

NEWSLETTER

Kilbryde Hospice Volunteer View

Autumn 2024



A MESSAGE FROM THE HOSPICE CLINICAL SERVICES DIRECTOR

Hi there to all Kilbryde Volunteers, I'm Margaret Mary Cowan. I am a registered nurse/midwife by background, however the last 20 years of my clinical life has been spent in palliative and end of life care.

First in South Uist, Western Isles then latterly in Northwest Kent before returning home to Kilbryde Hospice in April 2015.

My job here at Kilbryde is one of the most challenging - but most rewarding - jobs I have ever carried out. My day-to-day here at Kilbryde is made better by my contact with the Kilbryde volunteers, who do so many jobs in the background and with our patients, that I can never thank you enough.

Margaret Mary Cowan

ISSUE 2

WELCOME TO THE 2nd EDITION OF YOUR REGULAR NEWSLETTER. IT IS FOR YOU - THE KILBRYDE HOSPICE TEAM OF VOLUNTEERS. WE HOPE YOU ENJOY IT. PLEASE SEND US YOUR NEWS AND PICS FOR THE NEXT EDITION.

INSIDE THIS ISSUE



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- Celebrating a special anniversary, test your knowledge + much more

GARDEN GIRLS:
Dianne (left) and
Susan with
granddaughter
Eilidh



MEET KILBRYDE'S VOLUNTEER GARDENERS

VISITORS, staff and volunteers are met with a colourful array of lovingly tended flowers and plants in the hospice grounds.

Much of it is down to the hard work and dedication of volunteers Susan Dewar and Dianne Smith, who help look after the area.

They were happy to take some time out during one of their weekly voluntary shifts for this edition of the newsletter.

“Both of us just enjoy gardening and admire each other’s gardens so when Fiona [Volunteer Support Officer] mentioned the role, and asked if we fancied doing it, we said yes.

“We get a lot of positive comments from people coming in and out, especially when they see us out there and even some of the volunteers say they have noticed a difference, that it looks lovely.

“We also do crafting – some of the items are on display in a cabinet by the main entrance while we also helped with the Summer Fayre last week”, they said.

Susan revealed that she has an ‘enormous garden’ which means she has loads of practice for what she described as a labour of love.

Neither of the ladies has any professional experience – Susan worked in an office – which amazes people who admire their work on a constant basis.

They added: “It looks nice and it feels good when people tell you that it is such a lovely place to come.”

Recently the ladies received some extra support when a group of employees from Barclays Bank joined the hospice’s volunteer team to lend a much-appreciated hand for a short time.

It was a project which also involved horticultural students from South Lanarkshire College.

Also Reynard Nursery, who are based in Carluke, donated a huge number of flowers and shrubs which added to the emerging colour fest.

“The Barclays team did a lot of planting, so we finished that part off and are now keeping it looking good, almost like doing maintenance on it.

“Brian [Facilities Manager] is a great support to us and we talk to him frequently, checking in with him every Monday and asking if there are any tasks to be carried out”, they explained.

As well as extra help from visiting groups, such as the Barclays staff, Susan’s granddaughter loves helping. Eilidh, aged six, was on holiday from Canberra Primary School in Westwood when we spoke to her gran and wasn’t scared to ‘get her hands dirty’ before she thoroughly earned her treat of a cool soft drink from the Kilbryde Kafe!

EASE* course

*End of Life Aid Skills for Everyone

A FOUR-WEEK course providing training in dealing with death from numerous perspectives was held at Edinburgh House, East Kilbride town centre.

Consisting of four two-hour modules, it was led by two members of staff from the hospice, Sine MacDonald and Laura Cunningham.

Sine is CLAN coordinator while Laura is Community Link Worker and they were joined on the course by Clinical Support Worker Linda and hospice volunteers Frank and Angela.

Others attended from a wide variety of support groups and organisations from throughout Lanarkshire.

Some discussions brought back many memories to those in attendance and, at the end of the final session, it became clear that it had been a positive experience.

Everyone who took part is now in a better position, both in a personal and professional capacity, to deal with someone's death.

