

Dove Tales

Edition 4
Spring 2019



MEET MITCH!

see more inside



Mitch is an 11 year old beagle. He's also a therapist!

Welcome from our Chief Executive



By Bruce High,
Chief Executive

Welcome to the fourth edition of Dove Tales, our bi-annual magazine to keep you, our supporters, updated on the work of St Andrew's Hospice.

In April, we will be celebrating the first Anniversary of moving back into our 'new' hospice. Whilst there have been the expected minor snagging issues associated with any project of this size and complexity, the overwhelming informal feedback from our patients and their families on our refurbished premises has been outstanding. In order to ensure you, our supporters hear of the difference this building has already made to the lives of so many people, we will be reporting back on our Patient and Visitor Experience Surveys in our next edition so that you can hear directly from them.

Although the building work is now over, St Andrew's has many more ambitious plans to expand and develop its services over the coming months and years. We want as many people as possible who require our specialist support to have access to it. We have therefore embarked upon a massive overhaul and expansion of our Outpatient and Community based services involving the following:

- A completely new and expanded Wellbeing Programme for patients
- An enlarged and enhanced Outpatient Service
- A new Carer Support Group which takes place every Thursday in the Outpatient Department of St Andrew's
- Plans to develop our Community Support Service for patients and their carers.

All of these services will be in place by April this year and will be developed based upon the experience of our patients over the course of the year. More details on these services and how they can be accessed are available on our website.

Thank you again for your continued support.

Yours,

A handwritten signature in black ink, appearing to read 'Bruce High', with a horizontal line underneath.

Bruce High

Celebrate with us!

by the Capital Appeal Team



In April 2018, we received the keys to our newly reconfigured and refurbished Hospice. We hope that you will join us in celebrating this special anniversary.

The reconfigured Hospice has 21 single rooms with en-suite facilities and 3 multi-occupancy rooms, also with en-suite wet rooms. The new facilities include many features to ensure patients continue to receive quality, person-centred care at the end of life. These include over-bed hoists, integrated oxygen, access to the beautiful courtyard garden as well as practical features to aid care. Fresh, modern design and décor with flexible heating and better lighting are key aspects of the room design. All of the public spaces have also been upgraded and fitted out with new fixtures and fittings which will add to the comfort of our patients, their families and visitors to the Hospice.

Bruce High, Chief Executive of St Andrew's Hospice, is delighted with the outcome of the refurbishment, saying: "Our new hospice far exceeds my expectations. It truly is something special and those who have contributed to the Capital Appeal that made this possible, should rightly be proud of what their contributions have achieved. When the Hospice was originally opened 33 years ago it was, at that time, a state-of-the-art facility. Now, in 2019, we once more have a building that is ahead of its time, offering the very best of environments for those who need it most."

One of our patients told us: "The facilities in the Hospice are amazing. I was a quantity surveyor by trade and I look at the workmanship in this building and it is first class. You guys have gone the extra mile; it's like living in a 5 star hotel."

Lorraine, whose mum passed away in the Hospice prior to the reconfiguration and whose dad passed away in the refurbished Hospice told us about her experiences of St Andrew's: "We spent 4 weeks at the Hospice as a family in May 2018. We can't describe how much comfort we received at a time when we really needed it. The Hospice staff were amazing with both my mum and dad. They were cared for by some of the same nurses. The thing that made the biggest difference during our

experience last May was the comfort and luxury of the beautiful rooms and space; we couldn't believe the transformation.

"Dad was in a 3 bedded room to begin with and we couldn't believe how much space there was in comparison to our last experience of the Hospice. Shortly after our dad came in, he was offered a single room. The private space was beautiful; dad was a really private man and the surroundings helped him maintain his dignity until the end.

"The rooms are all amazing; with fridges and lots of space for clothes and other personal items. His room faced onto the little courtyard where we could always see the daylight and have some outdoor time on the long days. The amazing space provided us with everything we needed at a really difficult time."

We are still raising funds for our Capital Appeal. Thanks to the generosity of our supporters, we have raised in excess of £6million to date. If you can help us reach our £9million target, we would love to hear from you.

