

# Dove Tales

Edition 12  
Spring 2023



**READ ABOUT  
THE IMPACT  
YOU'RE  
MAKING**



**TALKIN'  
'BOUT  
MY  
GENERATION!**

Pupils from St Margaret's High School in Airdrie take on the challenge of doing something to help people in their community!



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# THANK YOU FOR PICKING UP OUR SPRING EDITION OF DOVE TALES.

IN THIS ISSUE, WE'LL TELL YOU ALL ABOUT:



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READ ON FOR ALL OF THAT AND MORE!



Welcome to the Spring edition of Dove Tales, our bi-annual magazine to keep you (our amazing supporters) updated on the work of St Andrew's Hospice.

I'm sure many of us are looking forward to some longer and sunnier days as we head towards spring and summer. However, for many of our patients, they just wish to spend some quality time together with their loved ones during what may be the last weeks and months of their lives.

That means that the care and support we provide here at St Andrew's is essential. However, we too are affected by the cost of living crisis. Therefore, to raise the funding required to provide our services, we are gearing up for another full year of events, activities and fundraising.

By the time this magazine lands on your doorstep, a group of Hospice supporters will have already completed our long-awaited Patagonia trek - the first St Andrew's overseas trek in 3 years. As well as attending Hospice-planned events, the people of Lanarkshire and beyond organise their own amazing events and challenges to raise vital funds for the Hospice. On behalf of everyone we care for and support, we sincerely thank you. We couldn't provide all our services without you!

If you have any fundraising ideas, we'd love to hear from you. Our team would be delighted to support you in any way we can - from providing Hospice t-shirts, to sponsor forms or just general fundraising advice.

We are also excited to have opened a new St Andrew's Hospice shop in Motherwell after a 3-year absence from the town. Please pop along to 25 Brandon Parade for a visit or to drop off your donations.

I hope you enjoy this magazine which focuses on the services available to patients and carers, but also on our essential income generation plans. This magazine is for you, so we'd love your input. Please let me know what you think about this edition, good or bad, or if you have a story or news of an event which you would like featured. Please send any comments to:

E : [joy.farquharson@standrews.scot.nhs.uk](mailto:joy.farquharson@standrews.scot.nhs.uk)

M: Joy Farquharson, St Andrew's Hospice Henderson St, Airdrie, ML6 6DJ

Yours,

Joy Farquharson  
Chief Executive



# TALKIN' 'BOUT MY GENERATION!



At the start of the new school year, a group of pupils from St Margaret's High School in Airdrie were set the challenge of doing something to help people in their community. The group wanted to support their local hospice and began brainstorming ways in which they how they could make a positive difference to those living with a life-limiting illness.

The pupils, who are working towards their Caritas Award, began visiting our Wellbeing group who meet weekly in our Outpatients Department. The group led activities including bingo, slime making, reminiscence, a Scottish themed quiz and volunteered at our Patient & Family Christmas Market.

The pupils enjoyed spending time with our Wellbeing patients; getting to know them and organising activities they could all enjoy together.

The feedback from these sessions has been amazing! Paul McCormack, Caritas teacher at St Margaret's High School told us: "St Margaret's have had a long-standing relationship with St Andrew's Hospice. Pupils, both past and present, have been given the opportunity to engage in fundraising, visiting and actively participating in the delivery of patient programmes.

**"Pupils are wholly enriched by these experiences. Very often, it changes their outlook on their own lives. When pupils reflect on such experiences, they**



**often talk about how important the small things in life are and that every day is a blessing. Every pupil who is given the chance of these experiences are changed for the better and are ultimately incredibly grateful."**

Andy Flynn, Schools Co-ordinator at the Hospice is really proud of the commitment and generosity shown by the pupils, saying: "It is such a wonderful thing to see some of youngest people in our community not just thinking about how they could make a difference, but actually taking action and making something happen.

Here are some photos from a reminiscence activity led by the St Margaret's High School pupils, which saw our patients recount a favourite memory and the students drawing that memory and sharing it with the group...

