

GALWAY HOSPICE newsletter

APRIL 2020



TREK AMALFI COAST

Make memories on our
International Trek

'IT REALLY IS THE HIGHLIGHT OF MY WEEK'

Colette Grealish Keane
shares her story

LOVE IS IN THE AIR

Connacht Rugby players
visit the Hospice for
Valentine's Day

THE GRIEF CAFÉ

New drop-in
bereavement
support service

30 YEARS OF GALWAY HOSPICE

Dan Keane shares
his first memory
of Galway Hospice



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WELCOME

Welcome to the first edition of our newsletter for 2020. In 2020 we are celebrating 30 years of care at Galway Hospice. Our community team started caring for people in their own homes in Galway City and County in January 1990. The service commenced with a small team of two full time and two part time employees who looked after just 74 patients in 1990. Thanks to your support and generosity, the service we provide today has expanded significantly from that fledgling service and we now have over 25 people working in our community team. In 1990, all 74 patients cared for by the service had a cancer diagnosis, last year 40% of the 894 patients that we cared for at home had a non-cancer diagnosis. Demand for our service continues to increase and we expect the number of patients that we care for at home to exceed 1000 in the very near future. Further details of our activity levels for 2019 are below.

This time last year we received notification that An Bord Pleanála had overturned our planning permission for the new hospice at Merlin Park. As a result of this decision we have been forced to abandon our plans for the Merlin Park site and we are actively searching for an alternative site.

We are living in unprecedented times, and Galway Hospice like all other healthcare organisations has been actively working and putting plans and measures in place to support the patients and families who need us during the Covid 19 pandemic. This unfortunately has resulted in some changes to the services we offer, these measures have been implemented to protect our staff, patients and volunteers.

- We have suspended our Day Care service temporarily. It is with great reluctance that we have taken this decision as this service provides an invaluable outlet to patients and carers and many close friendships have been formed at Daycare. Our Community Team will continue to provide support to these patients in their own homes during these difficult times.
- Our Community Team continue to support over 220 patients at home and we are expecting the demands for this service to significantly increase due to the Covid 19 outbreak as we will need to provide support and guidance to hospitals, nursing homes, GPs and public health nurses who will be caring for Covid patients at end of life.
- It is with great reluctance that we have had to impose significant restrictions on visitors to our Inpatient Unit. Patients in the Inpatient Unit are extremely vulnerable and we have to minimise traffic in the building to protect these patients and the staff who are caring for them.

We have received no additional funding from the HSE despite the double-digit growth in demand for our services over the past four years so this has really increased our reliance on fundraising to maintain services. Last year we needed to raise €6,300 per day to maintain services, due to increased demand for the service and cost increases this figure has increased to €7,500 in

2020. I know that many people are experiencing financial difficulties due to the current pandemic but I am appealing to those who are in a position to do so to support the campaigns we will be running over the next few months to ensure we can sustain the essential services that we provide. If you have organised or supported an event for Galway Hospice in the past, please consider making an online donation instead during these challenging times.

I want to conclude by thanking you for your continued support last year, which helped us to raise €2.45million. Please follow HSE advice and stay safe during these challenging times and we look forward to meeting up with you again when the current emergency is over.



Thank you

Chief Executive

What we did in 2019

Our Community Team made 7,949 visits and 22,761 calls to patients living in their own homes

There were 1,113 attendances to our Day Care Service

There were 323 admissions to our Inpatient Unit

In 2019, our patients availed of the following services:



977
Aromatherapy
Treatments



317
Creative Therapy
Sessions



1704
Physiotherapy
Sessions



1489
Occupational
Therapy Sessions



331
Hairdressing
Appointments



144
Chiropody Sessions



IT REALLY IS THE HIGHLIGHT OF MY WEEK

GALWAY HOSPICE DAY CARE PATIENT COLETTE GREALISH KEANE SHARES HER STORY

My name is Colette Grealish Keane, I am originally from Mervue, I then moved to Tuam and raised three sons before moving back to Galway City to the Renmore area. I worked as a Home Help for over 30 years before I fell ill and never imagined that one day I would myself be in need of the same care.

I was diagnosed with breast cancer in August 2018 and it was a huge shock to me, my friends and my family, I was in hospital for eight weeks before finally coming home. Everything had to change from my sleeping arrangements to a long list of hospital appointments and medication. I struggled with the fact that I was so active and independent to losing my mobility nearly overnight. At the start if it wasn't for my friends or family and my son Paul, who is also my carer now, I am not sure how I would have managed.

During one of my many GP visits she suggested that it would be of benefit to me to attend the Day Care Unit at Galway Hospice, she said it would give me a boost and the Doctors and Nurses there would be able to help with my pain management, their social workers would also be able to advise me on how and what I could get to make my day to day life a bit more bearable. Initially I said 'no' as I felt it wasn't for me and I went the first day reluctantly. Instantly I was made feel welcome and they couldn't do enough for me and I have been coming weekly for the last fifteen months.

