

# GALWAY HOSPICE newsletter

SEPTEMBER 2019



## 'HOSPICE WAS HOME FROM HOME'

The Gannon Family share their story

## HOSPICE HEADS TO HOLLYWOOD

Volunteers and supporters swap their day jobs for the red carpet

## COFFEE MORNING RECIPE

Brian's Tea Brack

## WHEELS IN MOTION

Pat O'Connell hits the road for Project Minibus

## IMPACT STATEMENT LAUNCH

TD Seán Kyne launches Galway Hospice Impact Statement 2018



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# WELCOME MESSAGE

Welcome to the September 2019 Edition of our Newsletter, which is packed full of stories about how you supported us over the past six months and how you are helping us to support the patients and families who need our services.

It has been a challenging year for the team at the hospice, we were devastated in February when An Bord Pleanála overturned Galway City Council's decision to grant planning permission for a new hospice at Merlin Park. The Hospice Board reluctantly decided not to seek leave for a judicial review, as there were significant risks and costs associated with a judicial review with no guarantee of success.

Our design team with the assistance of the HSE had made significant compromises on the design of the proposed new hospice to address the concerns raised by objectors both before and during the planning process; unfortunately, An Bord Pleanála and the objectors to the new hospice did not accept the compromises made by the Hospice.

We regularly have a waiting list for our services and demand as you can see below continues to increase so we urgently need a new hospice. I want to assure you, our supporters, that we are committed to building a new state-of-the-art facility in Galway City that will meet both current and future demands for our services. We are working with the HSE and other state bodies to identify a new site for the hospice and will not give up until a suitable site is found.

The need for the new hospice is more than evident from the increasing number of patients and families being referred to the service. Our Community Palliative Care Team cared for 561 patients and families in the six months to the end of June, which is an increase of 13% on last year. We are limited in the number of patients that we can care for in our Inpatient Unit due to the deficit in the number of inpatient beds in place for Galway, however we seek to maximise our bed capacity and occupancy in our Inpatient Unit over the first six months of this year was up 4% on last year.

It has not been all bad news in 2019, we refurbished our dining room earlier this year, which has resulted in the creation of a much more welcoming and relaxing environment for staff, patients and families. We are extremely grateful for the support we received from 'Smiles 4 Shauna' from Inis Mór who donated the funds required for the dining room refurbishment. They also very generously donated their time to help keep costs for the project to a minimum.

We also underwent a very successful three-day accreditation audit in May of this year. We had four auditors from our independent accreditation body CHKS on site for three days in May and they reviewed all aspects of the service and I am pleased to tell you that we achieved over 99% compliance on the audit. The auditors commented, "The survey team found that treatment and care is provided by truly genuine and considerate individuals; each trained, experienced and qualified staff as well as the volunteers who are each trained for their specific roles. Patients are treated with dignity and respect in an environment which is safe and secure for both patients, staff and volunteers with risks both clinical and non-clinical monitored and managed effectively to ensure minimal levels of risk." A copy of the final report from the auditors is available on our website.

We continue to seek to share our knowledge and expertise with other healthcare professionals and our community team facilitated an education session for senior nurses working in the community and nursing homes in March. Our Art Therapist and Occupational Therapist had an article, Finding Common Ground: Art Therapy and Occupational Therapy in a Palliative Care Setting, published in May's edition of the Irish Journal of Art Therapy. The International Handbook of Art Therapy in Palliative and Bereavement now includes a chapter written by our Art Therapist titled, "Blurry Vision: Introducing Art Therapy to Palliative Care Patients".

Palliative Care Week takes place each September and this year features two Galway Hospice patients, Kate Cameron and Colette Grealish Keane, who appear in a video project used nationally to promote awareness of palliative care. The videos can be viewed at [www.palliativehub.com](http://www.palliativehub.com)

We have also supported our colleagues in Mayo with design and fit out of the new 14 bed Inpatient Unit that will open there later this year. We have been asked by the HSE to take on full clinical and operational governance for the new facility and we are currently in negotiations with the HSE to secure funding to open the new unit. We hope to begin recruitment for the new unit in due course.

Despite the demand for our services almost doubling in recent years we have not received any additional funding from the HSE since 2015. This means that the amount we need to fundraise has continued to increase and in 2019 we need to raise €2.3 million to cover the deficit between what we receive from the HSE and what it costs to run the service. That's €4 for every single minute of the day. So it is not an understatement to say we just couldn't support the people of Galway who need our services without you. However, you are supporting us; the money you raise really makes a difference to those who need our services. THANK YOU.



## Here is how your donations help:



€2- Could pay for someone to enjoy a cup of tea and a scone in Day Care



€36- Could pay for a Bereavement Counselling Session with one of our Medical Social Workers to support family, friends and carers after the death of a loved one



€180- Could pay for fuel cost for one month for the minibus that collects patients in their own home and brings them to the hospice for Day Care each week



€1800- Could purchase an air mattress and pump to provide comfort and support to our most vulnerable patients





## JOIN THE WEEKLY DRAW

Support the work of Galway Hospice by joining our Weekly Draw. The Draw costs €1.27 per week and members are in with the chance of winning one of the two weekly prizes of €1,000 and €100.

### HOW TO JOIN

You can join the Draw by setting up a Standing Order or pay by cash, cheque or card directly to the Hospice. For more information on joining the Weekly Draw and to get a sign up form, contact [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie) or call 091-770868.

### PAYROLL DEDUCTION SCHEME

Companies and employees can join the Weekly Draw through a Payroll Deduction Scheme. This involves employees authorising their employers to deduct €1.27 per week or €5.51 per month from their wages, which goes to Galway Hospice.

Payroll Deduction Schemes are subject to agreement with employers. Some of the organisations that currently support the Galway Hospice in this way include Medtronic and Boston Scientific.



