

Ardgowan Matters

Keeping you up to date
with everything happening
at Ardgowan Hospice

www.ardgowanhospice.org.uk

ISSUE 15 January 2012

Annual Hospice Ball

This years Annual Hospice Ball will be held on Saturday 24th March 2012 at the luxurious Marriott Hotel, Glasgow.

Home money boxes

This is a great way of saving up your coins whilst helping a fantastic cause at the same time, as we all know every penny counts!



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A Word From The Chairman



I wish all our readers good health and happiness in 2012. I would like to thank all our supporters, donors, volunteers and Friends of Ardgowan Hospice for their generous support in 2011. With your support we will continue to help make a difference to people's lives in 2012.

Helping people cope with a life limiting illness is both rewarding and demanding and I am grateful to our hard working staff for doing their very best to provide the highest quality of care at all times.

Like everyone else at Ardgowan Hospice, I am hoping we can get 2012 off to the best possible start by welcoming our CEO Dorothy McElroy back in the coming weeks.

Looking back on 2011 I thought of the very successful September conference organised by our Education Facilitator, Stuart Milligan, and his team. I recalled the very moving words spoken by Joan Fraser, former Manager at Marchmont House Nursing Home in Port Glasgow at our October AGM to describe what she gained from having spent a few days with our doctors and nurses as part of the Care Home Secondment project organised by our In-patient Unit Manager, Anna Forde. I smiled as I thought again of my favourite email of the year. It was from our Director of Care, Alison Bunce, and it provided some feedback from the primary schools project, "Together We Care". The children who made this project such a great success had lots of questions about the Hospice. To help answer just a few of them here are some of the important numbers from last year:

- 30 = The number of years the Hospice has served Inverclyde
- 61 = The number of bereaved relatives supported by our counsellor
- 76 = Our In-patient Unit's average percentage bed occupancy
- 85 = The number of people employed to work at the Hospice
- 124 = The number of people admitted to our In-patient Unit
- 130 = The number of new referrals to our lymphoedema nurse specialist
- 360 = The number of volunteers working for the Hospice
- 674 = The number of complementary and beauty therapy sessions provided
- 700 = The number of ladies who took part in our Moonlight Walk
- 1,392 = The average number of hours worked each week by our volunteers
- 1,408 = The number of patient contacts with our physiotherapist
- 1,668 = The number of home visits made by our community nurse specialists
- 106,566 = The number of miles covered by our volunteer drivers taking people to and from hospital

Together we care
Duncan Galbraith - Chairman

Fundraising Roundup

Everyone at Ardgowan would like to thank the Inverclyde community for their support. It costs over £2 million a year to provide our services of which we receive less than 50% from the

Derek Robertson for raising £1670 by running the New York Marathon

Notre Dame High School who raised £1150 by having a "pink" day

Jeanette Currie who raised £3,700 by hosting a fundraising night in Nardini's in memory of her Dad

NHS which means we rely heavily on our local supporters, donors, businesses and charitable trusts. We cannot thank you enough for your support but here are some examples of your generosity:

Graham Hanna who very bravely swam the Clyde from Gourock to Kilcreggan and raised £150 and finally Anthony Leong from Living Well in Greenock, one of our long standing donors who saves his tips all year round and donates them to the Hospice, a fantastic £350!

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Introducing Play Therapy

Building on the success of our involvement with The Butterfly Project we are in a privileged position to be one of the few Hospices' able to offer the support of a qualified play therapist.

Play Therapists work with children and adolescents, suffering from a range of psychological difficulties and complex life experiences which can arise from the experience that a recent bereavement can cause.

Our Play Therapist is trained in the assessment of and therapeutic interventions of children from nursery age to late adolescence. They work predominantly with individual children, but many also offer joint work involving parents, carers and siblings.

We receive referrals from the Butterfly Co-ordinator, and from our Child & Family Worker who discuss each referral and plan a course of action best suited to the child.

To date our Play Therapist has supported approximately 14 children through what can be a very difficult experience.



Home money boxes

If you are looking for somewhere to donate your spare change to, why not pop in and pick up one of our Ardgowan Hospice Money Boxes. This is a great way of saving up your coins whilst helping a fantastic cause at the same time, as we all know every penny counts!



