

Money Talks

How you can help us

If you would like to make a donation to Hospice services, please complete the form below.



Title _____

First Name _____

Surname _____

Address _____

Postcode _____

Telephone _____

E-mail _____

I would like to make a donation of: £ _____

Tick box for amount of cheque/postal order to be added, or box for donating by credit card

If you would like additional information on any of the events in the Newsletter, please specify: _____

Cheque/PO Credit Card Number _____

3 digit security code _____ (this can be found on the reverse of your Debit/Credit card)

Expiry Date _____ Issue Date/Number _____

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Ardgowan Hospice, 12 Nelson Street, Greenock PA15 1TS
Tel. 01475 726830 www.ardgowanhospice.org.uk

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Ardgowan Matters

Keeping you up to date with everything happening at Ardgowan Hospice

www.ardgowanhospice.org.uk

ISSUE 3 Summer/Winter 2007

Light up a Life

Sponsor a light on the Christmas tree. Ardgowan Hospice invites you to join us in remembering loved ones.

Ladies who lunch

All the info from Ladies day at Inverkip Marina

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News and Views

A word from the CEO

Ardgowan Hospice is all about teamwork and what can be achieved by working in collaboration to improve the lives of patients and carers.

In June we were delighted to receive national recognition for such a project when members of staff attended an awards reception in Westminster, London.

A Patient Medication Guide had been developed by a working group of staff from Ardgowan Hospice, ACCORD Hospice, St Vincent's Hospice, a GP and a Pharmacist.

This helpful guide was considered to be such an excellent tool to improve communication between healthcare professionals and patients and carers, that it was judged to be the runner-up in two categories by a panel of 22 prestigious judges involved in the Ask About Medicines Awards for Excellence.

In addition to this success, we were recently awarded the Learndirect Scotland Learning Workplace of the Year 2007 for the significant commitment made by members of staff in developing their knowledge and skills.

These activities involve many people, many hours of teamwork, training and learning all to ensure that patients and carers receive the best possible care and attention when they need it.

None of this would be possible without the ongoing support of our staff, volunteers, corporate partners, Hospice Council and the very generous Inverclyde community.

We hope you are proud of your local Hospice and will continue to be involved in our first class, award-winning work.

Smethy McElroy

Chief Executive Officer



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Ardgowan Hospice Represented in Budapest

Education is a much-valued service at Ardgowan Hospice with our staff receiving the best possible training in palliative care to ensure that our patients and families receive the highest quality care.

Our Education Manger Stuart Milligan was recently invited to attend the annual conference of the European Association of Palliative Care, which brings together palliative care experts from all over Europe and beyond. This year the venue was Budapest, Hungary.

Stuart wrote a proposal for a poster, all about a palliative care education initiative in Argyll, which was accepted for presentation at the conference. The University of Paisley funded Stuart's attendance. Stuart said, "I spent four days attending the conference and it was a really interesting experience, especially as palliative care is at a fairly early stage in Hungary."



Stuart Milligan

Fundraising Update

Christmas Cards

Christmas cards are now on sale from both hospice receptions, and will be available in our four shops in Gourock, Greenock, Port Glasgow and Kilmacolm shortly. Alternatively you can use the order form enclosed. We hope you like our selection of cards and Christmas goods.



Light up a Life

Ardgowan Hospice invites you to join us in remembering loved ones who are no longer with us by Lighting up a Life and sponsoring a light on the Christmas tree at Westburn Church on Nelson Street, Greenock.

On Sunday 2nd December at 6pm we will be switching on the lights and would be delighted if you could join us as we remember our loved ones this Christmas. The dedication will be followed by tea in the church hall where there will be an opportunity to purchase our Christmas cards and merchandise, as well as look at the Book of Remembrance from last year.

If you would like to dedicate a light to someone please return the enclosed form to Ardgowan Hospice or visit our website www.ardgowanhospice.org.uk.

All memorial lights will be entered in Ardgowan Hospice's Book of Remembrance, which will be displayed at our annual remembrance service and thereafter, in the hospice.

On behalf of everyone at Ardgowan Hospice may we take this opportunity to wish you and your family best wishes for the forthcoming festive season.

