



NEWSLETTER

Kilbryde Hospice Volunteer View

Summer 2025



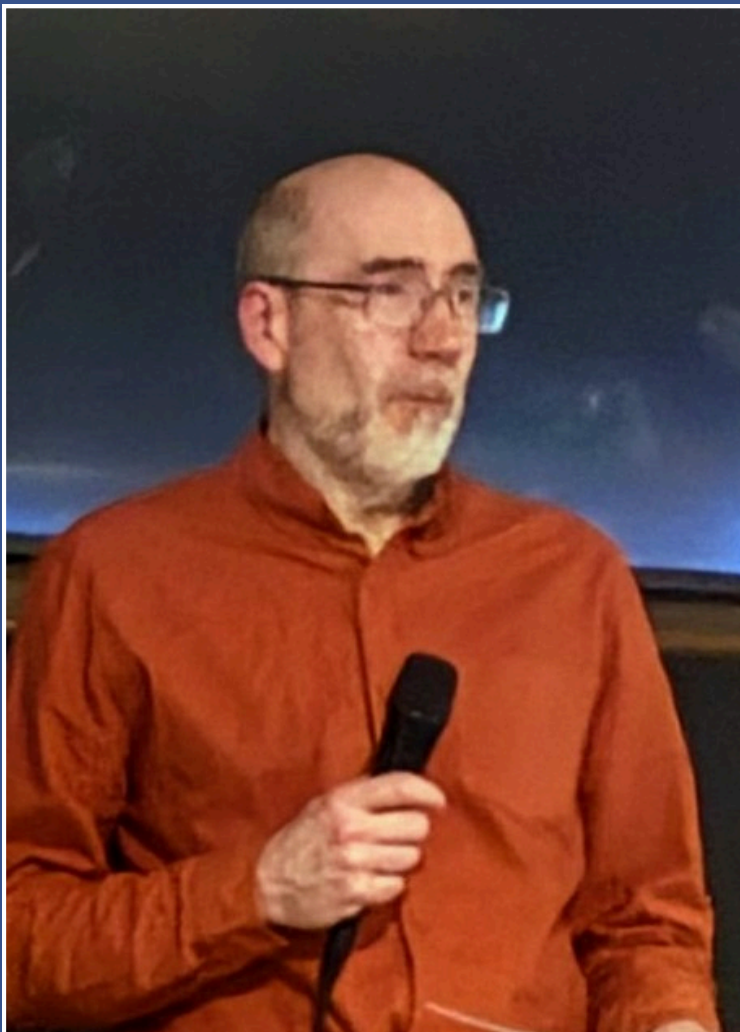
FANTASTIC FUNDRAISERS

In this issue the main focus is on the amazing team of staff and volunteers who raise vital funds for Kilbryde. Everyone plays their part in the quest to bring in the cash, without which our current status within our community could not be maintained. We speak to Fundraising and Commercial Manager, Lesley Wiggins, as well as some of the dedicated people who help out at fundraising events, large and small.

DID YOU KNOW: Our fundraising target is £2.5million a year !

ISSUE 5

WELCOME TO THE 5th 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.



MR VERSATILE

Meet Andrew Tait who volunteers in a multitude of roles here - as well as holding down a full-time job as a Lab Technician at Glasgow University.

His duty roster reads like this...

FRIDAY: Helping to look after Better Impact for our 230 volunteers and anything that needs done for the Volunteer Support Team.

SUNDAY: Working for three hours in the Kafe alongside another four volunteers.

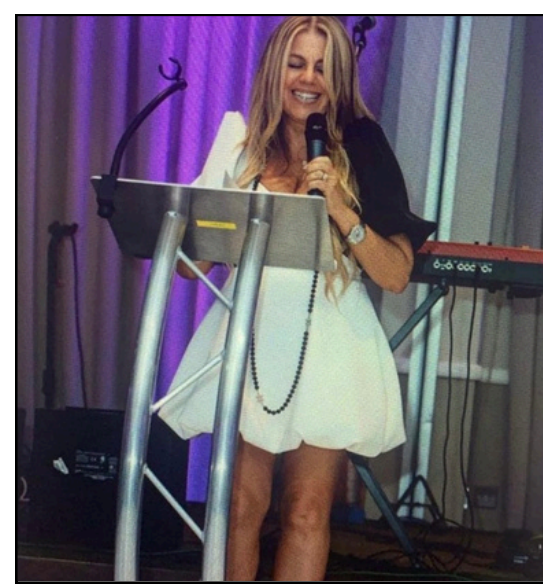
ALSO: Running Quiz Nights and helping out at Bingo Nights to help the Fundraising team.

