



NEWSLETTER

Kilbryde Hospice Volunteer View

Winter 2024



MEET MAUREEN

Maureen Fitzpatrick is no ordinary volunteer, having done so for 22 years and from the very start of the hospice. As well as working in Day Services here she has raised almost £62,000 by knitting!

Her dedication was recognised when she was named Volunteer of the Year for South Lanarkshire in 2016, having been nominated by colleagues at the hospice, beating 270 contenders to the honour.

It came as a total surprise - she thought she was in trouble when she was summoned to the head nurse's office - while she interrupted a holiday in Aberfoyle to attend the award ceremony in Hamilton.

Still a vital part of the team, she said: "On a normal day I come in and put on the kettle and prepare the tables while I sometimes go out in the van to help in picking up some of the people using the day centre.

"I get the menus to find out what everyone is wanting, collect lunches from the Kafe and go back and serve the meals."

She has also been involved with St Andrews Hospice and Claremont Care Home while working at M&S in East Kilbride town centre, but volunteering is a passion for Maureen.

"To be honest it is just like a normal job to me. My family ask if I'm going to work. It gives me great satisfaction," she added.

ISSUE 3

WELCOME TO THE 3rd 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.



MAGNIFICENT MAUREEN : Find out all about her fundraising on page 3

SISTER ACT: Siblings Martha (left) and Brenda preparing for festive buys



BOXING CLEVER: Cameron at work

RETAIL THERAPY

Our best sellers

Agnes Barwood, manager of the Kilbryde Hospice retail unit in East Kilbride Shopping Centre revealed that a surprising item tops the sales list every year.

She said: "In the run up to Christmas dining tables fly out the door. People know that they are having family round and leave it till it's nearly too late.

"Others buy a new table every year! So that's our biggest seller over Christmas."

Chinese Collection

The most unusual and, arguably, the most profitable transaction was exclusive furniture from China which came from a local man returning to Lanarkshire after working in Singapore.

His firm paid for the items' handling fees while shop manager Agnes negotiated with the owner to promote the hospice as a worthy cause as well as how it would be displayed.

Thankfully he agreed and the unique items raised a cool £8,500 for hospice funds!

RECYCLE FOR KILBRYDE

Sisters Martha and Brenda, pictured above with Cameron, are part of the 50-strong volunteer team in retail. While the stores may be slightly quieter in January, they are encouraging fellow volunteers and their families to donate pre-loved gifts and similar items, such as those pictured, to our stores. Not only is it helpful for raising funds, the items will be cherished by their new owners.



SOME SAMPLES: Maureen's work has raised almost £62k



Maureen's fundraising passion as she knits with class, style and fashion

MAUREEN was a regular at the main entrance at Hairmyres Hospital until Covid changed things drastically and restricted her time there, a situation that unfortunately has continued.

She said: "I sold my knitting every Tuesday but it's not weekly any more. It's all baby stuff I do, and I am a member of a local knitting group that meets in St Leonards library.

"Some of my colleagues there give me items to sell so it's not all mine but most of it is. We start at clothes - jackets, hats, mittens - for new-borns and up to around three-year-olds.

"Anything bigger than that is not worth it financially due to the cost of wool. But a lot of staff and volunteers here bring in wool and even garments that I can sell.

"I will use everything donated to me, it will all get used, whether it's a full item or for the border of something, nothing is wasted.

"Prices start at £7 - it used to be £4.50 - to between £10 and £20 for a large crocheted blanket, which involves a lot of work."

"Kirsty from fundraising bought a blanket while Margaret Mary [Clinical Services Director] bought some baby clothes."

"It was actually during Covid and she came to my house - while keeping a safe distance at the bottom of the stairs!"

People buying Maureen's knitted masterpieces are saving a small fortune, while every penny raised goes to the hospice.

"My prices are much cheaper than the shops, but I sometimes sell even less than the price ticket if, for example, it's something I have had for weeks. I worked in retail all my life and you just learn to close a sale.

"The reason I started is that my daughter persuaded me to do voluntary work after my husband died. I went from St Andrews Hospice to Claremont Care Home.

"I have been with Kilbryde hospice since we were based at the Red Deer Centre and haven't looked back...my family say it's the best thing I have ever done," she added.

