

Dove Tales

Edition 13
Autumn 2023



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

**THE HOSPICE
WAS SUCH A
COMFORT TO US
AS A FAMILY**

*Light
up a Life
2023*



WIN BIG
this winter

**Enter the Winter Raffle
for a chance a chance of
winning £2,000 cash!**

THANK YOU FOR PICKING UP THIS AUTUMN EDITION OF DOVE TALES

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



Outpatient Department mini refurbishment

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READ ON FOR ALL OF THIS AND MORE!



Welcome to the Autumn edition of Dove Tales!

It has been a very busy few months here at St Andrew's; the demand for care and support has been as high as ever. However; laughter, love, family, friends and the smiles of staff and visitors are never far away as we support patients to live their lives to the fullest and truly make every moment matter.

It has been a tough few years for the community of Lanarkshire; the cost of living crisis coming hot on the heels of the COVID pandemic has had a significant impact on everyone. Here at St Andrew's, we too have felt that impact with energy and food costs becoming particularly challenging. I cannot fully express how important your support is to us and the patients and families we care for- so a **big thank you to you!**

As I write this, our Fundraising Team are busy putting together our Autumn and Winter events. If you've never experienced the thrill of our Grand Snowflake Ball – what about attending with a few friends or work colleagues? We'd also love to see you at our Light Up a Life service on Sunday 3rd December – a special opportunity to celebrate the lives of those you have loved and lost.

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 - our supporters - and we'd love your input to it. 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 in our Spring edition. Please send any comments to:

E-mail: joy.farquharson@standrews.scot.nhs.uk

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

Joy Farquharson
Chief Executive

WELCOME TO OUTPATIENTS

Our Outpatient Department has recently undergone a mini refurbishment.



We are thrilled to be back in our Outpatient Department after a mini refurbishment. The department is now light and bright, yet also feels relaxing, inviting and comforting for patients and their loved ones. We are delighted to have a new reception area which means we can extend a warm welcome to all patients and visitors to the department. Our Outpatient Support Assistant, David, always has a smile to greet you with. Patients are already appreciating the changes with one commenting: "The new entrance is great, I love it, I can now do a three point or ten point turn in my mobile scooter."

The refurbishment has created some new spaces within the department. We have added a quiet room for one to one discussions with staff or if someone just needs some alone time. We have also added accessible doors to enable patients and carers to access outside space easier as well as navigate through the building as independently as possible. We have updated fundamental things like electrics, IT, lighting and flooring to ensure the department is able to provide services for years to come.

There are a wide range of services available Monday to Friday from 9am – 4pm, supported by specialist qualified staff. Our aim is to provide patients and their families with practical, emotional and therapeutic support.

The Wellbeing Programme runs every Tuesday and Wednesday to support patients with a progressive disease or life-limiting illness. This programme will be extending to run every Monday

too and is aimed at maximising patients' quality of life and helping them to live well with their condition. As well as working to reduce physical symptoms, we offer support with any practical, emotional and psychological concerns that the person may have. Our services are supported by healthcare professionals who assess patients' individual needs and assist each individual to set their personal goals which we will support them to achieve through the programme. As part of the programme,



patients are provided with a wide range of information and education sessions to help them manage their condition, as well as participate in activities such as quizzes, therapeutic art, musical memories and games to aid cognition. As well as being fun social activities, they help to improve patients' function too.



We offer a variety of Complementary Therapies within the Department including; Therapeutic Massage, Reflexology, Aromatherapy, Reiki and Indian Head Massage. These therapies are offered to patients and carers with the aim of providing relaxation, reducing tension, stress and anxiety and contributing to a sense of wellbeing.

Every Monday, we have the Carers' Café between 11am – 2.30pm. The Carers' Café is a drop in service for the families and carers of those living with advanced illness and end of life disease. It provides an opportunity for carers to relax, unwind and meet other carers, as well as the Hospice team, who can offer information, support and advice.