**"To see the students interacting with our Wellbeing group; chatting, playing games, laughing, sharing memories and just being together in the moment is incredible. It is the highlight of my week when the pupils come to visit."**



Thank you to all of the Caritas pupils and the team at St Margaret's High School for your time, dedication and fantastic ideas; you will never know how much of an impact you have had on the people you have met.



## GO THE EXTRA MILE FOR ST ANDREW'S HOSPICE.



**We're delighted that our annual Midnight Walk is returning for its 13th year.**

The popular event sees Hospice supporters set off on an 8, 10 or 13-mile route – all starting and finishing at Ravenscraig Regional Sports Facility. Some walk in memory of a friend or loved one, some take part as a way of keeping fit and some simply sign up to do something a little different on a Saturday night.

Whatever their reasons for taking part, each and every participant gives our patients and their loved ones the opportunity to make lasting memories together.

Since its inception, Lynn Grant has taken part in the Midnight Walk. Lynn, a Fundraising Admin Assistant with St Andrew's Hospice, told us why the event holds a special place in her heart:

"Going out a walk at midnight is not something me and my friends would do normally, but when we found out the Hospice was launching this event, we thought "Why not?". We've been doing it most years since 2010, only missing a couple.

" Despite the late hour, you feel safe walking as there are many staff and volunteers on hand looking out for you across the route and giving you support throughout.

" There's a great sense of camaraderie; not just among the participants, but with the local community too! Along the route, people come out of their houses to cheer us along and keep us going.

" At the finishing line, the Hospice team are there to welcome you back with music playing - so you're practically dancing at the end! I always look forward to the cup of tea and chocolate biscuit at the end too!

" We love the atmosphere and always have a good fun – all the while knowing we are making a difference to local people and their families."

" It really is a wonderful sight; seeing so many people on the start line, starting and finishing the walk together.

**If, like Lynn and her friends, you'd like to take part in this year's Midnight Walk on Saturday 17th June, sign up online today at [www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events) or give us a call on 01236 772089.**

## Will you leave a lasting legacy?



**Gifts in Wills are an invaluable source of income to St Andrew's Hospice each year.**

You can leave a lasting legacy in your community by supporting patients and families at a time when they need it most by remembering St Andrew's Hospice in your Will.

### How a gift in your Will can help

"My Mum was admitted to St Andrew's Hospice in December 2012.

"We were a bit unsure of what to expect as we had never been in a hospice before, but as soon as my Mum went through the door, we knew she had made the right decision to be cared for in her final weeks by the dedicated staff who we were introduced to.

"Within a short time, her pain was under control. As it was almost Christmas, the nurses managed to get her out of bed and dressed to attend the Christmas party on the ward, plus Santa came to her bedside on Christmas Eve.

"On New Year's Day, I had the privilege of having my last New Year's Day dinner with my Mum, a memory I will treasure forever. It's these small things that the staff arrange that mean so much."

It's these special moments that gifts in Wills help to make this happen.

Gifts in Wills help families to celebrate

the lives of their loved one while they are together, no matter how long or short the time may be. Your gifts really do make a difference!

### Every Penny Counts

You do not need to leave a large gift in your Will to make a difference. You can make a huge difference by leaving just 1% of your estate so that those closest to you receive 99%. By supporting St Andrew's Hospice with a gift in your Will, you are helping our patients to live as actively as they can, for as long as they can and ensuring they have the best quality of life possible as well as providing support to their families.

### Make a Will Month – March 2023

We would like to say a big thank you to all the solicitors who kindly agreed to take part in our 9th annual Make a Will Month campaign. Throughout the month of March, the participating solicitors agreed to waive their fee for writing a basic Will in lieu of a donation to the Hospice.

If and when the time is right, please remember St Andrew's Hospice in your Will. For further information, please e-mail [lorna.mccafferty@standrews.scot.nhs.co.uk](mailto:lorna.mccafferty@standrews.scot.nhs.co.uk) or call 01236 772087.



Thank  
you!

**Thank you** to the teams at Grants & International Beverage Ltd who faced off in a charity football match earlier this year, in aid of St Andrew's Hospice.

Together, they raised a phenomenal £18,364! This will go a long way to helping us provide vital care and support to the people of Lanarkshire. Thank you so much!

