



**CLAN**  
**Compassionate Lanarkshire News**  
**April 2021**



## Welcome to our April Newsletter!

From all of us at CLAN we send our best wishes to all of you this Easter time. We have lots going on this month!

### **Join Team St Andrew's Hospice for this year's Virtual Kiltwalk! 23 – 25 April 2021**

Visit our website here for details <https://www.st-andrews-hospice.com/event/scotlands-virtual-kiltwalk-23-25-april-2021/> of how to sign up and help provide vital care and support to our patients and their loved ones across Lanarkshire. Choose your own challenge – walk, run or just have some fun! No matter what you choose to do, the funds you raise for the Hospice will be topped up by a whopping 50% by The Hunter Foundation.

**We can provide you with a St Andrew's Hospice t-shirt. Simply call our Fundraising Team on 01236 766951. Don't forget to tag us in your Virtual Kiltwalk social media posts – we'd love to cheer you on as you take on your challenge!**



Like us on Facebook  
[facebook.com/StAndrewsHospice1](https://facebook.com/StAndrewsHospice1)



Follow us on Twitter  
[twitter.com/StAndrewHospice](https://twitter.com/StAndrewHospice)



Follow us on Instagram  
[instagram.com/standrewshospice](https://instagram.com/standrewshospice)

## Mindfulness Sessions



CLAN co-ordinator Shirley McCorquodale is running some amazing 8-week mindfulness based cognitive therapy group sessions on Zoom! One to One sessions will also be available. Mindfulness can help to reduce stress, relax the body and mind, enhance mood, aid with sleep and allow us to think with more clarity. If you would like to participate or would like to know more, please email Shirley at [Shirley at Shirley.McCorquodale2@lanarkshire.scot.nhs.uk](mailto:Shirley.McCorquodale2@lanarkshire.scot.nhs.uk)

You can also check out Shirley's videos here:

<https://www.st-andrews-hospice.com/patients-and-families/outpatient-services/wellbeing-resources/#tab-id-3>

## Mindfulness Resources



We have a range of mindfulness resources for you, including activity books, colouring books, audio books and many more!



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## Carers Connections

A new online group for carers providing advice, support, information, relaxation, friendly chat and a range of therapies on the first Friday of every month. Call Scott or Gemma on **01236 766951** for further information.

## Digital Champions



We have received new iPads and Mi-Fi devices from connecting Scotland which will enable us to support more patients' access our digital services. Sharon, Gemma and Pauline have joined David as Digital Champions after successfully completing their training. If you require support from our Digital Champions, please get in touch on **01236 766951** and ask for David, Sharon, Gemma or Pauline.

## Further Resources

Visit our Hospice website here:

<https://www.st-andrews-hospice.com>

Alternatively, you can scan this QR code with your smartphone camera to access the hospice website on your phone:





## Hand Massage Tutorials



Are you a carer? Would you like to learn hand massage? In partnership with Lanarkshire Carers, we are running online Zoom hand massage workshops in daytime, evening and weekend sessions. If you would like

to take part or learn more about this, please call Scott or Gemma on **01236 766951**. Alternatively, you can call Lanarkshire Carers on **01236 755550** or go to <https://lanarkshirecarers.org.uk/training> to complete an online training form. Upon signing up, you will receive a goodie bag with everything you need to take part! We have received some great feedback already –

“Thank you for the course it was very helpful and enjoyable.”

“It was lovely; I feel so relaxed. Thank you”

## April is Stress Awareness Month

According to the Stress Awareness Society, 65% of people have felt more stressed in the last year. For more information, advice, resources, tools and materials, check out their website here:

<https://www.stress.org.uk/stressawarenessmonth/>

The NHS also has “10 Stress Busters” to help combat the effects of stress. Check them out here:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>



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## Befriending



### **CLAN Befrienders – Another way to reach out and stay connected!**

Would you like to have a telephone befriender? We will help you identify if you would benefit from regular support from a Befriender and match you with one of our volunteers we think would best suit. Their role is to provide friendship, companionship, support and a listening ear over the telephone or virtually over Zoom, Skype, WhatsApp or Facetime.

### **Could you be a CLAN befriender?**

Befriending makes such a huge difference in communities and in people's lives. With continued lockdown restrictions in place, this pandemic has seen our patients more isolated than ever. St. Andrews Hospice are looking for people willing to give half an hour of their time to make a call to check in, say hello and offer a friendly voice. If befriending is something that is of interest to you or someone you know please get in touch with Jo McIntyre on **01236 766951**.

## Befriender Story – Anne Marie and Beth



“Well, last month I was lucky enough to be given chance to become a befriender to Beth. Sharon did an excellent job matching us up. I was nervous phoning the first time, but we just clicked and have so much in common. We

chat about anything and everything. Beth came up with an excellent idea last week - she sent me a photo through Whatsapp so I could see who I was talking to and I then sent her one.

I think this is brilliant and maybe something that you could all do till we get chance to meet in person. First time I spoke to Beth we sorted out the best time to contact her and as I work, I just tell her what day I will phone. I also said to her that if I phone and she doesn't feel like chatting, she has to tell me as I don't want her to feel she has to chat if she doesn't feel like it without feeling she has offended me. I hope Beth gets as much enjoyment out of our chats as I do. I also feel I am giving something back to the hospice who did so much for my late husband and family X”



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## Easter Wordsearch

O N H N F K F O M G G C B D R  
Y I T D C L Z A U O Q U L K Y  
J X M Z O N K J A G N S O T A  
D S S W L X N D P N B Y S D Y  
P M E W S K M S Y H T Q S R S  
S R H J U S B M J G Z D O K U  
S X G M M M O J L U D Z M B E  
P N Q X A P W R K T R V E A P  
E T A L O C O H C R O C U S H  
A G H Q P C U P I K N E J P E  
S H G T U L I P H O L Y G R P  
T T B K R G T N C G H A U I L  
E D A F F O D I L S B O P N L  
R W I Q S C S J H E N U J G A  
V A R S X X Q H A T U M B L S

**Blossom**  
**Chocolate**  
**Daffodils**  
**Flowers**  
**Spring**  
**Bunny**  
**Crocus**  
**Easter**  
**Holy**  
**Tulip**  
**Chick**  
**Cross**  
**Egg**  
**Lambs**





## Did you spot the Groups?

There were 30 pop/music groups hidden in the picture in last month's newsletter. Did you spot them? Here are the answers!

1. Thompson Twins
2. Pet Shop Boys
3. The Eagles
4. Arctic Monkeys
5. The Rolling Stones
6. T Rex
7. Smashing Pumpkins
8. Garbage
9. Radiohead
10. Alice in Chains
11. Guns N' Roses
12. Shed 7
13. The Police
14. The 4 Tops
15. The White Stripes
16. Cream
17. Sound Garden
18. Oasis
19. Red Hot chili Peppers
20. Salt N' Pepa
21. Stray Cats
22. Pearl Jam
23. The Zombies
24. Lonestar
25. The Beatles
26. The Cranberries
27. The Vines
28. Witch
29. One Direction
30. Bucks Fizz