

Hospice Views

40

The Prince & Princess
of Wales Hospice
40 years of care



Take a look at the difference you're making!

Spring/Summer 2023

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The Prince & Princess of Wales Hospice

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Welcome

Welcome to your Spring edition of Hospice News.

2023 marks 40 years of The Prince & Princess of Wales Hospice providing compassionate care to the people of Glasgow and their families. Much has changed over the past 40 years in terms of our clinical care and medications we can provide. However, the one thing which has not changed is our staff and volunteers' absolute commitment to providing gold standard care. It remains our overriding priority to offer the very best of care to those living with a terminal condition and to those who are at the end of their lives. We firmly believe in ensuring that people live their lives to the fullest in whatever time they have left.

Over the past 40 years, it would not have been possible to offer our services free of charge to those in need without the support of you, our supporters. Whether you give your time, your money or you attend our events or our shops; each and every one of you contributes to the hospice and ensures our ability to carry on caring for people, and for that I thank you from the bottom of my heart.

To mark our 40th anniversary we are taking part in a podcast series which offers a glimpse behind the doors of Glasgow's Hospice. Pauline, our podcaster has been busy talking with staff, volunteers, patients and their families gaining a real insight into what it takes to offer care to 1200 people each year and their families. You can read more about our podcast series on page six of your Hospice News and I hope you can tune in and let us know what you think of it.

I hope you are all well and thank you once more from everyone at the hospice for your support and loyalty. We appreciate it.

Thank you,

Rhona M Baillie, Chief Executive

Contents

4

40 years of gold standard care

10

Conquering a mountain

6

Dear Green Place

11

Peer Mentors

8

Fight for education

12

40 for 40

2023 marks 40 years of gold standard care from Glasgow's Hospice

2023 marks the 40th year of gold-standard palliative care being delivered by The Prince & Princess of Wales Hospice in Glasgow.

The Prince & Princess of Wales Hospice was the dream of the late Dr Anne Gilmore OBE. The late Glasgow GP studied medicine at the University of Glasgow, and pursued a career in geriatrics, before going on to become a consultant to the World Health Organisation, president of the British Society of Gerontology and president of the British Society of Thanatology.



Billy Connolly cycles from Glasgow to London in 1982

launched and, within a year, was handling 100 calls a week. And in 1986, the hospice was delighted to open its day centre.

In addition to the day care centre at the hospice and the helpline, an 8-bedded, inpatient ward opened in 1989 offering pain and symptom control in addition to end-of-life-care.

Since then, the hospice developed and evolved at its home in Carlton Place before a major capital build appeal in the mid-2010s raised £21million. This allowed the hospice to move to the state-of-the-art, person-centred building in Bellahouston Park in 2018 with 16 ensuite inpatient bedrooms and a range of other facilities including an art room, complementary therapy rooms and a public café.

Rhona Baillie, Chief Executive for The Prince &



Dr Anne Gilmore OBE, the hospice founder

Dr Gilmore witnessed caring methods used in other countries to look after the terminally ill and had the idea to bring a modern hospice to the city of Glasgow.

Following some extensive planning and fundraising which included a charity cycle by Sir Billy Connolly in 1982, the hospice was officially registered and a lease at 71/73 Carlton Place was granted in 1983.

In 1985, the hospice's first service, a 24-hour helpline staffed by volunteers for patients, families and healthcare professionals was



HRH King Charles in 1990 at the official opening of the Day Care Centre



HRH King Charles in 1990 at the official opening of the Day Care Centre

Princess of Wales Hospice, said: "This anniversary is a significant milestone for both the hospice and for palliative care in Glasgow. For 40 years, staff and volunteers have been dedicated to providing the best possible end of life care to people with life-limiting and terminal illnesses and their families. We are proud to provide this vital service with care and compassion for all.

"This anniversary is a significant milestone for both the hospice and for palliative care in Glasgow."



Lord Provost Alex Mosson hands the keys to 71-73 to Hospice Chairman Neil Macfarlane - Oct 2002

"We could not offer our services, however, without the unwavering and supremely generous support from the people of Glasgow and further afield. We believe we have the best supporters in the world. They help us raise the £3million each year needed to keep our doors open."