The big news is that the re-match is scheduled for Saturday 17th June 2023! We can't wait!



**Thank you** to all of the secondary school Hospice Ambassadors who gave up their time to help at our Santa's Zippity Doo Dash event in November. They dressed up in costumes, helped out on

the registration desk, acted as marshals along the route and handed out treats at our sweetie stations. You made the day extra special, thank you!



**Thank you** to talented local artist, David Brown, who has very generously supported our fundraising events by donating paintings to auction. To date, David's work has generated over £4000 for the Hospice! More of his fabulous work will feature in auctions at upcoming events too!

If anyone is interested in a commissioned piece by David, he will once again give all proceeds to the Hospice. You can contact him via e-mail at davidbrown996@hotmail.com or on Instagram. His handle is @davidbrown3086

## KENNY'S SUPPORT FOR ST ANDREW'S IS "KNOCKOUT"



Last year saw Kenny Gillespie and his colleagues, friends and family support the Hospice once again by taking part in our annual It's a Knockout event.

Kenny and his family are great supporters of the Hospice and continue to raise vital funds - whether it's taking part in events or through company sponsorship. They have very personal reasons for doing so. Kenny told us what the Hospice means to him and his loved ones: "We got involved with It's a Knockout last year as we wanted to contribute to the Hospice in any way we possibly could.

"Both of my parents were looked after by the amazing staff at the Hospice in 2003/04 and 2008 respectively and I have always looked for ways to give back for the way my parents (and myself for that matter) were looked after at the time.



"Last year, Louise O'Donnell, the Hospice's Deputy Head of Fundraising, set me the challenge of booking out a full afternoon session at It's a Knockout, which I didn't believe I could fill. However, with the assistance of my own staff, the Gartcairn Women FC players I coach and sponsor,

525 Accountancy (my accountants), Document Data Group (my IT business partner), International Beverage (one of our clients) and FRBS (a friend's local building company), we managed to fill all the slots. We had an absolute blast, at the same time as raising much needed funds for the Hospice.

"To this day, my own company - Door & Gate Engineering Services - continue to support the Hospice in any way we can as it's a charity and cause that is extremely close to my heart, even though my experiences were some of the saddest times in my life.

"I'm incredibly proud of each and every person who joined us at It's a Knockout. Thank you to all of my family, friends and business contacts who help support our efforts along the way. Please get involved this year if you can."

**Everyone here at St Andrew's Hospice is very grateful for your continued support, Kenny – thank you!**

Please join us for this year's It's a Knockout event on Saturday 6th May at Strathclyde Park. You can register your team of ten for £10 per person with minimum sponsorship of £90 per person. You can register online at [www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events) or by e-mailing [Fundraising@st-andrews-hospice.com](mailto:Fundraising@st-andrews-hospice.com)



# OLIVIA'S STORY

**"2013 was a heartbreakingly life-changing year..."**

Here at St Andrew's, we are incredibly fortunate to have a wonderful army of volunteers who give their time and skills to support us - without whom, we could not deliver our vital care and support services for the people of Lanarkshire.

Olivia recently joined our Reception team as a volunteer. She told us why she wanted to get involved...



"2013 was a heartbreakingly life-changing year... my daughter Natalie lost her life to cancer. She was only 32 years old and a mother herself - to two young children.

"I retired in June 2022, only to fully see what my vocation in life is to be: a volunteer working within St Andrew's Hospice.

"My healing journey continues after losing my beautiful Natalie, a girl that lit up every room. I had a calling - a soul speak if you will - to give back to St Andrew's Hospice. It's a wonderful place that not only cares for the patients, but also the families going through trauma. I couldn't have survived the many dark times endured watching my girl fight so hard to live, and her onward travels to God when he called her home. People showed me and taught me true, deep compassion and love to give to others as I had received. A friendly face, a



loving hug was invaluable to me, and this is what I feel I can give in abundance to others on their journeys.

"My story is one of eternal healing because in giving, I am also receiving. This is my winding path of life and the most precious thing I can offer back is my time - to be a volunteer and give my time without doubt and with my heart full of love. The one thing we all need is love, and in loving others - even in our darkest, most challenging times - we truly love ourselves.

