

Dove Tales

Edition 5
Winter 2019



THE HALF A HUNNER RUNNER

Read Annette's Story - Page 3



Welcome from our Chief Executive



By Bruce High,
Chief Executive

Thanks to your continued support we have been able to help others in many ways, as outlined in this edition of Dove Tales. Without your kind gifts and support, many of this activity would not be possible.

Having completed all of the snagging associated with the 'new' hospice and fully settled in to our new building, you would think that this would be a time to sit back and have a rest. This could not be further from the truth. Since the beginning of the year, we have expanded and improved our services in the following ways:

- Introduced a completely new and expanded Wellbeing Programme for Outpatients. This has been so successful, we have had to increase to a third day to cope with demand.
- Introduced a Carers' Group. This meets every Friday in our Outpatients Department.
- Introduced an Open Book group and a Music Therapy group (including a ukulele group!)
- Re-introduced Medical outpatient clinics to add to the existing Physiotherapy, Occupational Therapy and Complementary Therapy outpatient clinics

In addition to this, we were notified in May that the National Lottery Community Fund had approved 3 years of 50% funding for our proposed Compassionate Lanarkshire (CLAN) service. This is a service designed to support patients with life-limiting conditions and their carers in their own homes. This project is match-funded by South Lanarkshire's Health and Social Care Partnership and is led by St Andrew's Hospice who work in partnership with Kilbryde and Strathcarron Hospices to provide a pan-Lanarkshire service to ensure that no matter where in Lanarkshire a patient lives, they will receive the same excellent, caring and compassionate service. The service was officially launched on 1st August and will be a welcome addition to the services already provided by the Macmillan Nurses, the District Nurses and Marie Curie.

In September, our Board of Trustees signed off our Annual Accounts for 2018/19. These showed that the Hospice broke-even for the year, having at one point projected a deficit. This financial result could not have been achieved without the outstanding generosity of people in Lanarkshire such as you, who have dug deep to show your appreciation for the care and support provided by St Andrew's Hospice.

Thank you once again for your continued support.

I hope you find our magazine both informative and entertaining.

Yours,

Bruce High

THANKS A

Latte



by Lauren McKenzie,
Social Media &
Marketing Officer

Our Dove Café now serves a cuppa to suit all tastes – thanks to a donation from a grateful family.

Former medical secretary Janette Tiernan died in the Hospice in September 2017 after a brave battle against bowel cancer. Spending a total of five weeks in the care of the Hospice, over two admissions, Janette was afforded privacy and dignity in her final weeks.

In the two years since the 70-year-old's death, Janette's family has supported the hospice; but with granddaughter Emily now volunteering in the café, they hit upon a new and practical, way to encourage year-round fundraising.

As a result, Emily, café staff and volunteers can now serve coffee of all types for customers and visitors with her family funding a

brand new 'bean to cup' machine.

With all costs covered by the donation, every cup sold generates 100% profit for the Hospice.

Lanarkshire-based Matthew Algie coffee company were keen to get involved when approached by the family to help them fulfil the donation.

As well as supplying the brand new machine and coffee supply free of charge for the first two months, the company have also offered free crockery, 24/7 tech support and advertising materials to help boost funds.

Brand Manager, Jill Wotherspoon, said: "We are very happy to provide a little extra help to a fantastic cause. We expect Emily and her family will be able to make a real difference with their clever fundraising idea and generous support."

According to Emily, her Gran would have approved. She said: "Gran enjoyed a good cup of coffee, and we used to bring her in a wee flask or cup from one of the High Street chains, but she would have loved being able to order up a fresh latte or cappuccino right here in the Hospice.

"I hope she'd also be proud of what we are trying to do in her name, because she was so generous and kind and willing to help others, which is why she is so missed by so many people."

Gary McBirney, Facilities Manager at St Andrew's Hospice, said: "We are incredibly grateful for this generous gift from Emily and her family. With their ongoing support and the support of Matthew Algie, our patients, their loved ones, and visitors to the Hospice will be able to enjoy their favourite hot drinks."

HALF A HUNNER RUNNER

MILES AHEAD OF TARGET

To celebrate turning 50, Annette Flaherty is running 2500 miles - 50 miles a week for 50 weeks. Annette is currently in Week 33 of the challenge which she started on 1st January 2019. To date, she has run 1746 miles, that's more than 66 marathons!

