



CLAN Compassionate Lanarkshire June 2021



Welcome to our June Newsletter and this month the spotlight is on carers! We have lots going on at CLAN! Along with our Outpatients Department, we are hosting an event here at the hospice for Carers Week and What Matters to You Day, both on **9th June**. You can read more about these in our newsletter this month!

We have also included lots of resources for carers to link in with for help, support and information. Our Hand Massage course for carers still has 2 future dates planned with a few places still available. Also, CLAN mindfulness sessions are ongoing with our next group starting in July.

Carers week is also a great opportunity to help people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support. If you or someone you know is caring for a family member or friend with a life limiting illness please get in touch with us.

Carers Week 7-13th June 2021



The theme of this year's carers week is "Make Caring Visible and Valued", raising awareness of caring, the challenges faced and recognising the contribution unpaid carers make. Are you a carer? Drop in to our "Coffee in the Courtyard" on Wednesday 9th June from 1pm-3pm! We have lots going on including refreshments, taster tai chi, aromatherapy products, support, information and lots of friendly chat!



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What Matters to You Day 9th June 2021



What Matters to You Day falls on the 9th June. It's all about having those conversations, telling those around you what's important to you, what you need or want to make your life better, what it would take to make a

difference. It's about ensuring better outcomes, providing high quality compassionate support to improve quality of life and having positive experiences, no matter how big or small. For further information, check out

<https://www.whatmatterstoyou.scot/>

Here at the hospice, we can provide a booklet entitled "All About Me", which enables you to record all your important information.



ALL ABOUT ME



We also have the "Anticipatory Care Planning – Things to Think About" booklet which gives you advice on what to do next if you would like to plan ahead. Please phone us here at the hospice on **01236 772004** if you would like to know more.



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Resources for Carers

If you are a carer for someone with a life limiting condition including cancer, COPD, heart disease or a progressive neurological condition, or know someone who is and would like emotional, therapeutic or practical support, referrals can be made to CLAN through our website here: <https://www.st-andrews-hospice.com/patients-and-families/compassionate-lanarkshire/> or phone 01236 772004.



**Lanarkshire
Carers**

Lanarkshire Carers provide a number of different services to carers

throughout Lanarkshire. Phone them on 01236 755550 or 01698 428090, or visit their website here for more information: <https://lanarkshirecarers.org.uk/>

North Lanarkshire Carers Together also offer a range of services for carers. Contact them on 01698 404055 or visit them here:

<http://www.carerstogether.org/>



Carers Scotland are here to make life better for carers in a variety of ways. Phone them on 0808 808 7777 or check out their website

here: <https://www.carersuk.org/scotland>



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North Lanarkshire Council provide services for carers. Contact them on **0300 555 0407** or visit their website here: <https://www.northlanarkshire.gov.uk/social-care-and-health/carers>

South Lanarkshire Council have lots of information for carers on their website here: https://www.southlanarkshire.gov.uk/info/200220/carers_and_caring/505/carers and also a list of useful resources here: https://www.southlanarkshire.gov.uk/info/200220/carers_and_caring/505/carers/15

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 the following dates: Saturday 19th June at 2pm and Friday 16th July at 6pm. Please contact **01236 772004** for more information or you can email gemma.russell@standrews.scot.nhs.uk.



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Mindfulness Sessions

Our first mindfulness group is well underway and very successful! Mindfulness can help to reduce stress, relax the body and mind, enhance mood, aid with sleep and allow us to think with more clarity. A mindfulness journal will be sent to you to complete in your own time so you can reflect on your own mindfulness journey. We are planning ahead for our next group in July. Please email us at referral@clan-lan.uk if you would like further information



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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Befriending

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



Would you like to have a telephone befriender until face-to-face visits resume? 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.

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 772004](tel:01236772004).



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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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facebook.com/StAndrewsHospice1



Follow us on Twitter
twitter.com/StAndrewHospice



Follow us on Instagram
instagram.com/standrewhospice

May's Criss-Cross Puzzle Answers

Across – 1: Trees; 4: Morar; 5: Daisy Daisy; 7: Goldfinch; 8: Nightingale; 10: Thistle.

Down – 2: Earth Wind and Fire; 3: Sun; 6: Rose; 9: Rain.



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Compassionate Lanarkshire

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Carers Week Hidden Message Puzzle

This puzzle is a word search puzzle that has a hidden message in it! First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.



- Advice**
- Help**
- Compassion**
- Hope**
- Care**
- Listen**
- Connect**
- Information**
- Support**
- Positivity**
- Comfort**
- Guidance**
