



“Making a difference isn’t about doing everything – it’s about doing something that matters to someone.”

ISSUE 2026/2
WELCOME TO THE
SUMMER
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.



SISTER SOPHIE

KILBRYDE Hospice is coming up for a significant milestone as we approach the 25th Anniversary of making a difference in South Lanarkshire’s communities.

From Day One, Sister Sophie has been a volunteer, and these days can be seen chatting to people in Joe’s Bistro... then minutes later, she will have moved to another table. Sister Sophie personifies making a difference, she tells how and why in this edition of the Newsletter.

Sister Sophie Speaks

I have been with the hospice since the very first week after attending a meeting with my cousin, Father Devanny, several councillors and Doctor Richardson.

I was told that there was going to be a hospice in East Kilbride and I could be the chaplain, but I said no, I am not going down that road.

That was when I became associated with Kilbryde Hospice, 25 years ago. At first, I volunteered in the Day Centre at the Red Deer Centre, Westwood, East Kilbride.

Then, when the Hospice building opened, I came here. I became involved with the inpatient unit.

I spend some time in our community cafe, going around and talking to people as they come in. Unfortunately, some people don't really know what goes on beyond the cafe, throughout the rest of the hospice, across both floors.

That's why I go from table-to-table - if I see someone sitting on their own, I will ask, 'Can I join you?'

That is how I have got to know a few people, this is where I can tell everyone all about the hospice, because they just don't know. They know the cafe is there, and they are giving their money to a good cause by using it.

I have always volunteered and have had previous experience helping patients with special support needs.



INPATIENT UNIT: Sister Sophie offers support

I ran a farm in Ireland for adolescent autistic people, we met every six weeks, which included staff, volunteers and those living in the local area.

Recently, a politician arrived on my doorstep and asked if I would be voting for them, so I asked "What about end-of-life?"

I said that we had a hospice in this area and that the hospice needs support, which we are not getting.

I added that it was no use to me, as you stand on my doorstep, that you know about the hospice and where it is, but you don't know what goes on there!

They know the building, they know that it is next to Hairmyres Hospital, but they do not know what goes on behind the doors of Kilbryde Hospice.

CARING AT END OF LIFE

Sister Sophie takes volunteering to a different level simply by caring for people. She cares and supports patients and their families whether they have ‘faith or no faith’. She is not there to preach or pontificate, but to help people as they go through what might be the most traumatic time of their lives.

YOU might be forgiven for assuming that a person who had devoted her adult life to God comes into the hospice on a mission to spread the word and convert people.

But nothing is further from the truth, although Sister Sophie does personally ask him for help, as she explained: “When I come into the hospice in the morning I go upstairs to The Sanctuary and say a little prayer to give me the strength and courage to help the patients.”

That is where the religious part of her work ends, although if a patient chooses otherwise then that is exactly what will happen.

Sister Sophie said: “The first thing I ask is if they have had a good sleep last night and if they have had any visitors in.

“They often give me their family history, without me asking, so when I come into contact with the family at a later time, I know who and what I am talking about.

“It is important to strike a balance between confidentiality and being human. On some occasions, there may be a sensitive issue which Sophie will have to deal with, but she always puts the patient’s needs and thoughts first.

“I assure people that anything they say to me will not go any further and, if they have a problem, I refer them to the person in charge of the unit.

“Recently, we had a patient who had been homeless. He did not want anything, he didn’t want any sympathy and just wanted to walk out of the Hospice.”

“I told him there was no one stopping him, but told him to think of going outside, getting a piece of cardboard and sitting out in all weathers.

“You are in here, you have a good, clean bed, being looked after physically and mentally, so why would you walk away?

“He then said that no, he couldn’t walk away - I always find out what the patient’s worries are, and that makes me able to carry out my role.

“I sit at home sometimes and think of the volunteers at the hospice. I see the volunteers in the cafe, they are run off their feet every day.

“I hope that all our volunteers know what they are volunteering for? It is something that I feel very strongly about. For example, volunteering in a cafe - but it is not an ordinary cafe,”

SPOTLIGHT ON RETAIL

Volunteers' vital contribution to hospice work helps boost confidence



STEVIE LYNN

"From the moment I had the courage to say 'I want to be a volunteer' to being a veteran for a decade, I've seen a tremendous effect on my life.

