

# Hospice News



The Prince & Princess  
of Wales Hospice

Take a look at the difference  
you're making!



Autumn/Winter 2019

[ppwh.org.uk](http://ppwh.org.uk)

The Prince & Princess of Wales Hospice

Scottish registered charity SC012372

8th  
December  
12 to 4pm



The Prince & Princess  
of Wales Hospice

# Christmas FAYRE

Join us for a fun-filled, **family friendly** afternoon at the hospice. We'll have some wonderful **shopping stalls** for you to browse for **Christmas gifts** and **stocking fillers**, and **mince pies** and **refreshments**.

There will be lots for kids to do too including **visiting Santa**, **Christmas crafts** and activities.

**In Day Services at The Prince & Princess  
of Wales Hospice**, 20 Dumbreck Road,  
Bellahouston Park, Glasgow G41 5BW

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For more information, contact Jennifer Mackenzie on  
0141 429 5599 or [jennifer.mackenzie@ppwh.org.uk](mailto:jennifer.mackenzie@ppwh.org.uk)

Tickets  
£5

Book online  
[ppwh.org.uk](http://ppwh.org.uk)



# Welcome

We have been providing care to our patients and their families in the new hospice for nearly a year! The patient and family feedback has been very positive. The environment we have created is soothing and has a variety of communal and private spaces to suit every patient and family. Our beautiful gardens are being enjoyed every day.

An abundance of activities have taken place behind the door of the new hospice since we moved in. It has been encouraging to engage with our communities at our fundraising Christmas and Easter Fayres. This year our Go Yellow challenge event for nearly 2000 primary school children was particularly special. For the first time, they were able to walk past the main entrance of the hospice on their 5k route around Bellahouston Park. It was fun cheering them on and they enjoyed the opportunity to see where their sponsorship money helps.

In May, we said goodbye to our Chairman, Maureen Henderson. We can't thank her enough for being the passionate, inspirational and supportive leader that we've known for the past 11 years. From all our patients, families, staff and volunteers – thank you for being at the heart of the hospice!

We are delighted to welcome Ronnie Bowie to the role of Chairman. Ronnie has been a board member for several years, in addition to chairing income generation governance and sitting on the financial audit committee.

Ronnie is an entrepreneurial and transformational business leader with a proven track record of building a successful professional services firm, leading organisational change and creating a reputation for excellence and integrity within the financial services sector. Ronnie is passionate about the hospice, our patients and families, staff and volunteers.

With Ronnie at the helm, we continue to be forward thinking in regard to funding our hospice care. We are hugely grateful for the generosity of people who donate to make a significant difference to the lives of our patients and families at a most difficult time for them. Please continue to support the care we provide.

We hope you enjoy our hospice newsletter. Once you've read it, please feel free to share it with a friend.

**Rhona M Baillie, Chief Executive**

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# Through the Seasons

A look back at the first year in our new home

When we moved into our new home the autumnal sun was shining, crispy fallen leaves were underfoot and a brisk chill was in the air. Nearly a year has passed, and we've loved watching what joys each new season has brought to our hospice and the surrounding Bellahouston Park.



## Spring

Green returned to the park! Daffodils were in their abundance. Blossom started to decorate the trees in our spring garden.



## Winter

Our hospice and gardens looked picturesque draped in a blanket of snow. We warmed our chilly hands with steaming cups of tea in our BargaCree cafe while enjoying the wintry view. However, everyone was glad when the snowdrops starting shooting out of the ground!





### Summer

On warm days patients can head out to the pond to enjoy the sunshine.

Our 16 bedrooms all have doors that open out on to our grounds, and beds that can be wheeled outside.



### Autumn

Here we are back in autumn after a full year in our new home. Our tranquil gardens have brought much pleasure, and now it is time for them to shed their leaves and rest.



# The Retail Journey

## How to support hospice care AND help the environment

Hospice shops provide you with a sustainable and ethical option when you wish to dispose of unwanted clothes, books, furniture and other household items.

By giving your goods to one of our hospice shops, you are giving your goods a second life and preventing them from ending up in landfill. This is not only good for the environment by reducing the UK's carbon footprint, but also saves local councils money in landfill tax.

Your donations to our hospice shops make a big difference, and help us make someone else's day that much brighter. Our shops provide quality products to people at prices they can afford, so please have a good clear out and donate your pre-loved items to your local hospice shop. The profits from your donations are turned into patient and family care.

