

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 _____

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

Ardgowan Matters

Keeping you up to date
with everything happening
at Ardgowan Hospice

www.ardgowanhospice.org.uk

ISSUE 1 WINTER 2006/07

NEW YEAR NEW CHALLENGE

New look for 2007

Our newsletter has changed:
new articles, new size, new style.

Meet the Folks

Focus on the people who make
Ardgowan Hospice what it is.

What can you do?

Find out how you can help us
inside this issue of *Ardgowan Matters*

IN THIS ISSUE

Looking back at 2006,
the people,
their achievements
and what's next.

Dates for your Diary. Events, fundraising, challenges.

People in the Picture. Staff profile, patient focus, our thanks.

News and Views. What's going on at Ardgowan Hospice.

Money Talks. How to donate, where the money is spent.

Ardgowan Hospice, 12 Nelson Street, Greenock PA15 1TS
Tel. 01475 726830 www.ardgowanhospice.org.uk
Registered Charity No: SC011541



Welcome

2007 will bring its share of new challenges for Ardgowan Hospice I'm sure. I am certain, however, that the provision of first class care to patients and their families will remain our top priority. I am also certain that we could not continue to provide that excellent care without your unstinting support.



As the year begins, we are mid-way through an exciting programme of strategy development with the members of our Council of Management. This initiative will strengthen our ability to meet new charity governance requirements. It will also result in a focused approach to our strategic priorities for the next few years. The work will be informed by input from our dedicated staff, loyal volunteers and patient representatives.

You can help our work in so many ways so take the opportunity to keep up-to-date with ideas on our exciting new website, www.ardgowanhospice.org.uk.

DOROTHY McELROY

Dorothy McElroy, CEO

Inside this Issue of Ardgowan Matters

1-2 Fundraising Update

Outdoor fundraising ideas, legacies and the Valentines Ball.

3 Light up a Life Summary

A Heartfelt thanks as well as Dates for the Diary.

4-5 News and Views

The Nursing Times Top 100, Our New look Reception and our Staff Profile page.

6 Money Matters

How you can help us

Boost for Heart Patients

In 2005/2006 the Hospice was awarded a £25,000 grant by the St James' Place Foundation to conduct a pilot project for cardiac patients. This exciting initiative was administered through Help the Hospices Care Beyond Cancer programme. Ardgowan Hospice was the only Scottish Hospice to be successful in attracting funds in the first round. Following on from this very successful project last year, we are now able to extend our services to this group of patients and carers.

The additional service was developed in consultation with Inverclyde Royal Hospital's cardiology unit and follows publication of national research, which highlighted a need for palliative care for heart patients.

This expansion of services means that progressive heart failure patients are able to receive symptom management, psychological support and specialist palliative care.

These boots were made for walking

Ardgowan Hospice have linked with walking company Scot-Trek to offer you a range of sponsored walks from days, weekends to weeks at various locations such as Bute and the West Island Way.

Scot-Trek provides experienced guides, accommodation, route planning, transport and the ferrying of luggage. All you have to do is enjoy the walking, the beautiful scenery and the good company. To register for a walk call the Fundraising team on **01475 726830** and we will arrange your trip with Scot-Trek. Once you are registered we will provide you with sponsor forms.

Parachute Jumps

We are looking for brave, adventurous people to join us at Auchterarder on Saturday 14th April to take part in a sponsored skydive for us. On the day you will be able to do a tandem parachute jump from 10,000 feet if you can raise a minimum sponsorship of £385. Places are limited so please give Elaine a call on 01475 726830 to request your registration pack.

FEELING ADVENTUROUS?

Ardgowan Hospice has teamed up with two events companies Skyline and Charity Challenge to offer you the opportunity to take a trip of a lifetime while raising much needed funds for our vital services.