Please join us in celebrating the first anniversary of our refurbishment by holding your very own Anniversary Celebration. This can be a coffee morning, afternoon tea, Prosecco/Gin party, a bake sale in your workplace - whatever takes your fancy! For your free Anniversary Celebration pack, please call our Capital Appeal on 01236 772048.

Our wonderful supporters helped raise over £40,000 for our Capital Appeal last year by holding Homecoming Parties in venues as varied as churches, sheltered housing complexes, care homes, workplaces or in their own homes; some even incorporated our Homecoming celebrations into their own birthday or anniversary parties!

For more information about our Capital Appeal, our events and campaigns or fundraising ideas, please visit www.st-andrews-hospice.com/fundraising/capital-appeal.



MEET MITCH!

Mitch is an 11 year old beagle. He's also a therapist.

Therapets and their owners regularly visit hospitals, day centres and nursing homes, as well as special needs schools, where the pets provide a little four-legged therapy and companionship to animal lovers who aren't able to care for a pet full-time.

Mitch and his owner Liz will be in the Hospice every Tuesday afternoon to meet anyone from our inpatient or outpatient services who would like a wee cuddle or just to have a chat.

We caught up with Liz to find out more about Mitch and why she thought he'd make the perfect Therapet:

"Mitch and I used to go beagle racing at Kincardine, where he would don his racing jacket and chase a lure; he absolutely loved it.

"We then got involved in Dog Agility and used to travel as far afield as Aberdeen and County Durham to compete. Mitch was very good at Agility and won lots of competitions; he was even awarded the Kennel Club's highest Agility accolade of a Gold Certificate. His Sunday name is his Kennel Club name: Molesend Brewer AW(G) ... very posh!

"A family friend is a Therapet volunteer and after chatting to her about it, I thought it would be a very useful way to spend some of my time.

"Mitch has always been a good boy and is well-behaved for a Beagle. He is a very laid back chap and not overly excitable (unless treats are involved), he's calm around strangers and likes to be made a fuss of, so I thought we would see how he gets on. So far, he has been perfect.

"I enjoy seeing the staff interact with Mitch, he is quite the wee star to them. I like providing the patients and their visitors with a little distraction, albeit for a very short time, and everyone seems to enjoy Mitch's company.

"To anyone who is considering registering their dog as a Therapet or volunteering with St Andrew's Hospice, I simply say give it a try; you have nothing to lose and everything to gain."

by Wendy Cowper,
Acting Quality
& Governance
Manager

Retail

by Irene Viola, Retail Business
Development Manager

Our St Andrew's Hospice shops are approaching the end of the financial year on a high due to the hard work and efforts of all our wonderful staff and volunteers. We would like to take this opportunity to thank all of our loyal customers across Lanarkshire for your continued support.

Repair & Refurbishment Programme

We are embarking on a repair and refurbishing programme in some shops. If any tradespeople would like to volunteer their time and expertise or can help us out in any way with flooring, paint or wallpaper, please contact our Retail Team on 01236 766951. Your support is greatly appreciated.

Retail Gift Aid

In 2015, we introduced an Electronic Point of Sale (EPOS) system into all of

our shops. This has allowed us to claim Retail Gift Aid on donations made by customers who have joined the Retail Gift Aid scheme. We currently have 12,000 customers signed up.



Signing up to Gift Aid means that for every £1 St Andrew's Hospice raises from the sale of your goods, we can claim a further 25p from HM Revenue & Customs. Thanks to the generosity of our customers across Lanarkshire, we have claimed in excess of £166,000 from HMRC since starting this project.

To sign up to the Gift Aid scheme, you

must be a UK tax payer. If you wish to join, please ask your local St Andrew's Hospice shop team for a leaflet.

Volunteer Appeal

We are seeking to recruit volunteers all across Lanarkshire on various shift patterns. A minimum shift commitment would be for 3 hours. Shop volunteer roles include operating an EPOS till, cashing up and closing up, sorting stock, visual merchandising and promoting in store offers.

We are also looking for volunteers to support our eBay for Charity project based in our Blantyre shop. This role includes photographing, sorting and packaging items, IT/admin tasks and valuation research.

If any of the roles mentioned are of interest to you and you can spare a few hours each week, please contact Julie Wilson, Volunteer Co-ordinator on 01236 766951 or call in to your local St Andrew's Hospice shop.