Annette is doing this endurance challenge to raise vital funds for charities St Andrew's Hospice and Funding Neuro. The initial fundraising target was set at £2500 but Annette has now raised her target to £5000, having already raised over £3000!

Annette said "I have been overwhelmed by the support, not only for the fundraising but also the encouragement that people have given me along the way. There are some days when it's difficult to get my running shoes on but then I think about the challenges people with serious neurological conditions face every day and how much the palliative services at the hospice are needed and valued, and then I'm off running again!"

Annette has received a lot of support from her local community, who regularly see her pounding the pavements. Annette was recently joined by pupils from Clarkston Primary School in Airdrie for a special running session which saw each class run a mile with Annette. Annette is due to run the 2500th mile on 17th November when she takes part in our Santa Dash, Reindeer Run & Santa Cycle. What a way to complete the challenge!

Bruce Mackenzie, Fundraiser at St Andrew's Hospice said: "When Annette told me she was planning on running 50 miles each week for 50 weeks, I nearly fell off my chair! During my time in fundraising, it has to be the most ambitious challenge that I have seen anyone take on. For Annette to commit to running that distance every single week shows her level of determination and character. It has been great reading her weekly updates and the funny songs she records to accompany them. Good luck with the remainder of the challenge Annette, we're cheering you on!"



HOSPICE NEEDS YOUR HELP AS IT LAUNCHES NEW COMMUNITY PROJECT

by Lauren McKenzie,
Social Media & Marketing
Officer



We are delighted to launch Compassionate Lanarkshire; a partnership project between St Andrew's, Kilbryde and Strathcarron Hospices which aims to support vulnerable and isolated individuals and carers in Lanarkshire affected by a life-limiting illness including; cancer, chronic obstructive pulmonary disease, heart disease and progressive neurological conditions.

The project offers emotional, therapeutic and practical support to help individuals and families identify, value and build on their strengths to achieve the best possible quality of life.

CLAN aims to enable people to stay at home longer by helping people cope with their current situation, delaying the need for more complex support. It also aims to support carers and reduce the impact on their physical and mental wellbeing.

Earlier this year, the hospices received a National Lottery award from The National Lottery Community Fund. The award, matched with funding from the South Lanarkshire Health & Social Care Partnership, will be used to fund Compassionate Lanarkshire (CLAN) for three years.

Joy Farquharson, Deputy Chief Executive of St Andrew's Hospice said: "The three Hospices which make up the CLAN partnership are excited to

develop and implement this project across Lanarkshire over the next 3 years.

"In addition to our CLAN Co-ordinators, Support Workers and Complementary Therapists, we need volunteer befrienders to join our team to provide friendship, support and short-term respite for some of our service users.

"If you can spare a couple of hours each week to support vulnerable and isolated people in your community, please get in touch with our CLAN team, we'd love to hear from you."

If you are interested in befriending, please contact Donna Reilly or Lorraine MacAlpine on 01236 766951 for more information.

by Lauren McKenzie,
Social Media &
Marketing Officer

TRUSTS & FOUNDATIONS

By Lorna McCafferty,
Trust Fundraising Officer

We are incredibly grateful to the Trusts and Foundations who have supported the growth of St Andrew's Hospice over the last 33 years.

Funding from Trusts and Foundations has enabled us to enhance the patient and visitor experience at the Hospice. Here are just a few examples of how their generosity has made a difference...

- Funding for recliner chairs, new beds and mattresses including a Cuddle Bed which is designed to give space for family members to lie down with their loved ones, providing them with the chance to snuggle up together. With the support of Trusts and Foundations, we've also been able to buy Overnight Attendance Couches for families to use when staying with their loved ones.
- We have been able to refurbish our Complementary Therapy



rooms, on-site chapel and Dove Café as well as introduce a Tranquility Room to the Hospice. These spaces are designed to promote rest, relaxation and wellbeing.

- Provision of televisions and tablets for patients has meant they can keep up-to date with their favourite TV shows, video call loved ones, listen to music and surf the Web.



- Earlier this year, grant funding allowed us to buy a new minibus to transport patients attending our Outpatient Services; including our Wellbeing programme, Physiotherapy, Occupational Therapy, Complementary Therapy and Music Therapy.