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### What happens to your donation?



#### Step One:

Drop off your donation. Our friendly hospice shops team will accept your bags.



#### Step Two:

All donations are sorted and priced before they reach the shop floor. Our team always want to get the best they can from your donation and they will price it fairly.



#### Step Three:

Your clothes are steamed to make sure everything looks its best!



#### Step Four:

Your items are displayed on the shop floor for happy customers to purchase. Shoppers leave with purchases in hand and warm feelings in their hearts.

If an item doesn't sell we relocate it to a different hospice shop. Any items that we are not able to sell in our shops are sold for reuse overseas. This means we are acting responsibly with all donations to raise essential funds for hospice care and to avoid unnecessary waste going to landfill by encouraging reuse and recycling. The need for pre-owned clothing in less affluent countries than the UK is significant. There are many people who can't afford new clothes, which makes second-hand Western fashions popular. It also gives charities a route to provide affordable clothing to those that need it, as well as raising funds for a good cause.

If you're feeling inspired about the donation process, we are always looking for volunteers. Volunteering in a hospice shop helps people learn new skills and build connections in the community.

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## Things to Know

### Furniture Collection

We offer a free furniture collection service. We can collect all sorts of items, including sofas, suites, armchairs, tables, cabinets and bedroom furniture.

If your furniture is complete and in good condition, please give us a call on 0141 429 9884.

### Gift Aid

Gift Aid doesn't cost you a penny and it makes a real difference to us! If you Gift Aid your item we receive from the Government an extra 25p for every £1 we raise from selling your goods. You just need to fill in a quick and simple form in your local hospice shop.

*giftaid it*



### What We Won't Accept

We would love to accept all donations, but there are unfortunately some things we are unable to sell. Such as: car seats, toys without CE labels, TV units, cushions without a fire label, VHS tapes, perishable goods, used duvets or pillows. Please don't donate these items as we will have to dispose of them, and it may incur a cost. For a full list of things our shops will accept visit our website: [ppwh.org.uk](http://ppwh.org.uk).

If you're unsure about a donation call or pop into your local shop. We can let you know if your donation will be suitable.

# Creative Arts Service

## Creative Writing

Creative writing classes aim to enhance people's sense of wellbeing and enjoyment.

We are excited to let you know that a new creative writer, Martin O'Connor, has joined the hospice art service.

Creative Writing allows patients to develop their own voice and perspectives in either biographical writing or creative fiction. It is also a healthy way to explore emotions and experiences and to build self-expression.



"Putting it down and seeing it in black and white has helped me see things more clearly."

"You brought out the best in me – stuff I didn't even know was there. What I managed to do was beyond my expectations."

Martin is a writer and theatre maker from Glasgow. He is interested in poetry, personal stories and experiences, and verbatim (performance made from the words of real people). He regularly works with others to create stories of the everyday experience, and often starts from conversations to create new work.

His poetry focuses on Glaswegian Scots and he likes to use familiar phrases in new ways that can shed light on our voices, accents and dialects. Martin is experienced in creating comfortable no pressure settings for writing to take place, and can help writers create material from a range of sources, and learn to structure material into many forms of story and poetry, using rhyme, rhythm, repetition and prose.

Martin has also worked as a writer in residence in both Rachel and Robin House children's hospices and has a passion and commitment to working in palliative care.



## Tracing Autonomy

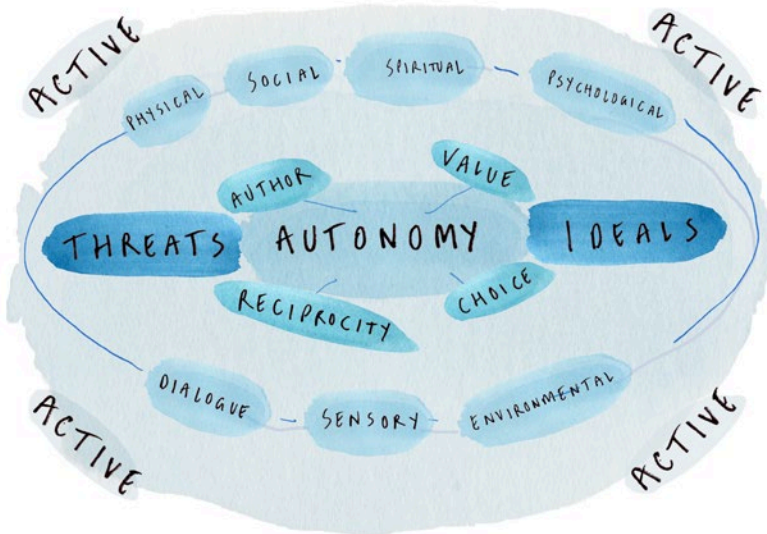
“Central to living a good life is the value of autonomy: deciding for yourself what is valuable and living your life in accordance with that decision.” - Ben Colburn