It really is the highlight of my week. To me, when I used to hear the word Hospice it conjured up images of doom and gloom and sadness, but going through the doors the first day, I was shocked to see that it was lovely and bright and airy, people were sitting around playing games, chatting about their weeks over cups of tea and buns and the mood was very positive and upbeat. The Doctor assessed me and put me on painkillers that finally alleviated my pain from the surgery.

The amount of things on offer also blew my mind, from bingo to aromatherapy to yoga and massage, flower arranging and card making. I get my hair cut and washed every week and my nails done. My personal favourite is the art classes. I had always wanted to do art but never had the time or the facilities before so I took to it like a duck to water. The teacher was lovely and patient and unknowingly I was painting feelings I didn't know I had that needed to be processed. It became the form of therapy that suited me best.

They come for me every Wednesday morning and bring me to the Hospice on a special wheelchair accessible bus, I have made lots of new friends there and I find it very nice to listen to other people's stories and what they went through and I enjoy sharing my story with people that can understand what I have and am continuing to go through. Every Christmas they put on a big spread for us and we gather around to light the Christmas tree, family and friends are welcome and I enjoy showing them around the place that has given me so much comfort.

Overall I don't think I would be as far down the recovery path as I am now if it weren't for the Doctors and Nurses and all the staff on the hospice. It has made me feel less isolated and more human, I now know that I am not going through this alone as I sometimes felt at the start when I was in the hospital room by myself. Attending has totally changed my perception and I tell everyone who will listen what the Hospice actually does as the image I had before going is still out there.

– Colette Grealish Keane

INTERNATIONAL CHILDREN'S PALLIATIVE CARE CONFERENCE

The 4th International Children's Palliative Care Conference took place in NUI Galway on 21st and 22nd November 2019. The Galway Hospice Community Palliative Care Team and Medical Social Work Department presented three posters at the conference, which focused on 'Contemporary Challenges In The Care Of Children With Complex And Palliative Care Needs'.

The Community Palliative Care Team presented a poster 'Parental Stress In Specialist Paediatric Palliative Care' which was a study undertaken exploring the stressors that parents experienced caring for a child with palliative care needs and recommendations for professionals supporting these families.



Pictured at International Children's Palliative Care Conference: Breda Cryan (CNSP), Caroline Quinn (A/Principal Medical Social Worker), Brigid Lyons (CNSP) and Jane Fitzgerald (CNSP).

The Medical Social Work Department presented a poster 'Keepsake and Memory Work' and highlighted the importance of continuing bonds for families who have experienced the death of a child and to ensure the story of the child's life is captured and recorded.

The Bereavement Support Group provides a therapeutic space for children to share their story of grief and loss and enables the children identify coping skills and strengthen supports. Feedback received was very positive and the Medical Social Work Department will continue offering this type of support to bereaved children.

As part of the Galway Hospice Bereavement Support Service, the Medical Social Work Department offer bereavement support groups to bereaved children. The team presented a poster titled 'Maintaining Connections Through Group Work: An Evaluation Of A Children's Bereavement Support Group' which identified the findings of a children's bereavement group that was facilitated in 2018.



Pictured with the new minibus is Volunteer Driver Pat O'Connell, Galway Hospice Chief Executive Mary Nash and Seán Fleming, Sales/Business Manager at JJ Fleming.

BEEP BEEP, GALWAY HOSPICE GETS A NEW BUS

Galway Hospice has taken delivery of a new, specially adapted minibus for patients with restricted mobility. The new minibus from JJ Fleming was part-funded by the Department of Rural and Community Development's CLAR programme for Mobility and Cancer Care Support and thanks to the fundraising efforts of Galway Hospice Volunteer Pat O'Connell.

Volunteer Driver Pat raised €26,606.49 by cycling over 1,400km from Land's End to John O'Groats in just 10 days to raise funds for the new Galway Hospice minibus. This minibus will ensure Galway Hospice can continue to provide transport to patients affected by life-limiting illness into the future. The new minibus is a vital resource, particularly for our Day Care service. Each week, Volunteer Drivers like Pat collect patients from around Galway City & County to bring them to the Day Care Unit so they can avail of services including medical review, nursing, physiotherapy and art therapy. Last year alone there were over 1,200 patient visits to Hospice Day Care.



Walking the Amalfi Coast, Italy

Date: Saturday 17th – Saturday 24th October 2020

Duration: 7 Nights

Difficulty Level: Moderate
Approximately 3-6 hours walking per day.

Following on from the success of our 1st International Trek last October, we are delighted to announce our 2nd International Trek will take place this October to the Amalfi Coast, Italy and help us raise funds for Galway Hospice.

Trek Amalfi Coast promises to be full of memories and one you really don't want to miss! This trek from Saturday 17th to Saturday 24th October 2020 has been specially designed for the Galway Hospice trek so we can see some of the best bits of the Amalfi Coast including Naples, Pompeii, Vesuvius to name but a few!

Overview of the Trek

A web of ancient pathways winds along shoreline cliffs, leading from charming coastal towns, through rustic woodlands and up to beautiful villages perched atop craggy peaks. Highlights include our hike along the stunning 'Sentiero degli Dei' ('Footpath of the Gods'), one of the world's finest day walks, the wonderful walk into the intriguing Valley of the Mills, the location of Europe's first paper mills, almost a 1,000 years old and the spectacular villages of Positano, Atrani and Ravello. And of course beautiful Amalfi itself.