UNBELIEVABLE SUPPORT



As we prepare to celebrate the first anniversary of the reconfiguration and refurbishment of our Hospice, we would like to take this opportunity to acknowledge local businessman Boyd Tunnock of Thomas Tunnock Limited for his unwavering support over the last 20 years. Mr Tunnock has generously donated funds not only to provide specialist palliative care services at the Hospice, but also in more recent times, to support our Capital Appeal.

Thanks to Tunnock's sponsorship of our Wear Yellow Walk event, more than 50,000 primary school pupils have enjoyed a fantastic day

at Strathclyde Park, whilst raising hundreds of thousands of pounds for St Andrew's Hospice since 2003. All of our Wear Yellow Walk participants receive a fetching yellow baseball cap and are treated to a free Tunnock's Caramel Wafer on completion of the 6K route; all of which is possible due to the kindness of Boyd Tunnock.

It is because of the support we receive from local businesses like Tunnock's that we have been able to modernise our facilities to include many features to ensure patients continue to receive quality, person-centred care at the end of life.

Outpatient Services at St Andrew's

by Donna Bruce, Outpatient &
Community Team Manager

Our Outpatient Services are available to adults in Lanarkshire living with a life-limiting illness. There are many services available to both patients and carers; all of which take place in our Outpatient Department.

Our Unit has a large conservatory with a reading corner, a music corner, a treatment room, 2 newly decorated complementary therapy rooms and a large activities room which is currently



undergoing a makeover. We hope this room will be our 'Hygge'. Hygge (pronounced hue-guh) is a Danish word used when acknowledging a feeling or moment, whether alone or with friends, at home or outside, ordinary or extraordinary as cosy, charming or special.

The services we offer include Specialist Clinics in Occupational Therapy, Physiotherapy, Medical Outpatients and Complementary Therapy. We have recently introduced Music Therapy to our Outpatient Programme, as well as Open Book

sessions which both patients and/or carers can attend. We also provide Strength & Balance and Fatigue Management classes.



Due to high demand, our Wellbeing programme is running two days per week; Tuesdays and Wednesdays. As part of the Wellbeing programme, our patients receive an information session, exercise, spiritual care and support, benefits advice and relaxation. We have had many visiting speakers including Dietetics, North Lanarkshire Leisure, Oral Health and Home Energy Scotland.

We organise activities each week which so far, have included visits from Therapets, dancers and singers. We enjoy linking in with our community. Local school pupils have visited on numerous occasions to sing, play games, bake and take part in arts and crafts with our patients. They enjoy the interaction with the schools greatly.

We hope to expand our services in the future to include more group sessions that offer self-management techniques and support. We are currently developing a carers' programme for carers of St Andrew's Hospice patients.



Meet the Team

David Anderson
Outpatient Support Assistant

What does your role involve?

As Outpatient Support Assistant, I am responsible for administration duties. These include; preparing letters, arranging patient appointments, handling calls, liaising with other departments and planning patient transport. I also provide support at our Wellbeing sessions and Open Book events. An Outpatients Drop-In Service is available to all and is becoming popular too.

I am also responsible for producing statistical data about our service for Quality and Governance purposes.

What is your favourite aspect of your role at the Hospice?

I enjoy interacting with our patients and playing my part in the positive impact our service has on our community in Lanarkshire.



Meet the Team

Donna Bruce
Outpatient & Community
Team Manager

What does your role involve?

I manage Outpatient Services and the Community project at St Andrew's Hospice. My role is to develop and manage these services.

Our Outpatient Services are specialist resources for individuals with a life limiting illness and their families who require help and support to live as fully and independently as possible for as long as possible.

I have been responsible for setting up the new Wellbeing service and promoting our Outpatient Services across Lanarkshire.

What is your favourite aspect of your role at the Hospice?

I love all aspects of my job. Every day I get to meet truly inspiring people; both the staff that work here and the patients and carers who access our services. It's a very humbling and rewarding job.



Meet the Team

Liz Dickson
Outpatient Nurse

What does your role involve?

I support individuals and their families who attend the Wellbeing sessions which run on Tuesdays and Wednesdays. I assess nursing needs, aiming to find helpful solutions and improve their quality of life. I lead on some of the information sessions we run in the morning and enjoy taking part in the more relaxed activities later in the day.

