

# GALWAY HOSPICE newsletter

SEPTEMBER 2020



## COVID-19 RESPONSE

Hospice care during  
the pandemic

## ONLINE REMEMBRANCE

Virtual services  
launched

## WEEKLY DRAW

Celebrating Weekly  
Draw Promoters

## MEMORIAL WALK

Walk somewhere  
special

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# WELCOME



Welcome to the September 2020 edition of our newsletter, which gives you an update on the last six months here at Galway Hospice. I hope our update finds you well, as we all continue to adjust to an ever-changing “new normal”.

Covid-19 is a new virus so early this year we have had to learn quickly and adapt our services to ensure our staff, patients and volunteers remained safe during these strange and challenging times. We have continued to support patients and families who are facing the toughest of times but have had to make some changes in how we deliver this support over the past six months.

During lockdown we had to limit access to the hospice building to protect our patients who are amongst the most vulnerable in our community, thankfully we have been able to ease these restrictions in line with the government phases but we will not be able to go back to open access to the building for the foreseeable future.

Our community team have also had to adapt to these strange times, they have minimised the number of visits to and time spent in patients’ homes during the crisis to protect the patients, their families and our staff. We have continued to visit those who need us and we have increased our telephone support during this time. Unfortunately, we have had to suspend our day care services and it is unlikely that these services will resume during 2020.

Often, it’s the small, every day moments of our care that mean the most to our patients and their families. This has been especially true during the pandemic. We have helped them video call with family, put up photos and where feasible facilitated family visits in our gardens during lockdown. And for patients who haven’t been able to come into the hospice as normal, we’ve sent out activity packs and provided support over the phone to make sure no one has missed out. Safety has been our focus throughout this crisis, and it will continue to be, so we will continue to implement infection control measures and follow social distancing guidance along with other precautions recommended by the HSE and the government.

The past six months have been very difficult for those who are grieving as attendance at funerals has been restricted and our interactions with friends and families have been limited. Our pastoral care and social work teams have developed a virtual remembrance service to provide support to families and friends of patients who died in our care to provide some support while grieving; you can see further details of these services on page 7. Our medical social work and pastoral care teams are also continuing to provide both face to face and telephone counselling services to those who need it so please do not hesitate to reach out to them if you need support.

We have been overwhelmed by the support we have received from the community over the past few months. We received a phenomenal response to our appeal for protective equipment and sanitiser during lockdown, thankfully since then HSE have ensured that we have a continuous supply of PPE. We have received gifts of tablet devices for patients, food, flowers, and Abbeyknockmoy ICA group have made scrubs for our community team and N6 Concession funded and delivered activity and goodie packs for all our Day Care patients at Easter. A massive thank you to all who supported us. I would also like to thank our colleagues in the HSE who have been a great support during the crisis, they have been at the end of the phone when we needed advice and have ensured that we have the equipment we need to care for our patients during these challenging times.

Sadly, lockdown also saw the cancellation of most of our fundraising events and as a result, we are struggling to meet our fundraising income targets this year. As the Hospice fundraising efforts emerge from lockdown and we begin to hold actual and virtual fundraising events, your support will be more important than ever. We will continue to work together to get through these difficult times and will come out stronger on the other side ready to tackle whatever the future brings. One thing is for certain. Galway Hospice will continue to strive in every way to be there for the most vulnerable people living with a life limiting illness and their families in our community. We may be facing one of our greatest challenges for generations, but by working together and supporting each other we will come out even stronger. Take care of yourselves, and each other.

A handwritten signature in dark ink, appearing to read "Mary A. L." with a stylized flourish at the end.

Chief Executive

Front page: Trish Burke, Galway Hospice, and Sarah Dervan, Galway Camogie Captain, getting ready for Hospice Coffee Morning Together with Bewley's. Photo: Seán Lydon.



# Ready to Rock



## Staying creative during Covid-19

The Galway Hospice community got creative during lockdown with a new Art Therapy project, 'Shoulder to Boulder'.

Facilitated by Galway Hospice Art Therapist Kathy Hyland, the project saw patients, families, staff and volunteers painting rocks from the garden at the heart of Galway Hospice. The simple and accessible project aimed to keep everyone connected and creative in these extraordinary times.

Paints for the project were sponsored by Pat McDonnell Paints, Briarhill Business Park, and Fleetwood Paints, Racecourse Business Park.



*Artworks completed by Day Care patients during respite visits to our Inpatient Unit.*



*Artwork by Deirdre Moran, Senior Occupational Therapist at Galway Hospice.*



*Artwork by Kenneth Madden from the Medical Social Work Team.*



*Artwork by a Day Care patient during a respite visit to our Inpatient Unit.*



*Artwork by David Cribbin, Pastoral Care Chaplain at Galway Hospice.*



*Ní neart go cur le chéile – There is no strength without unity.*



*Artwork titled 'Generations' completed by a Day Care patient and her family at home as a team effort. "The hearts are those in our immediate family and the dots symbolize other members here and those gone before us."*



*Bewley's sent care packages to Galway Hospice*

## Covid-19 response



*Abbeyknockmoy ICA made scrubs for Galway Hospice staff*

Galway Hospice has continued to care for patients and support their families throughout 2020. Covid-19 remains a challenge but the provision of palliative care to our patients has not been compromised.

In response to the Covid-19 pandemic, a number of measures were introduced across the hospice and we have had to change our ways of working. Visitor restrictions and increased infection control measures were introduced early in the pandemic's emergence to guard against Covid-19.

At the hospice, we have increased the number of hand sanitising stations throughout the building. Where possible, staff are working from home and meetings are taking place online instead of in our meeting rooms. Everyone entering the hospice must have their temperature checked and we are of course adhering to social distancing guidelines.