QUIZMASTER: Full story on Page 4

AND FINALLY : He is Hope the Squirrel !

FOCUS ON FUNDRAISING

Raising vital funds ensures Kilbryde Hospice is able to provide the level of support to the community that it does. Heading the team of staff and volunteers is Lesley Wiggins, Fundraising & Commercial Manager. Each staff member, including Lesley, has personal experience of heart-breaking loss which ties in with the work of the hospice as well as inspiring and motivating them in everything they do.



Lesley, pictured above, was a nurse which was her chosen career and her first employment. She then got married - her husband was in the Royal Marines - and they moved home and Lesley also changed direction into sales jobs.

She explained: "Fundraising is essentially a sales job. I'm always telling the team that they are selling the hospice, and yourself. But it's difficult. Normally a salesperson is selling a car or insurance or something.

"We have to be able to sell and convince people that this is the place to give their money."

Lesley said: "The IPU is the heart of the hospice with fundraising the engine. We have to look after the engine in case it breaks down, so it is important that we get a lot of support from the rest of the hospice. In return we try do our best for everyone - if the kafe or IPU, for example, ask us to do something to promote them we will pull out all the stops to make it happen.

"Our main aim is to raise £2.5million a year, which is a challenge, but I have a good mainstay of fundraisers. Every member of the fundraising team has a tie-in with hospice care and personal grief after losing loved ones, some far too young, so we know how the nurses care for patients in here. I came in here for six months after my friend, Donna Mortimer Ballantyne, passed away and have been here for eight-and-a-half years!

"One of my biggest challenges was that St Andrews Hospice was the only one in Lanarkshire and we had to convince people in South Lanarkshire that Kilbryde was their local hospice. It's taken a long time to re-educate people that this is the place that their loved ones will be cared for.

"Another challenge is also letting businesses in South Lanarkshire get the message. What our team have to do is to blank out all other charities and only be concerned about our own charity.

"Our volunteers are fab! We have many who have been here a long time. Anne Marie is in every Tuesday, Katrina does IT work once a week and the legendary Betty and her colleagues organise all the cream teas...and more. They do all the work, making sandwiches, transport everything to the venue and they make it work. It raises around £2,000 each time, all done by volunteers.

"Volunteers come to all events, Strictly at the Hilton is one recent example, and these could not run without volunteers' input. I have just spoken to a gentleman who wants to volunteer. He has experience in auditing and suchlike, is officially retired but not ready to get into 'retirement mode' which is the case with a lot of our volunteers. But even before he comes on board he gave us a lovely big donation!

"Another chap who helped us in the retail side of things, Ian Irvine, retired this year and is coming here as a driver for patients in day care...a high-flying management director! People from all walks of life have retired and, if they want to volunteer, they come in and help us. If they can come in and help ease the pressure on everyone else then that is fantastic."

Betty 'the legend' Johnstone

Before volunteering with the hospice Betty worked in various places but her last role was a Practice Manager with an optician which was supposed to be for six months only.

She said: "It was the owner who persuaded me. Initially I had said 'I don't want a job and I don't need a job' but eventually gave in - so instead of six months I stayed 30 years.

"It was an independent practice based in Burnside and, as I knew a lot of people from Burnside which is where my husband is from, and I had an amazing time there.

"During my time there I got to know Lady Susan Haughey and she was always saying to me 'Why don't you come and volunteer at Kilbryde Hospice' and I told her to wait until I retire.

"So I did that and started volunteering 10 years ago and, with Rose McDermott, we now run The Crafters and meet every Monday in Our Lady of Lourdes church hall in Westwood, East Kilbride.

"We are a good group and, although I am not that good at crafting, I knit a bit - although they laugh at my efforts - but we have got an amazing group of ladies who do a lot of hard work.

"All of it is fundraising for the hospice. At the Easter Fayre we had five tables which were all full of home-made items. We also keep the cabinet going in the foyer of the hospice.

"Patients' relatives buy things and now, with the Kafe getting busier, there are more buyers."



