

Hello everyone, I hope you are well. Welcome to our June Newsletter. First of all I want to let you all know how much we miss seeing you. We have spoken with most of you over the phone, however if you haven't heard from us yet, please don't hesitate in getting in touch. For now, we are adapting all of our services for online. A world of digital technology can be scary, especially if it is new to you, therefore we are here to support you to get up to speed and get you connected.

Wellbeing@ Home

We are delighted to announce that our new Wellbeing@Home service is now up and running. We held our first session on Monday 1st June to welcome our patients and had a getting to know each other chat over a Zoom link. This was followed by two online gentle exercise sessions and a live Mindfulness session delivered by our Outpatient Nurse, Liz. Most patients are now connected through our private Facebook page while others prefer links and information to be emailed to them. The Facebook page has already proven popular as a communication tool with patients who are providing their own peer support.

All patients accessing Wellbeing@Home will also continue to receive regular support calls for one to one chats and our Digital Champion, David is working hard to ensure everyone can access and use the technology required to participate. We look forward to the weeks ahead as we increase the information and opportunities available for our patients to enjoy.

Complementary Therapy services

Our Complementary Therapy services are still up and running. However, due to restrictions, our services have been adapted to comply with social distancing. Please see below the various therapies still on offer to you:

- Distance Reiki
- Aromatherapy
- Relaxation
- Reflexology
- Hand Massage tutorials for carers

For more information about any of these therapies, please call our Complementary Therapist June on 01236 766951.

Carers Week (8th-14th June)

During Carers Week, we at St Andrew's Hospice would like to show our appreciation and support for the carers of our patients by offering them a FREE aromatherapy session. Our complementary therapist will have a chat over the telephone and help identify what essential oils will benefit you most. These can then be blended and posted out to you as a room spray and aroma stick.

If you have a carer who would benefit from this service, please call Donna Bruce for an appointment on 07879814904 or call 01236766951, asking for Sharron Brady.

Patient Survey update

In May, we launched our patient survey! We appreciate everyone who took the time to complete this. Your feedback is crucial in shaping the future of Outpatients@StAndrews.

Digital Champion

We have now appointed a Digital Champion who will support all patients who need extra help to get online! Our Digital Champion will help you understand the benefits of using the internet and can show you how to do simple things online. We hope to have devices that we can allow you to borrow for a period of 8 weeks. Our Digital Champion will keep in touch regularly and if required, can visit you at your home to ensure you are set up properly to access our services.

If you have any questions regarding this please contact David Anderson on 07867415473 or e-mail david-standrews@hotmail.com

Other Resources

Our Patient & Family Support Team are still working hard and offering telephone support for loss, grief and bereavement. If you feel you would benefit from this or any of our counselling services, please get in touch on the main telephone number or complete a self-referral form which can be found at <https://www.st-andrews-hospice.com/covid-19-support/bereavement-support/>

Your News

Congratulations to Elizabeth and Tom Knight on your Diamond Wedding.

I hope you are all well and look forward to welcoming you back to our services once this has passed. In the meantime, keep in touch and stay safe!

Donna Bruce
Outpatient & Community Team Manager
& all the team

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