Financial support comes in many forms: from those who take on challenges for sponsorship; those who leave legacies in their wills; monthly direct debit donors; our weekly hospice lottery



Hospice team from 2012 Day Care Centre

players; and through the network of 17 hospice shops which receive donations of clothes and furniture to be sold with all profits helping to support patient care at the hospice.

Special events are planned for the anniversary year to allow people to share their memories of the hospice and to celebrate the incredible difference hospice care has made.

Rhona continued: "We are asking people to get in touch with us with their memories or photos of the hospice. We know that our staff and volunteers have touched the lives of so many people that we want to bring these together to compile a commemorative publication."

Do you have any memories of the hospice? If so we'd love to see them. You can email us at info@ppwh.org.uk or hand them into the hospice at Bellahouston Park in Glasgow.



Grand opening of the new hospice in Bellahouston Park at the end of 2018

Glasgow's Hospice takes to the airwaves



The Prince & Princess of Wales Hospice is now on the airwaves with its very own podcast series.

For the first time in its history and to mark its 40th anniversary, the hospice is bringing its story to a whole new audience with a special six-part podcast series. Working with leading podcast company the Big Light, founded by BBC Scotland's Janice Forsyth and producer Fiona White, the series takes a look behind the door of Glasgow's Hospice with candid interviews with patients, staff, volunteers and supporters.

Rhona Baillie, Chief Executive of The Prince & Princess of Wales Hospice, said: "We're delighted to be working with The Big Light on this exciting new series. Hospice care is often misunderstood and sometimes feared. Death and dying is a part of life but at the hospice we believe that while we cannot add days to life we can add life to days.

"The hospice offers people with life-limiting and terminal illnesses compassionate support and care through some of their most difficult times. We also support family members pre and post bereavement.

"It's so important that people know how much of a difference hospice care can make to a person's life. This podcast series offers a glimpse behind the scenes of the hospice with real stories from the people who use our services and from those who provide them. We often find that people are

surprised when they first visit the hospice. It's a bustling building full of life. People make special trips to Bellahouston Park just to visit our public café BARGACREE.

"Teams of dedicated staff and volunteers have been providing gold-standard palliative care to the people of Glasgow for 40 years and this podcast series will hopefully help us dispel some of the myths around hospice care and open our doors to people all over the world."

The Dear Green Place podcast will follow this special anniversary year for The Prince & Princess of Wales Hospice. Each month listeners will have the opportunity to follow different stories from people who have a connection with the hospice.

Pauline Moore is the host and producer of Dear Green Place. She has a long experience of working in radio and more recently podcasting. She's also co-host and producer of the Gold award winning Talking Derry Girls Podcast.

Pauline explains: "I'll be talking with patients and families, the young people who use services, clinical and nursing teams, the staff and volunteers who keep the place running, the fundraising team who organise events and activities to raise much needed revenue. We'll also feature the charity shops and plans for a market garden which will get underway in the warmer months.

"The reach of the hospice is broad - it is part of the community. BARGACREE café offers a refuge for dog walkers in Bellahouston Park as well as patients, families and staff."



Young Adult fighting for his right to education

Twenty-one-year-old Azeem Ahmed has been living with muscular dystrophy since he was three. Not only does he tackle daily health challenges but for the past few years, he has been trying to access the education system with little success.



As a patient with The Prince & Princess of Wales Hospice, Azeem is hoping to bring a new way for education to be provided to young adults with very specific health and care needs to the hospice.

Azeem explains: "I wanted to go to college, and I did everything on my end, but it was the care system which let me down. The level of care and transport just wasn't there. It ended up causing so much stress it affected my health, so I had to drop out. I ended up having to choose between my health and my education, so I had to choose my health.

"And I thought there must be other young adults with the same issues and that's when I spoke to the team at The Prince & Princess of Wales Hospice.

"I came up with the idea of turning the hospice into a learning hub. The care is already there, we just need to bring the educational aspect into the hospice."