The care and safety of our patients has remained our number one priority here in Galway Hospice. With this in mind, we made the difficult decision to suspend our Daycare service. We have kept in touch with our Daycare patients throughout the pandemic and N6 Concession Ltd very generously sponsored Easter and Art Therapy care packages for these patients. These patients have been linked in with our Community Palliative Care Team to ensure that their needs continue to be met. We will reopen the Daycare service as soon as it is safe to do so.

Restricting the numbers of visitors to the hospice itself and in particular to the Inpatient Unit (IPU) has been a necessary but at times difficult measure. We fully acknowledge that these restrictions were not easy for patients and their loved ones but to date the measures have been successful in protecting our patients. We are very grateful to the patients and their families for their cooperation on this matter.

Since lockdown measures were initially introduced, we have significantly reduced the number of volunteers coming to the hospice. They are very much missed in terms of the workload they carry and also we miss their companionship and energy about the place. We look forward to welcoming them back.

Quite early on, at the end of February, we requested Personal Protective Equipment (PPE) and so we had a good supply initially. But as time went on our supply was dwindling and we were extremely grateful to receive donations of PPE from the public. Those donations were crucial in tiding us over until the HSE got a bigger PPE supply through.

The Community Palliative Care Team cares for patients in their own homes. Towards the end of February, preparations were put in place in anticipation of an increase in demand for this service.

We have looked after a lot of patients at home in recent months who wanted to remain at home so they could be with their families. We have also had a lot of patients for end of life care who were discharged from a healthcare facility because they wanted to be at home, because of the visiting restrictions.

Prior to any home visit by the Community Team, a risk assessment regarding Covid-19 was carried out over the phone. This involved asking about Covid-19 symptoms not just in the patient, but in family members too. We were also very vigilant about any family members who might have been under investigation for Covid-19.

On all visits, masks, gloves and aprons were worn by our nurses for infection control. We also ensured that the number of people in the house was limited and we would try to only see the patient on the visit. We would speak to family members before and after the visit and in practice, a lot of conversations took place in gardens to reduce the risk.

Our equipment is always cleaned between each patient and that continued as normal. The cars used by the Community Team nurses have been thoroughly cleaned on a more frequent basis to reduce the risk of infection spreading.

To date we have been well placed to meet the demand on our services. Galway Hospice remains prepared and even braced for a resurgence of Covid-19 in the months ahead. We have learned from our experience in recent months and from the experiences of others around the country and further afield.

In these unprecedented times, the care and safety of our patients has remained our priority. Through diligence and good fortune, Covid-19 has not had a drastic impact on our patients. This has been achieved through the cooperation of everyone involved in the hospice in recent months and we are immensely grateful for that effort.



# Community support during Covid-19



*Theresa Igoe from Ballyglunin walked 100 Miles for Galway Hospice during June and raised €2,652*

## Covid-19 has had a major impact on fundraising for Galway Hospice

From table quizzes to tractor runs, the pandemic has meant that events large and small have been cancelled, postponed or moved online this year. But many supporters have come up with new ways to help support our care.

### Impact on events

Galway Hospice's own version of The Kube was one of the first large events impacted by Covid-19 restrictions. Due to take place on 27th March, the event has now been postponed until 2021, when we look forward to seeing our 30 contestants take on challenges in the ballroom of The Clayton Hotel.

Covid-19 restrictions meant that important annual events that raise vital funds for the Hospice couldn't go ahead this year. These funds help support our services each and every year, and we look forward to these events being held safely again in the future.

Covid-19 meant our annual Sunflower Days collections couldn't go ahead in early June. Supporters instead went online to donate, with funds being raised through a new Virtual Garden and our website shop (see page 6).

With help from local sport stars Joe Connolly, Padraic Joyce, Sarah Dervan and Jack Carty, this year's 10th annual Croagh Patrick Climb also became a virtual event. Climbers took on the Reek from home by climbing the stairs, walking, running or doing squats and lunges to make up the 800 metres of Croagh Patrick. Those taking part shared photos online of their efforts, helping to capture the community spirit of this popular annual event.

### Covid-19 Fundraising

Hospice supporters responded to Covid-19 with new ways to help fundraise for our services, coming up with creative socially distanced or virtual events.

Many supporters took on their own challenges to help raise funds, like Claregalway secondary student Mikey McCullagh who ran 60km in 50 hours for Galway Hospice, and Theresa Igoe from Ballyglunin who walked 100 miles in June.

Some got crafty to help raise funds, like Celtic Futon & Bean Bag Shop and Breda Murphy who made and sold their own face masks in aid of Galway Hospice.

Others shared their experiences of hospice care online and helped raise funds through Facebook, iDonate and Everyday Hero. Online fundraising has become increasingly important to Galway Hospice during Covid-19, if you would like help fundraising online please email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie)

### Special Thank You!

A special thank you to all the individuals, companies and groups who have made and donated hand sanitiser and Personal Protective Equipment (PPE) including face masks, shields, scrubs and gloves, to Galway Hospice since March.

Galway Hospice is forever grateful to all those continuing to support us during these difficult times.



*Celtic Futon & Bean Bag Shop made and sold face masks in aid of Galway Hospice.*



*Mikey McCullagh ran 60km in 50 hours*



*Inpatient Unit staff Siobhán Hale, Kirsty Pocock, Sinéad Keane, Florentina Agafitei and Gerry Staunton.*

# Sunflower Days bloom online



## This year's Hospice Sunflower Days were like no other

In normal circumstances, hundreds of volunteers would have been in shops and on streets across Galway on 5<sup>th</sup> and 6<sup>th</sup> June, collecting much-needed funds for local hospice care. But the 'new normal' meant that this was not possible, with Covid-19 moving our Sunflower Days online for the first time.

We launched a Virtual Garden at [www.garden.galwayhospice.ie](http://www.garden.galwayhospice.ie) that allowed supporters to donate and choose a special online flower. Over 200 sunflowers, roses and forget-me-nots were 'planted' in the Garden, each accompanied by a dedication for a loved one or message for the hospice team.