Behind the scenes at Kilbryde Hospice

HOSPICE CHAPLAIN

We spoke to Pastor Thomas McNeil

I am East Kilbride born and bred, grew up between Calderwood and St Leonards and went on to university after leaving school, studying economics, before spending a few years working in business and retail management. I became a Christian when I was a teenager, joining a youth group which was being held in Calderwood Baptist Church.

It was while I was in that group that people explained the Christian faith to me and is also where I met my wife-to-be, Jillian. We are now married with two boys James, aged 10 and Andrew who is five.

While I was working in business, in 2009, we felt that God was leading us into something different. We took time to think about that and it transpired that we went to work in Africa for three years.

We served in South Sudan, which became independent while we were there. Jillian was head teacher of the local primary school with 500 pupils but very few trained teachers. All you had to do to become a primary school teacher was to have finished school yourself!

A lot of Jillian's time was taken up with training people to teach. I was helping the church as, with my business background, it had a lot of activities, such as health clinics and orphanages - 200 children that had lost their parents in war - which needed financing as donations would not last forever.

I worked with the church to help these facilities to become self-sustainable while getting involved in other aspects, such as establishing new churches.

In 2013 we decided to come back home and I started training for ministry with a trainee role at Calderwood Baptist Church, completing my studies and becoming an associate pastor till 2021, when I became the lead pastor.

Around 2014/2015 I had helped establish the EK Community Foodbank which now operates across five different communities, five days a week, and completely reliant on donations and volunteers to help people who are struggling.



BACK HOME - HERE TO HELP

The foodbank is something that is close to my heart as it is something that I worked hard to establish. At the church we are a vibrant community with a congregation of 200 on a Sunday and lots of activities, toddlers groups, kids clubs and working with Christians Against Poverty.

We help anyone in the community, regardless of faith, and all the things we do as a church are open to the entire community...you do not have to be a church member.

Having become the main pastor of the church in 2021, I reflected on one of the gaps in my own knowledge which was how to support people when they were at end of life. I felt it was something that I hadn't been trained in and did not have a lot of experience in.

I did a post-graduate study, part of which was learning to provide pastoral care at end of life, that I really wanted to grow in, so I reached out to the hospice and arranged a 12-week placement in early January 2022 to shadow the spiritual care team and, in particular, Willie MacLean.

This was to learn from him how spiritual care was provided at the end of life. My intention was to come for 12 weeks at the beginning of 2022 and I have never left!

I was made incredibly welcome into the hospice. One thing that took me by surprise that I did not expect to feel so comfortable in the hospice environment or how I would fit in.

Having done the 12 weeks and got to know the team it was discussed that I would stay on as a volunteer, which I did for 20 months before the chaplain role came up and it seemed a perfect fit.

It's been a natural journey, getting more involved in hospice life and seeing how the different teams in the hospice all play their part and how volunteers and staff complement one another.

Pastor Thomas McNeil



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 are our volunteers, staff and visitors who voted for their favourite Christmas song which allowed us to create The Kilbryde Hospice Christmas Top 10



1. Fairytale of New York - The Pogues and Kirsty MacColl
2. Merry Christmas Everybody - Slade
3. Step Into Christmas - Elton John
4. Driving Home for Christmas - Chris Rea
5. Last Christmas - Wham
6. Silent Night - traditional (various)
7. White Christmas - Bing Crosby
8. It’s Beginning to look a lot like Christmas - Perry Como
9. It’s the most Wonderful Time of the Year - Andy Williams
10. There were four songs tied equal in 10th place: Merry Christmas Everyone (Shakin’ Stevens), Once in Royal David’s City - (traditional), All I want for Christmas is you (Mariah Carey) and Do they know it’s Christmas? (Band Aid)



Kilbryde hospice favs

We had a quickfire survey in the hospice, asking staff and volunteers: “What has been your favourite Christmas gift of all time?”



Here are a few of their answers - Socks from Germany!...Football jersey signed by favourite player...A Bay City Rollers LP...Tickets to see Frank Sinatra... A hamster... A three-storey, six-roomed wooden dolls house... A post-office set...Chopper bike

ANIMAL MAGIC SPECIAL

Hospice teddy Down Under



Townsville on Castle Hill



Magnetic Island



Tilly and Teddy have tree-mendous fun



Saving lives (above) and Singapore Mall (left)



AIR MILES ADDED !