What is your favourite aspect of your role at the Hospice?

I enjoy working with patients more than any other aspect of my role. The interactions we have are so rewarding, as well as getting to know them and their stories.



Donation Form

Thank you for supporting St Andrew's Hospice.

Every donation helps and each penny you donate provides ongoing care or helps with our refurbishment. Don't forget to Gift Aid your donation if you are a UK taxpayer – that will give us an extra boost too.

Please let us know which area you would like your donation to go to:

- Our ongoing care Our Capital Appeal to refurbish our Hospice

- £20 can pay for materials for our Children's Drop In Service £50 can pay for a counselling session for a patient, carer or family member

- £80 can pay for visitor chairs to allow families to sit with their loved ones £150 can pay for window voiles to give a more homely feel to the bedrooms

Or my own amount of £

'Thank You Letter' Required? YES / NO

Your Information

The following information is required in order for us to record your donation. Please complete as fully as possible:

Title: (Mr, Mrs, Ms, Other)

First Name: Surname:

Address: Town:

Post Code:

Gift Aid

I confirm I authorise St Andrew's Hospice to treat all donations I have made for the four years prior to this / today / any future donations until I notify you otherwise as gift aid donations. I confirm I have paid or will pay an amount of UK income tax and/or capital gains tax for each tax year 6th April to 5th April that is at least equal to the amount of tax that all the charities or CASC that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and council tax do not qualify. I understand the charity will reclaim 25p on every £1 that I give.

Payment Details

I enclose a cheque made payable to St Andrew's Hospice

Please Debit my: Visa Maestro
 Mastercard Delta

Card Number

Maestro only

Issue No:

Valid from:

Expiry Date:

Security Code: (last 3 digits on the back of your card)

Card Holders Signature:

Date:

Keeping in Touch

We really value your support and would like to stay in touch to keep you up to date on the work of St Andrews Hospice including our events and fundraising activity. We will never sell or share information with other charities or organisations for marketing purposes not related to St Andrews Hospice. Please select the ways we can keep in touch with you:

Post E-mail Text Message
 Telephone No Contact

Please return your completed form to us using the freepost envelope provided.

You can also donate online by visiting www.st-andrews-hospice.com

STRICTLY SUCCESS

by Louise O'Donnell,
Deputy Head of Fundraising
Development Manager

We were delighted when Lyndsay Ferguson from the Doubletree by Hilton Strathclyde approached us about their plan to hold a Strictly St Andrew's event to raise funds for the Hospice.

Lyndsay, the hotel's Sales Manager, worked in partnership with Louise O'Donnell, Deputy Head of Fundraising at the Hospice to recruit dancers for the glitzy event. Hospice supporters Eleanor Higgins, Francis Ferguson, Liam McGarry, Lisbeth Meikle and Kieran Phelan very kindly agreed to take part in the event and were paired with professional dance partners Pamela Logan, Maria Oakes, Jim Shields, Ellen Caw, Michael Kiernan and Graham Bunting.

The initial event took place on the evening of Saturday 23rd February. Due to phenomenal

demand, a Strictly St Andrew's Lunch event was added on Sunday 24th February. Both events completely sold out!

All of the dancers trained hard and performed to perfection. Liam McGarry and Pamela Logan took home the coveted Glitterball Trophy on the Saturday evening and Francis Ferguson and Maria Oakes took the title the following afternoon.

We are so grateful to Lyndsay and the team at Doubletree by Hilton Strathclyde, to all the dancers for their hard work, commitment and fundraising over the last 6 months, to the judges and to everyone who attended across the weekend. We are delighted to announce that the events raised a staggering





£60,000 for patient care at the Hospice!

Lyndsay commented: "The Hospice means a lot to me; it's such a beautiful place and they do so much work for the local communities of Lanarkshire. I have got to know Louise and her team very well as they host several annual events at the hotel. I was delighted to put on these two fantastic events for the Hospice and raise an amazing amount of money."

Planning is already underway for 2020 so watch this space for dates. In the meantime, keep dancing!



I'M A TEACHER GET ME OUT OF HERE!