How to get involved?

With double figure increases in the demand for Hospice services, the International Trek will help raise funds to support our vital services in 2020. This promises to be a truly spectacular trip.

We need you to raise a minimum of €3,000* for the trip which includes a non-refundable deposit of €300**. Included in this €3,000 is your flights, accommodation, dining as outlined in itinerary, guides and vital funds for Galway Hospice (a minimum of €1,700 from each participant will go to Galway Hospice). The total amount must be paid to Galway Hospice no later than 14th August 2020.

To help you along the way, if you decide to encourage a friend to come, we will offer you a €200 discount from your fundraising total.

Don't worry, the Galway Hospice Fundraising Team are here to help with lots of fundraising resources from posters, fliers, collection buckets, sponsorship cards or even some promotion on our social media channels. We also have loads of ideas to get you started so do get in contact.

We do hope you'll join us this year for our second international trek.

If you have any questions about this event please email the team at fundraising@galwayhospice.ie or phone 091-770868 to talk to the team during office hours 9am - 5pm.

**Please note if you wish to book a single room that this must be done at registration and the Single Room Supplement is an additional €195 (not payable from fundraising).*

***Deposits must be paid to secure a place and the deadline for deposits is Friday 29th May (or until the trek is full).*



Galway Hospice's 1st International Trek in 2019 raised an amazing €57,024.70 for hospice services. At the presentation of the proceeds from the 1st International Trek are: (back row) Trish Burke (Galway Hospice), William McDonagh, Carmel Moylan, Maura Cooney, Colette Dodd (Galway Hospice), Ann Marie Ruane and Matt Stratford, (front row) Yelana Harvey, Mary Tierney (Galway Hospice), David Brick, Jane Maher.



THREE DECADES OF CARE

PROVIDING CARE IN THE LOCAL COMMUNITY

In 1987 a group of doctors and nurses identified the need for a hospice service in Galway. They came together and started fundraising for the service and as a result on 1st January 1990, Galway Hospice began providing care in our local community.

We are sure those brave and visionary people who galvanised support for the hospice all those years ago would be incredibly proud to see how their efforts have blossomed into the wonderful, outstanding hospice we have today.

It was a small team with big dreams who wanted a hospice to provide care for as many patients with life-limiting illnesses as possible, enabling them to live with dignity, in the comfort of their homes. Starting with two full time nurses in Community Care, it wasn't long before demand for the service grew and the team increased to six nurses by June 1990. Over the next three decades, the organisation flourished and grew, touching thousands of lives along the way.

Community Palliative Care still remains one of our most important services. Breda King, who began as Staff Nurse with the hospice in 1998, and is now the Director of Nursing, tells us why care at home is so meaningful to the patient, family and staff.

"In my years providing palliative care to patients

and families in their homes I soon discovered that it is in their homes I got to know the patient as a person. Through conversation and listening I soon learned the person's love of sport, interest in farming, the family tree, knowledge of local news or indeed whatever piqued their interest. The weather was always a safe topic to start any conversation where there may be a silence. Such conversation opens soon led to the development and building of unique relationships that enabled us to journey with them during their illness and lasted a lifetime," explains Breda.

In addition to home care provided by the hospice, in 1995, following significant fundraising efforts by the people of Galway, the Inpatient Unit facility at Renmore was built. However, it wasn't until late 1997, that the facility opened.

For the staff at the heart of Galway Hospice in 1997, it was a momentous day when the doors opened. "My favourite memory was the admission of our first patient through the doors of Galway Hospice in Renmore to our Inpatient Unit on 8th December 1997," explains Colette Dodd, Finance Manager, since 1994.

"The building was completed in 1995, with Administration, Fundraising and Home Care Team operating from the building, however no funding had been secured from Western Health Board (now HSE) until 1997. We spent 2 years lobbying local politicians and government holding rallies around the county and busing our supporters to the venues to secure the funding."

The Day Care unit opened in 1998, offering an environment where patients can meet people facing the same experiences. It also provides an opportunity and access to our multi-disciplinary team.

In late 2015, the Hospice completed the addition of six inpatient beds in single rooms, in association with the construction of a new entrance from the Dublin Road. Despite the setback faced after the reversal of planning for a new larger capacity Hospice at Merlin Park, plans for development into the future continue at Galway Hospice.

From humble beginnings, the service has grown into the extensive consultant-led multi-disciplinary service that currently looks after over 1,000 patients per year in the Inpatient Unit and in the patient's own homes. We are caring for more people than ever before, for longer and with a greater range of illness and complexity of needs. We go to great lengths to enable people to live as well as they can with a life-limiting illness, creating environments where families can have the space, peace and time to make positive, lasting memories.

Galway hospice provides its service to patients and



Pictured at the launch of the Galway Hospice in 1990 were: Prof. Eamonn O'Dwyer, Cllr. Angela Lupton, Mrs Maeve Hillery, Dr. Brenda O'Halloran and Dr. Padraic O'Conghails.