'They say 'charity begins at home'. The team at Galway Hospice are visiting homes every day, throughout Galway city and county. The Weekly Draw is a major source of income for the Hospice and we are delighted to support it' - Boston Scientific



'The Hospice has touched so many lives in our community. The Payroll Deduction Scheme is one small way to make a critical difference for this vital charity' - Medtronic



## Smiles 4 Shauna brings cheer to Galway Hospice Dining Room



In March 2019, Smiles 4 Shauna completed their first project by renovating the dining room in Galway Hospice, which was launched by Maura Derrane and Shauna's parents, Ann and Pat Fitzpatrick.

Smiles 4 Shauna is a charitable organisation set up in memory of teenager, Shauna Fitzpatrick, who tragically lost her battle to cancer in 2011 at the tender age of 16. Her parents and friends, from Inis Mór, set up the charitable organisation to support teenagers with cancer.

Just over two years ago, Ann approached the Galway Hospice with an idea that Smiles 4 Shauna would like to support their work and with that, the idea to renovate the current Dining Room to include a teenage corner was formed.



Before



After

The teenage area of the Dining Room has given teenage patients and visitors a space to be themselves and to relax.

Until Smiles 4 Shauna approached the Hospice and renovated the Dining Room, the space was uninviting to Galway Hospice's younger patients and visitors.

Thanks to Smiles 4 Shauna the patients, staff, volunteers and general public now have a brand-new refurbished dining room where they can relax on a daily basis.

The refurbishment of the Galway Hospice Dining Room will be a lasting memory of Shauna for many years.





Margaret & Maisie with Senior Occupational Therapist Deirdre Moran



## Finding Common Ground

From Aromatherapy to Pastoral Care, Chiropody to Physiotherapy, Galway Hospice's Multidisciplinary Team provides a range of supports and services to patients.

Staff across disciplines work together to deliver the highest level of care. In 2018, Occupational Therapy and Art Therapy at Galway Hospice worked with patients on a special project, 'Forest Feelings'. Inspired by an image of a forest within a newly opened Hospice ward, the project invited patients to create sculptures to explore and express ideas, memories and feelings evoked by the natural world and being outdoors.

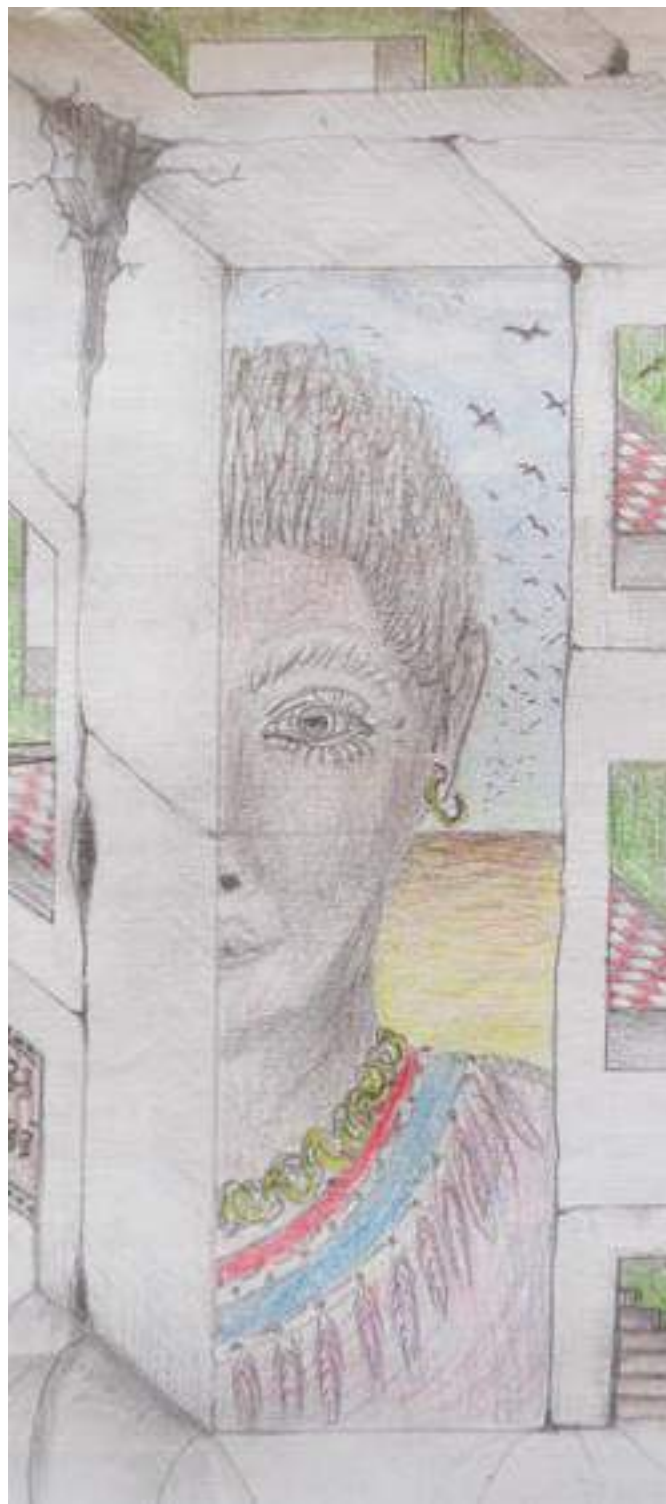
Guided by Senior Occupational Therapist Deirdre Moran and Art Therapist Deirdre Ní Argáin, patients from Day Care and the Inpatient Unit created plaster sculptures, using prints from natural and everyday objects and the human body to make art about their lives.

One of the participants, Margaret, was a very creative lady who created work based on her dog, Maisie. She included items in the sculpture like Maisie's lead, treats, favourite toy and a shell from the beach they walked on. Maisie was even involved in the process. Margaret requested that her piece be displayed in the Hospice and after she passed away it was given to her family, which they treasure.

"We have had very positive feedback about this therapeutic technique from patients, staff and family members. The joy and meaning these pieces have brought to both patients and their families has been remarkable," say Deirdre Moran and Deirdre Ní Argáin.

Following the success of the pilot project, the relief sculpture technique has been introduced as an ongoing option for patients across all services in the Galway Hospice Foundation.