MODULES

ONE : Introduction to death in Scotland

Explored what death looks like in 21st Century Scotland, how perceptions of it might differ from reality, and how to build on current levels of knowledge and confidence.

TWO: Serious illness and frailty

Include some of the practical issues that people face, as well as emotional and spiritual issues that dying can bring.

THREE : The reality of dying

Looked at death as a process, going through some of the bodily changes that take place that generally indicate someone is in the last days and hours of life.

FOUR : Caring for the carer

Focused on the impact that spending a lot of time looking after someone who is ill can have on the person doing the looking after.

Looked at how other people can provide support to a carer, and also ways that a person can maintain their own health and wellbeing if they find yourself in that position of being a carer yourself.

COURSE GROUP: Led by Sine (first right) and Laura (2nd right)



Behind the scenes at Kilbryde Hospice

A MUSICAL LIFE

We spoke to Anna Ludwig, music therapist

"I've worked as a music therapist at Kilbryde Hospice for almost 11 years. I initially started on a freelance basis for half a day a fortnight when the hospice was based at the Red Deer Centre. This gradually increased to 2 days freelance until, in 2019, I was offered a contract for 2 days a week.

"I work with patients and their family members of all ages, offering individual and group music therapy sessions. On top of my music therapy caseload, I also run the hospice community choir which has been going now for around 9 years.

"I am also the hospice Child Bereavement Support practitioner, helping to run our Sunflower Service. I love to hear music all around the hospice and I also love that I get to provide some of this music.

"I am a classically trained French horn player and have spent decades playing in lots of orchestras and ensembles; everything from the BBC Elstree Concert Band to St. Alban's Symphony Orchestra, Coalburn Silver Band to Glasgow Sinfonia and, on the singing front, Three Broads and a Piano to Scottish Opera.

"I have directed and sung with my own a cappella group and I have many years experience of choral singing. Making music with others is what makes me tick and to do this for a living as a music therapist at the hospice is such a joy and privilege.

"When I am not working at the hospice I work as a community musician running a couple of health and wellbeing singing groups.

"I had no intention of running community choirs, but I seem to have fallen into this line of work accidentally – and I love it!

"I have undertaken additional training to lead choirs with the Asthma + Lung UK (formerly the British Lung Foundation), Sing to Beat Parkinson's, Luminare Scotland and Sing for Pleasure."