We are pleased to offer a range of music therapy sessions every Monday in partnership with Nordoff-Robbins Scotland. In Musical Memories sessions, patients listen to their favourite songs or pieces of music together and share their memories or feelings of what the music evokes for them. In Music Makers sessions, patients have the opportunity to play an instrument which has many health benefits including; reduced stress levels, improved concentration and wellbeing and works on manual dexterity as well as hand-eye coordination but most of all, it is a fun social interaction that requires no previous musical experience.

Nurse-led Outpatient Clinics support patients, their families and carers. We assess their needs and listen to what matters to them. From there, we can offer a variety of services based on individual needs; including Cognitive Behavioural Therapy, Mindfulness, Coping Skills and Talking Therapies on a one-to-one basis. These Nurse-led services are delivered by Margaret Coleman and Elaine Gray who are both experienced healthcare professionals, whose core speciality is in Nursing.

Assistant Practitioner Joe Fennessey is our professional health fitness expert and leads all of our physical activities for patients and carers including; our Step Easy Walking Group, Strength and Balance, Relaxation (Adapted Tai Chi), Fatigue Management and Seated Chair Exercises. These activities provide a range of benefits such as strengthening muscles, improving posture and reducing the risk of falls.

In partnership with MS Society Scotland's Lanarkshire Group, we run an MS Support Group called Chill & Chat, on the third Thursday of each month. If you or someone you love is affected by MS, please come along for a chat and a hot drink, we'd be delighted to welcome you.

We will be continuing to develop more services for patients, families and carers over the next few months now that our refurbishment is complete to complement the vital support services we currently provide.

Light up a Life 2023



A very special event of remembrance and celebration: join us in person or online

We are delighted to invite you and your loved ones to join us for Light up a Life 2023 – a service of remembrance, celebrating the lives of those who are no longer with us.

The loss of someone special can be felt more deeply over the festive period, so we would like to invite you and your loved ones to attend our annual Light Up a Life Service in the grounds of the Hospice on Sunday 3rd December at 7pm. If you can't attend in person, you can watch a live stream of the service online. The highlight of the service is the lighting of the Christmas tree, with each light twinkling in honour or in memory of someone very special.

To dedicate a light to someone special to you, please visit www.st-andrews-hospice.com/light-up-a-life or scan the QR code to complete the Dedication Form. We will post a handwritten card(s) for you to keep or for you to send on to someone else to let them know you're thinking of them.



Scan Me

“The Hospice was such a comfort to us as a family.”

Robyn and Gillian's Story

“Our mum Anne first came into St Andrew's Hospice in July 2021. She was in a lot of pain and was referred to the Hospice from the Beatson. Unfortunately, our mum's cancer spread rapidly. Up until she was diagnosed in June 2021, she had been a fit woman. Only aged 58; a much-loved wife, mum of two daughters and Granny Annie to her grandson, Louie. Our Annie was a fighter and underwent treatment to allow her to spend extra quality and valuable time with us.



When the Hospice was mentioned initially, we made the same assumption as most people; that it was just somewhere people went at the end of their lives. But it felt so warm and welcoming, with an environment you can't really describe. We felt so comfortable and at home there.

As soon as our Mum arrived at the Hospice,

she was quickly made comfortable and her pain was brought under control. When we visited, we could not believe the difference in her! Her appetite had even come back for the first time in weeks. The weather was lovely and she enjoyed an ice cream which had been donated by The Capocci Man at the top of the road. A week later, our Mum was discharged back home.

“Life's for living”

“Life's for living” was Mum's motto so, in November 2021, we all went to Fuerteventura for one last family holiday. Some of her ashes have since been scattered there.

In late December, Mum's health started to deteriorate and the District Nurses said they would put a call into the Hospice. Mum had told us that when the time came, the Hospice is where she wished to be. She was admitted back into the Hospice on 19th December. The Hospice felt very

cosy and warm with the Christmas Tree lit up outside.

Mum settled quickly again. The staff were so attentive; knowing just what we needed, even when we did not know ourselves. During this time, we went through every emotion and were in our own wee world in Mum's room.

On 21st December 2021, our Mum passed away peacefully with our Dad and us by her side. Sister Catherine, Director of Mission at the Hospice, was also with us. It was the most peaceful and calm end for her we could have hoped for and it gave us such comfort knowing that we had fulfilled our Mum's wishes.