**An article on the pilot project, 'Art Therapy and Occupational Therapy in a Palliative Care Setting: Finding Common Ground' by Deirdre Moran and Deirdre Ní Argáin was published in The Irish Journal of Art Therapy in May 2019.**



## 'Between the pencil and the paper there's a whole other world'

I always had an interest in art, since I was a kid. Drawing and painting. I love pencil drawing, shading in the detail. I can get lost in a drawing. You just get lost in another world on the paper. Between the tip of pencil and the paper, there's a whole world there.

I worked for years with the Buildings Office in NUI Galway, setting up for exams, conferences, meetings. I used to draw when I was working - any scraps of paper, I'd start doodling and after a while I'd have a drawing, but it would be on an old scrap of paper. I have a drawing that if you looked on the back, you'd see the timetable for all the rooms in the college years ago!

I get to do my art now at the Hospice. I've been in and out of here for years. I was in for respite just a few weeks back, to give my wife Bridie a break. It's tough on her. We're married 41 years. She's my one and only love!

I was born in The Claddagh and moved to St Brendan's Avenue in Woodquay when I was three, after my father died. We moved in with my grandfather, my mother was looking after the six of us. St Brendan's Avenue was Sickeen then, as we called it, the old name for it.

I was in England for a year and when I came back I got married and moved up to Bohermore. We've lived in Gentian Hill for the past 12 years. It turned out it was my ancestors' land actually, my grandfather's land, and we didn't know it. Gentian Hill used to be known as Hackett's Hill, when my family were living there.

I would have been familiar with the Hospice, but I had only been up once or twice for funerals. That was about all I knew about it. I wouldn't have known anything about the Day Care.

I was diagnosed five years ago. After that, I had travelled up to St Vincent's and been assessed for a liver transplant, passed all the tests and criteria. Lungs, heart, teeth - you name it, they test it. But then on the final day they decided it was too dangerous to operate. They said wherever the tumour was, it was too close to some vital artery. It was too dangerous, so they took me off the transplant list.

So I first came into the Hospice for a bit of respite. I had a procedure in Merlin Park and came back here to rest up for a few days. I didn't like the idea of coming in here first, because I thought it was an inevitability...it was bringing it too close to home I suppose. But after a while, I came to terms with that and I enjoy it now, I'm excited coming up here now.

I get to meet people, to get out of the house, and I get to do my art. I love trees and silhouettes. The Art Therapist, Deirdre, has compiled a book of my drawings.

The Hospice is just wonderful really. The treatment I get here is great, the doctors are very understanding. I find all the staff and volunteers are wonderful. It's a pure joy to be in with them because they're so lovely.

- Richard Hackett







## Hospice heads to Hollywood

On May 17th 2019, Galway Hospice staff, volunteers and supporters swapped their day jobs for the red carpet and took part in the Galway Hospice Oscarz in the Clayton Hotel, Galway. The process started back in February with the first casting night and the finished product, saw all seven movies deserve to win an award. Galway Hospice ran this event in conjunction with Fundraising Events Group, who worked tirelessly on our behalf to get the best out of all the movies.

Many people pushed themselves way outside their comfort zone and the audience were more than impressed by the taste of Hollywood action they watched on the night. In all, seven short movies were filmed including hilarious scenes from *The Field*, *Fr Ted*, *Waking Ned Devine*, *Sister Act*, *Forrest Gump*, *The Snapper* and *Rocky*. The MC for the night was none other than the hilarious Irish actor and comedian Patrick McDonnell, who played the child-like singer and television personality Eoin McLove in *Fr Ted*.

On the night there were ten awards presented in all, including Best Movie to the cast of *The Field* most of whom were former Galway Hurlers and Footballers.





Fundraising Events Group presented two Special Recognition Awards on the night to Lauren Kenny and Iarlaith Hurley who played Young Jenny and Young Forrest in Forrest Gump. They definitely melted the hearts of the audience and judges on the night.

Galway Hospice owes a huge debt of gratitude to all those who have given up their free time to participate in the Oscarz fundraiser but undoubtedly, each and every person has enjoyed a wonderful experience along the way.

Many thanks to our movie and award sponsors, our supporters and donors who generously supported the Galway Hospice Oscarz and made the event such a success.

**To top it all off, everyone who took part, all who attended and all who supported this spectacular event raised a whopping €108,253 for Galway Hospice.**

Award Winners were selected by the panel of judges including Robin Copeland, Connacht Rugby; Máire Eilís Ní Fhlatharta, Ros na Rún and Marc Roberts, Singer/Songwriter.

#### BEST ACTOR

Joe Connolly as The Bull McCabe in The Field

#### BEST ACTRESS

Ciara O'Meara as Dolores Van Cartier/  
Sister Mary Clarence in Sister Act

#### BEST SUPPORTING ACTOR

Vincent O'Brien as Michael O'Sullivan in  
Waking Ned Devine

#### BEST SUPPORTING ACTRESS

Charlene Hurley as Mrs Gump in  
Forrest Gump

#### BEST FILMING MOMENT

Damien Duddy as Rocky for diving off  
Blackrock Tower

#### BEST SCENE

The Knitting Scene with Joe Costello as  
Dessie Curley and Pauline Leyden as  
Kay Curley in the Snapper.

#### BEST MOVIE CAMPAIGN

The Cast of The Field

#### BEST PRODUCER

Simon Lenihan and Marco Magliocco  
as Producers of Rocky

#### BEST FILM

The Cast of The Field



**GALWAY  
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Cllr. Declan McDonnell

Cllr. Noel Larkin

McDonogh Capital Investments

Parsons Garage

TJ O'Mahony

Údarás na Gaeltachta

Shannon Homes





In 2018, over 1,000 Patients And Their Families Were Supported Across Galway

€1.9million Funds Raised Through Fundraising

140 Members Of Staff

Over 7,000 Visits To Patients And Families In The Community

812 Patients Looked After By Our Community Palliative Care Team

135 Volunteers

361 Patients Cared For By Our Specialist Inpatient Unit



# Galway Hospice launches 2018 Impact Statement

Galway Hospice's 2018 Impact Statement was officially launched by TD Seán Kyne, Government Chief Whip and Minister of State for the Irish Language, the Gaeltacht and the Islands, at the Hospice in July 2019. The launch was attended by patients, staff, volunteers and local representatives. Hosted by Galway Hospice Chairperson Keith Finnegan, the event also heard from Day Care patient Michele Coghlan RIP, whose story is featured in the Impact Statement.