The brave teaching staff at St. Margaret's High School endured a series of classic Bushtucker Trials in an 'I'm a Teacher, Get Me Out of Here!' challenge to raise funds for the Hospice. Based on the popular ITV show, the event was organised by John McLaughlin, Principal Teacher of Pupil Support (S5).

Mr McLaughlin explained: "On Friday November 16th 2018, we celebrated our Patronal Feast Day in school. However, unlike other years, we wanted to make it a truly special celebration which not only celebrates our Patron Saint but also raises vital funds for St Andrew's Hospice. As well as the usual traditions of Mass and goodie bags for students, we took suggestions from the students who wanted to see staff take part in an 'I'm A Teacher, Get Me Out of Here' challenge.

"In the run up to the day, Hospice staff delivered assemblies to our young people to explain how the money that they raise helps.

"The event took a great deal of research to put on, as well as bravery from our teachers who became very competitive – especially members of the P.E department! PC McManus from Police Scotland and Andrew

Flynn from the Hospice joined in too. Each round reflected what we felt were true Bushtucker Trials - all prepared and delivered by Porch's Pantry (Mrs Porch). The eating challenges included a variety of concoctions including Blended Big Mac Meals, crickets and meal worms.

"Presenters Mrs Kerr and S5 student Lewis Baillie took on the mantle of Dec & Holly; hosting the show and ensuring all had a good time.

"This was a new and unique way to raise funds for the Hospice and was something that the whole school could get involved in. We invited Andrew Flynn back to St Margaret's High on the 22nd December to collect a massive cheque for £5000."

On behalf of the Schools Team and everyone at St Andrew's Hospice, we would like to thank everyone who got involved in this event; the participants, audience and the organisers. This is just one of many stories from the hundreds of schools who help our Hospice on a daily basis. The support we receive from nurseries, schools and colleges is absolutely amazing and we are incredibly grateful for everything they do.



MUSIC THERAPY

by Lauren McKenzie, Social Media & Marketing Officer

St Andrew's Hospice is working in partnership with Nordoff Robbins Scotland to deliver music therapy in our Inpatient Unit and Outpatient Services.

Music therapist Jenny Hutton will visit the Hospice every Thursday to deliver group music therapy sessions for our outpatients and one-to-one music therapy sessions for any inpatients who wish to take part.

What is Music Therapy?

Music therapy is a psychological



intervention in which music is used as a tool to help develop communication, social skills and encourage the processes of growth and discovery.

Music therapists are trained to use music to connect to and build a relationship with a person who may be withdrawn and isolated as a result of their physical or mental health condition.

Every person responds differently but typically music therapy improves quality of life, confidence, and

communication and reduces anxiety and isolation.

To celebrate St Andrew's Day, Jenny, along with our Finance Manager Bob Douglas and Housekeeping Assistant Sally Bannan treated our patients, visitors and staff to an afternoon of Scottish songs which was thoroughly enjoyed by all in attendance.



LEAVING A LEGACY

by Lorna McCafferty, Trust Fundraising Officer

St Andrew's Hospice is one of the largest Hospices in Scotland and we have been caring for our patients and their families for the last 33 years.

All services at the Hospice are provided free of charge to patients, their families and carers. We have only been able to do this due to the incredible support of the people of Lanarkshire.

To continue providing all of the services that we do, we have to raise £4.6 million each year through donations, such as gifts in Wills.

Did you know... you can leave us just 1% in your Will so that those closest to you receive 99%?

Gifts in Wills are a vital source of income to St Andrew's Hospice. Every gift, large or small makes a difference to our patients and their families.

You can help us be here for future generations through a Gift in your Will. There is no obligation to do so, but your legacy can live on and help us continue to care for

your family, friends and your community should they need us.

Further any further enquires please contact: Lorna McCafferty, Trust Fundraising Officer on 01236 772087 or e-mail: lorna.mccafferty@standrews.scot.nhs.uk





THANK YOU GIBBY!

by
Capital Appeal Team

Earlier this year, Gilbert Cox retired as the Chair of our Capital Appeal.

Gilbert, known as Gibby, has been instrumental in raising funds through his wide network of connections and is always keen to get involved in everything the Capital Appeal team do. Gibby's family have also been involved in fundraising and have supported him in his role as Chair of the Appeal.

