



Wellbeing Newsletter July 2021



Hello everyone, welcome to our July newsletter. We are excited to announce our plans to gradually resume face to face services here at the Hospice Outpatients Department.

Everyone will receive further information over this coming month which will outline these services in more detail.

Complementary Therapy

Our Outpatient Complementary Therapy services continue to offer distance therapies including:

- Distance reiki
- Aromatherapy
- Relaxation
- Reflexology
- Hand massage tutorials

We have videos available to explain what's on offer and these can be found on the St. Andrew's Hospice website: www.st-andrews-hospice.com/complementary-therapy/

For more detail on any of the above services, please contact our Complementary Therapist, June on 01236 766951.

Step Easy Walking Group



The group leave from St. Andrew's Hospice **every Monday at 11am**. Working with Get Walking Lanarkshire and Paths for All, the walk is suitable for anyone with a health condition, unable to do large distances. It is a small, friendly group guided by trained staff with the support of volunteers.

All participants are invited to join us afterwards for a short mindfulness session with Liz.

Carers Walk & Talk

Carers Walk and Talk is a health walk which aims to encourage physical exercise and offer peer support to carers. The walking group for carers will run **once per fortnight (2nd and 4th Friday)** and be led by a Paths for All walk leader and volunteer. Participants will have the opportunity to meet afterwards and have a tea/coffee and chat with the other carers and Hospice staff.



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For further information on any of these groups, please contact Gemma Russell or Scott Watson on 01236 766951.

Keep Moving – Strength & Balance Class

We welcomed our first small group back into Outpatients to attend Scott's Keep Moving class. Although space is limited, you can register your interest by contacting the Outpatients Department on 01236 766951.

Drop in services

Outpatients at St. Andrew's have a range of drop in services available which are open to individuals living in Lanarkshire with a life limiting illness and their carers. These include:

- Mindfulness (ZOOM)
- Walking groups
- Hand Massage Tutorials (ZOOM)
- Carers Connections (ZOOM chat)
- Musical Memories (ZOOM)

You can enquire about these services via the link below or by calling 01236 766951.

<https://www.st-andrews-hospice.com/patients-and-families/outpatient-services/outpatient-drop-in-enquiry-form/>

Music Therapy – Singing for Health



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 from 15th July 2021 from 10am to 10:40am on Zoom. If you would like to join our Singing for Health group, please send your e-mail address to: jenny.hutton@nordoff-robbins.org.uk

Carers Week 2021 – Making caring visible & valued

We celebrated Carers Week on Wednesday 9th June by hosting 'Coffee in the Courtyard' to recognise and value unpaid carers



for the vital contribution they make. Thank you to everyone who joined us and to local businesses and shops including Asda, Co-op and Reena who is a local caterer for providing all the delicious cakes and refreshments.

Digital Champion



Our Digital Champions are still on hand to offer digital advice and support. Please don't hesitate to contact us on 01236 766951 and ask for David or Gemma if you require assistance.

Did you know that since this project began, our Digital Champions have **supported 18 people** to access digital services and provide ongoing support to boost



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confidence and reduce isolation? Thanks to Connecting Scotland we have also been able to **provide 12 iPads, 6 chromebooks and Mi-Fi devices** to people in the community to enable inclusion.

Other Resources

- **St Andrew's Hospice website** - For information regarding all current services available to patients and families in Lanarkshire affected by life limiting illness.
- **Mindfulness Resources**- We still have a range of mindfulness resources including journals, mindfulness colouring books, activity books, audio CDs and many more. Please contact the Outpatient team on 01236 766951
- **Hospice Hearty Meals service** – Contact David on 01236 766951
- **Digital Champion service** – For tech support, please contact 01236 766951 and ask for David or Gemma
- **Triage for benefits advice** - North Lanarkshire 01698 332551. Queries about attendance allowance 0800 7310122
<https://www.gov.uk/browse/benefits> - website
- **Advocacy services** – Equals Advocacy Lisa McHutchison Lisa@equalsadvocacy.org.uk
01698 327772

Can you solve this maths puzzle?

$$\text{Soccer Ball} + \text{Soccer Ball} + \text{Soccer Ball} = 18$$

$$\text{Clock (8:00)} + \text{Clock (8:00)} + \text{Soccer Ball} = 20$$

$$\text{Boy} \times \text{Boy} + \text{Boy} = 30$$

$$\text{Clock (8:00)} + \text{Boy} \times \text{Soccer Ball} = ?$$