A new initiative for Galway Hospice, the Impact Statement pulls together many facts, figures and insights to give a comprehensive overview of what we do, how it affects those we help and what it takes to make it all happen.

No one person or group makes our vital services possible. A dedicated team of staff and volunteers at Galway Hospice makes our vision of "every moment matters" a reality. The 2018 Impact Statement is about sharing some of the work and commitment of that team from 2018. It's a snapshot of what goes on at Galway Hospice, what we are doing to reach more people in our community and, importantly, how we are delivering care beyond the walls of our building in Renmore. It's also about the people that matter most – the patients and families we have the privilege of supporting.

The Galway Hospice 2018 Impact Statement is available at Galway Hospice, at [www.galwayhospice.ie](http://www.galwayhospice.ie) or by calling 091-770868.





Artwork created by patients showing the mix of elements that make up the Day Care service

## Mixing medical support with social support

Galway Hospice Palliative Day Care provides medical, therapeutic and social support for the patients and families who use the service. For patients affected by life-limiting illness, it provides a much-needed social outlet where they can meet others on a similar journey they also have the opportunity to have a full medical review, in addition to Physiotherapy, Occupational Therapy, Art Therapy, Aromatherapy and other services.

There were over 1,200 attendances to Day Care at Galway Hospice in 2018. To ensure we were meeting the needs of our patients, Galway Hospice undertook a special research project in early 2018. Designed to gather the views of patients and staff, the project was developed along with partners from the Health Promotion Department in NUI Galway and the local Department of Public Health.

Day Care patients and staff were asked to identify the parts of the service that they enjoyed and benefited from the most. This information was then used to develop a questionnaire on the different parts of the Day Care service.

Feedback showed that patients and staff valued the social atmosphere and specialist palliative medical care available at Day Care, along with access to treatments including physiotherapy, Occupational Therapy and Chiropody, therapies like Aromatherapy and Art Therapy, and the transportation and lunch provided at Galway Hospice.

The research found that a 'patient-centred' model is in operation at Galway Hospice, with patients praising the delivery of services within a supportive and structured social atmosphere. One patient commented, "Day Care for me is like going to a nice mammy... I love this feeling of comfort, like a mammy putting arms around you..."

The research findings were presented to Day Care patients and staff at Galway Hospice in late 2018, when a special collaborative artwork piece was created, representing the different parts of the Day Care service. We plan to share the information and feedback with our colleagues nationally and we hope that this information will guide national policy on Day Care services throughout the country.

## 'It is a privilege to be there'

I worked as a Special Needs Assistant in the Claddagh National School for 10 years. Both of my parents hail from the Claddagh and my husband's family are from Claddagh too, true Galwegians!

When I finished in the school I decided to take the leap and do the Healthcare Assistant Course, I've always enjoyed the caring side of my work.

As part of my course, I did my work experience at the Hospice in July, I learned a lot in my time here, and enjoyed the experience. I have now joined the team as a qualified Healthcare Assistant (HCA).

My Dad passed away in January 2005 from lung cancer, and we had palliative care from the Hospice Community Palliative Care Team, which enabled us to have Dad at home with us at his end of life. We also had time in the Hospice with the bereavement support team, as I had younger siblings, and that really helped them to deal with the loss of our Dad. That would have been my first experience of the Hospice, and then over the years since, we have known others who have passed away here.

Initially when I thought of the Hospice, I'd think somebody was coming here to pass away. I think this is what people generally think or feel, but since coming in on my work experience, I have learned that this is not what the Hospice is all about, and many patients do go back home, and we also provide Respite, and have a Day Care facility. There is such a huge team of caring staff and volunteers, who come together to help all patients in a caring, respectful and dignified manner.

I enjoy meeting and chatting to patients. On an average workday for us, our main priority is our patients and making them feel comfortable. Helping them with their daily care needs, and being as much of a support as we can be. Beginning our day at 7.30am we do a patient handover for all patients, we assist in bathing, showering or bed baths, toileting, assisting in getting in or out of bed, we assist with daily mealtimes, and having a little chat and always checking in on our patients throughout the day, whilst also assisting our nurses as is required.



Life-limiting illnesses may not affect everyone, but age will come to us all, and it is really nice and fulfilling to be in a position to help those that need it, especially to be there for those at end of life. I feel it is a privilege to be there and able to care for and support them and their families, and for us it is also a privilege that a person will allow us to support them in their illness.

- Healthcare Assistant Amanda Fitzgerald Willock

## Ireland's Biggest Coffee Morning for Hospice

Ireland's Biggest Coffee Morning for Hospice takes place each September.

It's a chance to get your friends, family, colleagues or community together over a cuppa and help raise funds for Galway Hospice.

Coffee Mornings help Galway Hospice to ensure the free delivery of Inpatient Care, Community Palliative Care, Day-care and Bereavement Support services to those diagnosed with life-limiting illnesses.

Sponsored by Bewley's, Coffee Morning Hosts receive free Bewley's Coffee, Posters, Invitations, Collection Boxes, Balloons and Bank Giro's.

To register as a Coffee Morning Host and receive a free Bewley's Coffee Morning Pack, see [www.galwayhospice.ie/coffeemorning](http://www.galwayhospice.ie/coffeemorning), contact Galway Hospice on 091-770868 or email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie)



Galway Hospice Coffee Morning Hosts Lily & Tony O'Loughlin

## The more the merrier!

It's very simple - tea, coffee, biscuits and a chat.

We host our Coffee Morning in Raftery's Pub in Corofin every year. Frank Collins there is fantastic to us every year, helping out. And years ago when we started, Peggy Raftery, Lord rest her soul, would help out collecting donations.