Sales of our Sunflower Pins and other items also moved online to our shop at [www.galwayhospice.ie/shop](http://www.galwayhospice.ie/shop). Our Trolley Token and Travel Mug proved particularly popular with supporters, and we were inundated with requests for our new Hygiene Hook Keyring. This handy Keyring helps you avoid touching items like door handles, keypads and soap dispensers.

Our newly relaunched text-to-donate number also meant Hospice supporters were able to text GHF to 50300 to donate €4. (Text Costs €4. Galway Hospice will receive a minimum of €3.60. Service Provider: LIKECHARITY. Helpline 076 6805278.)

Our Galway Hospice Sunflower Days last year raised an amazing €83,040.35, the largest amount ever raised. This year, thanks to the steadfast support of our community, we raised €32,296.15 in incredibly difficult circumstances. This is a decrease of over 60%, reflecting the impact of Covid-19 and the trying times in which we now live.

A sincere thank you to everyone who donated to our Sunflower Appeal, everyone who bought a Sunflower item online, who dedicated a virtual flower, sent a donation text, or helped in big ways and small.

Thank you to all our loyal Sunflower volunteers and everyone who helped spread the word about our online Sunflower Days this year. Thank you to those who helped raise funds in very different conditions - the dedicated local volunteers, shops and businesses who held their own Sunflower Days, selling Sunflower items and holding their own collections. We are so grateful for all your support each year.



*Bridget Lyons & Breda Cryan from the Community Palliative Care Team*





# Virtual Remembrance Services

## Covid-19 has changed the ways we mark our grief

Bereavement care is an integral part of specialist palliative care. The Medical Social Work and Pastoral Care Departments at Galway Hospice offer a range of services to individuals who have experienced the death of a family member or friend under the care of the Galway Hospice.

Along with individual and group therapeutic bereavement support, Galway Hospice provide Remembrance Services throughout the year. These services, which were traditionally held in the Hospice, provide bereaved families with an opportunity to reflect and remember their loved ones who have died. The remembrance services are a way of ensuring bereaved people have information and are aware of the continued support available from Galway Hospice following their loss and for some are an important stage on their grief journey.

Covid-19 has changed the traditional ways we mark our grief and public health guidelines around social distancing have required a review of how we provide bereavement support in Galway Hospice. Face-to-face bereavement support in the Hospice was replaced by video call and telephone support and restrictions around group gatherings meant moving our Remembrance Service from the Hospice to a virtual online service.

The goal in planning the service was to ensure people felt a connection to the Hospice and their loved one and that people were aware they were not alone or forgotten in their grief. Each family member or friend received an invitation pack with information leaflets on bereavement support, a personalised booklet with their loved one's name and a Galway Hospice candle.

During Online Remembrance Services, each person is invited to light this candle in memory of their loved one. This provides an opportunity for reflection and a connection to Galway Hospice.

The service is filmed by a professional videographer and streamed through a link on YouTube, details of which are sent out to all family members and friends. The service itself includes music, reflection, prayer, and a candle lighting ceremony where the names of the deceased are called out. There is also a short talk from a Medical Social Worker on grief and loss and the support services available from the Hospice. The service is available to access online for two weeks after it is broadcast.

To date we have broadcast three online Remembrance Services and the feedback has been very positive. The service gives people an opportunity to come together and remember their loved ones as a family and provides greater scope for family members and friends living away to tune in and be part of the service. Feedback has suggested that the service has been beneficial during times of Covid-19 restrictions and has helped family members and friends feel they were not alone in their grieving journey.

**"It was so healing, and felt so very personal, despite being online"**

**"It was a fabulous service, especially during lockdown. It was comforting knowing she was thought of"**

**"Beautiful, heartwarming, sad and comforting"**



The cup of tea  
is **always there**  
for you



## Anthony O'Neill shares his experiences of Galway Hospice

At Galway Hospice, many patients are admitted for just a short time for respite, help with their symptoms or rehabilitation, and then discharged back home.

Originally from Colmcille Road in Shantalla, Anthony O'Neill has been a patient at Galway Hospice three times.

Anthony explains, "I was in England for 25 years, from 1976. I came back when my brother had cancer, he was only 50. I was going to go away again then my other sister got sick, she was 51. That happened and I'm still here. Then it happened to myself. This is my third time with cancer now since 2012."

"I was up here when my sister was here, she was well looked after," he says of Galway Hospice.

A Community Palliative Care Nurse first asked Anthony if he would think of coming into the Hospice for respite. "Because I was in a lot of pain at home at the time," he explains. "That was 2018, this is my third visit now."

"The first thing people think of when they hear the Hospice, 'Oh if they get you in there, you won't get out,'" he says. "I find the place very good, I'd come back again next week if I had to. It gets you out of the house as well for a change and you meet a lot of people who'll come and talk to you."

"They are very good to me, they relieve the pain and there's someone there at night when you need someone."

He adds that it's not like going into hospital. "They'd be up and down to you regular and even if you don't call for a nurse, they're seeing if you're OK. If you have a sleepless night, the cup of tea is always there for you. It all adds up."



# Aromatherapy Awareness Week



Galway Hospice Aromatherapist Martina Lyons

Aromatherapy is the ancient art and science of blending naturally extracted essential oils to balance, harmonize and promote the health of body, mind and spirit. Essential oils can only be extracted from aromatic plants with each essential oil having its own unique healing properties. Ancient history has provided anecdotal evidence of the therapeutic use of essential oils but, in the recent years the objective evidence base which supports aromatherapy comprises clinical trials, case histories, clinical audits and also patient reported outcome data. The amount of such research, and the media profile of some studies, has led to a high level of public confidence in the efficacy of aromatherapy, especially in the areas of mental health, back pain, cancer and palliative care.