He is a great ambassador for the charity, having shown his support since the early days; raising funds for the initial appeal to build St Andrew's Hospice in the 1980s.

Karen McFadyen, Director of the Capital Appeal said: "On behalf of everyone at St Andrew's, I would like to thank Gibby for his hard work and dedication to our Capital Appeal. He has been easy to work with and given us lots of help along the way and steered the ship where required. He has tremendous drive, energy and is passionate about St Andrew's Hospice. I think we would all like to be an octogenarian like Gibby!"

VOLUNTEERING

by Jeanne Rennie, Head of HR
& Organisational Development

Working for the Hospice means being part of the community. It is not just about the services and resources we provide for patients and their families, but also for the wider community. We are very lucky to have a volunteer workforce of over 600 people and we're proud to say that we have a number of valued volunteers with additional support needs working within our Hospice, our warehouse and our shops. Their time, support and commitment to our cause is truly invaluable. Many of our experienced staff and volunteers provide a natural mentoring role for the volunteers and ensure that they carry out their work duties, get lunch and make their way home safely and most importantly; that they know they have made a difference.

It is these little things that make St Andrew's Hospice an active member of the Lanarkshire community. There is nothing more gratifying than seeing young people given work experience, developing their confidence and then moving on to jobs or apprenticeships. This has happened on more than one occasion and whilst we are sad to lose such valued volunteers, it is wonderful to think that we played a part in their development and growth.

We look for all volunteers to commit to the Hospice for a minimum of six months; this gives us a return on our investment in carrying out all the necessary checks and providing training. If you have the time to commit to volunteering with St Andrew's, please contact Julie Wilson, Volunteer Co-ordinator, on 01236 766951 or by e-mailing julie.wilson@standrews.scot.nhs.uk

Scottish Cup visits St Andrew's Hospice

by Lauren McKenzie, Social Media & Marketing Officer

St Andrew's Hospice played host to the Scottish Cup trophy for one day only (16th January 2019).

Scottish Cup sponsors William Hill treated patients, their families and staff at St Andrew's Hospice to a special afternoon where they could have their photo taken with the famous piece of silverware.

Maria Leonard, Corporate Fundraiser for the St Andrew's



Hospice Capital Appeal said: "We were delighted that William Hill were able to bring the Scottish Cup along to the Hospice. It was great for patients and their families, as well as our staff, to have the opportunity to share a memorable

moment together.

"William Hill have supported St Andrew's Hospice for a number of years now and have been great supporters of our £9M Capital Appeal to reconfigure and refurbish the Hospice since it launched in 2015.

"Their staff have both attended and volunteered at our events including our sponsored dog walk, Paws in the Park, Business Breakfasts and bucket collections.

"We'd like to thank the William Hill team for their continued support and we look forward to collaborating with them again in the future."



YOU'VE GOT TO BE IN IT TO WIN IT!

Our annual Grand Car Raffle, sponsored by Bonnar Accident Law Solicitors, is your opportunity to win a brand new car for as little as £1!

Tickets are £1 each (also available in books of 10) and can be bought from your local St Andrew's Hospice shop.

Each year, the Grand Car Raffle helps us raise a fantastic sum of money, allowing us to continue providing specialist palliative care and support to our patients and their loved ones across Lanarkshire.

Last year's top prize winner, April Mooney from Wishaw, became the proud owner of a brand new car. April's Uncle Charlie bought her the winning ticket and came along to see her pick up her new set of wheels.

We look forward to seeing who this year's lucky winner will be.

The raffle will be drawn on Friday 26th July 2019.

Good luck!

THANK YOU

lasting, our host Gina McKie and everyone who came along. With your kind support, we raised £13,600 which will help to provide vital care for our patients and their families. Tickets for next year's event, taking place on Sunday 26th January 2020, can be booked online at www.st-andrews-hospice.com



A huge thank you to our 'Friends of the Hospice' sponsors and everyone who attended our Grand Snowflake Ball on Saturday 24th November. We were overwhelmed to announce that with everyone's incredible generosity we raised a phenomenal £154,000 on the evening. We are so grateful to everyone who supported the event and look forward to seeing everyone at the event this year which will take place on Saturday 30th November.