Keeping 'Ardgowan in Mind'

The second Ardgowan Hospice Art Show opened on the evening of Friday 18th November at The Rig Gallery, Pottery Street, Greenock. Invited guests were treated to a first peek of the exhibition and a wine and nibble reception as well as a chance to bid in the charity auction. The auction included work from Peter Howsen and Lin Pattullo. Tall Ships artist William Dobbie also donated a piece to the auction. Winning bidder Elizabeth McKinney was delighted to receive the piece as Dobbie had added personal touches to the Giclée Print making it a unique artwork for her and her family to enjoy for years to come.

'Ardgowan in Mind' showcased the best in Scottish art from local artists and beyond, all artists gave 50% of any sales to Ardgowan Hospice. The show opened to the public on 19th and 20th. The weekend show was supported by a craft fair with goods including award winning jewellery from Bonnie Bling and bespoke bath products from Betty Bubbles.

As well as patronage from artists, the show was attended by several high profile figures. Local MSP Iain MacKenzie opened the show. Brain Clements, from auctioneers McTears, donated his time and artwork to the auction and was

delighted with the response that the artworks received and former Scottish Conservative Leader, and long term Hospice supporter, Annabel Goldie was also in attendance.

The focus of the show was, of course, selling as much art as possible and we were delighted to sell some high value art. Some notable sales included Jacqueline Orr's piece Night Lights, which sold for £1650 and local artist Jim Owens scene of Greenock Harbour which sold for £750.



Fundraising Update

Annual Hospice Ball



As a valued and previous supporter of Ardgowan Hospice, we are delighted to invite you to our 22nd Annual Hospice Ball, which will be held on Saturday 24th March 2012 at the luxurious Marriott Hotel, Glasgow. Following on from the success of last year's event, we do hope you will be able to join us once again or indeed join us for your first ever Hospice event!

The ball is one of the most talked about events on the Hospice calendar and is certainly a spectacular evening. A champagne reception will kick start the fun, followed by a delicious dinner, prepared by the hotel's top chefs.

You will also have the chance to bid for some amazing prizes in our Charity Auction, before dancing until the early hours to fantastic live music provided by The Riffreshers. Return transport will be provided should you require it, details are in the booking form.

Tickets for this magnificent evening are priced at £60.00 per person and all proceeds from the event will help Ardgowan Hospice continue to provide vital free of charge services that make a huge difference to the people of Inverclyde and their families.



If you would like to support the Hospice and enjoy this exciting event with friends and family, colleagues or clients. Clients, Please contact **Sarah Nottingham** on **01475 726830** for booking information.

We anticipate demand to be high and would therefore recommend you reserve your places as soon as possible.

We look forward to sharing this evening with you and thank you for your continued support.

Come on Girls!

Saturday 5 May sees the third year of our fabulous Moonlight Walk and entries for this event open on Wednesday 1/2/12 at 9:00am. In the past two years the walk has raised £150k for our Hospice services here in Inverclyde.

Take to the streets of Greenock for a sponsored 10K (which equates to 6.2 miles) in aid of Ardgowan Hospice. Places are limited and entries are strictly processed in the order we receive them.

Please register for this event by completing the enclosed form or securely online at www.ardgowanhospice.org.uk.



Fundraising Update

Twist and Shout for Them Beatles



Dance away your January blues at a swinging 60s night at Cruden Hall. Fantastic Beatles tribute act Them Beatles make a triumphant return to Cruden Hall in a night co-hosted by Ardgowan Hospice and Move On Up. The show is on Friday 3rd February 2012. The band will be supported by local act The Movement and there will be a DJ set from Move On Up's Joe Nelis to keep you dancing until 1am. Tickets cost £5.00 with

all proceeds to Ardgowan Hospice. Tickets are on sale now from Access at Ardgowan and from Cruden Hall. If you would like to purchase tickets online or would like more information about the event, please contact Sarah Nottingham on sarah.nottingham@ardhosp.co.uk or on **01475 726830**.