Aromatherapy Awareness Week 2020 was from 8th – 14th June. It is run by The International Federation of Aromatherapists. Here at the Galway Hospice the aromatherapist strives to bring aromatherapy knowledge to staff, patients and families so this was the perfect week to platform aromatherapy.

We invited everyone to give feedback on “What aromatherapy means to you?”

## Here are a few of the responses:

- ♦ Pure bliss
- ♦ A healing touch, a safe place, a release of tension, and a freeing of emotion
- ♦ It means comfort, relaxation and pampering for the patient
- ♦ One of the most holistic, personal therapies. All reaching and all encompassing



# Royal Flowers

When the Duke & Duchess of Cambridge visited Galway in March, they asked that flowers they received during their visit be donated to a local charity. Pictured receiving the flowers from An Garda Síochána Western Region are Galway Hospice Clinical Nurse Specialist Bridget Lyons, Receptionist Caroline Lawlor and Chief Executive Mary Nash.

# Weekly Draw



## Mother and daughter Bridgie Conway and Frances Molloy have been supporting the Galway Hospice Weekly Draw since the 1980s



The Weekly Draw has been a crucial source of support for Galway Hospice since 1988. Bridgie Conway was involved with the Draw from the very start. She was one of the first promoters of the Draw, signing up participants and collecting draw entries for Galway Hospice. Her daughter, Frances Molloy, was one of her recruits and she went on to become a promoter for the Draw herself.

Bridgie's husband, Jimmy, died after being unwell for six months. He spent Christmas 1984 in hospital and he came home in January. Bridgie cared for him at home for a month and he died in February 1985.

A few years later, when the idea of the hospice came up, it naturally struck a chord with the Conways. The idea of homecare in particular appealed to them. Bridgie, who had a young family, had looked after her husband at home with no medical support. She wanted to help other families who might find themselves in similar circumstances.

In 1988, Mary Mullins was the Homecare Manager in the Hospice and she was looking for people to join the draw to fund hospice care in Galway. It was through Mary that Bridgie first got involved.

Bridgie duly became a promoter for the Galway Hospice Draw. Frances remembers her mother coming home to her daughters, the eldest of whom was in her early twenties at the time and saying 'If ye can go out in the town on a Saturday night, ye can do this!' All of their friends and anyone who called to the house were signed up to the Draw.

Bridgie was committed to the cause and she did great work for the hospice. When Bingo started up in the Turloughmore Centre, Bridgie saw the opportunity to sign up more members to the Draw.

The family have never had a win themselves but the people they have signed up to the Draw have had quite a bit of luck over the years.

Most of Bridgie's early recruits to the Draw are still playing today. She continues to collect money for the draw at the local Bingo. People pay weekly, monthly or however suits them and Bridgie keeps her records in a little notebook. Collecting money from people has never been a hassle and Frances helps her out with it now.

The people, most of them Galway women, who went around canvassing in the late 1980's for the Draw did mighty work and even before there was a Hospice building in Galway. The Weekly Draw remains a vital source of support for Galway Hospice today. Many companies facilitate draw membership through payroll; vouchers for a year's membership for the draw are available through the hospice and, of course, our Draw Promoters continue that great work in support of Galway Hospice.

**For just €1.27 per week, you can be with a chance of winning €1,000 or €100 in the Galway Hospice Weekly Draw!**

**To sign up, phone us on 091 770868 or email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie)**



# Paying tribute to our supporters

## Theresa Melia has supported Galway Hospice since before it opened its doors in 1997



At Galway Hospice we are very fortunate to have fantastic supporters. We want to take an opportunity to pay tribute to Theresa Melia who has been a trojan force in support of the hospice for many years.

Theresa was working in Boston Scientific 25 years ago when she and some workmates signed up to do the Mini-Marathon in Dublin. They decided they would raise a few pounds for charity but it was only after the marathon that they discussed what charity they should donate the funds to.

Theresa was living in Renmore at the time and the hospice building wasn't yet open but there was a big totaliser outside showing how much was needed to complete it. Theresa and her colleagues decided that was where the funds should go.

Theresa called into the hospice on a Friday afternoon. She knew very little about hospice care at the time but she had heard that it was for cancer patients. The hospice was nearly ready to open but there were no patients there yet. She was given a tour of the new facility and what she saw had a profound affect on her. When she left that afternoon Theresa vowed that she would raise money for Galway Hospice as long as she lived.

On her visit to the hospice, Theresa learned about the Weekly Draw and that set her on a mission to recruit Draw members through Boston Scientific. Through great persistence she got Draw membership set up through payroll at Boston Scientific – it was a huge win for the hospice and one we continue to benefit from today.

In 1998 Theresa moved jobs to what is now Medtronic in Mervue. She got the Weekly Draw set up through the payroll there too.

Since 2010, Galway Hospice has been selected by the staff at Medtronic as one of the chosen charities that they fundraise for. They've held all kinds of events to raise funds over the years including an annual bake sale with a bake-off competition, table quizzes, an intercompany five-a-side soccer tournament, walks and a sale of works event. They hold a Coffee Morning every year for Galway Hospice too.

Both of Theresa's parents died far too young from life limiting illnesses before the hospice brought palliative care to Galway. Theresa has no first-hand experience of Galway Hospice's services herself but she has heard from others about the compassion and care that patients receive there.

While she has the strength and the health to do it, Theresa will continue to support Galway Hospice because she feels that the work of the hospice is amazing. She wishes that the hospice had been there when her parents were alive but she is very glad that others are benefitting from such wonderful care.

# Every cuppa counts!



## Hospice Coffee Morning Together with Bewley's

Thursday 24th September 2020

Galway Hospice continues to care for patients during the Covid-19 crisis. But the pandemic has severely impacted fundraising for our services and meant the cancellation of many vital fundraising events. This year, consider supporting Galway Hospice by hosting a socially distanced or virtual Hospice Coffee Morning Together with Bewley's.

