



CLAN
Compassionate Lanarkshire News
May 2021



Welcome to our May Newsletter!



May 12th is **International Nurses Day** and to celebrate, we are putting the spotlight on our very own CLAN nurses Jo and Shirley! Between them they bring to our team years of experience to help us support people in our communities

across Lanarkshire. We work alongside our colleague Liz, Outpatient Nurse, who leads her team to deliver wellbeing@home services for patients and carers.

I'm sure you will also join us in thanking all our nurses in the inpatient unit for their hard work and commitment in providing specialist care to patients and families here in St Andrews Hospice.



You can read all about our new mindfulness sessions that started this month, and our ongoing monthly hand massage tutorials which are proving to be very popular. You can also read another great quote from one of our volunteer befrienders. We hope it inspires you to think about befriending and also to keep in touch with us, sending in your own stories. Your story may also be about the benefits of having a befriender, or how any of the CLAN services have helped to support you.



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We have also highlighted two awareness weeks for you this month - Mental Health and Dying Matters. Please take the time to have a read and think about what is important to you. If you would like more help or information regarding these matters, please get in touch with us here at CLAN.

Enjoy the puzzle on the back page and we will see you next month!

Our CLAN team continue to develop our services to include telephone or near me video calls, delivering emotional support to clients and carers and linking with other services to provide practical help. Our team, consisting of coordinators, support workers and complementary therapists have worked hard during this pandemic to continue to deliver holistic care to clients and carers. We have developed the service to deliver mindfulness groups also.

Mindfulness Sessions



Our first mindfulness group is underway! 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



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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!

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. We still have places available for the following dates: Friday 21st May at 11am, Saturday 19th June at 2pm and Friday 16th July at 6pm. Please contact 01236 766951 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 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 766951](tel:01236766951).



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Befriender Quotes

"When I started volunteering 11 years ago, I was in the hospice cafe and on reception for years where we had a book where we could read any updates. Being on the premises, I was interacting with all the staff. Working remotely, I don't have that. I think the Hospice is a fabulous place for patients & volunteers and I want to help in any way I can."

Lindsay, Hospice Volunteer and Befriender

Easter Quiz for Befrienders



The CLAN Easter quiz for befrienders took place on Friday 26th March and a good time was had by all! Congratulations to our quiz winner John, who very kindly donated his winning prize of an Easter egg back to the hospice.



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Mental Health Awareness Week **10th-16th May**



This year's theme is nature, and studies have shown the powerful benefits of nature for our mental health. Just being outside and taking time to be mindful of our surroundings: how the

bark of a tree feels, plants, the smell of flowers, the sound of birdsong, wildlife, feeling the sun, rain or wind on our faces, the clouds in the sky, how the ground feels under our feet...even indoors nature can lift our spirits when we care for a houseplant, watch flowers grow or birdwatch from our windows.

For further information and resources, visit

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-nature>

Dying Matters Awareness Week **10th-16th May**



Patient & Family Support

The Patient & Family Support team at St



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Andrew's Hospice are here to support patients' families in addition to patients, responding to and addressing emotional, psychological, social and spiritual needs.

We normally offer a range of bereavement support services but sadly, due to the coronavirus outbreak, this isn't currently possible. The safety of our service users, volunteers and staff is paramount.

We appreciate that many people will be dealing with the stresses associated with this disruption to life, as well as maybe coping with a bereavement and/ or carer responsibilities. We want to ensure that you still have the opportunity of support.

Our Patient & Family Support Team are providing a call back service to those who are most in need of support. To arrange a call, please visit: <https://www.st-andrews-hospice.com/covid-19-support/bereavement-support/> or telephone 01236 772022 or 01236 772024

For more information and advice, you can also visit <https://www.dyingmatters.org/AwarenessWeek> Good Life, Good Death, Good Grief are holding 'Demystifying Death Week' 10th – 16th May in Scotland coinciding with Dying Matters week. Find more information here: <https://www.goodlifedeathgrief.org.uk/content/awareness-week-2021/>



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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:



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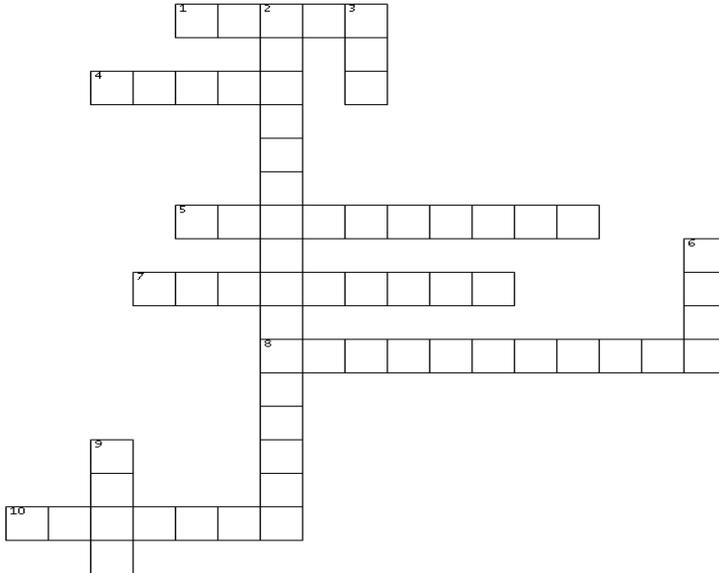
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Nature Criss-Cross Puzzle



ACROSS

- (1) Tall forest plants
- (4) Scotland's deepest loch
- (5) Song about a bicycle made for two
- (7) Garden bird with red face and yellow wing...also title of a Donna Tartt novel
- (8) Keats' poem Ode to a... Also surname of a famous nurse
- (10) Scotland's flower

DOWN

- (2) 70's American soul band
- (3) Beatles' song "Here Comes the..."
- (6) Burn's poem describing it as red
- (9) Prince song describing it as purple