Last year Robyn, her partner and Louie attended the Light Up a Life Service in the grounds of the Hospice. Mum used to dedicate a light on the Christmas tree in memory of our Gran. The service was so emotional, but lovely.”



Patient Comfort Appeal



In our Spring edition of Dove Tales, we told you all about our Patient Comfort Appeal. The purpose of the appeal was to raise enough funds to buy 24 new riser recliner chairs for our Inpatient Unit.

We are delighted to let you know that thanks to your very kind and generous support we reached the target and were able to purchase all 24 recliner chairs! This is amazing – thank you!

Nine individuals generously funded a recliner chair each, three chairs were funded by grant awards and two were funded by Trusts and Foundations. The remaining thirteen chairs have been funded by the many kind donations we received from you, our supporters, throughout the appeal.



Margaret

Annie Bell kindly funded a chair in memory of her daughter, Margaret, who was in the Hospice in 2016.



Theresa

Tamsyn McLean was also a great supporter of the appeal. She told us why she wanted to help: "My family is very grateful to St Andrew's for the care and support given to my two grandmothers, Theresa McLean and Nancy Cull, during their final days at the Hospice. Knowing that they were comfortable, well looked after and peaceful was a great source of strength to us as a family when we needed it the most. We were particularly thankful for the many visits from Sister Catherine whose calm reassurance, warmth and prayers made a very difficult time much easier.



Nancy

"When I spotted the appeal, I made an application to the charities budget at my firm and was successful in being awarded the funds towards the purchase of some chairs. People seeking care at St Andrew's deserve all the dignity and comfort in the world and these chairs will hopefully provide that. We can never repay St Andrew's and Sister Catherine for all their kindness but I was really pleased to be able to help out in this small way and we hope that others may be able to benefit from the great work done at St Andrew's for years to come."

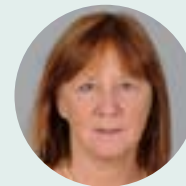
LANARKSHIRE LOCALS TO BECOME LASTING, LIVING TREASURES

We are inviting you to become 'a lasting living treasure' in support of St Andrew's Hospice.

Local author, Aldo Ferri has witnessed first-hand, the love and care the Hospice gives to patients and those who love them.

Aldo has found a place in his Will as way of saying thank you for the care given to his much-loved wife Lorraine. "I still go there," he says. "The staff still care for me and I feel the comfort and feel close to my Lorraine."

Retired local business leader and Hospice Trustee, Marian Gardiner is leading the campaign to encourage new friends of Hospice to leave a gift in their Will to St. Andrew's. Marian says, "The kindness that prompts a legacy gift spreads through the staff, patients and their loved ones. Truly, those leaving gifts in their Wills are treasured by us all.



"In the last five years, 86 thoughtful and gracious people in the area have left a precious gift to neighbours needing St Andrew's special care. Income from gifts in Wills last year represented 5% of the money the Hospice needed to raise to provide specialist care. These wonderful people are truly special to everyone who works in the Hospice or who needs its care."



Aldo and Lorraine

Kind gifts to the Hospice in the Wills of local people have a huge impact on those nearing the end of their lives. The compassion and kindness delivered both in the Hospice and in their own homes allows them to live their last days with dignity. Legacies bring support for those who are left behind too: support that may go on for months, years or even decades.

Lorna McCafferty, the Hospice's Trusts, Legacy and Individual Giving Manager told us: "A gift in one Will last year was £200, another was a 6-figure sum. Both are hugely valued because they help us to care for local people who are near the end of their lives and those who love them. We are so grateful to everyone who supports the work of the Hospice."

Every week, around 120 Lanarkshire people seek the comfort and care of St. Andrew's Hospice. And they are not only patients. They are wives, husbands, grandparents, grown-up children and little children. Anyone feeling alone or lost in the whirlwind of knowing that death is coming can drop in, call or e-mail.