Funds raised through Hospice Coffee Mornings are needed now more than ever. Last year, such funds helped our Community Team to make 7,949 visits and 22,761 calls to patients living in their own homes. Covid-19 has seen demand for this care increase significantly.



### Socially Distanced

Whether it's a Coffee Morning at home, outside, in the garden, the local park, on your street, at the community centre, or a 'drive-through' event, consider hosting a socially distanced Coffee Morning this September.



### Virtual

You can't beat a good catch up, no matter the distance. Why not arrange a video call with friends and family? You can even host an international Coffee Morning with loved ones overseas.

Please follow HSE advice and Stay Safe at all times.

To register for Hospice Coffee Morning Together with Bewley's, go to [galwayhospice.ie/coffee](http://galwayhospice.ie/coffee) or email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie)

Remember, thanks to our sponsor Bewley's, all Coffee Morning Hosts receive a special Pack including free Bewley's Coffee.

## Hints & Tips

### VENUE OR VIRTUAL?

If you're unable to host a Coffee Morning in your home, workplace, club, school, university because of social distancing requirements:

- Host it over a day or two, in a space where friends can pop in and grab their coffee and cake either in your kitchen or back garden.
- Be a virtual host using Zoom, Google Hangouts or another online platform.
- Pick a day and time to get your friends together for coffee, cakes and craic.

### PICK A DAY, ANY DAY

If Thursday 24th September doesn't suit, feel free to pick your own date!

### SPREAD THE WORD

Get the word out! Share posters, send an email invitation, set up a WhatsApp group or create a Facebook event.

### ONLINE DONATIONS

Set up an online donation page on iDonate, Everyday Hero or Facebook and share with your friends and family.

### BAKE OFF!

Ask your friends and family to create their own baked creations. Hold your own Bake Off and award prizes to the best cakes!

### ADDED EXTRAS

Hold an auction or raffle to raise additional funds. Or try a competition like Guess The Number Of Coffee Beans In A Jar!

### 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. If you're hosting virtually ask your guests to pose with their coffee mugs!

### STAY SAFE

No matter what type of Coffee Morning you host please always remember to stay safe and adhere to the current Covid-19 guidelines. Please visit [www.hse.ie](http://www.hse.ie) for the most up-to-date guidance. Don't forget it's most important that you and your guests always adhere to social distancing guidelines and good hygiene and handwashing practices. You can ask your guests to wash their hands when they arrive, provide hand sanitiser and napkins, and provide a bin for everyone to throw away their own rubbish.

### CELEBRATE YOUR SUCCESS

Contact your guests afterward your Coffee Morning to let them know how much they've helped raise for Galway Hospice!



# Remembering Mark & Kerry



My husband Mark was 44 when he passed away on July 2<sup>nd</sup> last year after a hard-fought battle with bowel cancer. He was first diagnosed in 2013, a year after we were married. He overcame cancer the first time-around and we looked forward to the rest of our lives together.

Mark was modest and ambitious, and when it came to facing cancer, he was no different. He

used his quiet determination to overcome his cancer, and his incredible strength of heart to assure the people around him who loved him most that he was going to be fine.

We lived an ordinary life by most people's standards but, to us, it was extraordinary. It was extraordinary for a lot of reasons, but mostly because of how amazing Mark was. He was kind in a way no one else I've ever known is, and strong in a way I didn't think possible. His fantastic, dry sense of humour made life funny and less serious. It was one of the many things I loved about him.

In 2018, just as we were approaching the 5-year cancer-free mark, Mark's cancer came back. My sister Kerry was the first person I called to break the news to. She was as she always was – supportive, caring and ready to do what she could to help us face it.

Once the initial shock passed and we gathered ourselves again, we resolved to get through it – one last time. We initially believed that it could be treated. Mark had already shown his strength in ways that convinced us he was invincible.

He researched trials, he read every book – he listened to every expert.

But it wasn't to be.

In his final hours, as I tried to say goodbye to my husband; the man I had been sharing my life with since I was 17-years-old, I received news that my sister Kerry, who was only 39-years-old, had passed away suddenly from a pulmonary embolism.

I won't try to describe what that felt like. I could never find the words.

The only thing I can speak clearly about is where I was when it happened. I was in the Galway Hospice, surrounded by the most amazing people I could ever have hoped to have near me. They carried me through the darkest and most horrifying time of my life.

Their support is not something I can convey with the kind of accuracy that would reflect the reality of what they did for Mark, and for me – as his wife. It's the kind of support you can only hope you'll never need but feel so grateful to have had.

The hospice staff treated Mark with so much dignity in his final weeks. They saw Mark for who he was – not a patient, but a remarkable person who was too young to be leaving us. They made space for me to live there with him at a time when every minute with Mark was precious. They gave us our privacy and made it feel as close to being at home as they could, with the reassurance that they were just outside the door to give Mark the help he needed.

We knew that Mark was a special person while he was with us but his legacy grows stronger in our minds as time passes precisely because of his trademark modesty, which wasn't convincing enough to veil just how extraordinary he was. He truly was a positive force in this world and he made me a better person. He made everyone around him a better person, which is why everyone, down to the pharmacists who dispensed his medicine, to work colleagues and doctors and nurses, described him the same way after he passed; a true gentleman. That is who Mark was. He left far more than he took from this world.

The Galway Hospice allowed him to remain who he was in his final weeks of life. They gave him a support without which he would have undoubtedly suffered more. I can't explain how incredible that is.

When you truly understand how important a service like theirs is, it can come as a surprise to hear how much they rely on fundraising. That's why I decided to do a fundraising skydive with my family and friends.

I wanted to do something that challenged me to be brave. I have never witnessed bravery like Mark's and I don't imagine I ever will again. I watched him face every day of the last year of his life with a determination to live, despite the great deal of pain he was in and the evidence that was stacking up in front of him that the odds of survival were close to nothing.