WE CAN MAKE EVERY MOMENT MATTER,



Long serving staff, Mary Tierney, Fundraising & Events Coordinator; Breda King, Director of Nursing and Colette Dodd, Finance Manager.

their families free of charge. We have been able to do this due to the tremendous support of the people of Galway who have supported us from the very beginning and have raised over €40million for the service. This money has been essential to ensure that we can provide care to those living with a life-limiting illness in our community when and where they need it.

"There have been so many fundraising events that stand out but a few of the highlights include the initial Buy a Brick campaign where people of Galway bought a brick for £5.00, £10.00, or for different amounts that raised the essential funds to build the

Hospice in Renmore," explains Mary Tierney, Fundraising & Events Coordinator, since 1994.

"Another would be "Trucking for Hospice" when local people in a Galway village reversed trucks and tractors around their local area to raise funds. There has been so many unique and different events that have been vital towards the continuation of the service we provide. The continued support of the people of Galway over the past 30 years is greatly appreciated".



Dan Keane, Standards & Practice Development Co-ordinator at Galway Hospice

Certainly, people were very sick and family members were anxious and upset, but as most of my previous experience as a Nurse had been in Emergency Departments and Intensive Care Units, this was not a new experience for me.

What was different in Galway Hospice that night was that the staff actually cared. Not just "cared for" people in the traditional sense, but "cared about" them. Staff gave out pills and injections like Nurses everywhere but then sat down with people to comfort them.

It may sound simple, but it decidedly is not; in many ways it is the most difficult thing for a Nurse to do. It is all too easy to give an injection and walk away – we can rationalise that an injection won't take effect for several minutes and that there are always other tasks to take care of. It is not easy to sit with a person who is in pain and just be there with them. That connection may take the form of a distracting chat, or a soothing word, or a gentle touch or a shared silence. Compassion is one of the core values of the Nursing profession and it is no coincidence that the Latin root of the word compassion is 'to suffer together'.

Within Emergency Departments and Intensive Care Units, and all too often nowadays on general hospital wards there is a noisy and chaotic atmosphere. There are machines beeping incessantly and there are patients (and often staff) shouting, with staff (and often patients) running around seemingly at random. Most staff who work in that environment thrive on that chaos, as did I, but most patients do not. They suffer alone.

My abiding memory of that first night was the atmosphere of calm that could be felt despite the gravity of the situation in which some of the people found themselves.

That night opened my eyes to a world of Nursing that I had given up on hoping for; a place where people were treated as individuals and afforded the dignity and respect that everybody deserves. The enthusiasm for the Nursing profession that was rekindled within me that night led me to join the team at Galway Hospice and it continues to burn almost 20 years later.

CARING FOR AND CARING ABOUT PATIENTS

Dan Keane shares the experience of his first night working as a Nurse at Galway Hospice.

I had become disillusioned with Nursing in 1999 and left the profession entirely because I felt that people were being treated according to their diseases and the needs of the hospital rather than based on who they were & what they wanted as individuals. Quite reluctantly, and only to pay for a family holiday, I took a job as an 'Agency' Nurse in December 2001 and was immediately booked for a night shift in Galway Hospice.

On that first night I was greeted warmly by the nurse in charge, given a tour of the building and introduced to staff and patients (not one of those things had ever happened before, based on previous experiences of 'Agency' work in England and Australia).

At that time, I had heard almost nothing of Palliative Care and the little that I thought I knew turned out to be entirely incorrect.

THANKS TO THE MOST AMAZING PEOPLE – YOU!



LOVE
IS IN
THE AIR

CONNACHT RUGBY
VALENTINE'S VISIT



Love was in the air at Galway Hospice when Connacht Rugby players visited the Hospice for Valentine's Day. Volunteer Florist Marian Beatty helped Joe Maksymiw and Darragh Leader to create special Valentine's floral arrangements, while Ultan Dillane, Peter Robb, & Dominic Robertson-McCoy also delivered red roses and heart cupcakes to patients and volunteers in our Day Care Unit and In-Patient Unit. Thank you to our friends at Connacht Rugby for their continued support of Galway Hospice.

THE GRIEF CAFÉ

Galway Hospice has launched a new Drop-In Bereavement Service'

Grief is a natural process of reaction and adjustment to loss and change. Everyone grieves differently, some may need extra support through their bereavement, and the Medical Social Work Department provide a range of bereavement support services to individuals who have been bereaved by the loss of someone under the care of Galway Hospice.

Currently the Medical Social Work Department, with the support of Bereavement Support Volunteers, offer individual support to both adults and children, group work and family bereavement support. In recent times however there has been an increase in demand for more informal support and specifically, peer-to-peer support. Due to this demand, the Medical Social Work Department have established a drop-in bereavement support service which will be called the Grief Café. It will give bereaved people an opportunity to come to the Hospice, meet other bereaved people over a tea or coffee, while also having the support of trained bereavement support volunteers and medical social worker.

It is hoped the group will provide bereaved people with an opportunity to gain support from each other as they cope and come to terms with the loss of someone special in their lives. It will be an informal space for people to speak to others about their loss, to understand the grieving process and explore ways of living more comfortably with their loss. The opportunity to share thoughts with other people in a similar situation will hopefully help combat the feelings of isolation that can come with bereavement while encouraging bereaved people to find a positive way forward with peer support and friendship.