"I dedicate this to my amazing husband and rock, Jim and Natalie's daughter, Antonia and her son, Taylor. Our profound loss of a daughter and mother is intertwined, each with their own story to tell. I believe Natalie still walks amongst us, guiding from the divine Lord."

If like Olivia, you would like to support us by sparing a few hours per week, we would love to hear from you. We have a variety of voluntary roles to offer you including; driving for our Outpatient and Hospice Hearty Meals services, befriending, lending a hand in our Dove Café as well as a host of opportunities within our St Andrew's Hospice shops across Lanarkshire. For more information, please call our Volunteer Co-ordinator, Julie Wilson, on 01236 766951.

# HIT THE JACKPOT

**Local people are winning cash prizes whilst raising vital funds to deliver specialist care and support to patients and their loved ones across Lanarkshire.**

**Unlike other lotteries, every single one of our weekly prizes is won by a St Andrew's Hospice supporter, just like Carol...**



**She told us in her own words why she plays the St Andrew's Hospice Lottery...**

"When my mum passed away in October 2014, it was like losing my right arm. We were so close. After about a month, it really hit me. I was so sad and depressed.

"At this point, I contacted St. Andrew's Hospice to enquire about counselling. I'm so glad I did! The support I received was amazing.

"I felt much more in control of my grieving and sadness after 8 sessions. The counsellor just lets you talk away about how you're feeling. It's amazing how you can offload to a complete stranger. It's a brilliant service and delivered absolutely free.

"As a consequence of this help, I grew closer to the Hospice and frequently have coffee mornings and luncheons in their Dove Café, and of course, visit the Dove Shop too! I'm so happy to support the Hospice in any way I can."

**If you'd like to be in with a chance of winning one of seven cash prizes every Friday, as well as supporting your local Hospice, start playing today for as little as £1 per week.**

**[www.st-andrews-hospice.com/lottery](http://www.st-andrews-hospice.com/lottery)**

or call our Lottery Office on 01236 772028 for further information.



# Compassionate Lanarkshire



Here at St Andrew's Hospice, we are delighted to inform that you that our Compassionate Lanarkshire (CLAN) project has secured funding for a further 3 years.

At CLAN, we aim to support vulnerable and isolated individuals and their carers in Lanarkshire affected by a life limiting illness.

We enable people to stay at home longer and we work with them in their own homes to identify and build on their strengths to achieve the best possible quality of life.

We work with them to increase knowledge and understanding of their condition and also offer support to manage and reduce stress and anxiety levels, improving their emotional health and wellbeing.

Our aim is to reduce social isolation and loneliness, provide emotional and practical support to clients. We also support carers to reduce the impact of their caring role on their physical and mental wellbeing.

We provide practical information and can signpost or refer them to other support services and agencies who can also support their individual needs.

The support we offer also includes sessions with our Complementary Therapy professionals including; reiki, reflexology, massage and aromatherapy.

We also offer befriending services where we match individuals with volunteer befrienders who provide companionship and informal support to clients in their own home. As well as helping to reduce social isolation, this also gives carers some time to themselves and give them a break from their caring role.

## Feedback from clients

"I am seen and treated as an individual, not as a cancer patient or a person dying from a heart condition. This helps my confidence and self-esteem and gives me a break from thinking about my health."

"After a massage with my complementary therapist, I felt tremendous! A huge improvement in my symptoms."

"I have had my befriender now for a while and following lots of positive encouragement from him, I have regained my interest in life and feel now that I'm back to my normal self – I've got my life back."

"Just knowing that someone shows care and respect to you is wonderful. I enjoyed the visits as they always made me feel better and lifted my mood. I felt I was a bother to everyone, but you never made me feel a bother to you."

## Meet the CLAN team



**Sharron Brady**  
CLAN Co-ordinator



**Ellie Young**  
CLAN Complementary Therapist



**Jaana Martin**  
CLAN Complementary Therapist



## Donation Form

Thank you for supporting St Andrew's Hospice. Your kind gifts help us to provide compassionate, expert care for patients and families.