Fiona Wylie, Lead Nurse for strategy, leadership and development, commented: "Azeem came to me about his aspirations for attending college and having the same rights to further education as able-

bodied young adults. Sadly, it has not been possible to access mainstream education so we are now working to see what we can implement within the hospice to support him and other young adults who require care but who also have further educational aspirations.

"Azeem is an inspiration to other young people. He advocates not just for himself but for others and for the hospice. Currently we care for approximately 30 young adults who are all living with a life-limiting condition and who attend the hospice for support, care and clinical supervision.

"We are very excited by the prospect of being able to offer this further support for our cohort of young



adults but there is a lot to do and we're hopeful that by the summer we will be in a better position of having this new model of care and education in place."

Azeem's story and his fight for equal rights is highlighted in the March episode of Dear Green Place.



Beauty in the park



Members of The Prince & Princess of Wales Hospice staff and Board welcome Carol Smillie, Barbara Stewart and the Beauty with a Conscience therapists to formally open Beauty with a Conscience Bellahouston

Glasgow's Hospice is set to break new ground once more, by bringing professional beauty treatments right into the heart of Bellahouston Park.

For five years, The Prince & Princess of Wales Hospice has been operating Scotland's unique award-winning beauty salon in Battlefield where all profits directly support patient care at the hospice.

First established at the end of 2018, the salon also works in partnership with the local campus of Glasgow Clyde College, with beauty students carrying out meaningful work experience in a

real-life environment.

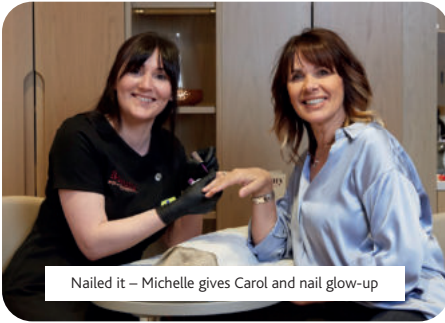
Beauty with a Conscience has been gaining a reputation for providing high-quality, professional and ethical treatments to a growing client-base. Now the salon has expanded its service to a second site in The Prince & Princess of Wales Hospice building in Bellahouston Park.

Helping to launch the new salon was Scottish celebrity and hospice ambassador Carol Smillie. Carol said: "The hospice is very dear to my heart. I've seen first-hand the incredible difference hospice care offers patients and their families. But as a charity which needs to fundraise more than £3million each year just to keep their doors open, they have to be innovative in how they raise funds.

"And I can think of no better way than Beauty with a Conscience. It's such a great concept. Enjoy your favourite treatments, in the knowledge that you are helping to support a worthy cause. Look good and DO Good at the same time, book in and give it a try!"



Therapists Michelle and Shabana with Carol Smillie



Chief Executive of The Prince & Princess of Wales Hospice, Rhona Baillie, comments: "We're delighted to be able to bring our beauty salon to the people of Bellahouston and surrounding areas. We're excited to offer an exceptional service from our spa facilities at the hospice which in turn brings income into the hospice. It costs approximately £12,000 a day to run our services and we are determined to continue finding new ways of raising these vital funds.

"Our public café BARGACREE has proved a hit with our local community and we're sure we'll be welcoming even more new people to the hospice soon. Pop in and visit us anytime."

Beauty with a Conscience therapist, Shabana Ahmed has worked in the Battlefield salon for almost five years. She says: "As a mother of a young adult who uses the services of the hospice, working in the salon means a lot to me as all the profits go to the hospice.

"This is why I love working at Beauty with a Conscience because we donate all our profits to the hospice and we also help beauty students to gain meaningful work experience. I'm looking forward to welcoming new and old clients to our new salon at the hospice."

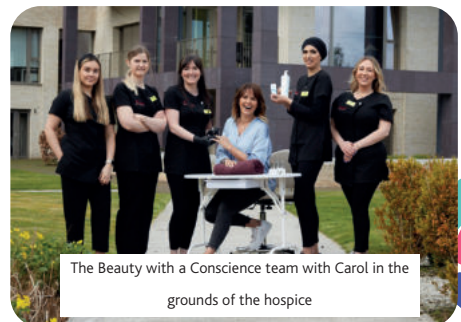
Barbara Stewart, 76, from Cardonald, has been a customer of the Battlefield salon since just after it opened in 2019. Barbara explained: "My friend

was being cared for in the hospice. She was diagnosed with a terminal condition some years ago. At that time, I would accompany her to the Living Well Hub at the hospice where both she and I were fully supported. The whole set up at the hospice is just fantastic, and it has helped me so much as well as helping my friend.