The drop-in Grief Café will be facilitated by the Medical Social Work Department supported by trained Bereavement Support Volunteers. The group will meet fortnightly on a Monday afternoon in the Day Care room in Galway Hospice and refreshments will be provided. For further information on The Grief Café, or any other bereavement support services, please do not hesitate to contact Yvonne Hughes, Bereavement Volunteer Co-Ordinator on 091-770838 or yhughes@galwayhospice.ie



GALWAY HOSPICE BEREAVEMENT SUPPORT VOLUNTEER AILEEN FITZGERALD SHARES HER EXPERIENCE

I have been a volunteer in Galway Hospice for over 17 years, mainly providing evening reception cover and Christmas cards. When I saw the advert for training for Bereavement Support Service Volunteers, I jumped at the chance to apply and was lucky to be accepted.

As part of a fabulous group we participated in workshops and 60 hours of training. Through presentations, lectures, group work, role play and personal reflection we learned about the dynamics and process of grief and bereavement and how as Bereavement Support Service Volunteers we could add value to the professional bereavement service that Galway Hospice provides.

Since completing the course, I have volunteered at a number of Remembrance Evenings and a 4-week Adult Bereavement Group. These sessions can be highly emotional for those attending and it is a privilege to be allowed, as a stranger to them, into their lives for a short period during possibly their most vulnerable time. My aim and hope is to offer compassion, support, a listening ear and not be intrusive.

It is a privilege to be part of the Galway Hospice Bereavement Support Volunteer Service.



a 2011 Ford Fiesta
with thanks to Sheils Motor Group

a Family Holiday to France
with Keller Travel

Draw will take place

**Friday
29th May
2020**

or a Cash Prize

and help raise funds for Galway Hospice

Tickets €10 or 3 for €20



Sheils Motor Group
Galway



Call 091 770868 or
www.galwayhospice.ie/carraffle

BREWING UP A STORM FOR HOSPICE

The 27th year of Ireland's Biggest Coffee Morning was one of the biggest ever for Galway Hospice, with our Coffee Morning Hosts raising over €150,220.94 for Hospice services in 2019.

Over 300 Coffee Mornings took place in homes, businesses, schools, community centres, churches and more around Galway City & County as part of Ireland's Biggest Coffee Morning on 19th September and throughout the year.

A fundraising campaign like Ireland's Biggest Coffee Morning for Hospice Together with Bewley's is extremely important in terms of sustainable fundraising. Galway Hospice is grateful to all its Coffee Morning Hosts, many of whom have been serving coffee and cake in support of Galway Hospice for over 30 years.



Bewley's Grafton Street hosted a special awards ceremony in October to thank Hosts for their contribution to Ireland's Biggest Coffee Morning for Hospice. Galway Hospice Host Winner was Eileen Regan of Regans of Clonboo, a dedicated supporter of Galway Hospice. Pictured is Eileen Regan with Veronica Campbell from Bewley's and Charlene Hurley from Galway Hospice.

SAVE THE DATE

Ireland's Biggest Coffee Morning 2020 takes place on Thursday 24th September. Get involved by hosting your own Coffee Morning at home, in your office or school, attending one of the hundreds of Coffee Mornings taking place around Galway, or attending Galway Hospice's Coffee Morning on 24th September.



The Menlo Park Hospice Golfers have donated a total of €102,529.40 to the Galway Hospice Foundation since 2007

The Menlo Park Hospice Golfers began in 2007, when a few local golfers decided to organise a game of golf in memory of Paddy Francis. The owner of the Menlo Park Hotel, Paddy had passed away from cancer and had been in the care of Galway Hospice.

Paddy's son John organised the Paddy Francis Memorial Trophy as the golfers played their first outing, which took place in Claremorris Golf Club. A total of €1,200 was raised with 22 golfers taking part. This was to be the beginning of the Menlo Park Hospice Golfers.

The Menlo Park Hospice Golfers now hold four golf outings every year with an average of 50 golfers taking part in each outing. In addition, the Menlo Park Hospice Golfers also hold a White Collar Boxing event every year.

Since 2007, the Menlo Park Hospice Golfers have donated a total of €102,529.40 to the Galway Hospice Foundation.

MENLO PARK HOSPICE GOLFERS RAISE OVER €100K FOR HOSPICE

"I AM PRIVILEGED TO ACCOMPANY PEOPLE ON THEIR JOURNEY"



DAVID CRIBBIN SHARES HIS EXPERIENCES OF SERVING AS A PASTORAL CARE CHAPLAIN AT GALWAY HOSPICE

My journey to being a chaplain in Galway Hospice has been a long and very varied one. For 20 years I was a priest in The Philippines and in Ireland. For eight of those years, I was chaplain in the Galway University Hospital and it was a role and ministry that I really loved, enjoyed and found particularly fulfilling and suited to.