- ☐ **£28.83** could pay for a physiotherapy session for an inpatient to receive an assessment and develop a care plan to maintain or improve their mobility.
- ☐ **£55.98** could pay for a two hour Wellbeing session for patients living in the community with a life limiting illness.
- ☐ **£76.96** could pay for four bereavement counselling sessions, supporting someone who has recently lost their own loved one.
- ☐ **£709.92** a wonderful gift of this amount would help fund 24 hours of care for one of our patients.

Or my own amount of £

'Thank You Letter' Required? YES / NO

### Your Information

The following information is required in order for us to record your donation. Please complete as fully as possible:

Title: (Mr, Mrs, Ms, Other)

First Name: Surname:

Address: Town:

Post Code:

Telephone No.:



# Keep Dancing!

Our Strictly St Andrew's event took place over the weekend of Saturday 25th February. The two-day extravaganza saw 8 Hospice supporters take to the dancefloor with their professional dance partners to not only compete for the coveted Glitterball Trophy, but also to raise vital funds.

Donna Harrison, Gary Martin, Jane Buchan, John Quinn, Carrie Doherty, Sean Duffy, Rachel Meikle and Alex McCutcheon were all put through their paces; with weeks of blood, sweat and tears in the training room before impressing the judges at the Doubletree by Hilton Glasgow Strathclyde.



Sean Duffy and his dance partner Ellen Caw took home Glitterball Trophy on the Saturday evening. The Sunday afternoon saw Jane Buchan and dance partner Craig Murdoch take the title.

Louise O'Donnell, Deputy Head of Fundraising commented: "We are so grateful to each and every one of the contestants and their professional partners; Pamela Logan, Alessandro Guarino, Maria Oakes, Craig Murdoch, Ellen Caw, John Millar, Sharon Millar and Ian Peebles. We're also grateful to their loved ones and everyone who came along over the weekend to support them!



"Their hard work, commitment and fundraising over the last 6 months has been incredible. I would like to echo what I said at the events and give a huge thank you to all of the contestants and professional dancers for giving up their time and expertise to put on an outstanding show in support of the Hospice. We are delighted to announce that the events, coupled with all of the contestants' fundraising, raised a staggering £77,000 to provide specialist care and support here at St Andrew's Hospice and throughout Lanarkshire.



"I would also like to thank the Doubletree by Hilton Glasgow Strathclyde for all of their help and support with the event, our FAB-U-LOUS judges and Pamela Logan for her ongoing support to make sure everything went so smoothly."



**Planning is underway for 2024 so watch this space for dates. In the meantime, keep dancing!**



### ☐ Gift Aid

I confirm I authorise St Andrew's Hospice to treat all donations I have made for the four years prior to this / today / any future donations until I notify you otherwise as gift aid donations. I confirm I have paid or will pay an amount of UK income tax and/or capital gains tax for each tax year 6th April to 5th April that is at least equal to the amount of tax that all the charities or CASC that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and council tax do not qualify. I understand the charity will reclaim 25p on every £1 that I give.

### Payment Details

☐ I enclose a cheque made payable to St. Andrew's Hospice

Please Debit my: ☐ Visa ☐ Maestro  
☐ Mastercard ☐ Delta

Card Number

Maestro only Issue No:

Valid from: Expiry Date:

Security Code: (last 3 digits on the back of your card)

Card Holders Signature:

Date:

### Keeping in Touch

We really value your support and would like to stay in touch to keep you up to date on the work of St Andrews Hospice including our events and fundraising activity. We will never sell or share information with other charities or organisations for marketing purposes not related to St Andrews Hospice. Please select the ways we can keep in touch with you:

☐ Post ☐ E-mail ☐ No Contact

Please return your completed form to us using the freepost envelope provided.

You can also donate online by visiting [www.st-andrews-hospice.com](http://www.st-andrews-hospice.com)

# JOIN THE CHORUS!

**We are delighted about the return of our St Andrew's Hospice Community Choir!**

We meet every Tuesday evening from 7-8pm in the Hospice chapel. We hope you can join us!