I wanted to do it for my sister, whose absence has left a hole in our family that can never be filled. Kerry was the kind of person who would go out of her way to help you, even if it inconvenienced her or made things harder for her. Taking myself outside my comfort zone was one small thing I could do to remember how amazing she was.

Galway Hospice rely so much on fundraising to deliver the kind of care that allows them to treat people as people, and not just patients. The difference that makes to a person's experience during the toughest time of their life is remarkable and it's so worth supporting.

Nicola Mullin



# Wellness at Work



*David Cribbin, Deirdre Moran and Trish Burke during Wellness at Work Day.*

## Galway Hospice celebrated National Wellness at Work Day on 1st May

Events to mark the day included sessions on 'Emotional Resilience - How to Safeguard Your Mental Health' hosted by Pastoral Care Chaplain Breda Casserly and one-to-one consultations with Aromatherapist Martina Lyons on how to use oils at home.

The Social Work team began a 'Staff Timeout' to offer a space where Hospice staff can have a cuppa and reflect on the changes and challenges during these unprecedented times.

As part of Wellness at Work Day, staff also shared their own tips on staying positive during Covid-19. All staff were given goodie bags to help promote wellbeing at work, with thanks to Duggan's Pharmacy, Supermac's, Foods of Athenry, Relife, ClubVitae and Jump Smoothie.

Other events included a 'Guess the Baby' competition featuring photographs of staff members as babies and an Art Competition with spot prizes sponsored by Casey's Londis and Boots.



*Artwork created for Wellness at Work Day*

## Remember Galway Hospice in your will

By including a gift in your will to Galway Hospice, you will help us to provide care for patients and support for their families in the years to come.

After taking care of your family and friends, please consider a gift to Galway Hospice in your will. Every gift, large or small, received by Galway Hospice enables us to make more moments matter for patients and their families.

Galway Hospice has been caring for people with life limiting conditions for over 30 years. With your support we'll continue to provide care to those that need us for many years to come.

If you would like to speak to someone in confidence about the difference your gift to Galway Hospice could make, please contact Ruth Brennan in the Fundraising Team on 091 770868.





# Hospice launches Impact Statement 2019

Our 2019 Impact Statement was launched in September. Covid-19 restrictions meant it could not be officially launched in person at the Hospice and was instead shared online on [www.galwayhospice.ie](http://www.galwayhospice.ie)

The Impact Statement looks back on what was another very busy year at Galway Hospice.

We were all shocked and devastated last February 2019 when An Bord Pleanála overturned Galway City Council's decision to grant planning permission for the construction of a new hospice at Merlin Park. After consulting with our advisors, we decided not to appeal the decision as the risk was too great and we could not justify putting additional fundraising money at risk to support the cost of the appeal. We immediately commenced the search for an alternative site for the new hospice. Unfortunately to date, we have not yet been successful in this search but we are confident that by working with our partners we will secure an alternative site before too long.

We also had a number of highlights during 2019, when we developed an exciting new strategy for Galway Hospice for the next five years. This strategy focuses on our vision to be an integral part of the community providing specialist palliative care by offering the right care with dignity and compassion to patients and families living with life-limiting illness when needed.

We underwent a successful reaccreditation audit with CHKS in May last year. The auditors commented that "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."

## 2019 in Numbers

With your support last year, we cared for more people than ever before.

- ◆ 2019 was a very busy year for our Community Palliative Care Team, who cared for 897 patients (up 10% on 2018) in their own homes and made 7,916 visits and 22,764 calls to these patients.
- ◆ Over 65% of patients cared for by the community team were never re-admitted to hospital (this increases to 90% for patients with a non-cancer diagnosis). 39% of patients had a non-cancer diagnosis.
- ◆ In our Inpatient Unit, we cared for 339 patients in 2019, a decrease of 6% on 2018. However, the average length of stay increased from 14 to 16 days. 46% of the patients admitted to the Inpatient Unit were subsequently discharged back to their home or to a community-based setting.
- ◆ There were 1,113 attendances to our Daycare Service last year, including 50 new attendees. In 2019, our team provided:
  - 364 Aromatherapy Sessions
  - 165 Art Therapy Sessions
  - 74 Chiropody Sessions
  - 248 Physiotherapy Sessions
  - 331 Hairdressing Sessions
  - 157 Occupational Therapy Sessions



Thanks to your support, fundraising income exceeded our expectations and total fundraised income for the year was €2.45million. Your contributions really do enable us to make a difference and we could not continue to provide the services we do without your support.

We are humbled to see how much the care provided by our teams means to our patients and their families and what a lifeline it provides to them at a very difficult time in their lives. Caring for those in need is at the heart of everything we do. But that quality of care can only be achieved through the support, dedication and compassion of our team of staff and volunteers, as well as our committed supporters and generous donors.

View the full Impact Statement 2019 at [www.galwayhospice.ie](http://www.galwayhospice.ie)



*Galway Hospice Staff Deirdre Moran, Ruth Brennan and Lauren Walsh*

# Walk to remember somewhere special

Covid-19 means the Galway Memorial Walk cannot take place as normal this year, with families and friends instead asked to walk together somewhere special to them on Sunday 13th September.

The Hospice continues to care for patients during the Covid-19 crisis, and funds raised through the Galway Memorial Walk are needed now more than ever. The Memorial Walk is our largest annual fundraising event and has raised over €2.1million for local hospice care since it began 15 years ago.

Thousands of people take part in the Walk each year in memory of a family member, friend or colleague who has passed away, with many wearing the name of their loved one on special personalised t-shirts.

This year, everyone is asked to do their own Memorial Walk, in the local community or in a place that holds special memories.

Anyone wishing to take part in this year's Memorial Walk must register in advance at [www.galwayhospice.ie/walk](http://www.galwayhospice.ie/walk) or on 091-770868.