"We started going to Beauty with a Conscience in Battlefield as a way of supporting the hospice and we both love getting treatments. My friend especially enjoyed having her nails done and the salon therapist Shabana was so good with her. I enjoy most treatments and when I heard that the salon was opening in the hospice I couldn't have been happier. It's just up the road so I'll be able to pop in even more.

"It's just the small things that can make such a huge difference to people and having a treatment can really help lift someone's spirit. I'll be first in line to make my booking."

The salon at Bellahouston Park opened its doors on Wednesday 12 April and will operate on a Wednesday, Friday and Sunday from 11am until 6pm. People can book their appointments by visiting the website www.beautywithaconscience.co.uk Or alternatively people can still book appointments six-days-a-week at the Battlefield salon.



Conquering a Mountain



Stephen enjoying a book at the hospice

Determined hospice regular, 58-year-old Stephen Carmichael from Kingspark is set to face the challenge of a lifetime when he will attempt to climb Ben Nevis in aid of the hospice in August. Stephen is carer to his wife, Petula, who attends The Prince & Princess of Wales Hospice's Living Well Hub.

The past few years have been particularly harrowing for Stephen. He lost his daughter, Lexie three years ago to suicide. His mother and mother-in-law both developed dementia and sadly passed away and Stephen suffered a heart attack at the end of last year and had a stent fitted.

But Stephen's life was changed when he started attending the hospice with his wife.

Stephen says: "It's such an incredible place, it's not doom and gloom, in fact it's anything but. I came with my wife just over a year ago and at the time, I was probably experiencing a bit of depression. There really wasn't a lot of support out there for carers that I could access.

"Since coming to the hospice I feel like I'm living again. My wife attends on a Wednesday, but I am welcome to come in as often as I wish. In fact, I come in four times a week. I take part in the art classes, the keep fit class, I get complementary therapies and the mindfulness sessions are great. I've met so many people and now have a wide

circle of friends. We talk and share our thoughts but it's all confidential. One of my pictures is displayed in the hospice corridor, which really does make me proud."

Stephen is a former post office worker and was a well-known face in Giffnock. However, he had to give work up to become a carer, which was especially challenging during the pandemic. Stephen credits the hospice with his new lease of life.



Stephen proudly presents his artwork displayed in the hospice

"The hospice has changed my life, so I just want to give back as much as I can. I've signed up to volunteer in their Shawlands shop and I am now in training to climb Ben Nevis in memory of my daughter and raising money for the hospice. My doctor has given me permission to do this challenge and I know it won't be easy, but I am determined. The staff at the hospice are just so caring, adding comfort and happiness in beautiful surroundings in a loving atmosphere.

Stephen's night trek of Ben Nevis will take place on 19 August and you can visit his JustGiving page by scanning the QR code below.



Groundbreaking initiative offers support for bereaved youngsters



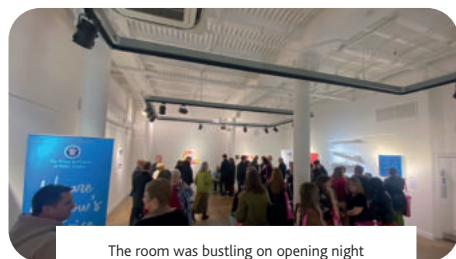
Peer mentors pictured on their exhibition night with hospice staff and peer supporters

A group of young people who have all experienced grief have taken part in a groundbreaking initiative run by The Prince & Princess of Wales Hospice in Glasgow.

The Peer Mentoring programme was first established in 2021. A group of four young people aged in their early twenties undertook specialist training to allow them to become peer mentors. All had received care and support previously from the hospice's Family Support Services after they lost a loved one. Four mentors supported three mentees over the year-long programme which culminated in an incredible public art exhibition.