There's great goodwill for Galway Hospice. There are other collections, and people are always so generous, but Galway Hospice is very personal to a lot of families.

We have been doing this for over 30 years. We have a small gathering every year, on a Friday morning. When we started, the kids were small, it came on the radio about holding a Coffee Morning for the Hospice. We said we'd do it, and we're here since!

We are delighted to be able to do it and we have friends who help out every year. We'd like to thank the people who come to the Coffee Morning and the people who help on the day, who make and bring out the teas and coffees.

People look forward to it from one year to the next, to come and sit around and talk.

The same people come each year, along with newcomers. Sometimes you will see a new face and it's because of a loss unfortunately.

Sometimes people will say, 'We don't know when we'll need it', which is true. And anyone who did need it always had great praise for the Hospice. It's a terrific organisation.

We were very disappointed that they didn't get planning permission for the new site at Merlin Park. They are doing such work for something that is so widespread. Please God things will work out.

We'd encourage anyone to host a Coffee Morning. The more the merrier, we're happy to see more events taking place for the Hospice.

May the Lord give all our health that we will be able to continue it for many years. We are putting up a bit of mileage but with the help of God we will keep at it!

- Lily & Tony O'Loughlin





## Brian's Tea Brack

### Ingredients:

750ml of tea, made with c. 15-20 teabags  
1kg sultanas  
550g sugar  
550g plain flour  
4-5 eggs

### Method:

- Make tea, strain and remove teabags.
- Add fruit and sugar and simmer for 10 minutes.
- Let this mixture go cold before beating in the eggs and flour. If the mixture is too dry, moisten with a little more tea.
- Divide mixture between 3 greased lined 2lb loaf tins and bake in a preheated oven at 170C for approximately 1 hour and 15 minutes.
- Check the centre with a clean skewer to ensure it's cooked and if needs be return to oven.



Galway Hospice Coffee Morning Hosts Elizabeth and Gibson Stoddart, pictured here with Charlene Hurley from Galway Hospice and Col Campbell from Bewley's, were recognised for their dedicated support of the Hospice at a ceremony at Bewley's Café, Dublin in December 2018, when they were presented with a special 'Host the Host' Award

## There is great need for the Hospice's work

Elizabeth and Gibson Stoddart have hosted a Coffee Morning for Galway Hospice for the past 27 years, since the very beginning of 'Ireland's Biggest Coffee Morning'.

The Ballycrissane couple began fundraising for Galway Hospice before the facility as we know it even existed. At that time, in the early 90s, the Hospice operated from an office on Prospect Hill, providing Community Palliative Care to patients in their own homes. Meanwhile, a strong community drive was underway to raise funds for a specialist inpatient unit in Renmore.

Elizabeth and Gibson joined the campaign by holding their first Coffee Morning for Galway Hospice, or more precisely Coffee Evening. They serve tea, coffee and bakes from 2pm until late at their home in Ballycrissane between Portumna and Eyrecourt, welcoming guests from around the local area and further afield.

The Coffee Evening is well-supported by locals. People come and relax for a while and have a chat. The couple also get donations from people if they cannot come on the day.

For many years, the Coffee Evening has been supported by families helped by the Hospice in one way or another. Maybe the Hospice Nurse would have called to the house or family members would have availed of other Hospice facilities.

The couple feel it is such a pity that permission for the new state-of-the-art facility at Merlin Park was overturned. There is great need for the work they do.

-Elizabeth and Gibson Stoddart

## Coffee Morning Top Tips

### CHOOSE YOUR DAY

If Thursday 19th September doesn't suit for your Coffee Morning, feel free to pick your own date!

### PICK THE PLACE

You can hold your Coffee Morning in your workplace, community centre, local business or your own home.

### SPREAD THE WORD

Ask your family, friends, neighbours and co-workers to come along. Special posters are included in your Coffee Morning Pack. Post the details online, in the local newsletter, on the staff noticeboard and in local businesses.

### BAKE OFF!

Ask your friends and family to bring along baked goodies. Hold your own Bake-Off and award prizes to the best cakes! Add a little something extra by holding a bake sale, auction or raffle on the day.

### MATCHED GIVING

Ask your company if they can match donations - it's a great way for businesses to support Galway Hospice.

### SHARE YOUR PHOTOS

Share photos from your Coffee Morning with Galway Hospice on Facebook, Twitter & Instagram

#coffee4hospice  
@coffee4hospice





## Remembering John Huban

"And you heard WE lost John?" was how the news broke of Daddy's passing amongst our community in Doorus and further afield. 'WE' being the operative word, and a testament to the high esteem in which he was held. As the messages of condolences poured in from near and far, everyone agreed that the 'rock of our community is gone'. A man full of honour and integrity, who loved to chat to people, offering words of wisdom from a life well lived. Daddy impacted on the lives of many, and as the days of his funeral unfolded, stories which we will cherish forever were revealed, confirming him as a man of hard work, principled, respectful, kind and a leader who adapted to whatever life threw at him.

Born in 1951 to Peter and Lena Huban of Knockaculleen, Doorus, Kinvara; John was the second youngest of eight children. Throughout his life, he mirrored his parents' example of working hard, setting a good example and being trustworthy.

John could turn his hand to anything. He started out working in Coen's in Gort, as a lorry driver, and as he often told us 'that you'd need a set of arms on you, as there was no power steering back then'. He worked as a self-employed building contractor for 42 years thereafter. His physical work, which is evident in many homes around South Galway and further afield, will outlive us all. In addition to the physical element of his work, his personal touch in dealing with people when they moved into the area was so important to each newcomer. As he embarked on the journey of building their house, he was their first point of contact in the community. A letter we received from a lady whose house he had built fondly said, 'John is woven into my family's history forever'. She spoke of his 'patience and reasoning' as he talked her through every new idea that she had as the house developed.

