

NEWSLETTER

Kilbryde Hospice Volunteer View

Summer 2024



A MESSAGE FROM THE HOSPICE CHIEF EXECUTIVE

Hello everyone, I'm Gordon McHugh, and I'm delighted to share a bit of my story with you.

At the heart of my journey lies Kilbryde Hospice, where every day presents an opportunity to make a meaningful difference in the lives of others.

In my role as Chief Executive of Kilbryde Hospice, I am privileged to witness the incredible impact of compassion and care every day.

Thank you for allowing me to share a glimpse of my journey with you. Together, let's continue to reach for the stars and make our world a brighter, more compassionate place.

Gordon McHugh

ISSUE 1

WELCOME TO THE 1st
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

- Chief Executive Gordon tells us all about his favourite song and film and what they mean to him
- Report and picture on a successful Volunteers Week celebration event
- Meet our teddy heading on holiday and a therapy visitor to the hospice
- Behind the scenes at Kilbryde Hospice...spotlight on the staff
- Preview of the Strathaven Balloon Festival and our Summer Fayre
- and much more



KILBRYDE'S COMPLEMENTARY THERAPISTS

The team provide group sessions to patients attending a Day Services programme, on topics such as anxiety management, improving sleep, and managing constipation, as well as gentle seated Yoga classes within Wednesday Day Services.

Meet our Complementary Therapy Team, pictured here (left to right): Louise Gray, Vicky Henderson, Pamela McNeill (front) and Janice Blakeway.

At Kilbryde, Complementary Therapies are provided within all services – Inpatient Unit, Day Services, Outpatients, Carers, and in patients' homes via our CLAN service as well as supporting staff wellbeing.

Our therapists provide a range of treatments, techniques and bespoke aromatherapy products to support patients and carers as well as hospice staff and volunteers, and promote a sense of well-being. These ladies are said to have magic hands, listening ears, warm hearts and wide smiles! But don't take our word for it – here's what some of their patients have said:

"THIS HAS BEEN AMAZING. I FEEL AS IF I'VE GOT MYSELF BACK."

"I CAN'T BELIEVE HOW RELAXING THESE TREATMENTS HAVE BEEN."

THAT WAS AMAZING. I FELT MYSELF LIFTING, DETACHING FROM "MY WORRIES AND TROUBLES."

Hospice Chaplain

Putting life into peoples' final days



WILLIAM MACLEAN

I've been a chaplain at the hospice for more than 6 years now and I must say it's been a huge honour and privilege.

As you might imagine my role is very varied but always entirely people focused. Although the majority of my time is spent with patients and their loved ones, another significant feature of my role is staff support.

I love working with our amazing and highly talented hospice team. They're undoubtedly the most professional compassionate people you are ever likely to meet

They make Kilbryde Hospice the most positive and uplifting environment. The hospice is a place filled with compassion, kindness and good humour, and I just love being part of all that. I'm very blessed that my wife, Elaine, also works in the hospice and so Kilbryde is a big part of our lives.

We are grandparents, although you'd never think that when you see how youthful we look 😊.

The very nosy Fiona insisted that I put something in here about how I spend my spare time.

The truth is I don't have an awful lot of that. I'm also an elder at Westwood Hill Church and it's busy place.

I love spending time with my granddaughters, who can brighten up any day.

We love spending time at our wee holiday home at the most beautiful part of Scotland, the Isle of Skye. It's a place we can combine two of our great loves, boots and books.

Reading books, long walks and Elaine's fabulous cooking, that's my kind of holiday.

At Kilbryde Hospice we put life into people's final days and being part of that is inspiring.

Willie MacLean



OUR WILLIE :
Chilling
out in
spectacular
style in a rather
unconventional
way

Behind the scenes at Kilbryde Hospice

VOLUNTEER SUPPORT

I live in East Kilbride with my partner and two sons. I have worked for 30 years as a retail sales manager, latterly with Debenhams for 18 years.

In the last few years a lot has happened, I was made redundant, my sister became ill, and I gave her one of my kidneys...she and her new kidney are doing well.

I have watched every Marvel movie back to front and front to back, if you love them you will know what I mean!

Main mission this year is to lose weight, as my niece is getting married in Tuscany in September and she loves Instagram!



All about Kilbryde Kafe volunteer Kieran



"My name is Kieran I started in the Kilbryde Kafe in August 2023.

