



CLAN Compassionate Lanarkshire July 2021



Hello and Welcome from CLAN to our July newsletter, we hope you are enjoying all our monthly updates from the team so far!

This month, some of the team will tell you about the learning and training we have been doing and how you will benefit from our improved skills and knowledge! We are always striving to increase the ways in which CLAN can offer support in our community to people with life limiting conditions, their families and carers.

We also bring you news about more opportunities for you to join in other activities here at St Andrews Hospice, whether you are feeling musical or needing to relax, looking to learn new skills or just like chocolate!!! Enjoy your newsletter and please get in touch if you find something to interest you.



“Our Namaste Care training course taught us techniques to maximize comfort and connection through the senses, intentional presence, enhancing the physical environment and



thinking and planning ahead. We aim to develop our skills and share with carers to help them when they are caring for family members and friends in palliative care and end of life” – Jo, CLAN Co-Ordinator and Liz, Outpatient Nurse.



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“Taking part in the **smoke-free role model** training has been invaluable in helping those who wish to stop smoking - knowing where to signpost you for the right help, support and advice can aid you in your smoking cessation journey.” - Pauline, CLAN Support Worker.

“I successfully completed a **Digital Skills** course to become a Digital Champion. Completing the course allows me to engage with service users and carers to encourage them to stay connected through our digital resources, helping them to get online. This will allow our services users to connect with friends and family, enjoy their hobbies and interests thus reducing social isolation and loneliness.” - Sharon, CLAN Support Worker.



“I recently completed the **wellbeing star** training at St. Andrews Hospice. Using the wellbeing star with support from the team at CLAN will help you to identify outcomes, plan your next steps and achieve your goals.” - Gemma, CLAN Support Worker.



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New! Singing for Health Online Group



Singing for Health is a new weekly online singing group, led by Music Therapist Jenny Hutton. The group is open to adults who may have life-long or life debilitating illnesses or

conditions that cause breathing difficulties such as COPD, asthma or conditions that affect speech such as Parkinsons.

Singing can benefit your health by:-Improving breath control -
Improving posture -Developing the strength of your voice -



Providing a social experience to connect with others, have fun and relax -Increasing confidence through learning a new skill.

The group is open to adults of all abilities; no prior singing experience is necessary. The group will run every Monday on Zoom from 10am to 10:40am.

If you would like to join our Singing for Health group, please send your e-mail address to:

jenny.hutton@nordoff-robbins.org.uk

A Zoom link will be sent to you to join the next session.



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Relaxation Sessions



Unwind, reduce stress and feel calm with our online CLAN relaxation sessions on Zoom using relaxation techniques, guided visualisation and soothing music. 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/>

Mindfulness Resources

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



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 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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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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Carers Week Event Last Month



What a lovely day everyone had on 9th June to celebrate Carers Week and What Matters to you Day!



Here are just some of the photos from the day along with quotes as to what matters to you!



“Contact with family”

“More freedom”

“Support of friends”

“Health, music, community, hygiene, love and peace”

“Isn't it great that we have the hospice to help and we appreciate this, and all the wonderful programs they put on for us”



“It matters we open our eyes in the morning – thank the Lord”



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World Chocolate Day 7th July

Who doesn't love a bit of chocolate? Here is an easy recipe for chocolate biscuits!

Ingredients:

250g softened butter
350g light brown sugar
2 large eggs
350g self-raising flour
100g cocoa powder
200g chocolate chips



Method:

Beat the butter and sugar together with a pinch of salt in a bowl until light and fluffy, then beat in the eggs one at a time. Sift the flour and cocoa powder, beat into the butter mix then add the chocolate chips.

Heat the oven to 190°C/170°C fan/gas 5. Place evenly spaced spoonfuls on parchment lined baking sheets. Use 2tbsp for each cookie. Bake for 12-15 minutes until spread out and crusty around the outside. Leave to cool slightly and enjoy warm, or leave to cool completely and eat cold. The biscuits will keep in a tin for 3 days.



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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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Last Month's Hidden Message Answer

Our hidden message in the puzzle was our hospice's motto! – **Caring for the People of Lanarkshire**