Thank you to the Burns family who very kindly held a Burns Night ceilidh on Friday 25th January in St Margaret's Hall to support the Hospice and Maggie's (Lanarkshire). They raised a fantastic £1000 for each charity and we can't thank the family enough for their generosity and continued support.



We would like to thank our 18 intrepid trekkers who took on the challenge of climbing Mount Kilimanjaro at the end of March, raising approximately £30,000 for patient care at the Hospice. We can't thank you enough for your commitment and support. If you're interested in the adventure of a lifetime, why not sign up for our next international challenge in Patagonia, Chile in 2020? Contact Bobby Mason on 01236 772089 for further details.



Our thanks go to Ashley Kennedy for her continuous support for our Capital Appeal. Ashley has helped fundraise for us in many ways over the years. She has held two very successful Ladies' Nights with a third booked for this year. She has volunteered at our Paws in the Park event and bag packs, attended our Ladies' Lunch events, arranged open days for us at her workplace and has held bake sales. All this has contributed to her raising in excess of £10,000. As an employee for Barclays, Ashley has been able to apply for match funding against some of her endeavours which further helps our Appeal. We are very grateful for all your support.

Thank you to Alistair Lafferty who has raised in excess of £12,000 for our Capital Appeal with this annual Burns Supper events. He has involved many of his network of friends, colleagues and contacts in the event which has become a highlight in their social calendar. Thank you to everyone who has attended any of the Burns Suppers and helped to support our Appeal.



A huge thank you goes to Gartcairn Juniors Football Club who have raised a fantastic £750 for our Capital Appeal by placing collection buckets at their turnstiles, as well as tea and coffee sales from both home and away supporters. We can't thank you enough for your ongoing support.



Over 270 people had a fabulous time at our Come Gin With Us event on Sunday 27th January at Dalziel Park Hotel and Golf Club. We would like to thank The Scottish Gin Society, Eden Mill, McLean's Gin, Makar Gin and Biggar Gin for all of their support in providing the gins for

WHAT'S ON

Book tickets online at
www.st-andrews-hospice.com

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APRIL
2019

The Kiltwalk, Glasgow

Take on The Wee Wander, The Big Stroll or The Mighty Stride to raise funds for the St Andrew's Hospice Capital Appeal! Sign up online at www.thekiltwalk.co.uk

05

MAY
2019

Bubble Rush

Bellahouston Park
The family-friendly 5k course starts in a sea of bubbles and features four bubble stations along the route. Run, jog, walk, dance or toddle through the foam! To take part in aid of St Andrew's Hospice, please select us when completing the registration form at www.princeandprincessofwaleshospice.org.uk/event-article/challenges/bubble-rush-2019

10-12

MAY
2019

It's A Knockout

Sponsored by HFD Group
Strathclyde Park
Teams of 10 work together to complete highly-amusing games which involve a variety of weird and wonderful tasks. Sign up online at www.st-andrews-hospice.com or contact Bobby Mason on 01236 772089.

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MAY
2019

Summer Ball

Sponsored by Friends of St Andrew's
Crossbasket Castle

You and your guests will indulge in a sparkling drinks reception with canapés, a beautiful 4 course meal and be treated to fabulous entertainment. The meal on the evening will be provided by the Albert & Michel Roux Jr Restaurant, which is overseen by Albert and Michel Roux Jr and run by an award-winning executive chef.

**SOLD
OUT**

02

JUNE
2019

Summer Chic Ladies Lunch

Doubletree by Hilton Strathclyde
Hosted by Michelle McManus. Enjoy a 2 course lunch plus afternoon tea, with a Prosecco welcome and live entertainment. Book tickets online at www.st-andrews-hospice.com or contact Maria Leonard on 01236 772048

09

JUNE
2019

Scotland's Hospice Together Sportive

Start line: Broadwood Stadium
Scotland's hospices have come together to celebrate cycling by organising a sportive with option of 100 mile, 100km or 40 mile routes. Sign up online at www.st-andrews-hospice.com or contact Bobby Mason on 01236 772089.

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JUNE
2019

Midnight Walk

Ravensraig Regional Sports Facility
Walk in memory of a friend or loved one, as a way of keeping fit or simply to do something a little different on a Saturday night – whatever your reasons, please remember that you will of course be generating vital funds for St Andrew's Hospice. Option of 8, 10 or 13 mile routes. Sign up online at www.st-andrews-hospice.com or contact Lorrett McCutcheon on 01236 766951.