- It is thanks to Trusts and Foundations that we can now offer 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.

- We recently received funding which has allowed us to develop a virtual tour of the Hospice building – similar to the Google Street View. The virtual tour is available to view on our website and enables patients and visitors to look around the building, prior to them coming into the Hospice. This helps patients and visitors familiarise themselves with the facilities at the Hospice prior to them visiting or coming in to stay with us and will help to reduce any fear and anxiety patients and visitors may have about coming into a strange environment.

Meet the Team May Kilpatrick Volunteer Hamilton Shop Manager

What does your role involve?

I manage the running of the Hamilton shop with the support of an amazing team of 30 other volunteers. Our shop is open 6 days a week and we sell donated and new goods to the public. I am responsible for all aspects of the running of the shop; from stock management and customer service, to promoting the Gift Aid scheme and ensuring we make as much money as possible for the Hospice.

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

I love everything about the Hospice; what it does and what it stands for. Personally, I get a huge buzz out of making money for St Andrew's, knowing that it is going straight back to the patients. That is what all the staff and volunteers are here for and it drives me to make as much money as possible.

Do you have a particular memory or story from your time at the Hospice you'd like to share?

I have so many wonderful memories. In 2016, during the Hospice's 30th Anniversary celebrations, I was very fortunate to be able to visit



Dublin with some of my colleagues and learn about the history of the founders of our Hospice. I have also been very fortunate to meet some famous people, such as Henrik Larsson and Arthur Numan, who were lovely men. It is amazing to see and hear how the community as a whole - celebrities or otherwise - come together to support our cause.

What does St Andrew's Hospice mean to you?

St Andrew's Hospice means everything to me. I have seen first-hand the amazing care provided by the Hospice. When you walk through the front door, it feels like you are being wrapped in a warm blanket of love and support. My personal experience of the hospice drives me even more to do what I do.



Donation Form

Thank you for supporting St Andrew's Hospice.

Your kind gifts help us to provide care for patients and families 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:

- Caring for patients and families
- 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

HELP US FINISH WHAT WE STARTED

By Karen McFadyen,
Capital Appeal Director

Our refurbished Hospice continues to bring comfort to our patients and their loved ones. We are delighted with the feedback we have received from our patients, their families and visitors:

"The facilities in the Hospice are amazing... I was a quantity surveyor by trade and I look at the workmanship and what's been done in this building and it is first class. You guys go the extra mile; it's like living in a five-star hotel!"

"All the attention to detail along with all the decor in the refurbishment is excellent. I was pleased to find that the soul of the hospice was retained, if not enhanced. If only that tranquil atmosphere could be bottled!"

"Every member of staff made us feel like we were their family. We were able to laugh and to cry. [It was] far from being a sad place, it was filled by comfort and good cheer. It was a particularly difficult time of year for my brother's passing, just before Christmas, but despite this we feel that the Hospice was 'Our Happy Place'. We knew that our brother passed away peacefully and that we take great comfort in."

The Hospice now has 21 single rooms with en-suite facilities and 3 multi-occupancy rooms, also with en-suite wet rooms. The refurbished 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, and access to the 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.

We are continuing to fundraise to pay for the refurbishment. Although the work has been completed, we still have approximately £1.4M to raise. We have taken the opportunity to enclose a book of raffle tickets with this issue of Dove Tales. We have some fantastic prizes up for grabs including the top prize: an overnight stay in a 5-star hotel in London with rail travel, shopping trip with stylist Mark Heyes and theatre tickets for 2 people. There's also a chance to win a Mulberry handbag or an overnight stay at One Devonshire Gardens. Tickets are £1 and all the monies raised from the raffle will go towards our Capital Appeal.

We also have some exciting events coming your way including our Festive 5s football tournament, a whisky tasting evening and our brand new Casino Royale event. See the Calendar of Events page for more details.

It is a challenging task raising money for both patient care and to pay for the refurbishment work but I am sure you will agree that this has been a project worth undertaking for the people of Lanarkshire and for the future benefit of all who come through our doors.

LOVE IS ALL AROUND

By Karen McFadyen,
Capital Appeal Director

I attended the wedding of my friend's daughter on 3rd August this year. It was a beautiful sunny day and everything was just perfect. The bride was stunning and everyone in the bridal party looked radiant.