PATIENT & FAMILY FEEDBACK

At St Andrew's, we encourage our patients, their loved ones and the wider public to give us feedback on their experience of the Hospice and our services. Whether that's through patient and visitor surveys or by sharing their stories with us online, we really appreciate everyone who takes the time to do so.

Whether you have been admitted to our Inpatient Unit, referred to our Outpatient services, attended a drop in session or received bereavement support or support at home from our Compassionate Lanarkshire team, we'd love to hear from you!

Sharing your experience helps bust myths about what hospice care is, helps to raise awareness of the services on offer to the people of Lanarkshire and vitally, can bring comfort to others at a difficult time in their lives.

You can share your story with us today at www.st-andrews-hospice.com/your-stories

“

As it was almost Christmas, the nurses managed to get Mum 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.

“

My husband passed away in St Andrew's Hospice. During this distressing time, we were both cared for with love, compassion & humour. On entering the Hospice, we were enveloped in a support system which physically, emotionally & spiritually is second to none.

“

My brother was admitted to the Hospice. Upon arrival, we immediately felt it was a calming environment. We were provided with details of where all areas were and never felt our questions were silly or a bother to the staff to answer. I cannot adequately put into words the experience of the Hospice. Exceptional doesn't cover it.

“



Jennifer & Winifred

My mother spent her final months in the St Andrew's Hospice, and during this time the Hospice became our home. The Hospice is a place where each individual is valued and where the solemnest of times are transformed into heartening memories.

“



Joanne & Ann

My mum was a patient at the height of COVID. In this time, all of the staff were amazing; looking after my mum, trying to make her days that little bit easier. From giving her some Reiki to try relax her to cutting her hair to make her feel and look better, even arranging something special for her dinner, something she maybe fancied that wasn't on the menu. Nothing was ever a bother.

“

My husband was diagnosed with an aggressive brain tumour. We were supported initially by the Hospice's Compassionate Lanarkshire team who came to our home and gave him complementary therapy sessions. This made all the difference to a very difficult situation. As my husband became more unwell, he was admitted to the inpatient unit where we were able to be his family, not his carers. He passed away peacefully with his family by his side.

“

Mum's medication wasn't under control at home which resulted in her experiencing discomfort, pain and anxiety. When mum was offered to go into the Hospice to manage her medication, she was extremely scared and didn't have any hope. A week later, mum left the Hospice with no pain and not experiencing discomfort and anxiety. Mum requested that I post this to let others know if they feel scared about going into the Hospice like she did, not to be scared. This stay has given my mum quality of life back.

“

The nurses and all the staff were there to help us; a rattle of a tea trolley filled with toast at 2am, a plate of sandwiches and bowls of soup for the six of us, never asked for, just brought because they knew we hadn't eaten for hours, a hand to squeeze mine or rub my shoulder when I had moments of despair.

MAKE CHRISTMAS MARVELLOUS AT ST ANDREW'S



My name is Jonathan Reston and I wanted to share with you how special Christmas is at St Andrew's Hospice. Last year, our family experienced a special Hospice Christmas.

In July 2022, my mum Frances was hand-in-hand with her grandchildren, walking around the shopping centre, picking her birthday shoes. By September 2022, my mum was suffering from debilitating headaches and by October she could barely walk. Later that month, she was diagnosed with an aggressive brain tumour. She was the matriarch of our family, the glue that held us all together. She remained strong and encouraged us all to stay positive while our whole world collapsed.

Mum's symptoms progressed and she got worse and in late November 2022, she was admitted to St Andrew's Hospice.

Within hours, the medical and nursing staff set about reviewing my mum's medications and managing her symptoms. They attended to my mum's every need and also to ours; wrapping their arms around us, providing us with support, understanding and empathy. For the first time in our journey, we felt supported. While Mum was receiving nursing care, the staff couldn't have been more helpful. The care staff looked out for us and made sure we were eating.

My mum loved Christmas and the staff made sure she experienced every last minute of it. Christmas time is really special at St Andrew's with carol singing, Christmas movies playing on the big screen, beautiful Christmas trees both inside and outside in the grounds and a Christmas market. My dad was allowed to

decorate Mum's room with her own favourite decorations and she even received a gift from Santa! My mum and dad got to experience all of this together. They enjoyed a lovely Christmas Dinner together on Christmas Day with the rest of the family visiting. Nothing was a problem for the Hospice team. They routinely gave my Dad and I dinner and would make a bed up for my dad to stay over.