"When I first started out I was nervous to make any errors and meet new people but, as weeks went by, so did my fears and it became more comfortable to let my inner self break it down to the max.

"It's given me the boost to get up in the morning and commit to the everyday tasks I love doing for staff, volunteers and customers. Also learning new skills every time I step through the shop's front door and facing the challenges that make me a better person in a workplace.

"Not even the lockdown could slow me down after recovering from the pandemic and things began to change for the better with new shops, volunteers, customers and more and I now realise how much I've done for the hospice.

"Now I've become a senior volunteer for Kilbryde Hospice Boutique Shop in East Kilbride and a Volunteer Voice Representative for the clothes shops on all sectors including the newly opened furniture shop in the EK shopping centre.

"I don't know if my life would be the same if I didn't join or even once I've left, but regardless I'll always cherish the moments I have with Kilbryde Hospice. Then, here, now, forever."

KEVIN TALENT

"I was in Langside College, doing various courses over several years, also working with Mental Health Support during lockdown advising people about exams and other things.

"All that kept me busy for a long time, as well as helping the Student Association telling people about events and suchlike.

"A lot of people I know have died with cancer and I wanted to help the hospice as well as helping people, which is what I'm good at.

"Now I am in the hospice furniture shop in East Kilbride Town Centre, having come here just two weeks after it had opened. Among my tasks is sorting out CDs and DVDs, cleaning furniture and answering questions from customers such as 'how much does that chair cost?'

"Even if I am unable to answer them, I will ask the shop manager or member of staff, just to make sure the customer gets information they are looking for.

"Volunteering has made a big, big difference to me as I am more independent now as I have got more into my role in the shop. Just being able to help customers makes me 'feel important' and even my mum and dad have noticed a big difference in me.

"If I am able to help a customer, who then buys something, that means more money for the hospice and helps make a difference in what they do there."





QUIZ TIME

These people have all made a difference at some point. Can you identify them using the clues given?

- 1.** She refused to give up her seat on a bus to a white person. Her act of defiance led to the Civil Rights Movement starting in the 1950s. (RP)
- 2.** Swedish teenager who has campaigned on climate change, passionately speaking worldwide to parliaments, The United Nations and more. (GT)
- 3.** Born into poverty, he was elected US president in 1861 and immediately said he would abolish slavery. He was assassinated four years later. (AL)
- 4.** An Italian explorer and navigator who is best remembered as the person who discovered the Americas, while also confirming the world is round. (CC)
- 5.** Known as The Lady With The Lamp, this nurse dramatically improved the care of injured soldiers in military hospitals during The Crimean War. (FN)
- 6.** His songs and poems have been sung and recited all over the world with his works having themes like social equality, nature and romance. (RB)
- 7.** Although he discovered penicillin by accident, he changed medicine and started the antibiotics revolution, winning the Nobel Prize in 1945. (AF)
- 8.** Fought against apartheid in South Africa, was jailed for his 'crimes' but went on to become the country's first black President. (NM)
- 9.** He revolutionised the movie industry with his animated characters which have evolved into a multi-million industry including theme parks. (WD)
- 10.** This organisation, comprising staff and volunteers, makes a difference in multiple ways to people in our community with various health issues (KH)

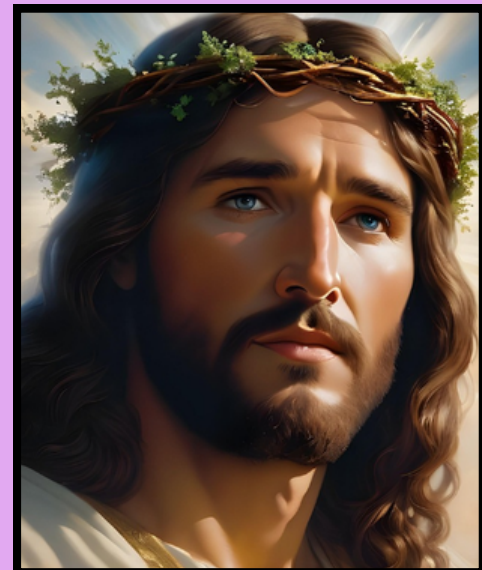
OUR HEROES

In the last two editions of the newsletter our focus has been on making a difference. We also asked some volunteers 'who is your hero?', it could be a famous person, present or past or someone who has shaped your life.