The speeches were hilarious. The Best Man - the groom's brother - was a fantastic storyteller and had a few good tales to tell about all that the boys had got up to over the years. The guests were in stitches!



At the reception, I noticed that both the Groom Graham and Best Man Stephen (better known to his friends as Titch) were both wearing one of our white Hospice Dove pins in their lapel. I asked about the significance of this and Titch told me the story of his lovely wife Krystal; how she had developed cancer, her treatment and her subsequent care at St Andrew's Hospice which he was extremely grateful for. As you can imagine, I was moved to tears, however that was not the end of the story.

Titch went on to tell me that on the morning of the wedding, he had gone to the graveyard to read his Best Man's speech to his wife. He wanted her to be part of the big day. Although she was no longer with him in body, she was very much with him in spirit. What a lovely thing to do. More tears!

Titch has done a lot of fundraising over the last 4 years since Krystal passed away, for which we are very grateful. It was lovely to see the nod to the Hospice by the way of the dove on his lapel at a very happy occasion.



Sister Catherine Egan, Director of Mission at St Andrew's Hospice, recently wrote:

"The greatest things in life are not material, they are rather what we believe and feel. The love we have for those among us is most important. Happiness, love and friendship are the most prized possessions to have. To experience the World with your heart is the true way to fulfil your life."

I had a great day at the wedding. My life was enriched by the experience and the different stories shared by everyone. I had goosebumps and felt the hairs on the back of my neck rise as Titch told his story. My heart was gladdened to hear first-hand how much gratitude was felt by Titch. Thank you for sharing your story with me and allowing me to now share it with others.



BLOOMIN' MARVELLOUS!

by Wendy Cowper, Acting Quality & Governance Manager

Flowers have played an extremely important role in Maria Green's life since she was 14 years old and worked part time with a local florist. However, it wasn't until the death of her beautiful daughter Lynzie in St Andrew's Hospice in 2017 that she turned her passion into a business and a way to help and support others.

Maria had worked in various departments within social care, justice and mental health services for over 20 years. It wasn't until Lynzie was diagnosed with stage 4 cervical cancer that she realised that although she enjoyed her job, it wasn't her real passion, she wanted to do more to help people. It was Lynzie who encouraged her to follow her dream and return to floristry.

Maria told us: "Lynzie was a million miles an hour, she was always encouraging people to be their best self. Not long before she was

admitted to the Hospice, she gave me a 45 minute lecture on why I had to follow my dream."

Shortly after Lynzie's death, Maria started her floristry business, with the support of her husband Tony, who she describes as her "absolute rock". She told us: "The support he gives means the world to me, I couldn't do it without him." Maria named her business 'Inspired By You: Flowers Designed with You In Mind' in honour of her brave daughter. Maria now provides floristry services for all occasions as well as delivering Flower Therapy sessions to a variety of different groups. She loves to see the difference she is able to make to people's lives.

Flower arranging has long been known as an art form but few people know about the therapeutic value it has. While flower arranging allows people to create lovely pieces for their home or loved one, it also has many physical and emotional benefits such as reducing feelings of anxiety, increasing manual dexterity,

improving concentration, managing breathlessness and fatigue.

Maria recently visited our Wellbeing service here at St Andrew's Hospice and held a group Flower Therapy session for 9 of our wonderful patients; even some of our more reluctant men! She showed the group how to make floral arrangements and how to pair up the different kinds of flowers.

The session was a roaring success; our patients thoroughly enjoyed learning a new skill and were very proud of their beautiful floral arrangements. The initially reluctant gents of the group were excited to present their flowers to their loved ones at home. One gentleman told us how he enjoyed the experience so much that he has now taken it up as a hobby and regularly creates his own arrangements from flowers from his local florist.

We'd like to thank Maria for introducing us to the therapeutic benefits of flower arranging and for generously giving her time to support our patients in this way.

LEAVE A LASTING LEGACY FOR LANARKSHIRE

by Lorna McCafferty,
Trust Fundraising
Officer

St Andrew's Hospice is very fortunate to be remembered by people when leaving a gift in their Will. You can leave a lasting legacy in your community by supporting patients and families at a time when they need it most.