As a hospital chaplain you see the whole of life, everything, from life and death in the maternity ward, to the neonatal ward, ICU, A&E, the oncology wards along with every other ward and area of the hospital. It was a very privileged, rewarding and humbling place in which to work. During my eight years in GUH, I saw and experienced a huge amount of life's ups and downs, of sickness, healing, tragedy, courage, love, care and bravery. It was during my time there that I discovered that I was particularly drawn to end-of-life care.

Then, three-and-a-half years ago, I felt that it was time for a change of direction in my life and so I decided to leave the priesthood and walk another road. I subsequently found myself reflecting on and looking at what to do and where to go next in life. What became clear to me from the outset was the reality that I loved chaplaincy. It was second nature to me as I had already spent most of my life, whether in parishes or in hospital, doing it and living it out. So I retrained and upskilled and afterwards got a chaplaincy post in Milford Hospice, Limerick. A year later a chaplaincy job was advertised for Galway Hospice which I applied for. I was fortunate enough to have been offered the position and that is how I ended up back in Galway and here in Hospice doing something that I love. Hospice chaplaincy was a natural progression for me, not too dissimilar, in some ways, to what I was doing previously and yet very different in others.

When people are sick they are very vulnerable. Families too are equally upset and appreciate that someone has time to spend listening to their fears and anxieties. Pastoral care is all about accompanying patients and their families on their journey through life with sickness.

Spirituality is what gives meaning to a person's life. When someone is facing end-of-life or has a life-limiting condition life is thrown upside down and, very often, things that once gave meaning to the person no longer do. That is a spiritual crisis and our role as chaplains is to help patients and their families find meaning again in the new reality and world of illness in which they find themselves. As a chaplain, I try to offer spiritual and emotional support to people in their search for meaning. Pastoral Care is all about listening to people's stories and in trying to help people to express their feelings. We work with other disciplines in providing a holistic service that is geared towards total patient care and ministry to their family.

As a hospice chaplain I am in a privileged position to be able to accompany people on their journey through life and into death while all the time supporting their family members.

The role of Hospice or Hospital chaplain has changed dramatically over the years. Up until about 10 years ago chaplaincy was a role generally served by priests and nuns and, as a result, was widely seen as being primarily religious by nature. However, in recent years, the role of the chaplain has evolved and changed hugely so as to meet and to adapt to the changing, multi-cultural, multi-faith, secular and diverse Ireland in which we now live.

As a result most hospice or hospital chaplains now are lay chaplains and our role is to be available to journey with all patients of any faith and none. It does not matter to us what people believe or don't believe in. We are here for everybody so as to help them 'find their feet again' in the new reality of sickness in which they find themselves.

For some people, religion is what gives meaning to their life, for more people it is family, the environment, their job...just about anything. When you get sick or are faced with a life-changing or life-limiting illness, what has given meaning to you up to then is very often gone or changed dramatically. As a chaplain, you're here to help people find new meaning as they face end-of-life or face life-limiting conditions.

People associate spirituality with religion but while everybody is spiritual, not everybody is religious. Our ministry is to patients, relatives and staff of all faith traditions and of none. We link in with the different churches, different faiths, if that's what gives people strength... Whatever is important for the patient and for their family is what is important to us and we try to address their needs and concerns, support them, be there for them and most importantly to listen to them.

One of the commitments that the Hospice makes to families when their loved ones come into our care, is that we will look after their loved one for as long as they are in our care. We also make a commitment to the patient that we will look after their family when they've gone and we do so by offering ongoing bereavement support.

I spend a lot of time sitting with people who 'pop-in' to the Hospice for a chat and a cuppa in the weeks or months after their loved one has died. There can be great healing in coming back to the Hospice after a loved one has died. Very often all people want is someone who will listen to them....and that is what we do as chaplains... We listen and we let the other do the talking.

It's the thing with hospice, everybody needs everybody. If the fundraisers weren't fundraising, the doors wouldn't be able to open in the morning. If the cleaners weren't working, the Hospice would shut down for health and safety reasons and so on. No one job is any more important than another. In Galway Hospice every role is equally important.

We all exist and work together so as to provide the best possible holistic care to our patients and to support their family members to the very best of our ability while they are in our care. That is our bottom line. That is why we exist and that is what we do best.

– David Cribbin



The Warrior

By Olive Shaughnessy

As I sit in the silent ponder,
In this hospice bay,
Thinking of the times gone by,
And the unspoken words I'd say.

But to get a chance to say to them,
To my Family so dear,
How they filled my life with so much love,
With a bond that's blessed and rare.

A bond that can't be broken,
No Cancer, you can't claim,
You might take my body over,
But "Olive" will remain the same.

You've stopped my walk,
You've claimed my sleep,
You've gave me a Royal makeover,
But Cancer my sweet,
You don't see underneath,
The warrior in me – The soldier.

As I sit and write, well into the night,
Through Midnight hours till Morning,
I think of you – What you're putting us through,
Before I knew, it was dawning.

Another day, let's give thanks and pray,
It's good to be alive,
Another run, to enjoy the sun,
And build sandcastles in the sky.

Embrace each day with gratitude,
Through laughter, love and song,
Cause with a blink of an eye,
The years will fly by,
Until Jesus calls us home.