Approximately 111 children and young people are bereaved of a parent every day in the UK. They can feel increasingly isolated and rarely share with their peers the impact of their bereavement.

Janette McCarvey, Young Persons' Development Worker, said: "We introduced our peer mentoring programme following consultation with young people on the type of support they would have wanted following their own experience. Peer mentoring is where young people offer support to each other with shared life experiences. The purpose of the programme is to build confidence, self-esteem, and resilience.



The room was bustling on opening night



Peer mentors Olivia and Joanne present their artwork

"For the past year the mentors have been meeting with the mentees within the hospice focusing on activities and emotional support. Our sessions have included creating artworks which all our mentors and mentees have found valuable and worthwhile."

The result of this year-long programme was displayed at CASS Art in Queen Street, Glasgow as an art exhibition. Each young person created thought-provoking artwork depicting their grief and feelings. The exhibition 'Art With A Common Bond' was well attended during its week-long exhibition.

Glasgow's Hospice makes history with new Hospice Shops' Ambassador

A Glasgow stylist is set to take on a unique role by becoming the first Ambassador for The Prince & Princess of Wales Hospice's charity shops.



For four decades the hospice has been providing vital compassionate care, free of charge to the people of Greater Glasgow and their families.

As a charity, the hospice must raise more than £3million each year just to keep its doors open and one of the ways in which it raises funds is through its network of 17 charity shops based in local communities through Glasgow.

The Hospice Shops contributes more than £500,000 to the hospice each year and to mark the anniversary year it is launching the **'40 for 40'** campaign where we are showcasing how people can purchase a full outfit for under £40 and help to support the hospice in its 40th year.

Launching the innovative initiative is Glasgow business owner and influencer, the Sustainable Stylist, Victoria Lee.



Victoria comments: "I'm very excited and honoured to be the first retail ambassador for The Hospice Shops. My passion is promoting sustainable fashion choices to help improve our environment for everyone. My whole business is centred around personal shopping for people from the incredible host of charity shops which are available on our doorsteps.

"Each year approximately 350,000 tonnes of used but still wearable clothes are sent to landfill in the UK. I am on a mission to highlight that fast fashion isn't the answer, we're all able to get our fashion fixes from our local charity shops.



Styling our models. Lilli Schlossbach with Victoria Lee

"I am just delighted to be part of The Hospice Shops' journey to providing the people of Glasgow with quality, sustainable and pre-loved clothing. And the 40 for 40 campaign is the perfect way to introduce people to the vast array of choices available at a fraction of the cost of the high street.

Glasgow's Hospice makes history with new Hospice Shops' Ambassador



"Going forward I'll be working closely with the retail team at the hospice on other awareness campaigns to hopefully bring our message to a whole new audience."

Angela Renton, Retail Operations Manager for The Prince & Princess of Wales Hospice, commented: "We are delighted to have Victoria onboard with The Hospice Shops. She epitomises our whole ethos. Promoting the circularity of clothing to reduce landfill and therefore improve our environment. We are so very grateful to the people of Glasgow for choosing to donate to the hospice. We provide a much-needed service to our local communities throughout Glasgow by offering local access to low-cost clothing.

"But we also want to expand and encourage people who may not have considered charity shopping previously to give it a go. With



Jenni Martin and Rebekha Cheung strike a pose

Victoria's help we will continue to promote the quality of our pre-loved items which are on sale, and which help to fund care at Glasgow's Hospice.

People can take part in the 40 for 40 campaign by visiting a Hospice Shop throughout Glasgow and sharing their pre-loved outfits through social media by tagging @hospiceshops



Angela continued: "Every item donated, and every penny spent in our hospice shops contributes to Glasgow's Hospice mission to provide compassionate care for people with



The Hospice Shops' very first Ambassador the Sustainable Stylist Victoria Lee

life-limiting conditions and we would like to thank everyone who supports us."

The Sustainable Stylist, Victoria Lee Models - Lilli Schlossbach, Jenni Martin, Rebekha Cheung



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1st 8th 16th 24th of choose month
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