Our choir is led by experienced music teacher, Christine Robertson. The aim is to bring patients, carers, staff and volunteers along with members of the community together to engage with the Hospice, to have some fun and connect through music. You don't need to be a fabulous singer to participate - it's all about having fun!

**No need to book a place, simply report to main reception on arrival.**

**We look forward to welcoming you!**

# RETAIL NEWS

**In February, we opened our brand new Motherwell shop at 25 Brandon Parade.**

Retail Manager Irene Viola said: "We're delighted to be back in Motherwell after a 3-year absence. It's fantastic to see all of our fabulous, loyal customers back! We hope you love our new shop! There are wonderful bargains to be had - from fashion to furniture! Be sure to pop in and show your support. Like all of our shops across Lanarkshire, we're open Monday - Saturday from 10am until 4pm.

**"We'd like to say a huge thank you to the brilliant Tam Cowan and Scottish footballing legend James McFadden for officially opening the shop! It was great to see you, thanks for your time."**

"A huge thanks also goes to everyone who made it possible - our dedicated Retail team, our volunteers and all the tradespeople who have made such a fantastic job of the place!"

We have a wide range of volunteering opportunities available across all of our St Andrew's Hospice shops including; sorting assistants, sales assistants, admin support, cashiers, drivers and buddy drivers. If you're into upcycling, we even



have roles which include repairing and restoring furniture! There's something to interest everyone!

So, if you can spare a few hours each week, we'd love to hear from you! Please contact our Volunteer Co-ordinator Julie Wilson on 01236 766951 or pop into your local Hospice shop for a chat.



Your support is needed now more than ever - whether it is volunteering with us, shopping with us or donating goods to help raise vital funds for the Hospice. We couldn't provide our expert care and support to patients and families across the county without you. **Thank you!**

# Patient Comfort Appeal

You can bring comfort & relief to our patients today...



**Julie Kerr**  
St Andrew's Hospice  
Physiotherapist



Hello, my name is Julie Kerr and I am one of the Physiotherapists here at St Andrew's Hospice. I have had the privilege of working in the Hospice for the last 21 years and our patients inspire me every day. My job is to offer every patient help and support with their mobility. I'm writing to you today, on behalf of the whole team, to ask for your help.

We have 24 inpatient beds here at St Andrew's where we deliver compassionate, specialist care – but we do need your help with a problem.

The majority of our patients struggle with their mobility and spend a lot of time lying in bed. We try to get patients up and onto a recliner chair as often as possible. However, our recliner chairs are old, worn and are no longer fit for purpose and we

urgently require replacements.

As well as the physical benefits of the recliner chairs; including reducing pressure and swelling, preventing sores and increasing comfort – the chairs are vital to our patients' wellbeing.

Getting out of bed in the morning may seem like a little thing to you or I, but for our patients, this can mean a lot to them. Getting up, getting dressed and ready for the day ahead – perhaps in preparation for a visit from loved ones – can help boost their confidence and self-esteem.

The battery operated chairs can also be taken outside into our lovely courtyard so patients and their visitors can enjoy the great outdoors or taken to our movie screenings where they can get comfortable and enjoy a film with their families.



The riser recliners provide additional mobility assistance too, helping patients move from a sitting to standing position at the touch of a button. This gives them more independence and helps reduce the risk of falls.

We have trialled the new recliner chair in the Hospice and one of our patient's loved ones has given this feedback: "Our brother felt more comfortable in this recliner chair. He was sitting up straight, whereas in previous chairs, he kept slipping down. He was able to sit for longer periods in this chair, meaning he was able to be out of bed for longer."

The last few years have been very challenging for everyone; with the COVID pandemic followed by the current cost of living crisis which has seen our heating and electricity bills increase dramatically. Due to this, we simply don't have the funds to purchase these new



recliner chairs that we urgently require.

Each recliner chair costs £4,143.17 and we need 24 of them. The chairs will be used by over 230 people each year to give them much needed comfort and support with their mobility – and we can expect a good 5 years use from each one.

I'm not asking you to buy a recliner chair on your own (although if you would like to, you can). You could be one of 150 people who each donate £27.62 – which would buy a recliner chair and make a huge difference to someone living with a life-limiting illness.