CATHERINE McDONALD: "The famous person who is my hero is THE QUEEN. I always really respected her. She carried herself well, was kind and respectful and did her job for a long long time. There was always a lot of pressure on her but I always looked up to her and thought that 'yes, she is fantastic'"



WILLIE MacLEAN: "My hero would be JESUS CHRIST. Trusting in him is a great example but trusting in him as my Saviour has shaped my whole life and will continue to do so."



DOROTHY VANN: "My hero is my husband Alistair who was funny and talented. I am hopeless with anything musical but he was very musical and a talented musician. He played the piano, double bass, bass guitar and the piano-accordion...he was my hero!"



KEIRAN McKINLAY: "My hero is WWE wrestler John Cena who is the greatest of all time and 17-times world champion. He is strong, confident and even called 'indestructible' by some people! Against any opponent no one is as great as John Cena in the WWE (World Wrestling Entertainment) business."

MARY SMITH: "My son Stewart was my hero. He died at aged 28 with bowel cancer and just accepted the illness that he had. That made me think about my life and what I would do. I put myself into volunteering in the hospice and fundraising for Bowel Cancer Research. If Stewart hadn't been such a hero and bore his illness so bravely I wouldn't have a hero to choose."



FRANK MILLER: "As a young teenager, I ran with Shettleston Harriers and my coach was a lovely man in his early 60's called John McAllister. Mr McAllister would take us budding athletes running round the streets and down by the River Clyde. He was a very kind, supportive and jovial man who inspired you to train hard, work as a team and had the knack of making you feel ten foot tall. His example has stood me in good stead throughout my life and I am still running today at the age of 73!"

SEE PAGE 11

Spotlight on Catering

Volunteers' vital contribution to hospice work raises vital funds

I started volunteering here just after the pandemic ended and at that time it was very quiet as the cafe had just re-opened.

Now, in a typical day in Joe's Bistro we start in the morning putting everything out - milk, sugar, plates and suchlike.

It gets busy towards lunch time - I am usually on the tills until 12.30pm - which is great for the hospice.

Sometimes it's a case of trying to remember everything, but we have a good wee team with each one having their own task.

I get on well with all the staff and volunteers, nothing fazes me about the kitchen and if I'm not busy I'll go and wash dishes.

Or I will go and clear tables as I just hate standing doing nothing but towards the afternoon it gets very hot.

But there is always something to do. I'll fill up the juice cans or make sure all the home baking is out, I'm quite happy to help out.

By doing this I am helping my colleagues and it works both ways if I am very busy.

We feel we are making a difference as the staff, right up



to Gordon [McHugh, Kilbryde Chief executive], recognise what we do and always thank us.

That makes us feel that we ARE making a difference so, from that point of view, I feel that I am doing something worthwhile.

I also help out at the Afternoon Teas, Christmas Fayres, fetes and all that which I really enjoy doing.

There is a good group of ladies and gentlemen that helps out at these things, which are a lot of fun to do.

It is amazing the support we get and there are regulars who come along to all the events and their support is phenomenal.

We are helping raise funds for the hospice and, once again, this is making a huge difference.

MY JOURNEY

When I first retired I volunteered with South Lanarkshire Council with Meals on Wheels but that stopped after a time.

From there I went to work as a classroom assistant in my grandson's primary until the pandemic closed the schools.

I had been in teaching for 32 years, 17 as a head teacher, starting off in the East End of Glasgow.

I had left teaching twice to have my daughter, then my son, working in David Livingstone Primary in Blantyre in-between.

My first post as a head teacher was in Rogerfield Primary in Easterhouse, for six years, always making sure that the children had a lot to do.

We had a fabulous garden, which won us the Glasgow Rosebowl - my husband had supplied the planters.

Then there was an amalgamation of five or six small schools and I moved to Mosspark PS...which was my own primary school and was my final post!

And it was the same building. I really enjoyed going back and was there for eleven years before I retired.