"The raw materials needed are either donated or provided by the girls themselves.

"We can raise in excess of £1,000 at a fayre. It's a lot of money but Kilbryde Hospice needs it.

"I also volunteer at events to help with fundraising, such as a recent race night which was great fun and successful. They raised around £3,000, which is great.

"At these events I either take in the money or sell raffle tickets. Another major fundraiser is the Strawberry Cream Tea.

"Normally we get more than 100 people at the event. It is a lot of work because we start at 8.30am, making the sandwiches, and we don't finish until 4 or 5 in the afternoon. It's a long shift.

"I also do a shift at reception, coming in at 12noon and finishing at 4pm 'officially' but 4 o'clock sometimes never comes!"

Behind the scenes at Kilbryde Hospice

VOLUNTEER EXTRAORDINAIRE

We spoke to Andrew Tait

Just days before Andrew spoke to the Newsletter he had been selling raffle tickets at our Zara Shop 'it was just me and a table!' and was making plans for an upcoming massive event.

"I am going to be a back-marker at Stride for Kilbryde at Hamilton Park Racecourse on June 7. I enjoy anything that involves community involvement.

"It was a kind of happy accident that I started volunteering for Kilbryde Hospice. I was recovering from Covid and was handing a jigsaw into one of the retail units, then buying a new one, and got talking to the volunteers.

"I loved the whole vibe of the place and the way they talked to me. I had been really isolated and was impressed by their friendliness so I asked for an application form and a few weeks later was walking in the front door at the hospice.

"The place was still in lockdown and completely empty but they needed Kafe volunteers and, although I had applied for retail I ended up in the Kafe for the first few months.

"Anna Ludwig was the first person that I spoke to outwith the Kafe to set up something with the choir so that people could see the lyrics on a big screen as well as organising Zoom calls with people as we were just coming out of lockdown.

"Within two weeks I was also singing in the choir and, through that, began meeting a lot more people in the hospice including supporters, patients and families. I was becoming more involved in the public side of things and loved it.

"My whole career has been working with computers, in labs and on my own for most of the time. I had considered myself an introvert but - all of a sudden - I was meeting and chatting with people. It was becoming more of a social experience, which I was enjoying so much.

"When I was out and about I was meeting people who were in the choir and found I was enjoying the social interaction. So everything else just evolved from there. The first thing I was asked to do was a bucket collection.

"You are standing with a bucket in a supermarket doorway, while it's two degrees outside, with some people just putting money in the bucket while others talk away to you.

"From then I was talking to the fundraising team a lot more and before long was helping out a two events a week, such as bingo nights, themed lunches - serving teas and coffees to 100 people was 'just different'"



MASCOT RACE: At KPark

HAPPY HOPE SPREADS THE WORD

"I dress up as Hope the Squirrel to attend cheque presentations, school visits - when I 'High Five' the kids - and other fundraising events.

"The funniest thing is that kids absolutely love Hope. Everyone wants a high-five, everyone wants a hug but when it comes to adults things become different!

"My first appearance as Hope was at outdoor events in Rutherglen and East Kilbride Retail Park. Adults just have no idea how to deal with Hope. Some of them just give you a kind of weird look.

"By far the best thing I have done as Hope was a Mascot Race at a football match at KPark in 2023. Up against Hope was Ruggy Bear from Rutherglen, The Killie Pie Man and EKFC's own mascot, Olly the Oystercatcher.

"It was an absolute riot! Olly won the race because you just can't run in the Hope costume, It's just impossible with feet that size.

"But the cheers and applause you get [from the fans] is amazing...while you are standing there questioning your life decisions. What am I doing here? I am just about to walk onto a football pitch dressed as a giant squirrel.

"Then you get announced by the PA person and there's a massive cheer. The adrenalin then kicks in and you step on to the pitch waving your arms!"

Andrew Tait

WANTED: HOPE STAND-IN

Could you be Hope if Andrew is double-booked or unavailable for any reason? This would prevent disappointment to his huge army of fans. It sounds like a lot of fun and you'll be representing the hospice in a unique way. Contact Volunteer Support by email at volunteering@kilbrydehospice.org.uk

My favourite things

We have been asking - 'what's your favourite things?' Taking the spotlight in this issue are our volunteers, staff and visitors who voted for their ideal kind of holiday, either having done that or 'would love to go there or do that'.

