

Ardgowan Matters

Keeping you up to date
with everything happening
at Ardgowan Hospice

www.ardgowanhospice.org.uk

ISSUE 7 April 2009

Light up a Life

An update on the Christmas 2008 Light
Up A Life Appeal

Go Yellow Launch

An insight into last years event and how you can
participate in this year's event

Ardgowan Hospice Wins Prestigious Award



IN THIS ISSUE

Love is in the Air, Friends
of Ardgowan Hospice,
Shop Till You Drop
Plus lots more

100
HEALTHCARE

Fundraising Update. Friends of Ardgowan Hospice, Heartfelt Thanks and more.

More Fundraising Updates. Love is in the Air, Light up a Life, Home Money Boxes.

News and Views. Tasty Treats, Shop Till You Drop and much more.

Money Talks. How you can help us.


**ARDGOWAN
HOSPICE**
Together We Care

CEO Welcome

It's refreshing to be able to welcome you to this newsletter with a good news story.

Ardgowan Hospice has secured sixth place in the prestigious Healthcare 100 list released on Monday 2 March by the Health Service Journal and Nursing Times.

The influential list, researched by Ipsos MORI on behalf of HSJ and NT, and supported by NHS employers, is based on the results of an exclusive poll of the employees of registering organisations.

Open to both NHS and independent healthcare providers in the acute, primary care, mental health and ambulance sectors, the winners and representatives of all those included in the top 100 celebrated at a special Awards lunch held at the London Hilton on Park Lane on Monday March 2nd.

The award is a reflection of the excellent employment practices adopted within the hospice, where staff reported feeling motivated and supported to provide first class care to patients and families.



Chief Executive Officer



Farewell to Employees

In 2009 the Hospice will say farewell to three long serving and faithful employees who are planning retirement. Willie Gibson retires in March after ten years service, Robin Brown in May with fifteen years service and Isabel McKnight in June after nineteen years service. Staff, volunteers and patients will miss the three individuals and additionally the management team will miss their combined experience. However we wish each of them a long and happy retirement.

Inside this Issue of Ardgowan Matters

1-3 Fundraising Update

Love is in the Air, Light up a Life, Womens 10k, Friends of Ardgowan Hospice

Plus lots More.

4-5 News and Views

Tasty Treats, Go Yellow Launch, Shop Till You Drop **Plus lots More.**

Love is in the Air



Ardgowan Hospice recently held its 2009 Annual St Valentine's Ball on Saturday 14th February at the luxurious Marriott Hotel in Glasgow. The evening is the most spectacular event on the fundraising calendar and kicked off with a sumptuous champagne reception before guests tucked into a delicious four-course dinner.

Guests had the chance to bid for some amazing prizes at a Charity Auction, hosted by Brian Clements of McTears, as well as winning some fabulous prizes in our charity raffle and taking part in our fun Hit & Miss Game. Guests then danced the night away to fantastic live music performed by Soul Train. The event was hosted by MC Madeleine Wober who has worked with the Hospice at many events in the past.

On the night the auction raised a fantastic £8,810, with guests securing prizes such as Take That tickets & overnight accommodation at One Devonshire Gardens, a villa in Fuerteventura, Hospitality at Morton Football Club and a Manchester United autographed football.

The overall total was just over £17,700 which is absolutely magnificent!

Events such as this help the Hospice to continue to expand the range of outstanding services it currently provides to hundreds of patients and families within the Inverclyde community.

Ardgowan Hospice provides a vital service to many in the Inverclyde community, and often acts as a lifeline at what can be a very distressing time. The

services include:

- **An In-Patient Unit providing care for approx 100 patients each year**
- **Ardgowan Community Nurse Specialist and Patient & Family Support Teams**
- **Information & Support service for patients, family and friends offering psychological support, information and therapies**
- **A counselling and bereavement service**
- **Transport Service to hospital appointments for up to 100 patients every week**

We would like to sincerely thank all our many guests who attended on the night as well as our very generous supporters who donated items to our auction and raffle.