Anna

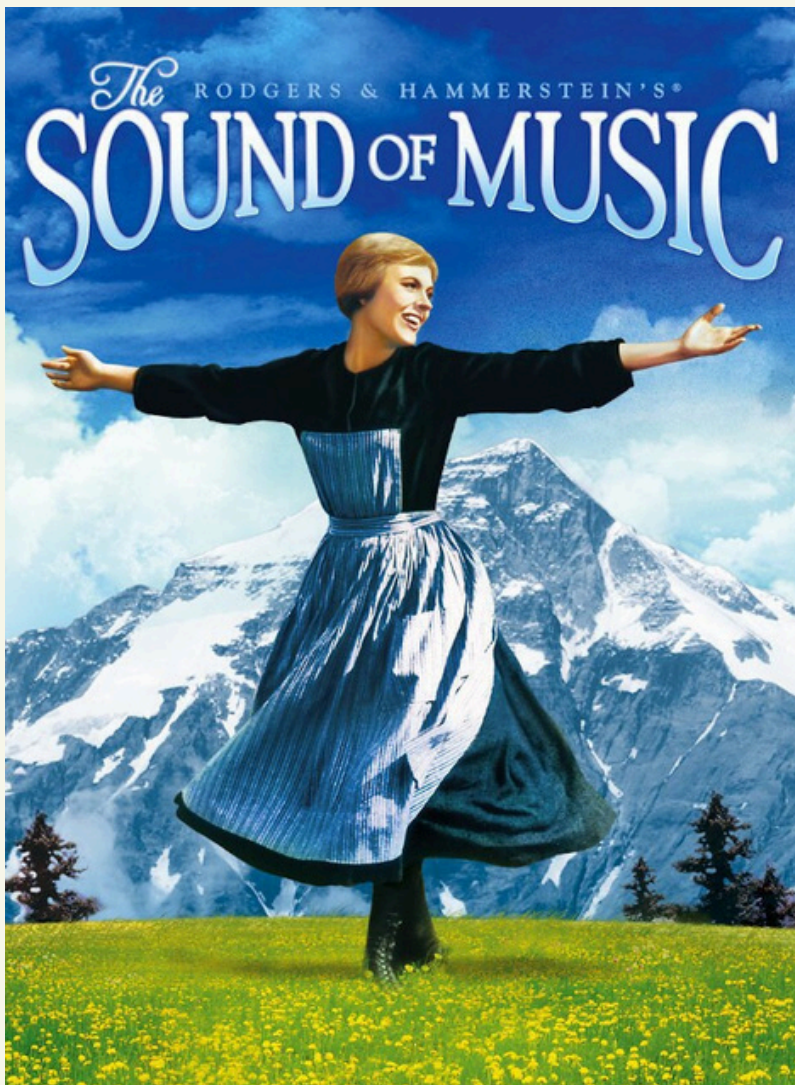


PICTURE GALLERY

TOP: Anna in her hospice role
ABOVE : Anna the actor
FAR LEFT: Spot the Anna! (at a St Albans Symphony Orchestra performance)
LEFT: Santa Anna

My favourite things

“What’s YOUR favourite things?” We want to know your favourite song, your favourite books, films, meal, holiday spots, restaurant. The list is endless. Taking the spotlight in this issue is Clinical Services Manager at Kilbryde Hospice, Margaret Mary Cowan.



Abba & Morag

I have a lot of favourite things, too many to name here. My favourite people are my family – a very supportive, patient husband Alan and two gorgeous daughters, Fiona and Katrina - as well as a very close extended McCabe and Cowan family.

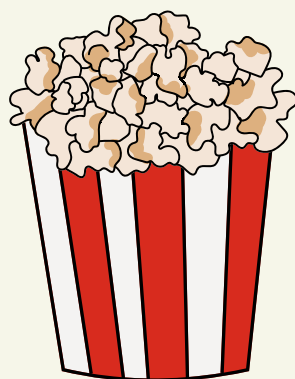
I love to walk, anywhere and everywhere and I get a lot of joy from walking and talking...I know most of you will find that hard to believe!

My favourite film is the Sound of Music (something to do with being the oldest of a big family) and a close second is Mamma Mia. Those of you who know me well know that I love a boogie especially to Abba.

I also love to travel, mostly in ‘Morag’ our sturdy old motorhome. We are lucky as I have been able to explore parts of Scotland, the UK and, this year, as far as France.

Kilbryde hospice favs

We had an impromptu voting session in the hospice, asking staff and volunteers: “What is your favourite movie?”



Here are a few of their selections... Eat, Pray, Love; Schindler's List; The Minions; Grease; The Shawshank Redemption; Top Gun; Gregory's Girl; The Night Before Christmas; Lord of the Rings; Tangled; Airplane; Back to the Future.

Animal Magic



MOLLIE AND SKYE

MEET Mollie and Skye, who belong to our very own music therapist, Anna Ludwig.

She said: "My free time is crammed full of more music making, singing, acting and directing with Biggar Theatre Workshop, reading... and dogs!

"My husband and I have two rescue dogs, Mollie and Skye, both German Shepherd cross breeds.

"They are, of course, spoilt rotten and we love them to bits."

GRANITE CITY TRIP

FOLLOWING on from his holiday to Spain which we featured in the previous newsletter, the Hospice teddy travelled north to Aberdeen with volunteer Frank.

There were some strange looks from ferry passengers while security personnel kept a watching brief on the unusual photoshoot taking place! Thankfully there were no arrests!



SPECIAL DATE

STAFF and volunteers gathered at the hospice to celebrate a special occasion - the sixth anniversary of our In Patient Unit (IPU).

Chief Executive Gordon said: "We are looking to celebrate a decade of care and six years of the IPU.