- Runaway winning destination was SCOTLAND!
- There was a tie for runner-up with Lanzarote and the Scottish Highlands your second favourite places.
- The remainder of the vote was split between several destinations - Italy, Disneyland, Vancouver, South Africa, climbing (or trying to climb) Mount Kilimanjaro, Malta, Isle of Skye, Las Vegas, touring Europe (visiting France, Belgium, Germany, Austria and Italy), Tunisia and riding a camel in The Sahara Desert, Santorini, plus numerous single votes...too many to list here!
- Clear favourite kind of holiday was BEACHES, narrowly beating CRUISING.
- Best of the rest - sightseeing, theme parks, Continental, Staycation, remote, scenic & peaceful, sightseeing, 'faraway', chilled out and caravanning.



Thank you to the following people who responded in detail

Kirsten: "I like to go off the beaten track in Catalonia. Flying to Barcelona and staying in a small cottage in the countryside and lots of walking. I go there twice a year and appreciate the sunshine, peace and quiet, trying to speak in Spanish and the occasional small glass of vino!"

Margaret Mary: "It's on the road for me in our wee motorhome Morag."

Antje: "Staycation sightseeing culture city break with a wee bit of quirky highlands and coastal delights :)"

Summer Volunteer Event

Save
The
Date

7th of August
4pm - 7pm

Calderwood Baptist Church
Maxwellton Rd
East Kilbride, G74 3LW

COMPLMENTARY THERAPY PRODUCTS

Kilbryde's unique fundraising project

An idea developed and brought to fruition by complementary therapists Janice and Louise, a range of products are produced from scratch, packaged and marketed to raise funds for Kilbryde.

Complementary Therapies Co-ordinator, Janice Blakeway, said: "We make a lot of aromatherapy products for our patients and we know how much they enjoy them.

"It was felt that there was an avenue there, using the skills we had, to create products that we could sell to raise funds for the hospice using the same basic skillsets of blending components.

"So as much as certain aspects are different - patients' products are all one-to-one and based on a health assessment - these are a generic product based on the same aromatherapy blending.

"There is a huge business and demand out there so we thought that we could grab a slice of it for the hospice - throughout the whole process over the years, volunteers have been an integral part of it.

"It is volunteers that have helped us through the entire manufacturing process, from the intricacies when items have to be weighed then bottled as an end product.

"Each box has to be folded, labelled and packed - it's not just the making of the products as each item has then to be ready for sale and volunteers are involved in each stage of that.

"Our volunteers enjoy seeing the development of the end product. A lot of people that help create the items are also our best customers.

"They like seeing the background of what happens and that creates an interest and, over the years, there have always been volunteers involved, more so now than ever.

"In the last year, we separated roles between administrative support, manufacturing and sales with groups of volunteers in each section.

"Before that, volunteers had been doing a bit of everything but because we have grown, they can now specialise in a role which they enjoy doing the most.

"We make three different aromas and volunteers have a lot of fun making it...that's what volunteering is about, getting something out of what you are doing.

"Everyone takes a great deal of care in what they are doing and have pride in their work and it is lovely to see everyone enjoying what they are doing.

"It is great to see people wanting to make sure that their finished article is the best and knowing that the money raised is coming back to Kilbryde Hospice."

BRENDA:
Weighing
the product



MIKE : Data
updating



LOUISE: Selling the finished
articles. Reed diffusers and room
mists go on sale in the hospice
Atrium on the first Thursday of
every month between 10.30am
and 2.30pm

MY JOURNEY

In this feature, your Volunteer Newsletter will tell the story of a staff member or volunteer as they retrace their career path



Faye, pictured above right) is from Duxford, near Cambridge, which is famous for its War Museum and is 356 miles from East Kilbride. She says she might lose her accent some day although recently she was speaking to someone who has been in Scotland for 55 years and still has her accent !

We asked fundraiser Faye Armitage about her journey
“I came up to Scotland in 2017 to attend the University of Edinburgh and did a Masters in Sociology and Social Anthropology.

“Within that I became really interested in Death Studies and the concept of death and dying. I volunteered in a few charities that were connected with the university which got me involved in fundraising and events.

“I was working in a bar, to keep me going, until I got priced out of Edinburgh and moved to Glasgow in 2021, working in a hotel bar, then a cocktail bar, which is when I got the job here in 2023.