To celebrate the 15th annual Memorial Walk, each participant who registers for the Walk will also receive a sapling sponsored by McD's Home & Garden.



*Dave O'Connell, Connacht Tribune, Seán McDonald, McD's, and Mary Nash, Galway Hospice, at McD's Galway Crystal. Photo: Joe O'Shaughnessy*



# Palliative Care: In this together



## Palliative Care Week

**Sunday 13 September to  
Saturday 19 September 2020**

Palliative Care Week aims to raise awareness of the difference palliative care can make to a person with a life-limiting illness, their family and carers, across the island of Ireland.

## Palliative care:

- I** I am a person
- N** Not an illness
- T** Time may be limited
- H** Help is available
- I** Illness is difficult
- S** Supports for my needs
- T** Treatments for pain
- O** Opportunities to plan
- G** Goal setting
- E** Emotional and psychological support
- T** Team for me and those important to me
- H** Hope is important
- E** Embracing me as I am
- R** Realising I am not on my own

The starting point in palliative care is always the person. Palliative care improves the quality of life of a person living with a life-limiting illness and of those who matter to them.

By focusing on the person's physical, social, psychological, and spiritual needs, and involving friends and family, palliative care can help to maintain a person's quality of life, regardless of the person's age or illness.

Quality of life is improved where all supports for a person with palliative care needs are in place, including the wider community alongside health and social care. This has been a feature of the community response to the COVID-19 Coronavirus pandemic in 2020.

COVID-19 has brought pain for many people as they face death, dying, caring, and bereavement. The pandemic has also brought out the best in communities as they supported those in need, particularly at times of restrictions and social distancing. This community response maintained and improved people's quality of life, including those living with serious and progressive illnesses.

Palliative care requires a broad range of professionals, family carers and communities working together to support the person and those close to them. We are In this together.

Talk to your health and social care professional about palliative care. Get in touch or find out more about Palliative Care by visiting [www.thepalliativehub.com](http://www.thepalliativehub.com) or [info@aiihpc.org](mailto:info@aiihpc.org)

# Galway Hospice Car Raffle

## The first ever Galway Hospice Car Raffle draw took place at Sheils Motor Group on 29 May

A big thank you to everyone for their phenomenal support of the Car Raffle. We received an overwhelming response and are so grateful to all who purchased tickets in support of Galway Hospice care. Congratulations to all our winners.

Thank you to our car sponsor Sheils Motor Group Galway.



**Sheils Motor Group**  
*Galway*



Congrats to Joanne Kelly from Moylough, the lucky winner of the first ever Galway Hospice Car Raffle, sponsored by Sheils Galway. Joanne is pictured with Paul Pender, General Manager, Sheils Galway, and Keith Finnegan, Chairman, Galway Hospice.

### FIRST PRIZE

**201 Ford Fiesta**

Sponsored by Sheils Motor  
Group Galway

**Joanne Kelly, Moylough**

### SECOND PRIZE

**Family Holiday to France for  
4 with KelAir Campotel**

Sponsored by Keller Travel,  
Ballinasloe

**Paddy Caulfield, Dunmore**

### THIRD PRIZE

**€250 Cash**

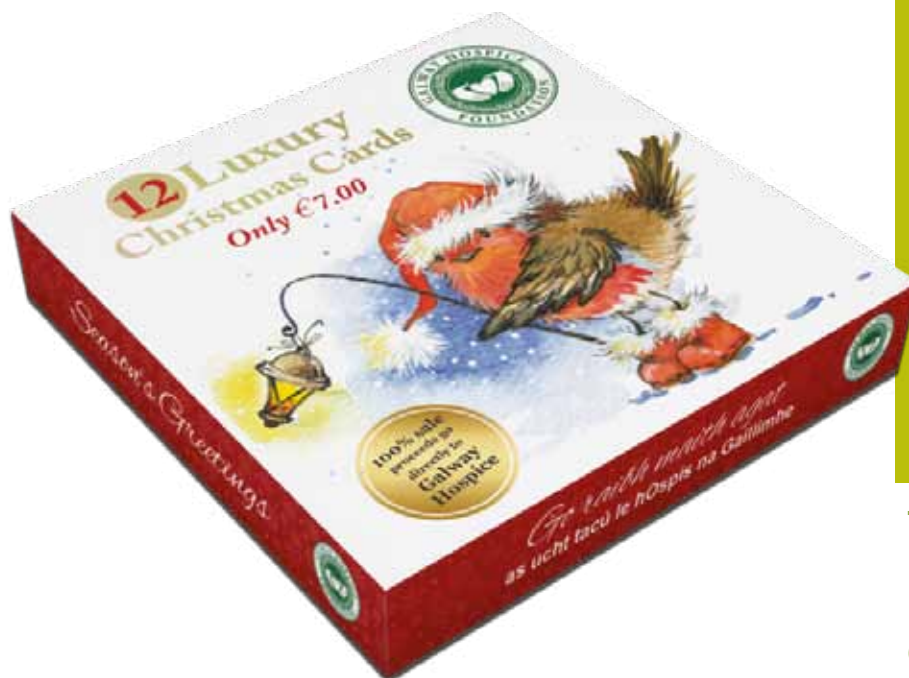
**Clarence Quinn, Galway City**

### SELLER'S PRIZE

**€250 Cash**

**Mary Theresa Glynn, Ballinasloe**





# Support Galway Hospice this Christmas

There are many ways to support Galway Hospice this Christmas. Together we can make a difference to families living with life-limiting illness at Christmas and beyond.

## Hospice Cards & Gifts

You can support Galway Hospice by purchasing our Christmas Cards and Gifts, including:

- ◆ 12 Luxury Christmas Cards (€7)
- ◆ \*New for 2020\* Christmas Decoration (€5)
- ◆ Christmas Bauble (€5)
- ◆ 2020 Galway Hospice Calendar (€10)
- ◆ Personalised Teacher Certificate (€25)
- ◆ Galway Hospice Socks (€9)

### The Gift that Keeps Giving!

Join the Galway Hospice Weekly Draw or purchase an Annual Subscription Gift Voucher (€66.04) for a loved one this Christmas.