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JUNE
2019

Abbamina Dinner & Cabaret

Dalziel Park Hotel & Golf Club
Enjoy a welcome drink, 3 course dinner and live entertainment from Abbamina.

**SOLD
OUT**

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JULY
2019

Grand Car Raffle Draw

Sponsored by Bonnar Accident Law Solicitors
A fantastic opportunity to win a brand new car! Tickets are £1 each and are also available in books of 10. Buy your tickets from any St Andrew's Hospice shop, the Hospice reception or by calling our Fundraising Team on 01236 766951 to request tickets.

28

JULY
2019

St Andrew's Hospice Bungee Jump

St Andrew's Hospice, Henderson Street, Airdrie
We need the brave and the bold to take the plunge for St Andrew's Hospice. You will be lifted 160ft above our car park in a specialised crane before taking one giant leap for the Hospice. Sign up online at www.st-andrews-hospice.com or contact Andrew Flynn on 01236 772081.

18

AUGUST
2019

Paws in the Park

Sponsored by Avondale Veterinary Group & Going Mutts
Strathclyde Park
A sponsored 6K dog walk with agility area, doggy fashion show and family fun area for kids. Sign up online at www.st-andrews-hospice.com or contact Erin Sandilands on 01236 772048.

24

AUGUST
2019

Ben Nevis Challenge

Trek the UK's highest mountain with local guides. Complete the climb and celebrate your achievement with dinner and bed & breakfast at the Alexandra Hotel. Sign up online at www.st-andrews-hospice.com or contact Bruce Mackenzie on 01236 772041.

31

AUGUST
2019

Muddy Muckers

Sponsored by Central Car Auctions
Blairlinn Cottage, Cumbernauld
Join us for guaranteed laughs as you take on 20 obstacles on this very muddy 2K course! A fun challenge for family, friends, colleagues or as an individual. Sign up online at www.st-andrews-hospice.com or contact Lorrett McCutcheon on 01236 766951.

06

SEPTEMBER
2019

Easter Moffat Golf Event

Sponsored by Bank Social Club Golf Section
Easter Moffat Golf Club
Compete as teams of 4 in this annual golf tournament held at Easter Moffat Golf Club. Contact Tommy Anderson on 01236 766951 to register your team.

15

SEPTEMBER
2019

The Kiltwalk, Edinburgh

Take on The Wee Wander, The Big Stroll or The Mighty Stride and raise funds for the St Andrew's Hospice Capital Appeal! Sign up online at www.thekiltwalk.co.uk

OCT TO DEC

2019

Light Up a Life

Light Up a Life is an opportunity to sponsor a light on a Christmas tree in memory or in honour of a loved one. You will also have the opportunity to have a handwritten, personalised card delivered to you or sent to a friend or relative to let them know they are in your thoughts.

01

NOVEMBER
2019

Ladies Dinner and Cabaret

Bothwell Bridge Hotel
Enjoy a 3 course meal and live entertainment. To book, contact Rosaleen McKenna on 01236 766951.

10

NOVEMBER
2019

Sunday in the City Ladies Lunch

Grand Central Hotel
A glamorous afternoon with entertainment, raffles, auctions and much more! Includes glass of Prosecco on arrival and 3-course meal. To book, contact Erin Sandilands on 01236 772048.



StAndrewsHospice1



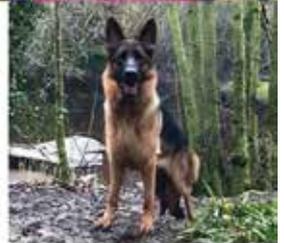
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@standrewshospice

www.st-andrews-hospice.com

St Andrew's Hospice
(Lanarkshire) is a charity
registered in Scotland,
No. SC010159



**St. Andrew's Hospice
Capital Appeal**
**Paws in
the Park**
Sponsored 6K Dog Walk
Sunday 18th August 2019
Strathclyde Park
11:00am - 3:00pm



Sign up here:
www.st-andrews-hospice.com



Sponsored by:
Going Mutts 
Veterinary Group 
AVONDALE



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