FRIDAY

29TH
MAY

First prize in the **GALWAY HOSPICE CAR RAFFLE** is a brand new Ford Fiesta to the value of €20,000, sponsored by Sheils Motor Group Galway. All funds raised through our Car Raffle directly help our patients and families.



FRIDAY AND
SATURDAY

5&6TH
JUNE

Support our annual **SUNFLOWER** collection by purchasing a Sunflower, or volunteer to sell Sunflower items in your local community.



SATURDAY

20TH
JUNE

Whether it's your first time or 100th time climbing the Reek, join us for the **ANNUAL CROAGH PATRICK CLIMB** for Galway Hospice.

GALWAY HOSPICE

2020

FUNDRAISING DIARY

SATURDAY

8TH
AUGUST

See the city as never before by taking part in the annual **STREETS OF GALWAY**, one of the most prestigious road races in Ireland.

SUNDAY

13TH
SEPTEMBER

The **GALWAY MEMORIAL WALK** is Galway Hospice's biggest annual fundraising event, and has become a very special and deeply personal event for the people of Galway.



THURSDAY

24TH
SEPTEMBER

Ireland's **BIGGEST COFFEE MORNING** is a chance to get your friends, family, colleagues or community together over a cuppa and help raise funds for Galway Hospice!



SATURDAY & SUNDAY

26TH/27TH
SEPTEMBER

Give an hour or two of your time to help support your local **CHURCHGATE COLLECTION** for Galway Hospice.



OCTOBER

Galway Hospice's action-packed version of the popular TV gameshow, **The Kube** challenges contestants to complete simple tasks inside a Perspex cube. Can you beat **THE KUBE** and secure the first prize of €1,000?





CLIMB CROAGH PATRICK FOR GALWAY HOSPICE



The 10th Annual Croagh Patrick Climb in aid of Galway Hospice takes place on Saturday 20th June 2020

Over the years, the Croagh Patrick Climb has grown and created many wonderful memories for all involved, as well as raising vital funds for Galway Hospice. The 2019 Climb raised a record €89,129.82 for Hospice services.

The Climb is aimed at individuals, as well as groups, clubs and companies. It might be your first time climbing Croagh Patrick or it might be your 100th time, but either way, we promise that you won't regret it! So dust off those boots and join Galway Hospice for this exciting challenge.

To register for this year's Climb:

- Complete the registration form at www.galwayhospice.ie/climb
- Telephone the Fundraising Team on 091-770868
- Call/text Shane on 087-2220807
- Email fundraising@galwayhospice.ie

Keep an eye on our social media platforms for details of our virtual climb videos.





MEMORIAL WALK 2019

This year's Memorial Walk takes place on Sunday 13th September
– www.galwayhospice.ie/walk (registration opens in July)

Occupational Therapy - Promoting health and well-being

Occupational Therapy is a person-centred health profession concerned with promoting health and well-being through occupation. The primary goal of Occupational Therapy is to enable people to participate in the activities of everyday life. Occupational Therapists achieve this outcome by working with people and their families to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement and overall quality of life.

The annual World Occupational Therapy Day 2019 took place on 27th November. It is an awareness day run by the World Federation of Occupational Therapy to promote the value of occupational therapists and the work that they do across the world. The Galway Hospice Occupational Therapy team celebrated this day with tree posters. This project sought the feedback of patients, families and staff members in relation to what Occupational Therapy means to them.

Feedback included 'Improving quality of life in caring way', 'Helping me adjust to change', 'Promoting independence', and simply 'Everything'.



Celebrating World Occupational Therapy Day in Galway Hospice, Deirdre Moran, Senior Occupational Therapist, Aideen McKiernan, Occupational Therapy student NUI Galway and Vanessa Butler, Occupational Therapist.

SAVE THE DATE

Hospice Sunflower Days 2020: Friday 5th & Saturday 6th June

The Sunflower is the international emblem of Hospice care. Each year, our dedicated volunteers sell Sunflower pins and other items across Galway to help raise funds for local services on Hospice Sunflower Days in June.

Thanks to the support of our incredible volunteers and supporters, Hospice Sunflower Days raised an amazing €83,040.35 for Galway Hospice in 2019.

These Hospice Sunflower Days are vital to sustaining our services. Without the support of our volunteers, the public and local businesses each year, Galway Hospice would simply not be able to continue to provide its services to patients and their families.

This year's Hospice Sunflower Days are coming up on Friday 5th & Saturday 6th June and we're hoping they will be the biggest and best yet!



Sunflower Day volunteer Freda Burke

How to Support Hospice Sunflower Days

To support Galway Hospice on Hospice Sunflower Days, keep an eye on Galway Hospice social media, see www.galwayhospice.ie/sunflowerdays, contact Fundraising on 091-770868 or fundraising@galwayhospice.ie

WORKING WITH GALWAY HOSPICE

Galway Hospice is seeking motivated and enthusiastic individuals to join our organisation in supporting patients from Counties Galway, Mayo and Roscommon with advanced diseases needing palliative care to attain the best quality of life possible.

Galway Hospice is noted for the provision of specialist palliative care services to adults and children with cancer and other life-limiting illnesses throughout Galway City and County, and on the adjoining islands.