Blooming Brilliant – Time to get ready for a Yellow May

Every May Ardgowan Hospice joins with Hospices all over the country to Go Yellow. May is a month of colourful fundraising, in previous years we have been very well supported but we want to make this year the best ever and get as many of you Going Yellow as possible! Whether at work or at school there are countless ways you can raise money for us in May – why not hold a wear yellow day, a come as you please day, a bake sale or a bring and buy sale?



If you or your children have never taken part before this year is a great chance for you to join in the fun! Why not ask your child's school or your work place if they are planning to take part?

For the first time this year we are also inviting you to host your own Go Yellow tea party. Cupcakes, sweet treats, tea and gossip – invite your friends and charge a small admission fee and you have the perfect way to raise money. Our first ever Go Yellow Craft Fair is also planned for May so there is no reason not to Go Yellow in 2012!

If you would like to hold a Go Yellow event in May 2012 or have any questions please contact Sarah Nottingham on sarah.nottingham@ardhosp.co.uk or on **01475 726830**

Lighting up Lives

On Sunday 27th November 2011 we were delighted to welcome around 150 supporters to our light switch on service at Westburn Church in Nelson Street.

The short service was led by Rev Bill Hewitt and our own Chaplain David Parker before the lights were switched on by one of our long serving volunteers Betty Gamble.

We were fortunate to have a dry and relatively mild night which was fantastic and allowed them to enjoy some festive carols sang beautifully by pupils from Port Glasgow High School. Everyone was then invited inside to enjoy mulled wine and mince pies in the church hall.

To date our 2011 Light up a Life Appeal has raised almost £14,000. Thank you to everyone who has dedicated a light in memory of a loved one. The names will shortly be entered into our Book of Remembrance which will be displayed at our Annual Remembrance Service in May and



thereafter, in the Hospice. There is still time to dedicate a light by visiting our website

www.ardgowanhospice.org.uk.

Why not leave a gift to Ardgowan Hospice in your will?

It's a common myth that only the rich and famous leave money to charity when they die. This couldn't be any further from the truth. The reality is that, without the gifts left in wills by our loyal donors and supporters, many charities like Ardgowan Hospice would struggle to exist. Legacies are vital in ensuring that we continue to provide our range of specialist services to patients, their families and carers.

When asked, 35% of people in the UK say they'd happily leave a gift in their will to one or more charities, once family and friends have been provided for. The problem is only 7% actually do.

That's why, if you consider leaving some money in your will to Ardgowan Hospice, you could make a huge impact.

So, you don't have to be rich and famous to make a contribution that can make a difference. We can all do something amazing just by leaving a gift in our wills to charity. If you would like to have a confidential discussion regarding leaving a legacy or making a will, please contact Derek Hart, Director of Income Generation, on **01475 726830** or derek.hart@ardhosp.co.uk.

You don't have to leave a lot - even the smallest gift can transform lives.

Ardgowan Matters offers email

We would like to start delivering our newsletter by email to as many of you as possible. This will not only save the Hospice money on printing and postage but will also help us do our bit for the environment! Can you please email me at

allison.smith@ardhosp.co.uk with your name and address if you would like to sign up for this service.

Dates for the Diary

Ardgowan Hospice has a calendar of events planned to raise funds:

Friend Events

Burns Supper

3rd February -

Access Building, 2 Ardgowan Street, Greenock. (Info from Cathie Thompson 01475-558844)

Snowdrop Coffee Morning

18th February -

West Burn Church Hall, Nelson St. Greenock - Donation £2.00

Phoenix Choir Concert -

18th February -

Finnart St. Paul's 7.30p.m. Tickets £7.50 (More info from Cathie Thompson 01475-558844)

Ladies Lunch

7th March -

Tontine Hotel, Greenock (More info later)

Fundraising Department

Hospice Ball

24th March

Moonlight Walk

5 May

Ladies Day

17th June

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 _____

Card Type _____

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

If you are a taxpayer we can reclaim the tax you have paid on this donation, increasing your gift by a further £2.50 for every £10 donated. Please tick the box below if appropriate, thank you.

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I am a UK taxpayer, at least at the basic rate and I wish Ardgowan Hospice to treat all my donations as gift aid until further notice.



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