provide training across Scotland. Funding for these events is provided by NHS Education for Scotland and the events will be free to the NHS staff attending. It's wonderful for us to have the recognition of our specialist skills and knowledge and our project team look forward to the challenge.

NHS Education for Scotland has also awarded us a contract to provide training to support the introduction of the NHS resource for Spiritual Care. These courses will be provided at the Hospice but we will invite professionals from across Scotland to attend.

Christmas shop

We are having another Christmas shop in the Falkirk Mall this year. We will be in a different location, on the same floor as Marks & Spencer's so hopefully it will be easier to find us. We will be selling Christmas cards, decorations and goods and lots of ideal presents and stocking fillers.

This shop will be a long term addition to our group of Hospice shops and from January we will be selling nearly new wedding/cocktail/prom dresses and outfits as well as many new goods such as jewellery, scarves and handbags. So when you have worn your dress to the Christmas party, think about donating it to our new shop! We will continue to have our existing shop in Falkirk and we hope the two shops will complement each other.

If anyone can volunteer to help this or any of our other shops we would be delighted to hear from you – just call Ann Parker or any of our fundraisers at the Hospice.

New Staff . . .

We are delighted to welcome new members of staff to Strathcarron Hospice

Karen Murray has joined the ward team as a Registered General Nurse; having previously worked in the Oncology Unit at the Western General Hospital in Edinburgh.

Our new craft worker is Laura Christie. Laura is a graduate of Edinburgh School of Art, where she gained an honours degree in Tapestry.

Dr Fiona McMunnigal joins us for a year as part of her Specialist Registrar training.

Dr Deirdra Sives replaces Dr Mike Cornbleet as a Consultant in Palliative care Medicine.

Goodbye to . . .

Dr Mike Cornbleet, one of our Consultants has retired after a long career in medicine, the last 3 years of which have been at Strathcarron Hospice.

Anne Buchan, one of our craft workers has also retired. Anne has worked at the Hospice since it opened in 1981. Anne originally joined us as a Nursing Assistant but more recently has made an invaluable contribution to our Day Care service.

We wish them both a long and happy retirement.

We also said goodbye to Dr Emma Dymond who was our Specialist Registrar for a year. Emma's training now takes her to Huntershill in Glasgow.

Congratulations to . . .

Anne Letford has been promoted to the post of Team leader on the ward replacing Margaret Ann Garner, who in turn has been promoted to Lymphoedema Specialist Practitioner.

Our staff have been studying hard and excelling academically:

Karen Kapusciak & Tina McGlynn have both completed their SVQ Level 2 in Health & Social Care.

Caroline McDiarmid has completed her training as an SVQ Assessor and now has the A1 Assessor Certificate.

Kirsty Freeland and Christina Young both completed a Post Graduate Diploma in Enhanced Palliative Care Practice at Stirling University.

Scott Kirkwood passed his course to become a Medical Gas Approved Person.

Alison Moodie has completed a B.Sc in palliative care with a Specialist Practitioner Qualification at Queen Margaret University, Edinburgh.

Fundraising Events

The Hospice staff will be **carol singing** in the Thistle Centre in Stirling on Saturday 19th December so come along and support us.

Our **Light Up A Life** desks open on 16th November in the shopping centres at Cumbernauld, Stirling, Falkirk and Alloa.

Ladies – the registration for next year's **Midnight Walk** will open on 11th January 2010. The **Midnight Walk** will take place on Saturday 8th May 2010

Our next event is on February 2010 when we will be holding our annual **Boxing Night** at Airth Castle.

The **200 Club** are delighted to announce that due to their huge success in recruiting new members, the 1st prize in their monthly draw is now £1000.

200 Club members take out a direct debit for £5 a month. £3 of this goes to the Hospice and the rest is distributed in prize money, so you can support us and also have the chance of winning £1000!

Candlelight Service

Following the huge success of our first Candlelight service last Christmas, we will be making this an annual event. This year's service will be on Tuesday 8th December at 6.00pm in the Hospice grounds. This is an opportunity to remember loved ones and if you so wish to leave a message on our Christmas tree.

We will also be having an on line "virtual" Christmas tree on our website and this will also give you the opportunity to put an e-message on our "virtual" tree, which can be shared with others.

This should be available on line at www.strathcarronhospice.org in early November.

"Let The People Decide" By Dennis Canavan

The former MP and MSP, Dennis Canavan, has just published his autobiography. Dennis has been a longstanding supporter of the Hospice, since his son Paul was a patient here and he has arranged for his book sales to help us. Strathcarron Hospice will receive 20% from each sale if the purchaser orders directly from the publisher. To order call 0845 370 0067 and quote reference LTP2. The book costs £16.99 (free postage & packing in the UK).

Creative arts

Patients who come to our Day Care Unit are able to experience a wide range of activities and arts and crafts and we hope to build on this by trying some new activities. In the next few months we hope to have taster sessions of poetry, creative writing and documentary film making. We will be asking patients to tell us what they think of these activities so that we can seek longer term funding for any new ventures that appeal.

We will also be introducing "digital story telling" which will give patients in the ward and in Day Care and opportunity to create a digital record of their lives, using photos, music, image and spoken and written words. Some of our staff and volunteers are being trained to help patients with these activities and we will be introducing wireless broadband and laptops to Day Care as well as the ward. We hope this will be a therapeutic experience for patients as well as allowing the creation of a lasting memory for loved ones.

Take a fresh look at your Mall...



New stores coming soon:

Worldsource Direct - Ladies, Gents & Kids Fashions

Gimmie Gizmo - Gadgets/Gifts

Past Times - Gifts

Home & Accessories

Birthdays Pure Party

Strathcarron Hospice Shop

Open 7 Days with FREE Parking on Sundays

The Mall Howgate, Falkirk. Tel: 01324 631985.



shopping as it should be

falkirk