Enclosed you will find a leaflet for a trip to the lost city of Machu Picchu where you can immerse yourself in ancient Peruvian culture and explore the remote Lares region of the Peruvian Andes. Experience diverse scenery as you trek through traditional Andean villages and along high remote mountain trails before visiting Machu Picchu, one of the worlds most important archaeological finds. For those of you with a love of landscape, a passion for history and a sense of adventure then look no further and come trek for us!

If trekking in Peru is not for you then what about cycling in Vietnam or walking across the Sahara? For more information you can call Skyline Events on 0870 905 5577. We also have a wide range of treks available on our website through Charity Challenge, follow the links from the Hospice website at www.ardgowanhospice.org.uk

Machu Piihu, Peru



Lifelong Legacies

Ardgowan Hospice is dedicated to providing specialist care and support to patients with a life limiting illness.

Our wide range of services are provided completely free of charge to patients and their families and often acts as a vital lifeline. As a charity, our existence and ability to provide these life-enhancing services relies solely on grants and donations. That is why one of the most important ways you can help us continue our essential work is by leaving a Gift to the Hospice in your Will. The Gift of a legacy is the most lasting contribution you can make and it doesn't cost you a penny in your lifetime.

Without gifts in wills, some charities would simply not exist. Others would have to make dramatic cuts and very hard decisions. Thanks to previous Gifts in Wills, Ardgowan Hospice has been able to achieve many improvements in the care and support services we provide to people diagnosed with cancer and other life limiting illnesses.

So if you feel it is right for you and your family, remembering Ardgowan Hospice in your Will can make a tremendous difference to the lives of so many. Your local Solicitor will be able to assist in making or changing a Will.

Get Your Dancing Shoes On

The Ardgowan Hospice Annual St Valentine's Ball will be held on Saturday 17th February 2007 at the luxurious 5 Star Hilton Hotel, Glasgow. The evening promises to be a spectacular fundraising event

Guests will have the chance to bid for some amazing prizes at a Charity Auction, which will be kindly hosted by Brian Clements of McTears Auction House, as well as win some fabulous prizes in our charity raffle. Finally you can dance the night away to fantastic live music performed by Soul Train.

Return transport will be available for those who require it from various pick up points. Tickets for this magnificent evening are priced at £50 per person with all proceeds coming to the Hospice.

If you would like be a part of this spectacular night and support your local Hospice, please contact Allison Smith or Lesley Giudici in the Fundraising Department for further information and booking forms on 01475 726830. Demand so far has been high; therefore we would recommend you reserve your places as soon as possible.



Heartfelt Thanks

Everyone at Ardgowan Hospice is extremely grateful to the community of Inverclyde for their continued support of our work.

Lots of people have been busy raising funds on our behalf, too many to mention, here are just a few examples.

Thank you to:

Clydeport Operations donated £1,150 raised in a raffle from the stall holders at Ocean Terminal, Regulars at the Princes of Wales Bar in Port Glasgow raised £1,000, the staff at Milan restaurant donated £102.37 - a portion of their tips, Celtic Supporters Club raised £3,000 from their charity night, pupils at Ardgowan Primary school raised £486 from a skipathon, Drew, Mackenzie and Ross Morgan raised over £100 from a football kick and many more.

Local Bowling Clubs have been busy too. Thanks to Inverkip Bowling Club, Rankin Park Bowling Club and Skelmorlie Bowling Club

Thank you to you all. We would not be able to continue our work without your support.

Light up a Life

Light Up A Life is a unique way of remembering your loved ones by dedicating a light on the Clyde Square Christmas tree.

Almost 900 of you chose to participate in this annual event and your generosity raised an outstanding £14,768.10.

Names from all the memorial lights have been entered in Ardgowan Hospice's book of remembrance, which will be on display at our annual remembrance service on the 13th May and thereafter in the Hospice reception.