The Recruit

During the summer 36 Inverclyde teenagers took up the challenge of a lifetime to compete for seven £18,000 a year contracts with companies such as T-Mobile, IBM and Blairs of Scotland.

Proceeds from the challenges set for the young entrepreneurs were very kindly donated to Ardgowan Hospice as well as the proceeds from the charity auction and raffle held at the glitzy award dinner in the town hall.

Almost £9,200 was donated to the hospice and we would like to thank all the students involved as well as Inverclyde Council Education Officer Robert Lamb and his team from St Stephen's Enterprise Centre.



Fundraising Update

Refurbishment update

For over 25 years Ardgowan Hospice has been expanding and developing its many services to meet the needs of the people of Inverclyde. The hospice has grown to include an in-patient unit, day hospice, a community nursing team, transport service, Living with Cancer information, support, advice and bereavement counselling.

Ardgowan Hospice strives to work hand in hand with the Care Commission and is completely committed to maintaining the highest achievable standards. Recently an appraisal of the Hospice was carried out to look at available space and how it is used. Following much discussion it was decided that both buildings should be further developed in order to maximise patient care.

In the future the majority of our out-patient services will be concentrated in the ACCESS building leaving the in-patient unit in its current location with space to expand. We have plans for a family room with improved accommodation for relatives to stay over night in comfort and we would also like to increase our en-suite facilities for patients.

It is estimated that the work will cost approximately £200,000 and we have already received a pledge of £125,000 from a Charitable Trust and we are looking at ways to fundraise for the remaining £75,000.

To help raise some of the money we are asking our supporters to take a Refurbishment Appeal coin card and along with friends and family try to collect £10 for us. If you would be willing to help by taking a card please call fundraising on 01475 726830 and we will be happy to send one out to you.



Spooky Capers

The Ardgowan Hospice Halloween Party will take place at the **Chartroom in Inverkip on Friday 26th October at 7.30pm.**

Tickets are priced £20 and include a light buffet and a spooky cocktail on arrival. Prizes will be on offer for the best dressed guests as well as the chance to win some super prizes at the charity raffle.

You will also have the opportunity to dance the night away to music and entertainment provided by Clyde 2 on the night.

So if you fancy a fun night out and an excuse to dress up why not **contact the Fundraising team on 01475 726830** to purchase your tickets.

Sports Dinner

A new addition to the hospice events calendar was the very first Sportsman's Dinner, which was recently held in the Tontine Hotel.

The evening began with a drinks reception before guests settled down to a four-course meal and an evening of fantastic entertainment. Speakers at the event included snooker referee Hugh Brown, Ex-Celtic player Murdo McLeod and Ex-Morton Star Allan McGraw. The evening was also compered by Ricky Hutcheson.

As well as a raffle to raise funds for the work of the Hospice there was an auction including a Greenock Morton shirt and ball as well as a trip to Turnberry for the golfers in the crowd.

Thanks to all those who attended and helped raise £1,300.00 to contribute to funds here at Ardgowan Hospice.



Fundraising Update

Ladies Who Lunch

More than 100 ladies put on their Sunday best to attend the hospice Ladies Day, which was held recently at the Inverkip Marina.

The sun shone as they drank pink champagne on the patio before enjoying a fabulous lunch.

After lunch the ladies were treated to the stories of our wonderful **guest speaker, Tricia Stewart**, one of the original Calendar Girls who was the inspiration behind the much-publicised nude WI calendar and played by Helen Mirren in the blockbuster movie.

Her Yorkshire charm and humour shone through during her speech which was well received by

everyone if the racous laughter and rapturous applause was anything to go by. Tricia spoke of her friends John and Angela who prompted her idea for the calendar and how they were transformed from a small rural WI in Yorkshire to being on the big screen.

Almost £3,000 was raised and the fundraising team at Ardgowan would like to thank all those who contributed prizes to the raffle, donated items for the goody bags and especially Playtex in Port Glasgow for assisting with sponsorship of the event.

A big thank you also to all the ladies who attended and helped make this event a great success.