Thanks also to the Oak Mall for adopting Ardgowan Hospice as their Charity of the Year and for their sponsorship support for the event.

A big thank you also to Executive Travel and Hardies Coaches for providing free transportation on the night for our guests.

Due to the success of this year's event we have already confirmed that next year's ball will take place on Saturday 6th February 2010 at the Marriott Hotel in Glasgow.

Why not get in touch with the Fundraising Team on 01475 726830 and book early!

Fundraising Update

Light up a Life

Many of you participated in our Christmas 2008 Light Up A Life Appeal. This is a unique way of remembering loved ones by illuminating a light on our tree at The Westburn Church. The fabulous tree was illuminated on Sunday 30th November at our Christmas Service.

More than 200 people turned out on what was a cold night to attend the short service and were also treated to a few carols from the Ardgowan Hospice Singers as well as mulled wine and mince pies inside the church hall.

More than 850 of you chose to participate in this annual event and your generosity so far has raised an outstanding £17,142. Thank you so much to all of you for your donations.

Many people made their donation at the Oak Mall in Greenock who very kindly allowed us to set-up in the mall during December so a big thank you to them also.

Names from all the memorial lights dedicated will be entered in the Ardgowan Hospice's book of remembrance, which will be on display at our annual remembrance service this May and thereafter in the Hospice building.



Home Money Boxes

Last year the Hospice was refurbished making a huge difference to our patient and nursing areas. We are delighted with our new family room which enables people to stay in the Hospice and be near their loved ones and our day services have benefited from a move to the ACCESS building.

We are always looking at ways to improve our services and adapting the space we have all the time to meet the needs of our patients and families.

Our little home moneyboxes are a great way to donate as spare change soon adds up and with many people saving it makes a significant contribution to the Hospice. The donations from the home moneyboxes will enable us to continue to provide a high level of care and develop our services for the Inverclyde community.

If you are interested in having a home moneybox please do not hesitate to call into either reception to collect one.



Women's 10K

Ardgowan Hospice is hoping to encourage all those keen female runners out there to take part in The Ignis Asset Management Women's 10K on Sunday 10th May and raise vital funds for a great cause. So why not get your friends and family together, enter now and start training.

The route, which finishes in Bellahouston Park on the south side of Glasgow, also passes through Maxwell and Pollok parks making it one of the most scenic road races in the UK.

All of the vital services offered by Ardgowan Hospice are provided free of charge to patients and their families and as a registered charity its existence is dependent on grants and donations.

The support from the local community in Inverclyde is second to none and we are always extremely grateful for everyone's efforts.

Why not log onto the website at <http://www.runglasgow.org/10k/> to download an application form or to get more information.



Friends of Ardgowan Hospice

Last December the Friends hosted two very successful evenings of Christmas Carols at Ardgowan Estates which raised over £2,000. Thank you to Lady Shaw Stewart and her staff as well as the Da Capo Singers for the wonderful entertainment on both evenings.

We also hosted our festive lunch at James Watt College with a full complement of 50 diners who all enjoyed it immensely. Many thanks to everyone who donated prizes for the raffle and thank you to Santa for coming along to give out all the prizes.

Our Christmas Carol Concert in Greenock Town Hall this year was wonderful with the Stedfast Band, Inverclyde Training Choir and the Hospice Choir entertaining everyone in their usual wonderful way. A very enjoyable evening was had by all. Thanks to everyone who helped on the night especially Cath Bonner & Lorna Morrison who did a wonderful job selling raffle tickets etc. The evening raised £6,500, which is great!

Our ladies lunch at the Tontine Hotel this March was hosted by guest speaker Anita Manning,

who is the only Lady Auctioneer in Scotland and features on various television programmes. Her speech was excellent and all 150 ladies had a wonderful afternoon. A big thanks to the Tontine Staff for all their help and a beautiful lunch. Thanks also Mr. J. McEleny for donating a lovely hamper, Marks & Spencer in Greenock for the donation of 6 Bottles of Champagne, Edith Campbell for the donation of a ladies beauty hamper, and Oasis Florist's for the beautiful hand-tied bouquets. This event raised £2,000 which is a welcome boost to our funds.



