



CLAN Compassionate Lanarkshire August 2021



Hello and Welcome from CLAN to our August newsletter.

One of this month's features is our CLAN Relaxation sessions. This is led by our very own CLAN support worker Pauline who welcomes all our patients and carers to join in. Read on to find details on how to take part.

Team CLAN continues to grow with the addition of our newest recruit Sharon. We know you will join us in welcoming her and we are sure you will benefit from the skills and experience that she brings!



Hello everyone, my name is Sharon Riddell and I have been a staff nurse within the inpatient unit at St Andrews Hospice for the past six years. I have this month taken on a new role within the CLAN team as assistant co-ordinator, and I'm excited to begin this new journey. Hopefully I will be able to bring with me my current skills and knowledge regarding the hospice and the services we provide, and

also learn about the vast range of community services on offer along the way. I am really looking forward to getting to know all of you, our patients and carers. I also hope to speak with you soon, and possibly meet you when covid restrictions are eased. In the meantime, please do not hesitate to contact me at the CLAN office if I can be of any assistance.



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Music Memories



Music Memories is a weekly online group, led by Music Therapist Jenny Hutton. The sessions will run every Monday on Zoom from 10am to 10:40am. These are drop in sessions so no need to book.

If you would like to join in Music Memories, here is the link: <https://us02web.zoom.us/j/82217811472>

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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Relaxation Sessions



Unwind, reduce stress and feel calm with our online CLAN relaxation sessions on Zoom using relaxation techniques and guided visualisation. For further information or if you would like to participate, please contact

Pauline on **01236722004** or complete a CLAN enquiry form on our hospice website here <https://www.st-andrews-hospice.com/patients-and-families/compassionate-lanarkshire/>

Hand Massage Tutorials for Carers

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. We still have places available for carers from Black, Asian and Minority Ethnic (BAME) communities for our BAME session on Friday 20th August at 11am. Translators will be available for this also. Please contact **01236 772004** for more information or you can email gemma.russell@standrews.scot.nhs.uk.





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Befriending



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

Would you like to have a befriender? We will help you identify if you would benefit

from regular support from a befriender and match you with one of our volunteers that 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. Home visits are still to resume for our befrienders, but you can now meet up in a café whilst adhering to the guidelines.

Could you be a CLAN Befriender?

Befriending makes such a huge difference in communities and in people's lives. We are looking to recruit more volunteer befrienders, including **more male volunteers**, to provide companionship and a listening ear to those living with a life-limiting illness across Lanarkshire, particularly in the following areas: **Carluke, Lanark, Biggar** and **Clydesdale** areas; and **Moodiesburn, Chryston** and **Stepps**. If befriending is something that is of interest to you or someone you know please get in touch with Jo McIntyre on **01236 772004**.



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Scottish Health Awards 2021

Celebrating the achievements of unsung heroes within Health and Social Care services in Scotland!



Nominations for the Scottish Health Awards are **now open!** Do you know a Healing Hero? Nominate them by **26th August 2021!** Those working across health and social care have shown incredible resolve and flexibility, in many cases being deployed into new roles and into new ways of working across our health and social care systems.

There are sixteen award categories, including the Top Team Award and the People's Choice Award, which specifically recognises our individuals and teams who have responded so magnificently to the challenge of caring for people during the pandemic.

We at CLAN have worked hard at adapting our services throughout the pandemic to provide safe and effective care and support to all our patients and their carers including distance complementary therapies, telephone calls and the introduction of our Digital Champion service to help people stay connected, reducing loneliness and isolation.

Read all about the Scottish health Awards and register your vote here: <https://www.scottishhealthawards.com/>



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National Allotment Week 9th – 15th August

Do you enjoy gardening? Our Outpatient department have a new gardening group here at the hospice on Mondays from 12.45pm – 2pm in our back courtyard called Hospice Harvesters! You can grow fruit, veg and herbs whilst enjoying some friendly chat! This is a drop in service but for more information and to register interest, please contact Scott on **01236 722004**.



National Hand Holding Day is 9th August



Did you know there were so many benefits to holding your loved one's hand? The power of touch has an incredible effect on us including relieving stress, boosting love and bonding, is good for your heart by reducing blood pressure, relieves pain, fights fear, provides a sense of security and feels comforting and reassuring.

There's nothing quite like having your hand held that says "I'm here for you". So hold your loved one's hand on August 9th and you will both benefit!



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Afternoon Tea Week 9th – 15th August



Who doesn't like some delicious cake to have with a nice cup of tea? One of our patients Angela is a talented baker and she thought of us whilst making these beautiful cakes!

We are sure that we will be celebrating Afternoon Tea Week here at CLAN, any excuse for more tea and cake! Will you be celebrating Afternoon Tea Week? Tell us what you'll be doing and share your photos or recipes with us!



Did you know? – Afternoon tea was first introduced in England in 1840 by Anna, the seventh Duchess of Bedford. Dinner in her household was not served until 8 o'clock and so trays of sandwiches, cake and tea were served in late afternoon to keep her hunger at bay! During the 1880's it became socially fashionable for upper class ladies to dress up and have afternoon tea together in their drawing rooms. The tradition of afternoon tea proved to be a popular one and so continues to this day!



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Caring for the People of Lanarkshire

St Andrews Hospice
Henderson St
Airdrie ML6 6DJ
Tel: 01236 766951
<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:



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