"I have written my first poem - I am no Robert Burns! - to say how magnificent you all are and I hope this can continue."

There followed a cake cutting ceremony - a huge one made specially for the occasion - carried out by CLAN coordinator Sine MacDonald and clinical support worker, Tracy Bonini.



My poem by Gordon McHugh (edited version)

Good Morning to all, as we gather today
My heart swells with pride in the light of this day
For we're not just here to mark a single stride
But two great milestones, side by side

And now we celebrate six years more
Since our inpatient unit opened its door
A sanctuary of care in life's final phase
A place of comfort in the hardest days

Thank you for being part of this noble quest
Together we've built something truly blessed
Here's to our past, our present, our dream
And a future where hope and compassion gleam

Bank of kindness

Volunteers from Hamilton office raise almost £400 at Asda Blantyre



What a great time for volunteering it was last month at Kilbryde Hospice!

Corporate volunteers from HSBC in Hamilton were welcomed by Community Champion Mary at ASDA Blantyre, for a day full of fundraising.

The staff participated in a bucket collection in aid of Kilbryde, and we are delighted that on the day they were able to raise the magnificent sum of £388.40.

Thank you to Lynette, and the whole team at HSBC Hamilton, Mary at ASDA Blantyre, and to anyone who donated to these friendly volunteers on the day

Competition Time

QUIZ - How well do you know South Lanarkshire??

THIS ISSUE- HAMILTON



1. When was Hamilton Town House (pictured right) converted and opened as an arts venue ?
2. Which university did Bell College merge with to become The University of the West of Scotland?
3. And...who was Bell College named after?
4. In May 1941, a senior colleague of Adolf Hitler crash landed near Eaglesham when he tried to visit the Duke of Hamilton. What was the Nazi officer's name?
5. The current Duke is based in a stately home in East Lothian. What is it called?
6. Where do Hamilton Accies play?

7. When were the club - full name Hamilton Academicals - founded ?
8. Hamilton Palace is the name of a sporting facility. When was the actual Hamilton Palace demolished?
9. Another popular sports venue is Hamilton Park racecourse. When did it open?

This quiz is just for fun!
Test your knowledge or have fun Googling the answers



PLEASE NOTE

- WE SEND EMAILS ALMOST DAILY TO VOLUNTEERS
- PLEASE ALWAYS CHECK YOUR JUNK BOX
- ANY ISSUES CALL VOLUNTEER SUPPORT ON 01355 202020

VOLUNTEER NEWS

Compiled by volunteers for our volunteers...it's YOUR newsletter

Wanted

- Your stories , news and views
- All about your volunteering journey en route to Kilbryde Hospice
- Your favourite things (see page 5)

pop into Volunteer Support on the first floor or email our editorial team - volunteering@kilbrydehospice.org.uk - subject 'volunteer newsletter'

CORPORATE VOLUNTEER OPPORTUNITIES

Do any volunteers have any friends or family members who know of firms who might potentially be interested in taking part in corporate volunteering at the hospice? Please get in touch ASAP with Volunteer Support with your ideas.

YOU SAID IT!



Brilliant. Well done for a very successful event.

Big congratulations on a fabulous event today Food was super, quality entertainment and a really good turn out

- Well done - can't wait till the next one
- Thank you for a lovely, enjoyable afternoon.
- The entertainment, food & ambience was excellent

IT WAS A VERY GOOD DAY, AND I AM SURE ALL THE VOLUNTEERS (AND GUESTS) WHO ATTENDED HAD A GOOD TIME AND WERE IMPRESSED!

The BBQ was great yesterday. I really enjoyed myself and it was lovely meeting up with some other volunteers

THANK YOU SO MUCH FOR ORGANISING SUCH A WONDERFUL VOLUNTEER EVENT

YOU DID YOURSELF PROUD ON THIS ONE. IT REALLY WAS GREAT

VOLUNTEER CELEBRATION
Our latest event in recognition of the amazing contribution of our volunteers to the work of the hospice took place at Calderwood Baptist Church on August 22.