We have been advised by one of our volunteers that she has recently updated her Will and included a legacy to St Andrew's Hospice. She began supporting the Hospice when she and her friends decided to donate to St Andrew's instead of buying each other Secret Santa gifts.

In 2016, she responded to a call for volunteers and began lending a hand one day per week. By volunteering, she learned about the variety of care and support services that the Hospice provides to patients, their loved ones and the local community. She was surprised to learn how much we need to fundraise to continue to deliver these services.

During our annual Make a Will Month campaign in March, she and her husband took the opportunity to update their Wills and very kindly included a gift to St Andrew's Hospice. They made this decision because they wanted to help families share special moments together and create lasting memories. Moments like this ...

"My husband was in the Hospice and four days before he died, it was our Ruby Wedding Anniversary.

We had booked a meal for family and friends at a local hotel and the Hospice staff helped us to get my husband dressed in his best to go for the meal.

When our daughter and son-in-law brought us back we saw that the staff had arranged to have his bed moved

Every gift, large or small, makes a difference to our patients and their loved ones.

into a private room, where there was a bed I could sleep in and be near him on our last Anniversary. It was a very thoughtful thing to do and they also arranged for a special breakfast the next morning for both of us."

By supporting St Andrew's Hospice with a gift in your Will, you are also helping our patients to live as actively as they can, for as long as they can and ensuring they have the best quality of life possible.

'Len' was referred to our Wellbeing @ St Andrew's service. His legs and feet were very swollen and red and it was affecting his mobility and balance. He told us the difference attending our Outpatient Services has made to his life:

"My life was built around the golf course, I was a good golfer but I hadn't played golf in two years because of the pain and my mobility. When I first met my complementary therapist, she asked me what my aim was. I told her that it was to get back on the golf course but I didn't think that would ever happen.

"I've been coming here for 9 weeks now but after only a couple of weeks, I noticed a big difference. I went to the golf range this week, that was the first time I'd hit a golf ball in almost two years. Boy, did I enjoy it! I hit the first ball and it came off the sweet spot as they say, I couldn't have hit it any better. I couldn't get back up the road quick enough to tell my sister!"

Every gift, large or small, makes a difference to our patients and their loved ones.

If you would like more information or have any questions about making a Will or leaving a legacy to St Andrew's Hospice, please visit www.st-andrews-hospice.com/fundraising/leave-gift-will/ or contact our Trust Fundraising Officer Lorna McCafferty on 01236 772087.

Light Up a Life

by Lorna McCafferty,
Trust Fundraising Officer



sponsored by **MEARS**

Celebrate the life of someone special and make a difference to the lives of our patients and their loved ones this Christmas.

Light Up a Life is an opportunity to sponsor a light on the Hospice's Christmas tree or on your local Christmas tree in memory or in honour of a loved one.

You will 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.

All donations go to supporting patients and their families.

You can sponsor a light by visiting www.st-andrews-hospice.com, by completing a form in any of our 13 Hospice shops or in the Hospice reception area.

You can sponsor a light up until 12noon on 24th December. Any cards written that day will be posted but you will not receive the card until the Royal Mail resumes deliveries.

We also have Light Up a Life badges priced £2 per badge and these can be purchased at the Hospice, by visiting our online shop or by telephoning Lorna McCafferty on 01236 772087.

We would like to take this opportunity to extend an invitation to attend our lighting up ceremony which will take place in the Hospice grounds, Henderson Street, Airdrie on Sunday 1st December 2019 at 7pm.



Retail

by Irene Viola, Retail Business
Development Manager

We are delighted to announce the opening of a new St Andrew's Hospice Furniture Shop on South Bridge Street, Airdrie.

For this new venture, we are looking to recruit a team of volunteers for roles including; till operators, display merchandisers, upholsterers/furniture repairs, stock sorters, customer service assistants, admin support, drivers and buddies. There are both morning (9am – 1pm) and afternoon (1pm – 5pm) shifts available. If you can lend a hand, we'd love to hear from you!

Our newly relocated shop on Main Street, Coatbridge is also looking to recruit volunteers. Weekday shifts are available between 10am – 1pm and 1pm – 4pm.

Volunteering in our shops is a fantastic way to learn new skills, make new friends and give something back to your local community.