A wide range of benefits will be on offer to successful candidates such as support for further education and development, competitive salary, subsidised restaurant, free parking as well as working with a dedicated and experienced team of professionals.

To view current vacancies at Galway Hospice, see www.galwayhospice.ie/recruitment





TREE OF LIGHTS CELEBRATION





GALWAY HOSPICE MEMORY TREE

To mark 30 years of Galway Hospice care, 2020 sees the launch of a special Memory Tree at the heart of the Hospice in Renmore.

The Memory Tree features 320 beautifully crafted bronze, silver and gold leaves that can be engraved with the name of a loved one, a family name or company name.

Each leaf on the new Memory Tree will help Galway Hospice to care for patients and families now and into the future.

Your leaf remains in place on the Memory Tree for one year, after which you can choose to renew your donation or have your leaf sent to you to treasure forever.

Leaf Options

Bronze Leaf – €100 one-off donation/€8.50 monthly donation

Silver Leaf – €150 one-off donation/€12.50 monthly donation

Gold Leaf – €250 one-off donation/€21 monthly donation

To dedicate a leaf to a loved one, please complete the attached form, go to www.galwayhospice.ie/memorytree or contact Fundraising on 091-770868 or fundraising@galwayhospice.ie

Memory Tree Form

Contact Details

Name:

Address:

Eircode:

Company Name (if applicable):

Galway Hospice will not share your details with any third party organisations. We would like to send you information from time to time, which could include fundraising activities and other information that we feel may be of interest to you.

We would be grateful if you could indicate your preferred method of communication below:

I am happy for you to phone me ☐ Y ☐ N My mobile number is:

I am happy for you to email me ☐ Y ☐ N My email is:

Leaf Options (please tick)

☐ Bronze  (€100 or €8.50 per month) ☐ Silver  (€150 or €12.50 per month) ☐ Gold  (€250 or €21 per month)

Tax Efficient Giving: Donations of €250 (€21 monthly) or more in a year are potentially worth an additional €112 to Galway Hospice.

Please engrave the following name or message on my Leaf: (limited to 26 characters including spaces). **PLEASE WRITE CLEARLY AND IN CAPITAL LETTERS.**

Donation Options – Please choose your method of donation from options 1 or 2.

1. One-Off Donation

☐ I enclose a cheque/postal order made payable to Galway Hospice

☐ I would like to pay by credit/debit card

Cardholder's Name:

Card Number:

Expiry Date: / Security Number: Donation Amount: €

2. Monthly Donation by Standing Order

To: The Manager,

Bank:

Branch: Date:

Please charge to my account: Account Holder's Name:

Account Number: BIC:

IBAN:

And pay to:

Account Name: Galway Hospice

Bank: Bank of Ireland

Branch: Mainguard Street, Galway

Account No: 45996235

Sort Code: 90-37-95

IBAN: IE55 BOFI 9037 9545 9962 35

BIC: BOFIE2D

The amount stated below at monthly intervals (please tick):

☐ €8.50 ☐ €12.50 ☐ €21 Commencing on first payment date: / /

Amount in words:

Signed: Date:

Bank Reference (to be completed by Galway Hospice):

Please send your completed form to: FREEPOST, Galway Hospice, Renmore, Galway, H91 R2T0.
Thank you for your support of Galway Hospice



Welsh Choir Concerts by Cór Meibion Ardudwy and Cana-Mi-Gei in Barna Church and St. Nicholas' Collegiate Church, Galway, raised €5,380.84 for Galway Hospice.



Mary Starr and Mary Guinan presenting a cheque for €5,090 from the Killimor 10K Walk/Run 2019 to Colette Dodd of Galway Hospice. The annual event has raised a total of €53,188.50 since 2013.



Jason Huban presenting €8,233.71 to Mary Tierney, Galway Hospice, in memory of his father, John Huban.



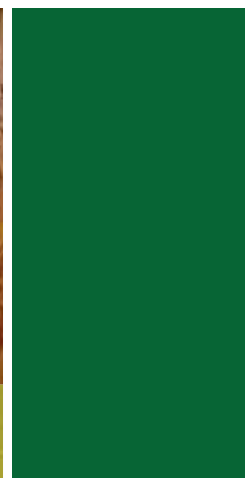
Artist Joe McCaul (65) rowed 350km from Belleek, Co. Fermanagh to Limerick City in a handcrafted rowing boat and raised €4,500 for Galway Hospice.



The Tierney Family, Maunsells Road, raised €2,150.20 for Galway Hospice in memory of their father, Mícheál.



The 6th annual memorial Run for Mary in Peterswell raised a total of €10,500 for Galway Hospice and Hand in Hand Children's Cancer Charity.



The annual Máirtín McGrath Memorial Cycle/Walk/Run 2019 in Carna on St Stephen's Day raised €9,500 for Galway Hospice.



Ginalee Healy's Tea Party & Cycle from One Nanny's House To The Other in memory of both her grandmothers, Nora Cahill and Annie Healy, raised €5,627.27.

THANK YOU TO OUR SUPPORTERS!