Live musical entertainment came from Julie Max and Cairdies Brig, a superb barbeque tempted the taste buds, courtesy of the Rapid Relief Team, while Lime to go Deli provided lovely sandwiches and our amazing hospice chefs made exceedingly good home-baking.

Volunteer Support officer, Fiona Swinger, said: "Thank you to all that attended - to those that couldn't, you were really missed-but hopefully you will manage along to the next one. I know these events are not for all, please know I totally understand your reasons and hope that you feel appreciated as much as those who attend our events."

Meanwhile, we asked people at the event for their thoughts. Their quotes are incorporated in our photo, taken on the day.

TASK FORCES



BEFORE & AFTER: The team briefly stopped for a picture as they were nearing the end of their task

A group of employees from local company, Ferring Pharmaceuticals, became hospice volunteers for a day when they spruced up our perimeter fence. Louise Hoyle, Head of Packaging said: "It is a mix of people from different departments and is a great teambuilding exercise for us. But we knew the fence was needing done.

"This is the second time we've been here and we now have staff from IT and HR joining us today. "On the first occasion there were only three people on board but colleagues rallied when they heard that many more were needed to freshen up the fence." It was a job well done as it was mission accomplished in one day!

THEY'RE BLOOMING MARVELLOUS



A big thank you to the amazing Barclays Bank corporate volunteers for their hard work in helping spruce up the hospice grounds during the summer.

Our grounds have been transformed and have been commented on favourably by many people.

An amazing job all round, don't you think ?



HAMILTON MARKETS

VOLUNTEERS WANTED

kilbryde
hospice
Caring across South Lanarkshire

ATTENTION ALL VOLUNTEERS !!

THE team are looking for help, having been given a fantastic opportunity.

During the Hamilton Markets, we will be hosting a stall with fundraising items for sale as well as providing information to people in the community.

In addition, we have been given permission to have a bucket collection during the operational hours of the markets, which are between 10am and 4pm.

This is great chance for us to raise as much awareness as we possibly can and really get Kilbryde Hospice's name out there within the community of South Lanarkshire.

The markets are held on the first Saturday of every month and, ideally, we would be looking for volunteers to help with the bucket collection.

We would be looking for 6 volunteers to fill the time slots of:

10am until 12pm x 2 volunteers
12pm until 2pm x 2 volunteers
2pm until 4pm x 2 volunteers

The Markets can be fairly busy throughout the day, and they are constantly growing in popularity. If you are interested in helping out on any of the below dates, it would be greatly appreciated.

NOVEMBER 2. DECEMBER 7. DECEMBER 21
ALSO...SATURDAY NOVEMBER 23- CHRISTMAS LIGHT
SWITCH ON - TIMINGS MAY VARY BUT WILL
CONFIRM ASAP

EMAIL:

FUNDRAISING@KILBRYDEHOSPICE.ORG.UK

OR CALL 01355 202020

IF YOU CAN HELP OR FOR MORE INFORMATION



VOLUNTEER VOICE VACANCIES



THE GROUP ARE SEEKING VOLUNTEERS, IN PARTICULAR FROM RETAIL, TO JOIN UP AND GIVE THEIR VALUABLE INPUT.

IF YOU CAN HELP - BY ATTENDING A MEETING EVERY TWO MONTHS - CONTACT DOROTHY VANN AT VOLUNTEER SUPPORT FOR MORE DETAILS ABOUT THE ROLE AND HOW YOU CAN MAKE A DIFFERENCE FOR YOUR DEPARTMENT AND COLLEAGUES

Email dorothy.vann@kilbrydehospice.org.uk

Join us at our regular events in the Kilbryde Kafe!

Breakfast with a Ballad

1st Tuesday of the month

10am – 11.30am

Join us for some live entertainment as you enjoy breakfast, tea, coffee and home baking.

Soup with a Serenade

2nd Thursday of the month

1pm – 2pm

Join us for live entertainment from local artists while you enjoy a bite to eat.

Further details are available from our Hospice Reception 01355 202020, or you can scan the QR code below for details of future events which you may be interested in.