In summer 2018 hospice Artists Jeni Pearson and Kirsty Stansfield were awarded a Knowledge Exchange and Impact Award from the University of Glasgow to develop ideas relating to autonomy at end of life. The project is called “Tracing Autonomy” and is a collaboration with Prof. Ben Colburn, specialist in Moral & Political Philosophy at the university. Ben has a specific interest in autonomy at the end of life, and Jeni and Kirsty found many common areas of interest relating to the approach they use in the Creative Arts Service at The Prince & Princess of Wales Hospice.

The aim of Tracing Autonomy is to offer a way of thinking about how best to support a person’s autonomy when living with a life limiting illness. The main outcome of the project is a reflective tool or ‘health checker’ for clinical and arts and health practitioners, to support them to reflect on their existing working methods and to ensure these support a person’s autonomy in life.

In developing their work, the team has been speaking with practitioners working in palliative care, social care, learning disability, autism and within the arts and health sector in Scotland, Ireland and Australia. In autumn 2019 resources for practitioners to adapt and use in a range of health care settings will be available to download from the project website.

Jeni and Kirsty have also used the Tracing Autonomy tool to help structure conversations with people who use the creative arts service at PPWH to gather feedback on their experience. The opportunity to have a conversation using this format was well received and this approach will be piloted in other areas of the hospice in the future.



Please see: [www.tracingautonomy.net](http://www.tracingautonomy.net) for more information and follow us on Facebook and Twitter @tracingautonomy for updates on the project as it develops. We'd like to hear from you if you have any comments, questions or suggestions for further applications of the tool.

# Light Up A Life

## Light Up A Life and remember your loved ones

We would like to invite you and your family and friends to join us at our annual Light Up A Life event where we celebrate the lives of those no longer with us.

### Sherbrooke Mosspark Parish Church remembrance service

**Sunday 1 December at 3pm**  
**240 Nithsdale Road, Glasgow G41 5AD**

You will be warmly welcomed by the hospice team to share a service of festive songs and readings. Entry is free but there is a suggested donation of £5 on the door. Due to demand, you must book your place at [ppwh.org.uk/lual](http://ppwh.org.uk/lual) or by contacting Nicole Dolan on 0141 429 9858 or [nicole.dolan@ppwh.org.uk](mailto:nicole.dolan@ppwh.org.uk).

Following the service, all are welcome to attend the Christmas lights switch on at the hospice, 20 Dumbreck Road, Bellahouston Park, Glasgow G41 5BW at 4:45pm. This is a very special event as each light represents a loved one who is no longer with us.

## If you would like to pay tribute to a special person, you can do this by:

*Dedicating a light that will shine brightly on our Christmas tree in the grounds of the hospice*

*Adding their name to the Evening Times Light Up A Life special, published around 29 November*

*Adding their name to our order of service at the Sherbrooke Mosspark Parish Church*

*Writing a message of remembrance for your loved one on one of our star decorations. You can hang it on your own tree at home or on the hospice Christmas tree.*

To create a tribute to your loved one, go online to [ppwh.org.uk/lual](http://ppwh.org.uk/lual), and contact Nicole Dolan on 0141 429 9858 or [nicole.dolan@ppwh.org.uk](mailto:nicole.dolan@ppwh.org.uk) to order a star decoration. In order to include any dedications in the order of service or the Evening Times, please complete your tribute by **20 November**.

**ppwh.org.uk**

# Beauty with a Conscience



## Special discount for Hospice News readers

The Beauty with a Conscience salon is located in Battlefield, Glasgow. Customers can choose from a selection of ethical beauty treatments, including manicures and pedicures, eyelash and eyebrow shaping and facial waxing.

**To get 25% off your first treatment at Beauty with a Conscience, quote "HOSPICE NEWS INTRO OFFER" at the time of booking.**

100% of the profits made from Beauty with a Conscience are used to pay for our patient and family care.

Every time you book a treatment with us or purchase from our range of beautiful gifts, you're making a difference to the lives of local people.