Women's 10K and Great Scottish Run

Congratulations to our team of runners who took part in the Women's 10K in Glasgow in May and the Great Scottish Run in September. To date over £4,500 has been raised. Well done to everyone who participated.

Fun Run

This July Inverclyde Leisure organised their 2nd fun run in aid of Ardgowan Hospice. The sun was shining and everyone had a good time running or walking. Eleanor Kane at the Waterfront did a fantastic job organising the event and we were delighted that nearly 300 people took part on the day to and helped raise £2,000.00 for the hospice.



Fundraising Update

Heartfelt Thanks

Everyone at Ardgowan would like to thank the community of Inverclyde for their continued support of our work. Lots of you have been busy raising funds on our behalf, too many to mention, here are just a few examples.

Thanks to: Tricia O'Connor who raised £691 from a charity night at Broomhill Bar, Staff at Milan Restaurant for sharing their tips with us and Allison Stenhouse for completing the Three Peak Challenge. Ross Stevenson raised £320 walking the West Highland Way. The Horseshoe Bar raised £3,200 and Thomas Cameron organised a Fitness Convention raising £1,146. Dancers at Aileen Gillen School of Dance donated £600. Thanks also to Jamie O'Neill and friends who climbed Ben Lomond and raised over £1,600.

Inverclyde schools continue to be very supportive of the Hospice. Thanks to Wellington Academy, St Stephen's High School, St Joseph's Primary School. Gourrock High School, Port Glasgow High School, Lady Alice Primary School, Barmoss Nursery School, Paton Street Family Centre, Wemyss Bay Primary School, Wellpark Children's Centre, Gourrock Pre 5 Centre, Lilybank School and Overton Primary School.

Thanks to you all, we wouldn't be able to continue our work without your support.

Family Fun Day

The rain stopped for a bit on Saturday 16th June for the hospice Family Fun Day at Greenock Cricket Club. The kids were able to have a go on the bouncy castle and try their luck at hook a duck, while their parents enjoyed afternoon tea in the pavilion before the heavens opened again. We hope this will become an annual event and fingers crossed for better weather next year. Thanks to everyone who turned out on such a wet day and also to Jim Lepick and staff at the cricket club for all their help and support.



Gourock Golf Day

Gourock Golf Club recently held a charity tournament to raise funds for Ardgowan Hospice and three other local charities. On the day over £12,500 was raised with the Hospice receiving £5,000.

A fantastic day was had by all and we hope Gourock will repeat the event next year. We are extremely grateful to everyone at the club for organising the event, and thanks also to Brian Clements of McTears for conducting the auction and Andy Stark of Stark-Images for photography.

News and Views

Staff Profile

In this issue of Ardgowan Matters we will meet Anna Forde who is an Ardgowan Community Nurse Specialist.

Anna has worked at the hospice for the last ten years and describes it as a "privilege". Her role includes working in-conjunction with the Primary Health Care Team and the specialist palliative care team to meet the often-complex needs of patients and families. She comments "teamwork is of paramount importance, with the most important person in the team being the patient and Ardgowan is committed to providing the highest quality of care to patients and families living with a life limiting illness."

Anna began studying for a part-time nursing degree specialising in palliative care in 2000, which was fully supported and encouraged by the organisation and finally completed her studies in 2006. Not content with stopping there she decided to undertake a Masters Degree specialising in palliative care at the University of Glasgow, and is currently in her second year.

Anna commented "This vital education has allowed me to enhance my knowledge and develop my practice with the ultimate aim always being to strive to improve standards of patient care. I find working at the hospice very rewarding."

Recently Anna was short listed in the Workplace Learner of the Year category at the Learndirect Scotland Celebration of Learning in Glasgow. Anna was nominated by her Manager for her enthusiasm in training.

Anna lives in Greenock and has been married to Tony for the last eighteen years. They have two children; a seventeen-year-old daughter who has just began studying Primary Teaching at the University of Glasgow and a twelve-year-old son in high school who is fanatical about drama.

Studying takes up a lot of Anna's time but when she does have any spare time she loves some retail therapy, particularly of the internet variety, as well as eating out, attending concerts (especially to see her son's shows) and going to the theatre.



Anna Forde