The ladies at the Tontine Hotel

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: Clydeport for allowing us to collect £10,000 during the QE2 visit last year, Craig Scott for raising £1,500 by taking part in a Zip slide across the Clyde, The Willow Bar for donating £110, The Oak Mall who have adopted us as their charity of the year for raising £812 so far.

Inverclyde schools continue to be very supportive of the Hospice. Thanks to Inverkip Primary School, St Columba's High School, James Watt College, Moorfoot Nursery, St Ninian's Primary, Gourrock High School, St Stephen's High School, Gamble Children's Centre,

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

Tasty Treats!

The Hospice catering staff prides themselves on their excellent baking skills and have submitted two of their top recipes for you to try at home. Why not try them out for yourself.

Sweet Tasting Shortbread

Ingredients required:

half pound of butter
5 oz castor sugar
10 oz plain flour
3 oz corn flour

Cream your butter & sugar, then add flour & cornflour. Knead together, press into a baking tray or roll out & use a round cutter if you prefer and then bake in oven for 40 mins at gas mark 4 or 180 degrees.

Sumptuous Scones

Ingredients required:

pound of self raising flour
4 oz castor sugar
5 oz margarine
1 tea spoon baking powder
milk to bind

Sieve flour & baking powder in a bowl, cut & rub in margarine and castor sugar, then add your milk to make a dough. Roll out onto a floured board and cut out with a round cutter and place on a baking tray. Bake for 10 mins in a hot oven at gas mark 5 or 190 degrees

Go Yellow Launch

Many schools and nurseries in Inverclyde supported our Go Yellow Campaign last year raising around £10k for the Hospice.

Go Yellow will take place this year throughout the month of May and the fun kicks off within the Oak Mall shopping centre on Friday 1st May where there will be an array of activities going on to raise funds for Ardgowan Hospice.

Last year schools, nurseries and businesses took part by wearing yellow or come as you please and paying for the privilege. Others held crafty yellow days where they made personalised fridge magnets & bookmarks and others baked cakes and the like to sell.

Sponsored walks were also popular and were enjoyed by all who took part.

We hope that you are able to take part in Go Yellow by participating in one of these activities or arranging something of your own!

For further information or to pledge your support please contact Elaine on 01475 558899.



Quality Furniture Urgently Required!

Our new furniture shop at Unit 1, Carnock Street in Greenock will be opening for business on Friday 10th April at 11:00am (Good Friday).

This outlet will house not only larger items of furniture but also a wide selection of TV's and other electrical goods, plus many other quality items of interest. Our new "Megastore" will complement our existing network of shops.

Please contact Cath Bonner **NOW on 01475 892214** to arrange an uplift of any items for donation.



Shop Till You Drop

There have been some changes recently to our hospice shops with Kempock Street having a fabulous makeover, providing a much improved layout for shopping and some bright new decor as well! Our Cardwell Bay shop has re-opened and we will be adding a clothing line in addition to our ever popular range of quality goods. We are hoping the summer months and better weather will encourage more people to visit the shop.



Free Fall for Ardgowan

Are you up for a challenge? Do you fancy free-falling out of a plane at 120mph? If so, why not fulfill this ambition and raise funds for Ardgowan Hospice at the same time.

Ardgowan Hospice is looking for adventurous people to make a fundraising parachute jump in return for a minimum amount of sponsorship.

There are three types of parachute jumps available - an 'Accelerated Free Fall' where you can experience the thrill of skydiving solo from up to 12,000 feet, a 'Tandem Skydive' from 10,000 feet attached to a professional instructor and a 'Static Line Jump' which is performed solo from up to 3,000 feet - and you can jump from a choice of three British Parachute Association approved airfields in Scotland.

So if you are daring enough, call Linda on **01475 726830** for an information pack or visit our website **www.ardgowanhospice.org.uk**.



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)

Name on card _____

Expiry Date _____ Issue Date/Number _____

If cardholder's name differs from the donor, please provide their name and address