If you are interested in any of our voluntary retail roles, please contact Julie Wilson, Volunteer Co-ordinator, on 01236 766951.



THANK YOU



A huge thank you once again to the indefatigable Father Kevin who ran The Great Scottish 10K on 29th September in aid of our Capital Appeal. Last year, he achieved a personal best in the 10K event! Father Kevin and his congregation at Sacred Heart and St. Gerard's Bellshill have raised in excess of £10,000 to fully refurbish a room in our inpatient unit. We really appreciate your continued support.



Thank you to Claire O'Neill and her sister Colette for organising the Team Caz Summer Ball to raise funds for our Capital Appeal in memory of their mum, Carol. The ladies, along with their 240 guests, raised an incredible £14,700! Claire's husband Stephen also ran the Edinburgh Marathon, raising a further £1,000 for the Hospice. The family have already started planning the next Team Caz Summer Ball!



A huge thank you to the 56 brave bungee jumpers who took the plunge to raise funds for the Hospice. We were overwhelmed with the level of support on the day and can't thank you enough for taking on the challenge so courageously to support our patients and their families. The sponsorship monies are still coming in but to date you have raised a grand total of £27,000! Could you take on the challenge on Sunday 26th July 2020? Watch this space for the launch of next year's event.



We are very grateful for the fantastic support of our Lanarkshire schools. This year has seen record numbers of pupils and teachers taking part in our events including September's 6K Fun Run & Race which saw over 1600 pupils and staff take to Strathclyde Park to raise funds for the Hospice. Thank you to everyone involved in making our School events such a success; volunteers, event sponsor IHE Stainless Ltd, companies who donate the water, bananas and biscuits and of course, the amazing pupils, staff and families who walked, climbed, ran, donated and supported the work of St Andrew's.



Carol Andrew completed the Kiltwalk with her niece Orla and brother in law Joe. Together they raised a whopping £3521 for our Capital Appeal! Carol also volunteers with our Capital Appeal team. Thank you for all your support!



A very special thank you goes to the amazing group of ladies, who for the past 15 years have been organising a Ladies' Lunch at Dalziel Park to support our Hospice. Their recent event raised £24,440, taking their overall fundraising total to an incredible £300,206! Thank you so much to each and every one of the ladies involved and to everyone who has supported their events over the years!



We would like to thank Bonnar Accident Law for very generously sponsoring our Grand Car Raffle for the 12th year. Congratulations to Audrey Allen, the lucky winner of a brand new Dacia Sandero! Thank you to everyone who bought a ticket. You helped us to raise an amazing £40,000 for patient care!

WHAT'S ON

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

08-10
NOVEMBER
2019

Christmas Extravaganza: including The Big Kids' Christmas Party and fabulous Christmas Market shopping event!

The Big Kid's Christmas Party: Held in St Margaret's Church Hall, Airdrie
Christmas Market (free entry) - Held in Education Suite at St Andrew's Hospice, Airdrie
Join us for our brand new Kids' Party hosted by a visiting Elf from The North Pole and a fabulous Christmas market shopping event.

Booking information available online.
Contact Andy Flynn/Claire Dalgleish or Irene Viola on 01236 766951 for further information.

10
NOVEMBER
2019

Sunday in the City

Sponsored by Lomond Wealth Management and BSB Structural Grand Central Hotel, Glasgow Tickets £45
Enjoy a sparkling aperitif on arrival, 3 course lunch and entertainment from Edward Reid

Contact Capital Appeal team on 01236 772048 for more information.

17
NOVEMBER
2019

Santa Dash, Reindeer Run & Santa Cycle

Sponsored by Amey Strathclyde Park, Adult £10 Child £5 Family £25

Celebrate the festive period by running, jogging, walking or cycling 6k around Strathclyde Park with our Santa Dash, Reindeer Run and Santa Cycle. Come along and meet Santa's reindeers on the day!

Contact Bobby Mason on 01236 772089 for more information or sign up online.

30
NOVEMBER
2019

Grand Snowflake Ball

Sponsored by Friends of the Hospice Doubletree by Hilton Glasgow Central, Tickets £95 with tables of 8, 10 or 12 available
Highlight event of the year, which this year falls on St Andrew's Day. A sparkling event with a 4 course dinner and fabulous live entertainment throughout the evening. Hosted by Des Clarke.