Frances, Ian and Lexi

The professionalism and expertise of the medical and nursing staff was forever evident; observing Mum closely, managing her symptoms but never alarming us. They engaged Dad and I in my mum's care and made sure we were always listened to and consulted.

My mum wasn't just physically supported but emotionally and spiritually supported too. Sister Catherine was never away from her bedside, giving Mum strength through her faith - which was very important to her.

Mum passed away peacefully on 17th January 2023, surrounded by her family. As a family, we would like to thank St Andrew's Hospice and all the staff there; we were given the greatest gift possible - quality time. We will be forever grateful for that.

Could you help make this Christmas special for patients and families in Lanarkshire? Could you give them the chance of one last precious Christmas together like our family experienced last year?

£27.99

would pay for a lovely Christmas tree and decorations for each patient's bedroom.

£65.40

to allow a patient and their family members to celebrate with a delicious Christmas dinner.

£170.00

enough to buy six Christmas Day gifts for Santa to deliver to our patients

£1,034

an incredibly generous gift that would help to fund a patient's complete care on Christmas Day or Boxing Day.

Any amount you can give would be so gratefully received.



To make a donation to the Hospice's Marvellous Christmas Appeal, please visit www.st-andrews-hospice.com/christmas-care-appeal

or scan the QR code with your smartphone camera.

My family hope that this Christmas will be extra special, and that, with your support, local patients and families will be able to create memories that will last a lifetime.

Thank you for everything you do for St Andrew's Hospice – you really are marvellous.

A Blithe Yule and a Haud Hogmanay to you!

**Jonathan Reston and Ian Reston
Family of Frances Reston**

WIN BIG

this winter

By entering our Winter Raffle, you could be in with a chance of winning **£2,000 cash!** There are also runners-up prizes of £250 and £100 up for grabs.

Tickets are £1 each and available in books of 20 from our website:

www.st-andrews-hospice.com/winter-affle



Scan Me



If you received a book of raffle tickets with this magazine, simply fill in your details and return them to us using the freepost envelope provided. All tickets must be returned by Monday 5th February to be included in the draw which will take place on Friday 9th February.

If you'd like additional tickets, please visit our website or call our Individual Giving Fundraising, Jenna Devine on 01236 766951 or e-mail jenna.devine@standrews.scot.nhs.uk

Good luck!



Donation Form

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

- £30.77** could pay for a physiotherapy session for an inpatient to receive an assessment and develop a care plan to maintain or improve their mobility.
- £61.53** will help pay for a three hour Wellbeing session for patients living in the community with a life limiting illness.
- £82.04** could help pay for four bereavement counselling sessions, supporting someone who has recently lost their own loved one.
- £1,034** a wonderful gift of this amount would help fund 24 hours of care for one of our patients.

Your own preferred gift 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.:

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

THANK YOU



Thank you to the **33 Secondary Schools** who brought over 1400 pupils, teachers, support staff and families to Strathclyde Park in September for our annual 6K Fun Run. It was a brilliant occasion with everyone coming together to help the local people who are cared for and supported by the Hospice. Thank you to all of the pupils, staff and volunteers who gave up their time to take part and make the event such a success. There is nothing better than seeing thousands of young people from all corners of Lanarkshire coming together to make a difference - thank you!

We'd like to say a huge thank you to **Team Jim** who have been passionate about fundraising in memory of their Jim; a wonderful husband, dad, son, brother, uncle and friend who was cared for in the Hospice.

Team Jim have taken on various challenges including the mighty Glasgow Kiltwalk!

Together, they have raised a whopping £6,940.46 so far and in their own words: "This is just the start of Team Jim's campaign to help ensure that other families have access to this most wonderful place and its wonderful staff."