If you'd like to help, you can make a donation at [www.st-andrews-hospice.com/patient-comfort-appeal](http://www.st-andrews-hospice.com/patient-comfort-appeal)

Thank you!



# Future Events



06 May 2022

## It's a Knockout

📍 Strathclyde Park

It's a Knockout sees teams of 10 work together to complete a series of fun games and tasks. Participation in this event is excellent for companies looking for fun team building exercises, or families & friends looking for a great day out. Enter online at [www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events) or by e-mailing [Fundraising@st-andrews-hospice.com](mailto:Fundraising@st-andrews-hospice.com)

Registration fee: **£100** per team of 10 to secure place. Minimum sponsorship: **£1000** per team of 10

12 May 2023

## Summer Ball

Sponsored by Friends of St Andrew's

📍 Crossbasket Castle

Join us for an evening of outstanding food from the Michel Roux Jr. Restaurant, overseen by Michel Roux Jr and run by an award-winning executive head chef. After your meal, take to the dancefloor with your friends and loved ones to the sounds of the fantastic live band.

To book, please e-mail [louise.o'donnell@standrews.scot.nhs.uk](mailto:louise.o'donnell@standrews.scot.nhs.uk) or call **01236 772012**.

Tickets: **£85** each, **£850** for table of 10



17 June 2023

## Midnight Walk

📍 Ravenscraig Sports Facility

8, 10 and 13 mile walking options.

The Midnight Walk starts and finishes at Ravenscraig Regional Sports Facility. Walk in memory of a friend or loved one, as a way of keeping fit or simply to do something a little different on a Saturday night.

Enter online at [www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events)

Registration fee: **£20**

30 July 2023

## St Andrew's Hospice Bungee Jump

📍 St Andrew's Hospice grounds

You will be lifted 160ft above our car park in a specialised crane before taking one giant leap for the Hospice.

Enter online at [www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events)

Registration fee: **£25** Minimum Sponsorship: **£200**







25th August 2023

### Easter Moffat Golf Day

Sponsored by Bank Social Club Golf Section

📍 Easter Moffat Golf Club

Enter your team of 4 today by e-mailing [tommy.anderson@standrews.scot.nhs.uk](mailto:tommy.anderson@standrews.scot.nhs.uk) or by calling **01236 766951**.

Registration fee: **£300 per team**



2nd September 2023

### Ben Nevis Challenge

Includes return travel to Fort William by bus from Lanarkshire and dinner, bed & breakfast, returning to Lanarkshire on Sunday 3rd September.

Trek the UK's highest mountain with local guides. Enter online at [www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events) or e-mail [Fundraising@st-andrews-hospice.com](mailto:Fundraising@st-andrews-hospice.com)

Registration fee: **£25**

Minimum sponsorship of **£375** required



November

### Ladies Dinner & Cabaret

Date to be confirmed

Enjoy a 3-course meal followed by live entertainment.

Tickets: **£45**



October – December

### Light Up a Life

Our annual Light Up a Life campaign, where lights on Christmas trees across Lanarkshire are sponsored in honour or in memory of your loved ones.



25 November 2023

### Grand Snowflake Ball

Sponsored by 'Friends of St Andrew's

📍 Doubletree by Hilton Glasgow Central

This gala dinner is the highlight of our events calendar. To book, please e-mail [louise.o'donnell@standrews.scot.nhs.uk](mailto:louise.o'donnell@standrews.scot.nhs.uk) or call **01236 772012**.

Tickets: **£95** each, **£950** for table of 10

**MORE EVENTS ONLINE AT**

[WWW.ST-ANDREWS-HOSPICE.COM/EVENTS/](http://WWW.ST-ANDREWS-HOSPICE.COM/EVENTS/)





St. Andrew's  
Hospice

Caring for the people of Leamington

# BEN NEVIS 2023

## SEPTEMBER 2ND - 3RD

Can you make it to the highest point in the UK?

Come and take on the challenge!

Transport, accommodation breakfast and dinner provided  
only 100 spaces available!



Register online at  
[www.st-andrews-hospice.com/events](http://www.st-andrews-hospice.com/events)