“When I was younger I wanted to follow my nana and be a primary school teacher but I soon realised it wasn’t for me. I did want to work with young people and that led to me doing a lot of fundraising events in schools.

“This also includes getting children and young people and young people in conversations on the hospice, what we do as well as death and dying.”

(CONTINUED ON PAGE SEVEN)

Competition Time



QUIZ - Are you a movie buff, just a casual viewer or maybe a regular at the cinema ??



1. Which American movie icon starred in several Spaghetti Westerns?
2. It was a Scottish low-budget smash-hit that introduced EK's Dee Hepburn ?
3. Born in Edinburgh, he was a milkman and junior footballer in his pre-acting days?
4. Which Alfred Hitchcock classic included the famous “shower scene”?
5. The movie Mrs Brown, starring Billy Connolly, was about what former monarch?
6. A railway-connected structure in the Highlands has become a tourist attraction thanks to Harry Potter, what's it called?
7. Who played Butch Cassidy?

See question 2



- 8 What 1990 movie starred Patrick Swayze and Whoopi Goldberg ?
9. Which EK-born actor played a prominent role in Four Weddings and a Funeral ?
10. From the movie Jaws, complete the following iconic statement - ‘You’re gonna need a bigger ____’ ?

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

(CONTINUED FROM PAGE SIX)

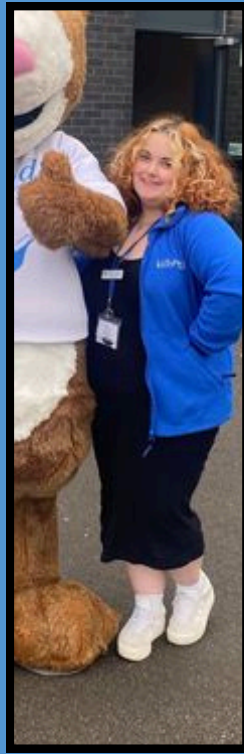
“Every one of us on the team have three or four different roles to play. I do schools, PR, social media and things like that.

“Also community events like afternoon teas and things like the pottery painting that we had recently.

“It’s a case of dividing your time between it all and I like everything I do, in particular the schools and social media.

“We have a good team here. We all have a personal connection to hospice care and this keeps us all going.

“I feel that sometimes people do not realise the importance of fundraising and that the hospice could not function without funds.



“We do a really important job and part of that job is raising awareness of the hospice, whether that is in East Kilbride, Hamilton and Rutherglen or even further afield in places like Strathaven, Larkhall and Biggar etc.

“I have also been to Gilmourton Primary School, which is miles away but still in South Lanarkshire.

Our task is to balance two things - raising money as well as raising awareness.

“I have now been in Scotland for eight years. I am originally from Cambridge, which is about an hour-and-a-half from London on the train.

“When I went to university I said I wanted to move away as far as possible and I think I have achieved that by going to another country.”

Faye Armitage

Let's Light Up the Night!

Hamilton Park Racecourse...Saturday June 7
Registration opens at 10pm

Get your glow on and join us for a night to remember at Stride for Kilbryde – our fun, family-friendly charity walk in support of Kilbryde Hospice.

Whether you're walking in memory of a loved one or just want to make a difference in your community, this glowing event is packed with good vibes, bright lights, and a big cause.

Registration – Only £20!

Your registration includes EVERYTHING you need to shine:

- Luminous T-shirt
- Flashing Headband
- Route Map
- Walk Number
- Medal
- Snacks, Water & Juice
- Live Entertainment
- Glitter Bar
- A FREE Burger at the finish line!

Every step you take helps support Kilbryde Hospice and the vital care they provide to people across South Lanarkshire.

So, gather your friends, grab your brightest gear, and let's stride together for a night of fun and fundraising.

Don't Miss Out!

Spots fill up fast, so register today and secure your place in the most uplifting events of the year!

Stride for Kilbryde 2025



Questions? Contact fundraising on 01355 202020 or email – fundrasing@kilbrydehospice.org.uk

Why Stride?

Kilbryde Hospice provides essential palliative care to people across South Lanarkshire. By taking part, you're helping us support individuals and families when they need it most.

Whether you're walking in memory, in hope, or in support—your steps matter.