126 Battlefield Road, Battlefield, Glasgow G42 9JT  
t: 0141 632 6128

w: [beautywithaconscience.co.uk](http://beautywithaconscience.co.uk)  
Open Tuesday to Saturday

For future offers, follow us on Facebook:  
[facebook.com/beautywithaconscience](https://facebook.com/beautywithaconscience)





# Parklife!

## New walking groups in partnership with Glasgow Life

As a hospice we recognised very quickly the benefit of being housed within extensive hospice grounds and a beautiful park and the fact that it could support an overriding sense of tranquillity and calm for the patients, families, staff and volunteers. The benefits to health and well-being, with just being able to walk and enjoy all that nature has to offer, are well researched.

It was decided to establish a pilot Hospice Health Walk to commence on 8th May 2019 and run until the 7th August 2019 facilitating 13 health walks. These walks would be supported by a new volunteer role the 'Hospice Walk Leader', plus walking group steering group members and day services staff.

In partnership with Heather McLeod the lead for the 'Good Move' programme at Glasgow Life the hospice hosted an intensive full day training programme for walk leaders. It was really exciting for the walk leaders to realise they were part of a walking strategy launched by the Scottish Government.

Some of these pictures were taken from the initial walk in May, and some from our most recent walk in September. Even the rain does not dampen our spirits!

Since the launch of our pilot on 8 May the hospice has facilitated many successful health walks. In all weathers the walk has continued with several of the patients and families highlighting the difference the walk has made to their or their loved one's mood, energy levels, outlook and enthusiasm.

Being in our new home has opened up many new opportunities for partnership working and new activities that have the potential to improve health and wellbeing for our patients, families, staff and volunteers.

"Loved the scenery, enjoyed the company, enjoyed the fresh air"



"The difference it has made to patients, staff and volunteers is huge"



"Loved getting out!"

"We see a difference in the patients after the walk. They seem much more relaxed and I could see a difference in their overall mood. A lot of laughter and even singing"



"The walks help me sleep better"



"It was good to take part in something that the Hospice day patients clearly enjoyed. I enjoyed getting out in the fresh air and I also enjoyed a blether."

# We are Kieran's hospice

**Kieran was struggling to cope. Now, after 18 months of regular visits to The Prince & Princess of Wales Hospice, he feels he is a stronger person.**

Kieran was diagnosed with Spinal Muscular Atrophy at 18 months old. Spinal muscular atrophy is a progressive condition which causes problems with movement as muscles get weaker over time. "It means I am weaker than everyone else, and I can have respiratory problems," explains the 24 year old, who lives in Bellshill.

When he was younger he hung about with his friends and didn't mind being in a wheelchair at all.

However, as the condition progressed, a few years ago he started to deteriorate and that's when he found it difficult to deal with things. He'd gone from living a normal life to needing care constantly. He needed help with eating, he couldn't drink anything unless it was through a straw and he was constantly tired and sore.

Full of dread and fear about the future, as a way to escape Kieran began to self-medicate. He gambled, started to take drugs, and drank more alcohol. He says "I wasn't coping with anything or thinking clearly. Looking around me, it seemed like my mates were all doing all the things I thought made up a normal life – going out clubbing, going on holiday – and I couldn't do these things. It made me angry. I tried going to see a psychologist and psychiatrists, but nothing worked. I thought about suicide. I really did. I just wanted to end it all."



*Kieran with our Senior Counsellor Mary Cameron*

"When I was referred to the hospice for counselling, everything changed" he says. "You see life from different angles in here. It's helped me learn a lot about myself and accept who I am. Instead of coming here to die, it gave me hope. It helped me cope with my demons and it helped me deal with what happened to me."

"I still have bad days, of course, but now I know what to do to be able to deal with them. It's all about having that positive mindset and finding coping strategies. The hospice does so much more than just counselling too. It's helped my family and taken away some of the stress for them. Coming to the hospice regularly over the past 18 months has made me a stronger person. Now I have hope, now I want to live again."

# Let's Keep On Caring



The Prince & Princess  
of Wales Hospice

Help us to keep on caring  
for patients like Kieran.

Please make a monthly  
donation to support patient  
and family care.



You can make a difference today.  
Set up a monthly donation in a way that suits you.

Visit [ppwh.org.uk/keeponcaring](https://ppwh.org.uk/keeponcaring)  
or complete the form overleaf