I volunteer two shifts every week and absolutely love it.

Charlie, Seb, Jackie, Mary and Nan are all in when I am in.

They are all amazing, friendly people and I think of them as my family.

I mainly work the dishwasher, wipe the tables and brush the floors.

I am very good at this as I have lots of practice at home.

I have autism, learning disabilities and need extra support.

I also have type 2 Diabetes. Everyone in the hospice is always helpful and there for me if I ever need support in any way.

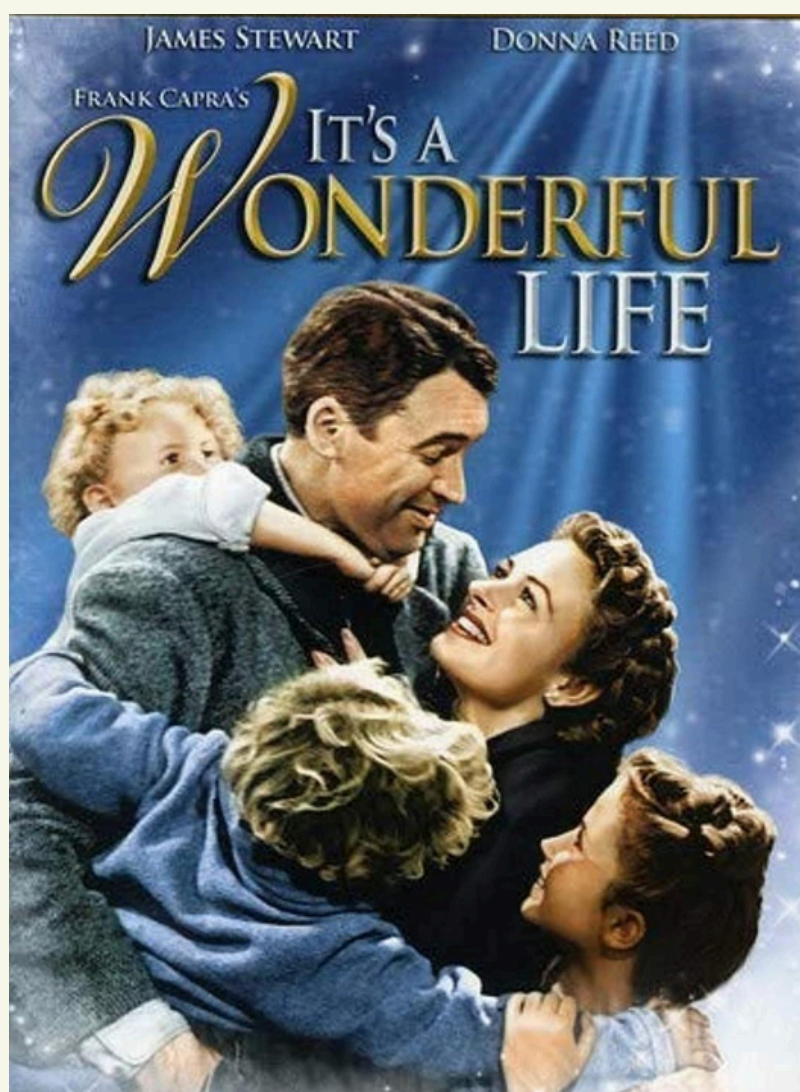
In my spare time I attend drama classes, I am a fan of Super and Hyper cars and my favourite band is Scooter.

I have just received a Duke of Edinburgh award in Level Up with Universal Connections, I am very proud."

Kieran

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. Who better to kick off the feature than Kilbryde Hospice Chief Executive Gordon?



Fav song and movie

For me, the film "It's a Wonderful Life" holds a special place in my heart, especially during my favourite time of the year, Christmas. This classic movie beautifully illustrates the profound impact that something at the centre of a community can have. It reminds me of the collective strength we possess when we come together to support one another, a sentiment that resonates deeply with Kilbryde's mission.

One of my favourite songs, "The Impossible Dream," takes me on a soul-stirring journey, particularly during Easter, another cherished time of the year for me. This song encapsulates the essence of pursuing one's dreams, no matter how daunting they may seem. It speaks to the human desire for a better world and the courage required to chase after it. The lines, "To reach the unreachable, the unreachable, the unreachable star," echo the resilience and determination needed to overcome obstacles and strive for something greater.