The love and centre of his life was Mammy. In 1975, he married Mammy, Mary Quinn of Moy, Kinvara and had four children, Damien, Joanne, Siobhán and Jason and from there our legacy began. Over the 44 years of their marriage, Dad set an exemplary example of how to be a good husband and father. We never wanted for anything and they both instilled a strong faith in all of us. Dad was the foundation of our family, our protector, and moral compass.

Standing tall and broad at 6ft 4 inches with hands of steel, he was famous for his size and strength. He was renowned for being able to lift objects single-handedly where groups of men had failed. On the pitch, his hurling prowess was evident from a young age, but really came to the fore in Kinvara's great run in 1979 when we reached the County Senior Final. En-route to that final, playing in full forward, he scored a massive 9 goals in 3 matches. Included in that was a record 5-1 from play against the then reigning champions Ardahan. This record remains unbeaten 40 years later. He also held numerous official roles within the club, and served as Club Trustee to Kinvara GAA, a role he acted in right until the end.

Upon the news of his neuroendocrine cancer diagnosis in April 2018, our world was shattered. Remaining strong for us, and as always thinking positively, living with cancer became only one part of his life. He worked diligently with his oncology team, and with the palliative care team of the Galway Hospice. For twelve months, he remained on various building sites, overseeing work, while taking his chemotherapy. He retained a very good quality of life, and the jewel in the crown of his final year here on earth was the arrival of his sixth grandchild, Ella. He loved being a Grandad to Yvie, Michael, Anna, Miah, Oisín and Ella. He was so proud of them.

As his life drew to a close, he spent his final weeks in the Galway Hospice. Immersed in the warmth, love and spirituality of its tranquil surroundings, he was kept pain free and comfortable. For us as a family, we were guided down this unfamiliar road, with thoughtful spiritual care, and advice from its pastoral staff, David and Breda.

Grief is a powerful emotion, ever present and ever changing. We are indebted to Galway Hospice, for the care they gave to our family, as a whole, when we were at our weakest, walking down a road untravelled by us before, which none of us knew how to tread. Its staff are truly God's angels here on earth.

- The Huban Family





# OUR CORPORATE FRIENDS

## Charity Partner Quidel share their experience of supporting Galway Hospice

Quidel Corporation is a California-based leading diagnostic healthcare manufacturer serving to enhance the health and well-being of people around the globe through the development of diagnostic solutions that can lead to improved patient outcomes.

In the summer of 2018, we officially opened our European Service Centre on Merchants Road in Galway, with 30 employees working on our goal to improve the quality of healthcare. In early 2019, we set up our QCARES Charity Committee and met to discuss our two charity partners for 2019. We wanted to work specifically with local partners and it was decided that one of these would be Galway Hospice.

Lots of our employees are Galway locals or have relocated to Galway and were aware of some of the services that the Hospice provides. We decided to find out more and following calls and meetings with Charlene Hurley, Director of Fundraising & Communications at Galway Hospice, our eyes were opened to the broad range of invaluable services that the Hospice provides. Not only the services for patients who are in the advanced stages of a life-limiting illness, but also the range of support services provided to the families of patients.

This, along with the fact that all of the Hospice care services are provided free of charge, made it a no-brainer for us to work with them on fundraising and volunteering.

Our employees have enjoyed their volunteering work. Amongst these were the Hospice's Oscarz event, where some of our team members showed their acting skills and took part in the creation of short films. They also attended the Oscarz awards ceremony. We were also delighted to volunteer for Sunflower Day, where some of us took to the streets of Galway and sold pins.

We will continue to support activities throughout the rest of this year, including helping the Hospice get ready for their Memorial Walk by assisting with t-shirts and goodie bags for families taking part in the Walk.

We would encourage others to support Galway Hospice because of the wide range of services provided by the Hospice, not only to patients but to the families of the patients. The Hospice needs a lot of funding to provide its essential services and to build its much-needed larger facility, and Quidel is delighted to have been able to support its invaluable work.



THE CONNACHT HOSPITALITY GROUP



DFS GALWAY



MARKS AND SPENCER



WOODIE'S WELLPARK



WAYFAIR



CREGANNA MEDICAL





## Remembering Elaine (O'Malley) Connolly

Born Wednesday 12th May 1982, Elaine was our third daughter. She was a welcome sister for Sinéad and Lily and followed later by Ailish and Edel. The five girls formed our family, all born within a ten-year span. Life was full of joy and happiness with all the normal ups-and-downs of family life.

Elaine was no different from any of the other girls. She matured into a beautiful young woman both inside and out. She loved home and family and contributed in abundance to all that was good in life. Elaine had a great sense of humour. She enjoyed the banter of being the middle child and well known to play up the fact and fun that went with it from time to time.

Elaine always had the welfare of all at heart. Elaine loved no better than to sit around the kitchen table with family and friends, sharing all the goings-on of life. Anyone who knew Elaine knows she may at times have been quiet but when she did express her point of view, it carried quality, depth and love.

In her early 20s, Elaine was offered a modelling job with a top Dublin agency. However, such was Elaine's love of home and family she declined the offer. Elaine had wonderful friendships, many formed during her school days and lasted a lifetime. Family and friends meant everything to Elaine.

Sadly in 2016, two years in her marriage to Ollie and one year after the birth of the daughter Lucy, Elaine was diagnosed with cervical cancer. She bore the illness with great courage and never once complained.

Elaine endured many trips to hospital. On one occasion in October 2017, Elaine was admitted to Galway Hospice for rest and time to recover. Here Elaine was treated with the utmost care and compassion. The staff could not do enough for her.

Though her stay at the Hospice was short, it was a most positive experience. While having visits from the Hospice Chaplain Breda, Elaine felt comfortable and free to share her feelings, emotions and concerns around her illness and the impact it had on herself and her family. I was privileged as her mother to be present for one of these meetings and to be close to Elaine while she felt safe and comfortable to talk of a future she may not share with her husband Ollie and daughter Lucy and her extended family. True to her great nature, Elaine always thought of others.

When thoughts and memories of Elaine overwhelm me, I often go back to that day and somehow it gives me great comfort knowing that Elaine was comfortable to share with me her thoughts and fears. Her great faith and courage are something I will never forget.