Team Jim told us why they wanted to raise funds for St Andrew's: "A very loved young man, 'Our Jim', sadly passed away on the 5th December last year and we are all still trying to come to terms with the loss of such a wonderful husband, dad, son, brother, uncle, and friend. However, we are



united in our gratitude for the amazing care and support that he received whilst in St Andrew's Hospice. Words can never express the gratitude that we all feel.

"In memory of Jim, Team Jim was created, and fundraising began. From Saudi Arabia to the UK, family and friends have walked and ran day and night, have donated, shopped in the Hospice shops and enjoyed refreshments and afternoon tea in the Hospice's Dove Cafe."

HOW YOU CAN GET INVOLVED...



24/25 February 2024

Strictly St Andrew's

📍 Doubletree by Hilton Strathclyde

Enjoy a 3-course meal and entertainment from our fabulous 'Strictly St Andrew's' contestants and professional dancers.

To book, e-mail lynsey.scobie@standrews.scot.nhs.uk or call 01236 772047.

Alternatively, you can book online at www.st-andrews-hospice.com/events

Tickets: **£75 each, table of 10 or 12 available**



09 March 2024

Sporting Dinner

📍 Doubletree by Hilton Strathclyde

Our annual Sporting Dinner, hosted by Tam Cowan with special guest speakers, Kris Boyd and Gordon Strachan, a 3-course meal, raffle and auctions.

To book, e-mail richard.trott@standrews.scot.nhs.uk or call 01236 772042.

Alternatively, you can book online at www.st-andrews-hospice.com/events

Tickets: **£75 each, Tables of 10 or 12 available**



17 March 2024

Ladies Lunch

Sponsored by The Ellen Kane Trust

📍 Dalziel Park Hotel & Golf Club

Enjoy a 3 course meal and entertainment from the fabulous Edward Reid.

To book, please e-mail angela.mcparland@standrews.scot.nhs.uk or call 01236 772041.

Tickets: **£45 each, tables of 10 or 12 available**



11 May 2024

It's a Knockout

📍 Strathclyde Country 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.

To register, e-mail lorrett.mccutcheon@standrews.scot.nhs.uk or call 01236 772011. Alternatively, you can register online at www.st-andrews-hospice.com/events

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

Throughout 2024

Dates TBC

Kiltwalk

Join Team St Andrew's for Kiltwalk events across the country in 2024.

Visit

www.thekiltwalk.co.uk for details.



10 May 2024

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, e-mail lynsey.scobie@standrews.scot.nhs.uk or call 01236 772047.

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





15th June 2024

Midnight Walk

📍 Ravenscraig Regional 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.

To register, e-mail angela.mcparland@standrews.scot.nhs.uk or call 01236 772041. Alternatively, you can register online at www.st-andrews-hospice.com/events

Registration fee: **£20**



31st August 2024

Ben Nevis Challenge

📍 Ben Nevis

Includes return travel to Fort William by bus from Lanarkshire and dinner, bed & breakfast, returning to Lanarkshire on Sunday 1st September.

Trek the UK's highest mountain with local guides.

To register, e-mail richard.trott@standrews.scot.nhs.uk or call 01236 772042. Alternatively, you can book online at www.st-andrews-hospice.com/events

Registration fee: **£25**

Minimum Sponsorship: **£400**

28th July 2024

St Andrew's Hospice Bungee Jump

📍 St Andrew's Hospice Grounds

This year, you have the option of bungee jumping from a crane 160ft high or doing a reverse bungee where you will be launched from a standing start to 160ft high in the air.

To register, e-mail andrew.flynn@standrews.scot.nhs.uk or call 01236 772081. Alternatively, you can register online at www.st-andrews-hospice.com/events

Registration fee: **£25**

Minimum Sponsorship: **£200**



MORE EVENTS ONLINE AT

WWW.ST-ANDREWS-HOSPICE.COM/EVENTS/



SCAN ME FOR MORE

IT'S A KNOCKOUT



PROUD TO SUPPORT

St. Andrew's Hospice

Visit us at www.st-andrews-hospice.com

Saturday 11th May 2024

Strathclyde Park

Register your team at

www.st-andrews-hospice.com/events

