



CLAN Compassionate Lanarkshire News March 2021



Welcome to our March Newsletter!

During the month of March, we are running our annual Make a Will campaign. This is an ideal opportunity to get your affairs in order and protect your loved ones. We have more information to help and guide you in this newsletter as well as other news updates we hope will interest you. There is something for everyone this month including those of you who may be caring for someone and would benefit from some of the services we offer to help you look after yourself while coping with the demands of being a carer. Many thanks to those of you who have said how much you enjoy getting our CLAN Newsletter every month. It's great to hear from everyone with your comments and ideas. Please keep in touch and help us keep you connected!

New Mindfulness Sessions for You!



Shirley McCorquodale, our new CLAN Co-ordinator is going to be running some amazing 8-week mindfulness based cognitive therapy group sessions on Zoom! One-to-one sessions will also be available. If you would like to participate or would like to know more, please e-mail Shirley at Shirley.McCorquodale2@lanarkshire.scot.nhs.uk You can also check out Shirley's videos here: www.st-andrews-hospice.com/patients-and-families/outpatient-services/wellbeing-resources



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Carer Connections

Carer Connections is our new online group for carers providing advice, support, information, relaxation, friendly chat and a range of therapies. It takes place on the first Friday of every month. Please call Scott or Gemma on **01236 766951** for further information or to register.

National Complementary Therapy Week 22nd-28th March



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 [lanarkshirecarers.org.uk/training](https://www.lanarkshirecarers.org.uk/training) to complete an online training form.



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Spotlight on 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. Andrew's 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](tel:01236766951).



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Your Quotes

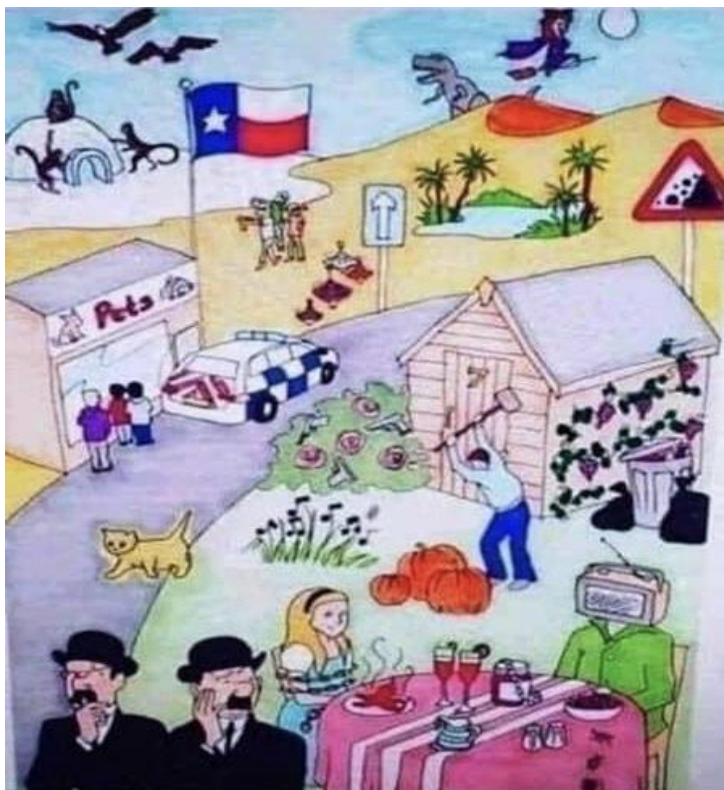
“ *Hey Sharon, thanks for the call today. I look forward to getting some light relief and a laugh with you, but most of all I know you've got my back and have helped me with so many home and lifestyle practicalities. Thanks. Alex*

March is Make a Will Month!

Make a Will Month is the ideal opportunity to get your affairs in order and protect your loved ones. Throughout March, in return for a donation to St Andrew's Hospice, participating solicitors will write a basic will for you. For more information, please contact Lorna McCafferty on **01236772087** or lorna.mccafferty@standrews.scot.nhs.uk. To make an appointment please phone one of the participating solicitors listed on our website: www.st-andrews-hospice.com/event/make-a-will-month-march-2021/

Can you spot the groups?

There are 30 pop/music groups hidden in this picture! Can you name them? Answers in next month's newsletter!



17th March is St Patrick's Day!



What better way to celebrate than making a lovely home-made comforting Irish stew!

Ingredients

- 1 tbsp sunflower oil
- 200g smoked streaky bacon, skinned and cut into chunks
- 900g stewing lamb, cut into large chunks
- 5 medium onions, sliced
- 5 carrots, sliced into chunks
- 3 bay leaves
- Small bunch of thyme
- 100g pearl barley
- 850ml lamb stock
- 6 medium potatoes cut into chunks
- Small knob of butter
- 3 spring onions, finely sliced

Step 1

Heat oven to 160C/fan 140C/gas 3. Heat the oil in a flameproof casserole. Sizzle the bacon for 4 mins until crisp. Turn up the heat, then cook the lamb for 6 mins until brown. Remove the meats with a slotted spoon. Add the onions, carrots and herbs to the pan, then cook for about 5



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mins until softened. Return the meat to the pan, stir in the pearl barley, pour over the stock, then bring to a simmer.

Step 2

Sit the chunks of potato on top of the stew, cover, then braise in the oven undisturbed for about 1½ hours until the potatoes are soft, and the meat is tender. The stew can now be chilled and kept in the fridge for 2 days, then reheated in a low oven or on top of the stove. Remove from the oven, dot the potatoes with butter, scatter with the spring onions and serve scooped straight from the dish.

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