Elaine passed away peacefully on December 5th, 2017.

Six months later, we returned to Galway Hospice for a Remembrance Evening to remember our beautiful Elaine. Though difficult, it was an experience to share our grief and loss with other families of similar experience, and light a Remembrance Candle in memory of a beautiful young daughter, sister, wife and mother

*Look Beyond the Stars.*

*When the long shadows of evening are falling and when the birds are silenced by twilight, then I will come to you and take your hand in mine and tell you of my new home.*

Forever Loved,  
Mam and Dad

## Thank You to our Supporters



Marguerite McHugh Perpetual Trophy



Cillian's Rainbow Ball



Grúpa Loch-Con-Aortha



Valentine's Barber and Della's Hair Salon



Marie and Sarah Burke



Annaghdown Cycle





Galway Hospice Volunteer Pat O'Connell, who cycled from Land's End to John O'Groats to raise funds for a new minibus for Galway Hospice.



The annual Annaghdown Cycle at Regan's Cloonboo.  
Photo: Johnny Ryan



The Annual Woodford Vintage Tractor & Car Run in memory of Pat Fahy



The annual Loughre District & Vintage Club Tractor Run,  
Photo Larry Morgan

Each week, Galway Hospice's Community Palliative Care Nurses and Volunteer Drivers travel the highways and byways of Galway City & County in support of our patients with life-limiting conditions. And each week, Galway Hospice's supporters hit the road in trucks, tractors, vintage cars, bicycles and motorbikes in support of our services.

Each year, Galway Hospice's loyal supporters organise cycling challenges, tractor runs, vintage car rallies and more to help raise the €2.3 million required to provide Galway Hospice's Community Palliative Care, Day Care and Bereavement Support Services.

In 2019, supporters organised "wheely" successful events including the annual Annaghdown Cycle, the Woodford Vintage Run, Ballygar Truckin' and Dunmore Slow Motorcycle Race.

Galway Hospice volunteer Pat O'Connell also completed a 10-Day Cycle from Land's End in England to John O'Groats in Scotland to help raise funds for a new Hospice minibus. Part-funded by the CLAR programme for Small Scale Rural Projects, the new minibus will assist with transport for patients with restricted mobility.

With an increase in demand for Hospice services, a new minibus is a much-needed resource, in particular for Hospice Day Care. Our Volunteer Drivers collect patients from around Galway each week to bring them to Day Care in Renmore so they can avail of services including medical review, nursing, Social Work, Physiotherapy, Art Therapy, Aromatherapy, and Pastoral Care support.

Such free services for patients affected by progressive illness are only possible thanks to our wonderful Galway Hospice supporters putting wheels in motion and getting on the road in support of the Hospice each week.



# National Palliative Care Week

This year National Palliative Care Week 2019 facilitated by All Ireland Institute of Hospice and Palliative Care (AIHPC) takes place nationwide from Sunday 8th to Saturday 14th September. The theme of this year's campaign is Palliative Care: Surrounding You With Support. This year's campaign includes stories of people who have experienced palliative care including a number of patients from Galway Hospice, Kate Cameron and Colette Grealish Keane.

Palliative care focuses on helping a person, of any age, with a life-limiting illness to live well; seeking to help them achieve the best quality of life as their illness progresses. In 2019 Palliative Care Week will focus on how people with palliative care needs are being supported in the community. This could involve support from primary care (such as GPs, Public Health Nurses, District Nurses), from hospice, hospital, nursing home, and wider community support beyond formal health and social care services.

Galway Hospice will host an open evening during National Palliative Care Week – for more information follow our social media or call 091 770868.



## SUMMER BBQS



Galway Hospice hosting summer BBQs for patients, volunteers and staff.







# 'THE HOSPICE WAS HOME FROM HOME'

## Remembering Nick Gannon

When you hear the dreaded word CANCER, your world goes spinning around. Especially when it is one of your siblings. How long? Why him? Will he be in pain?

What can we do to help?

Our brother Nick was aged 54 when we were told he had a tumour in his bowel in early March 2018. At the same time he had the tumour removed, the family were told this operation was not a cure but a way to make him as comfortable as possible.

Nick had no radiotherapy or chemo as he was too weak. He was discharged from hospital in late April, when leaving he turned back and said, 'I'll never go back there'.

At home, Nick had one of the family as his full-time carer, with help from the rest of the family. The next three months Nick improved in health and strength, not knowing about his terminal illness. It was a decision the family made not to let him know. Nick enjoyed his days out to car auctions with his friend, travelled to England to visit his brother, had a great day in The Galway Plate Suite at the Races, loved touring around Ireland.

Early August, Nick started to deteriorate. We contacted Galway Hospice and Nick was admitted. When he arrived to Hospice, the homely welcome Nick received relaxed and settled him with comfort and ease. The privacy of his own space, the freedom of walks, sitting areas, tea and coffee, day trips out with his family, it was home from home for Nick. For the first time after treatment you could see the pain free look on Nick's face and after his days out with the family he was happy returning to the Hospice.

We the family were so thankful to the doctors and nurses for treating Nick with discretion about his illness at the request of the family. The fridge in his room was always filled with ice creams and cakes, the cakes for the nurses and ice cream for any child that was running around, he would give it to them to keep them quiet.

When Nick was discharged from Hospice he was leaving with a smile on his face, so happy to be going home. The follow up team of palliative care and cancer care nurses that called to Nick's home are the most dedicated team we as a family have ever seen.

As Nick's health deteriorated the team kept the family informed on all that was happening. It was a great relief to the family that Nick was pain free, comfortable and so happy to be in his own home with his family in his final days. The Gannon Family are indebted to the Galway Hospice for the care provided to Nick and his family when we most needed it.

Nick passed away on 4th October 2018, RIP. In appreciation to Galway Hospice, the Gannon Family held an 80s night in memory of Nick on 1st March 2019 and we raised €12,154.14. The generosity of the people towards our fundraiser night was overwhelming and we the family would like to thank everybody for their support.