PICTURE SPECIAL

Miss Scotland 2025



Eilidh MacDonald won the competition in November last year and one of her tasks as Miss Scotland is to focus and raise awareness of charities. Eilidh chose hospices and spent a day at Kilbryde speaking to many people

The Two Bears



Volunteer John, a huge Rangers fan, was delighted when former player, Charlie Miller, surprised him by dropping in on his 80th birthday celebrations

Easter Fayre one



Giving up their Saturday to sell Easter-themed crafts at the fayre in EK Town Centre are (from left) volunteers Susan, Sally Ann and Ann

Easter Fayre two



Next door were volunteers Andrew and Theresa whose choc sales were eggs-cellent, earning vital funds for Kilbryde

A TERRIFIC TEAM

Our Corporate volunteers were garden greats



THANK
YOU

- Annette
- Alex
- Rimsha
- Dev
- Hachi
- Raun
- Adi

WORKING in one of the hottest days of the year a group of staff members, from HSBC's Eurocentral base, rolled up their sleeves and took to the hospice grounds.

Speaking on behalf of the group, Annette said: "HSBC allows us to have two Volunteer Days per year and we, as a team, chose Kilbryde Hospice.

"We have had a great day here, doing something worthwhile outdoors with teamwork in action.

"We all work together at HSBC and volunteered to come together as a team when the bank gave us the opportunity to come here to give something back to the community.

"Anyone at HSBC can put their name forward to take part in the Volunteer Days when the bank announces that there are a certain number of spaces for Kilbryde Hospice.

"When Fiona [volunteer support officer] told me that the hospice was getting a load of new plants, I advised her to contact HSBC and tell them she needed more people.

"It is a lovely place to come along to but we have been working hard on 'Operation Weeding!'

"That has been our remit as well as watering the plants. We have been so well looked after with teas, coffees, juices and our lunches are booked."

Teddy's Travels



TURKISH DELIGHT: The Hospice Teddy notched up more air miles as he accompanied clinical support worker Allison, on her holidays to Turkey where it looks like both were enjoying the sun

We would like to
invite you to a
party to say
Thank You For
Volunteering

Thursday, 9th July
3pm - 5.30pm
Calderwood Baptist Church,
Maxwellton Rd, G74 3LW



PICTURE SPECIAL

Harvey on the move



Our beloved therapist Harvey is getting therapy himself...and looks quite pleased with his new mode of transport ! This special pushchair helps him get around after he was experiencing leg and back pains

Love our garden



Making a difference the hospice grounds look fantastic are John Rae (left) and Billy Morris

Our volunteer Frank Miller's blasts from the past made a difference in his life



Frank (second right) is pictured with fellow Shettleston Harriers as Glasgow Provost Donald Liddell sets them off on the Queen's baton relay for the 1970 Commonwealth Games.



Frank is pictured (back row, first right) at Shettleston Harriers Clubhouse with his hero (see page six of the newsletter) John McAllister who is extreme left in the picture. Frank also hero-worshipped athlete Lachie Stewart, who is on the extreme right. Lachie won gold at the 1970 Games for the 10,000 metres.

Hospice award winner

LOUISE McGown, Corporate Services Manager at Kilbryde Hospice, has been recognised for her work here with an award from the Institution of Occupational Safety and Health (IOSH) Scotland.

Since taking up her post on May 19, 2025, Louise has set about making sure Kilbryde Hospice reaches high standards in every way possible.

She said: “It was Gordon [McHugh, Hospice CEO] who nominated me for the award and the words of his nomination were read out at the awards event. I had no idea that he had put me forward.

“He was informed by IOSH Scotland that his nomination for the Certificate of Merit had been successful but it was a real surprise for me.”

**This was the confirmation that Gordon received...
*‘Thank you for taking the time to put forward such a deserving nominee. The judging panel were impressed by the contribution and positive impact Louise has made in promoting strong health and safety practice, and it is fantastic that we can recognise this.’***

Louise added that the award was earned for keeping the hospice safe in general, although there have been many fresh developments that she has also led in respect of health and safety.

“It was all about making sure that we got a good score in our annual Health & Safety Audit, which is carried out by a third party who goes through everything with a fine-tooth comb.

“Also keeping our Key Performance Indicators (KPI)s high. They have improved in several places, including control of the water.



“All of my staff and volunteers know what I expect and we have to keep everybody safe. The volunteers help out, especially when a lot of things were happening with the water project.

“We had volunteers flushing all the pipes, taking and recording temperatures. This is a pretty big building and we only have two people in Facilities so this is when we rely on volunteers to help us do that ,” she said.

**CONGRATULATIONS
LOUISE: High standards met and attained have led to a well deserved award (pictured below)**