The hospice teddy has been to Spain and Aberdeen, but really racked up the miles when Clan coordinator, Sine MacDonald, took him to Australia.

They travelled from Glasgow to Heathrow, then Singapore, Brisbane and finally Townsville - a grand total of 11,593 miles !

Sine's great-nieces were delighted to take Teddy on some sightseeing trips in the sun.



Elsie gives Teddy a lift



On Castle Hill again



Peek-a-boo!

Marine Bay Sands Hotel

Hospice chaplain leads our silence

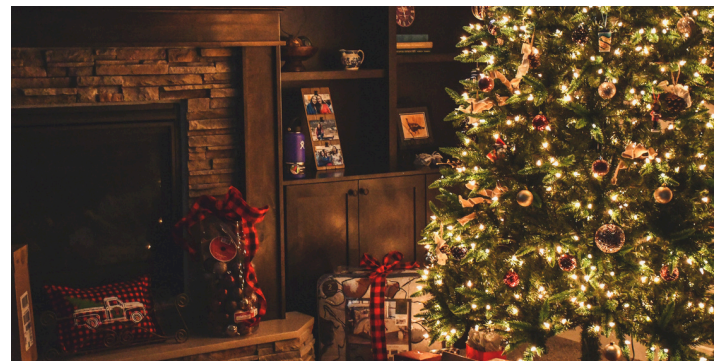


Hospice Chaplain, Pastor Thomas McNeil, presided over a two-minute period of silence attended by volunteers and staff at the hospice on November 11th - Remembrance Day - for the war fallen. He conducted a short service which began at 10.50am , followed by the silence at 11am and concluded with a short prayer.

Competition Time



QUIZ - How much do you know about Christmas, AKA the most wonderful time of the year ??



1. What did the other reindeers NOT let Rudolf do?
2. What did my true love give to me on the fourth day of Christmas?
3. What is the best-selling Christmas song of all time?
4. These days a character with red and white tights is hidden all round the house for the children (and young at heart) to find...what's it called?
5. Which pop group has achieved most Christmas number ones?
6. Brussels sprouts come from Brussels in Belgium...true or false?
7. Have mince pies ever contained meat ?

- 8 In which country is Christmas day traditionally celebrated in KFC restaurants?
9. The first Christmas card was sent to James I of England by a German doctor friend. But what was the year ?
10. Which super-rich - but miserly - MP was Ebenezer Scrooge based on ?

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

Marketing



Volunteering is a 24/7 labour of love and some of the team were helping raise awareness - and vital funds - at the hospice stall in Hamilton Market on a recent Saturday morning.

The stall was in prime position to catch the eye of most shoppers and our volunteers worked in three two-hour shifts.

Early birds were Jane and Sally-Anne who describe themselves as 'jacks-of-all-trade' having volunteered in finance, the kafe and more for many years.

CUSTOMER SERVICE: Jane (right) and Sally-Anne with one of the stall's first visitors

JUST ROUND THE CORNER

Two minutes away from Hamilton Market, which is in the Regent Shopping Centre, Hilda and David were busy in the hospice shop, just off Quarry St. Hilda is a member of staff, having started initially as a volunteer in 2012. Meanwhile David has been a volunteer for 14 years.



VOLUNTEER SPOTLIGHT

CHASE

MEET Chase, who meets, greets and serves customers in Kilbryde Kafe and who celebrated a year of volunteering with the hospice recently.

She said: "I have become so used to the role and I enjoy it very much.

"It has been quite helpful for me and I have enjoyed just knowing that I am helping and if I had the option of a similar career I would take it.

"I have got to know many of our regular customers and have even met some of them out and about and it's really nice to have a wee chat with them.

"I was welcomed by my fellow volunteers when I first came here, settled so well and without any issues. I have felt part of a team for the past year - it is just so easy going"



LOOKING FOR GIFT IDEAS ?

Our Complementary Therapy team have some quality and unique gifts for sale!



Why not treat a friend, family member or yourself to a beautiful Reed Diffuser or Room Mist. We have three bespoke blends available, these are created entirely here at Kilbryde with natural essential oils and are made in house by our Complementary Therapy Team and Volunteers. All to fundraise to continue Kilbryde's vital work. Our products will be on sale at various hospice events or by calling reception for more details.

**Reed Diffusers £18,
Room Mist £10,
Combo Deal £25 for one of each!**