- The Gannon Family





In July the Irish Rugby squad members paid a special visit to Galway Hospice to meet with patients and present a signed Ireland Jersey to Galway Hospice

## Dates for Your Diary

21st Sep 2019	DUBLIN HALF MARATHON
5th Oct 2019	RUN GALWAY BAY 10K, HALF MARATHON & MARATHON
27th Oct 2019	DUBLIN MARATHON
19th Apr 2020	CONNEMARATHON
20th Apr 2020	ANNAGHDOWN CYCLE
May 2020	KILRICKLE WALK- 8K
31st May 2020	VHI WOMEN'S MINI MARATHON
13th June 2020	GALWAY HOSPICE CROAGH PATRICK CLIMB
July 2020	KILLIMOR 10K

## Get active for Galway Hospice

Run, walk, crawl, swim, skip...our supporters do it all for Galway Hospice! Each year, families, individuals, companies, clubs and groups support Galway Hospice in unique ways.

Some supporters host events like charity cycles, golf tournaments or family fun days. Others climb mountains like Croagh Patrick, Kilimanjaro, even Everest! Some race for Galway Hospice and take part in 5k runs, mini marathons, triathlons, even the odd duck race! Others still take on challenges like skydives or bungee jumps to help raise funds for Galway Hospice.

Galway Hospice needs to raise €6,000 each day to fund our essential services. Each fundraising event organised by supporters throughout the year helps to ensure the free delivery of Inpatient Care, Community Palliative Care, Day Care and Bereavement Support Services to those diagnosed with life-limiting illnesses in Galway City & County.

If you would like to hold a fundraiser for Galway Hospice, please contact Galway Hospice Fundraising on 091-770868 or email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie)

### How can you support Galway Hospice?

Run  
Walk  
Cycle  
Triathlon  
Sports Day

Sponsored Swim  
Mountain Climb  
Golf Tournament  
Charity GAA Match  
5-A-Side Tournament

White Collar Boxing  
Sailing Challenge  
Bungee Jump  
Skydive  
... and many more



# Celebrate with Galway Hospice this Christmas

Christmas is a special time. This is especially true for patients and families supported by Galway Hospice. The Hospice could not provide the care it does without the love and support of the people of Galway. There are many ways you can support Galway Hospice this Christmas –

## CHRISTMAS MEMENTOS

**You can support Galway Hospice by purchasing a Christmas gift, including:**

12 Luxury Christmas Cards (€7), available at Galway Hospice and local stockists around Galway.

Christmas Bauble (€5), available at Galway Hospice and local stockists around Galway.

Galway Hospice Calendar (€10) available at Galway Hospice and local stockists around Galway.

Personalised Teacher Certificate (€25), available at Galway Hospice, on 091-770868 or by contacting fundraising@galwayhospice.ie

Weekly Draw Annual Subscription Gift Voucher (€66.04), available at Galway Hospice, on 091-770868 or by contacting fundraising@galwayhospice.ie

Galway Hospice Socks €9, available at Galway Hospice

## TREE OF LIGHTS CELEBRATION

The Tree of Lights Celebration at the Galway Memorial Tree is a special way to remember loved ones at Christmas.

Now in its 6th year, this special remembrance event on **Sunday 1st December 2019 at 5pm** has become much-loved by the people of Galway. Everyone is invited to Galway Hospice to witness the lighting of the tree and remember loved ones together.

Enjoy festive music and refreshments with family and friends before watching the switching on of our special Christmas tree lights – each light is a shining tribute to someone much loved and missed.

Remember and celebrate a loved one this Christmas by sponsoring a light. Your support will help Galway Hospice to continue to provide its services for those affected by life-limiting illnesses.

To sponsor a light on the Galway Memorial Tree in memory of a loved one, visit [www.galwayhospice.ie/christmas](http://www.galwayhospice.ie/christmas), in person at Galway Hospice or on 091-770868.



Name

Address

Tel  Email

I wish to sponsor  light/s at €5 per light, in memory of

- |                         |                          |
|-------------------------|--------------------------|
| 1. <input type="text"/> | 6. <input type="text"/>  |
| 2. <input type="text"/> | 7. <input type="text"/>  |
| 3. <input type="text"/> | 8. <input type="text"/>  |
| 4. <input type="text"/> | 9. <input type="text"/>  |
| 5. <input type="text"/> | 10. <input type="text"/> |

I wish to purchase:

- |   |  |
|---|--|
| <input type="checkbox"/> Luxury Christmas Cards (pack of 12) €7 | <input type="checkbox"/> Galway Hospice Socks €9                             |
| <input type="checkbox"/> Christmas Bauble €5                    | <input type="checkbox"/> Personalised Teacher Certificate €25                |
| <input type="checkbox"/> Galway Hospice Calendar €10            | <input type="checkbox"/> Weekly Draw Annual Subscription Gift Voucher €66.04 |

I enclose a total amount of €

Payment can be made by cheque, postal order (made payable to Galway Hospice), cash or by credit card. Alternatively you can purchase your lights on-line on [www.galwayhospice.ie/christmas](http://www.galwayhospice.ie/christmas) or by telephone on 091 770868

I enclose a cheque/ postal order for the amount €

OR

Payment by Credit/ Debit card €

CARD NUMBER

EXPIRY DATE

SECURITY CODE

Signed

**In order to communicate with you by phone or email regarding Galway Hospice news and fundraising activities we need your consent to do so. We would be grateful if you could indicate your preferred method of communication below.**

I am happy for you to phone me ☐ my mobile number is

I am happy for you to email me ☐ my email address is

## FESTIVE FASHION FRIDAY

Why not host Festive Fashion Friday on **Friday 13th December** in your Workplace or School?

Give your favourite festive fashions an outing! From festive earrings and reindeer socks, to a Christmas jumper or full Santa suit! Wear as much or as little as you wish and donate to Galway Hospice this Christmas.

Call us on 091-770868 or email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie) to register Festive Fashion Friday.

With your help, together we can make a difference to families living with life-limiting illness at Christmas and beyond.





**Thank You to our Supporters**