All our Christmas Gifts will be available on [www.galwayhospice.ie/shop](http://www.galwayhospice.ie/shop) or on 091-770868.

### Sponsor a Light

The Tree of Lights at Galway Hospice celebrates the memories of loved ones at Christmas.

Dedicating a Light on the Tree is a special way to remember loved ones who are no longer with us.

Each Light helps Galway Hospice continue to provide care to patients and their families at Christmas and during the year.

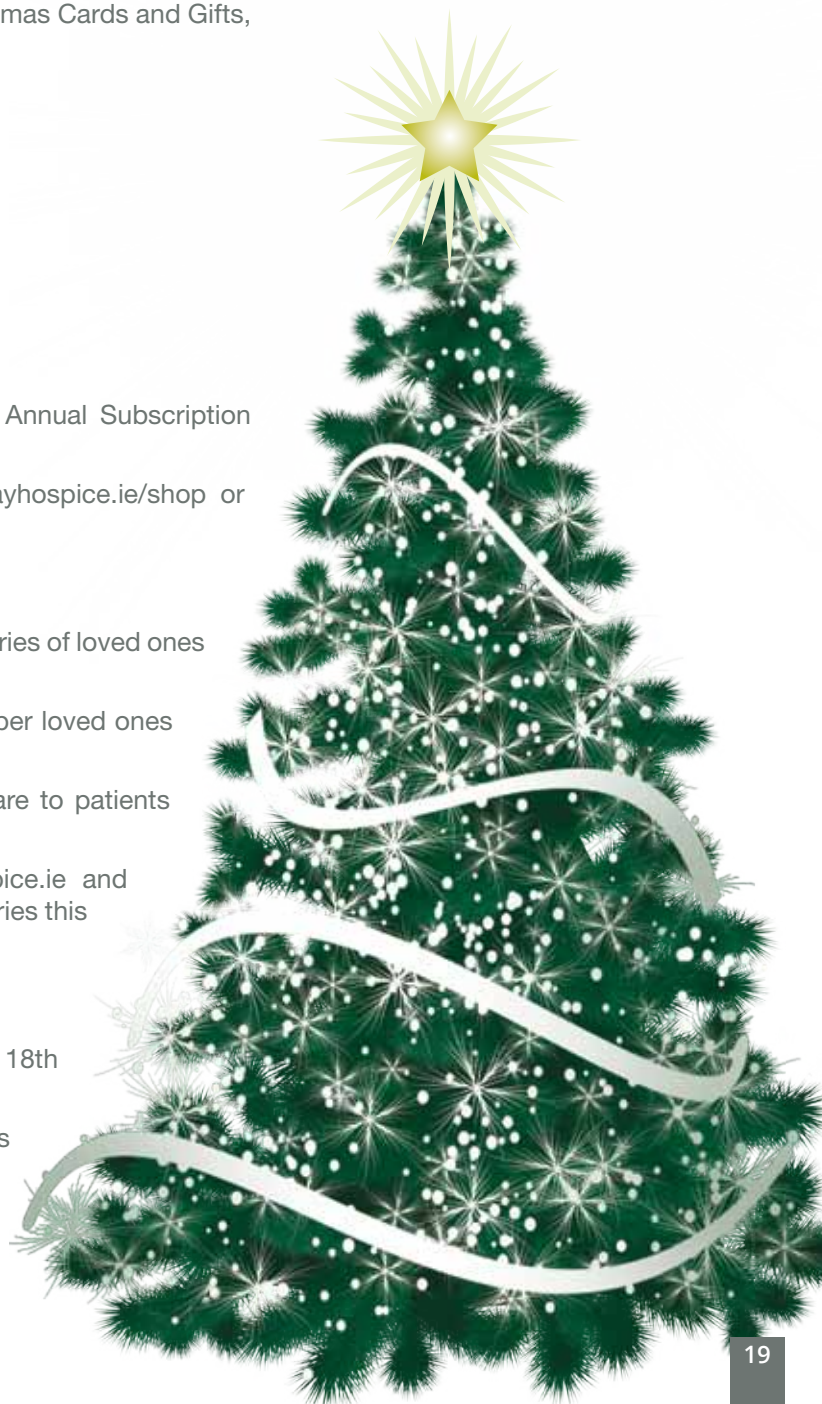
Dedicate a Light to a loved one on [www.galwayhospice.ie](http://www.galwayhospice.ie) and include your tribute in the Online Book of Treasured Memories this Christmas.

### Festive Fashion Friday

Give your favourite festive fashions an outing on Friday 18th December 2020.

From pudding earrings and reindeer socks to a Christmas jumper or full Santa suit, get your friends, family, school, company or community to wear their festive best!

Balloons, posters and collection boxes are available, see [www.galwayhospice.ie](http://www.galwayhospice.ie), contact Fundraising on 091-770868 or [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie)





# Thank You to Our Supporters



Catherine and Luke Sheridan raised €2,000 through Danfest, a virtual music event held in memory of Daniel Sheridan.



Oisín Bergin, Ethan Whyte, Kieran Watterson and Harry Watterson ran a socially distanced marathon in Blackberry Way, Craughwell, in aid of Galway Hospice and Hand-In-Hand Children's Cancer Charity.



Williamstown GAA raised €1,778.75 through their month-long 1,000km charity challenge.



Phil Grealish, St Columbas Credit Union, supporting the Galway Hospice Car Raffle.



Ulster Bank took part in a team challenge during lockdown, walking over 190 marathons and covering over 8,000km for Galway Hospice.



Integer chose Galway Hospice as their Charity of the Year, raising €3,822.30 for hospice services.