Dates for the Diary

1st March - Easter Cards on Sale

13th - 15th April 2007 - Bute and Island Way
Minimum sponsorship £250
Contact Fundraising for more information

14th April 2007 - Parachute Day at Auchterarder
Minimum sponsorship for 10,000ft jump £385
Contact Fundraising for more information

13th May 2007 - Women's 10K in Glasgow
Register on line at <http://www.runglasgow.org/>

14th-20th May 2007 - West Highland Way
Minimum sponsorship £700

27th May 2007 - Edinburgh Marathon
£100 deposit per person or relay team
Contact Fundraising for more information

2nd September 2007 - Great Scottish Run in Glasgow
Register on line at <http://www.runglasgow.org/>

14th-23rd September 2007 - Peru Trek
Minimum Sponsorship £2,650
Contact Fundraising for more information

Ladies Day
Date to be Confirmed

Sporting Dinner
Date to be Confirmed

Helping Excellent Staff Become Even Better

Two staff nurses from the In-patient Unit are currently piloting a self-directed, competencies-based learning programme, which has been developed by the Education and Training Subgroup of our Clinical Effectiveness Group.

The purpose of the programme is to allow staff nurses to update and enhance their knowledge and skills in the ever-changing field of specialist palliative care in an enjoyable and effective learning environment.

The programme encourages participants to learn by a combination of reading up-to-date literature, reflecting on their own experiences and meeting senior colleagues, both within and outwith the hospice.

The pilot will be reviewed in February and if successful, it is hoped to gradually offer the programme to all other staff nurses not already engaged in training.

This is another example of the importance placed on further education for all our staff, something that we are very proud of here at Ardgowan.

New look for Reception

The reception area in the Nelson Street building has been in need of updating and upgrading for some time. The whole area has now been changed with electrically operated doors being installed, which will enable patients and visitors who use wheelchairs, to enter and leave the building independently. The doors will also assist the ambulance service when patients are admitted into the hospice on a trolley.

A beautiful new desk has been installed which has been designed and hand crafted in beech wood by a local carpenter. This will give the reception area a very unique appearance and give the receptionists an excellent open work area in which to give patients and visitors a warm welcome to the hospice.

A big thank you goes to all staff and volunteers for their help and cooperation while reception has been relocated, especially the housekeeping and reception teams. They have all maintained a high standard of professionalism in the way in which they have dealt with a challenging situation.



Nursing Times Top 100



Ardgowan Hospice has once again been voted into the Nursing Times Top 100. Our success for the second year running, against stiff national competition, indicates how much the Hospice's own Nurses appreciate the morale-boosting culture of readily available education and personal development. Well done.

Stirling University Partnership

We are delighted to be taking part in a very prestigious research project, undertaken by Dr Bridget Johnston from the Cancer Care Research Centre at Stirling University. Bridget, who holds a post-doctoral Fellowship at the University, aims to study patient's experiences of living with a terminal illness. She has recruited patients from Ardgowan Hospice and also from Highland Hospice in Inverness.

There is still a lack of good quality research about patients receiving palliative care. We are particularly proud therefore, to have been selected to take part in this study, which will add to the body of knowledge and understanding of what patients need to support them in their illness.

I can honestly say that I have made lots of new friends among our many volunteers and staff and I look forward to many more years at Ardgowan."

Staff/Department Profile

In our new look Newsletter for 2007 we would like to take the opportunity to introduce you to some of our staff members in order for you to get to know them better.

In this issue we will profile Evelyn Sinclair our Voluntary Services Manager who joined the organisation more than five years ago from an HR background in the NHS.

Evelyn was attracted to the post by the diversity involved and the opportunity to develop the role ongoing, as well as introduce new guidelines and procedures.

Evelyn is married to a West Highland man and has two grown up children and two German Pointer dogs.

- Favourite indulgence:** Over indulging!
- Favourite tippie:** Champagne, Bombay Sapphire or Guinness
- Last book she read:** Confessions of a Hospice Caretaker "Oor Wullie"
- Likes to holiday in:** Puerto Pollensa
- Proudest moment:** Watching her children grow up
- Best thing about working here:** Teamwork

Evelyn commented: "I have faced many challenges during my time at the Hospice and it is this variation that has definitely held my interest.