Contact Louise O'Donnell on 01236 772012 for more information.

30
NOVEMBER
2019

Flag Walk

Drumpellier Park, Coatbridge
Celebrate St Andrew's Day by taking part in the St Andrew's Hospice Capital Appeal Flag Walk. 1 or 3 mile route options. Family & dog friendly. Families of four £10, individual entries £5

Contact Capital Appeal team on 01236 772048 for more information.

01
DECEMBER
2019

Light Up A Life Service

Sponsored by Mears and supported by North & South Lanarkshire Councils
St Andrew's Hospice, Henderson Street, Airdrie, 7pm

Join us for a special gathering to remember loved ones and the lighting up of our Christmas tree.

Contact Lorna McCafferty on 01236 772087 for more information.

05
DECEMBER
2019

Festive 5s

Soccerworld, Glasgow, Team Entry: £299
Includes 5-a-side tournament, Beat the Goalie and a pie & a pint afterwards.

To enter your team, please contact the Capital Appeal team on 01236 772048.

07-08
DECEMBER
2019

Breakfast with Santa

Sponsored by Gallagher Foods
Airdrie Working Men's Club, Child £10 Adult £5
Enjoy a magical Christmas movie, fun filled entertainment and a special visit from Santa.

Contact Claire Dalgleish on 01236 766951 for more information.

23
DECEMBER
2019

Christmas Raffle Draw

Tickets: £1 each
1st Prize - Overnight stay in a 5* hotel in London with rail travel, shopping trip with stylist Mark Heyes & theatre tickets for 2 people
2nd Prize - Mulberry handbag
3rd Prize - Overnight stay at One Devonshire Gardens

Contact our Capital Appeal team on 01236 772048 for more information.

26
JANUARY
2020

Come Gin with Us

Dalziel Park Hotel & Golf Club, Tickets £39.50
Enjoy 4 gin tastings from Scottish gin companies and a 3 course lunch. The event will be compèred by Gina McKie and there will be DJ entertainment.

Contact Claire Dalgleish on 01236 766951 for more information.

06
MARCH
2020

Whisky Tasting Evening

Sponsored by Douglas Laing & Co 1599 at The Royal College, St Vincent St, Glasgow
Tickets £80: Includes 3 course meal and a selection of whiskies

Contact our Capital Appeal team on 01236 772048 for more information.

07
MARCH
2020

Sportman's Dinner

Sponsored by Central Car Auctions Doubletree by Hilton Strathclyde, Tickets £65
Hosted by Tam Cowan with fantastic sporting speakers.

Contact Bruce Mackenzie on 01236 772041 for more information.

15
MARCH
2020

Ladies Lunch and Fashion Show

Sponsored by The Ellen Kane Trust The Bothwell Bridge Hotel, with tables of 8, 10 or 12 available
Hosted by Edward Reid

Contact Lorraine Maginnis on 01236 772042 for more information.

27 - 05
MARCH
2020

Patagonia Trek

The 'W' trek is the name given to the W shaped beaten track that interlinks the 3 Granite Paine Towers, the French Valley and the Grey Glacier. The trek is approx. 70 kilometres (43 miles) in total and is one of the most scenic treks in the world.

SOLD OUT

28
MARCH
2020

Casino Royale: Dinner Dance Casino Night

Dalziel Park, Motherwell, Tickets £39: Includes a glass of fizz on arrival, 3 course meal followed by tea & coffee

Contact our Capital Appeal team on 01236 772048 for more information.

St. Andrew's
Hospice

Caring for the people of Lanarkshire



StAndrewsHospice1



@StAndrewHospice



@standrewshospice

www.st-andrews-hospice.com

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

St. Andrew's
Hospice

Caring for the people of Lanarkshire



SANTA DASH, REINDEER RUN & SANTA CYCLE

Strathclyde Park

Sunday 17th November 2019

Starts at 11:00am

*Meet Santa
and his
Real Reindeers!*

Support your
Local Hospice



In aid of

St. Andrew's Hospice
Henderson Street, Airdrie ML6 6DJ

Contact the Fundraising Team on: 01236 788961
or email: bobby.mason@standrews.scot.nhs.uk
www.st-andrews-hospice.com



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

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