

Hello everyone and welcome to our first Wellbeing newsletter. I would like to take this opportunity to say on behalf of the team at St Andrew's Hospice, we are missing you all very much and you are in our thoughts at this difficult time. We do not know when our services will be able to resume to normal so in the meantime, we are exploring different options to remain in touch and still offer you our care and support. This newsletter will outline what is currently available to you and your loved ones from the Hospice.

Hospice Hearty Meals



We are currently piloting a project called 'Hospice Hearty Meals'. This service is aimed at our patients who are isolating and struggling to access home cooking. Many of our patients are living on ready meals and sandwiches at this time and feel they would benefit from some home cooking to boost their health and wellbeing. Therefore our wonderful Hospice kitchen team has agreed to make extra meals when preparing our patients' meals and box them up. These meals will then be delivered to our patients' homes by our volunteer drivers where they can be reheated in the microwave or oven.

We can only cater for a limited number therefore each request will be prioritised. If you think this is a service you could benefit from, please contact Donna Bruce or David Anderson on **01236766951** and leave a contact name and number with reception. We will get back to you as soon as possible.

Hospice Hearts

In April, we sent out a Hospice Heart to each of our patients in the community to let them know we are thinking of them. Each heart was handmade by our generous community. An identical heart now hangs on our heart tree in the Hospice reception in honour of you! Everyone who received a heart has given excellent feedback and we are very grateful to all of our supporters who took the time to make these for our patients.



Patient Survey

In the month of May, we will be launching our patient survey! We will be calling people who are accessing our services from home in order to gather feedback. This will help us develop our service and make improvements moving forward. If you have any ideas on how we can improve our service or have something you would like us to introduce, please get in touch either by phone or email.

Wellbeing/Outpatients @ Home

We have been uploading a series of videos to our website and St Andrew's Hospice Facebook page which give information on fatigue, sleep & wellbeing. Scott has also made videos with different Tai Chi exercises for you to enjoy at home. For those who enjoyed Liz's mindfulness sessions, these are also available on our website. All of these resources can be found at <https://www.st-andrews-hospice.com/covid-19-support/wellbeing-resources/>

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/>

We have been exploring other resources available to you within your community. If you are looking for support or advice on something specific and would like our help, please get in touch!

I have spoken with many of you over the phone and you have told me how much you are all missing each other. If anyone would like me to share any news or stories with the other members of the group, please let me know. It is important that you all keep in touch whichever way possible throughout this time and if we can facilitate this, we will.

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!



Roy would like to say hello to all his friends from Wellbeing!



Donna Bruce

Donna Bruce
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