Volunteer support favs

We had an impromptu voting session in the volunteer support office, asking everyone: “What is your favourite song?”

Here are a few of their selections...

The Killers - Mr Bright Side, Depeche Mode - Enjoy the Silence, Bryan Adams - Summer of '69, Hall & Oates - You Make My Dreams Come True, Black Eyed Peas - I Got a Feeling, Philip George - Wish You Were Mine, Justin Timberlake - Can't Stop The Feeling, Whitney Houston - Step by Step

Animal Magic



FOUR-LEGGED FRIEND VISITING

Hello, my name is Harvey!

I am a Minature Schnauzer and five years old, I am also a Therapet!

I have been a volunteer, with my human mummy Lesley, in the Kilbryde Hospice for over a year.

Therapet is a pet visiting service, run by Canine Concern Scotland Trust.

Therapets also visit hospitals, care homes, schools, universities and work places!

I am calm and quiet, so that humans can stroke me to make them feel a bit better!

Our Teddy takes flight to Spain



JOLLY HOLIDAYS FOR KILBRYDE CARE BEAR

Volunteer Shona MacLeod sent the newsletter team this fab picture.

It's our very own mascot relaxing before boarding a flight to Tenerife.

We hope Shona could 'bear' looking after her extra passenger and did not 'paws' to think twice about it.

Now, over to you. Get in touch with us here if you would like to take our very own Care Bear on holiday with you.

And taking pictures of the trip are a must!

Always remember to take some 'bear' neccessties with you though...

Balloon festival

WHEN? August 23 – August 25 2024 WHERE? Strathaven Park



SPREADING THE WORD

Sandra Davidson, Social Prescribing Link Worker/Clinical Support Worker, will be at the event among those representing Kilbryde Hospice.

She said: "There are two main reasons for us having a presence there.

"One is to raise awareness that Kilbryde covers all of South Lanarkshire.

"And also to raise funds on the day. I hope as many of our staff and volunteers come along also."



Competition Time

QUIZ - How well do you know South Lanarkshire??

THIS ISSUE- EAST KILBRIDE

1. Who were The Dollan baths named after ?
2. In which year was it designated Scotland's first new town ?
3. Which famous author wrote a well known book while a patient in Hairmyres Hospital
4. A TV drama about a rabid dog was filmed in the town. What was it called?
5. Where can you find the town's oldest building and when was it built ?
6. When was the East Kilbride Development Corporation disbanded ?
7. Who is the Hunter Museum named after (clue: there are two people !)
8. When did East Kilbride Thistle win the Scottish Junior Cup ?

Email your answers to volunteering@kilbrydehospice.org.uk
All correct entries will go into a prize draw with the winner receiving £20 to be spent at The Kilbryde Kafe

CLOSING DATE FOR ENTRIES - AUGUST 1
Prize must be redeemed by Friday, August 30

9. What is the highest building in East Kilbride and how tall is it ?
10. What is the name of the town's American football team?
11. The town centre will be redeveloped...at what cost in money terms?
12. Name the former resident - actor, born in 1962, attended Heathery Knowe Primary ?



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
- Your favourite things (see page 4)

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

YA DANCER!



VOLUNTEER WEEK CELEBRATION

On Friday June 7 we held another fantastic Volunteer event, this time to celebrate Volunteer Week.

Thank you so much to every one that made it such fun and to the staff from the hospice who helped thought the day.

Morton Rolls provided some fantastic cakes and the catering team again provided lovely sandwiches and refreshments.

Julie Max sang for us, she was so good that we couldn't help but get up and dance, including one or two 'non-dancers'!. Thank you to volunteer Peter Sweeney who was our Quizmaster and Ann Watters for providing the quiz.

It was so lovely for us to meet volunteers from different areas throughout the hospice.

Fiona Swinger

Volunteer Support Officer

SUMMER CELEBRATION

ALL VOLUNTEERS WELCOME

Save
THE
Date

kilbryde
hospice
Caring across South Lanarkshire

**ATTENTION ALL
VOLUNTEERS !!**

**Invitations are being sent to
everyone's email.**

**Keep an eye on your inbox
or contact reception for
details**

22nd of
August
12pm to 4pm

Calderwood
Baptist Church
Maxwellton Rd
G74 3LW

**RSVP KILBRYDE
HOSPICE**

We would like to invite
you to a party to say
Thank you for
Volunteering

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.

