

GALWAY HOSPICE newsletter

MARCH 2021



WIN A BRAND NEW CAR

Support the Galway
Hospice Car Raffle

TOGETHERNESS DURING COVID

Dr Ita Harnett
reflects on our care

SHARE YOUR STORY

Tell us about your
hospice experience

'HOPE IS OUR ANCHOR'

Support during
Covid-19

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WELCOME



Welcome to the first edition of our newsletter for 2021.

We have seen increasing levels of Covid-19 in the local community since December so it has been challenging to support patients and families who need us while at Level 5. We have had to revert back to the tight visitor restrictions that we had in place at the beginning of the pandemic and limit visiting to three hours in the afternoon and to nominated family members for each patient. As a result we have become increasingly reliant on communication platforms such as Zoom and Teams for both internal and external communication with each other and with patients and families. This is not ideal and as nothing can replace that face-to-face meeting or catch-up on the corridor, but we have learned to adapt and keep our doors open to patients and families when they need us.

Our community teams continue to support on average 250 patients at home and are visiting patients and families to provide much needed support when necessary but we have been working to minimise these visits and providing support remotely via phone or telehealth apps when possible. The wearing of masks and protective clothing, enforcing social distancing, contact tracing and so on are practices that do not come naturally to us but we have adapted and taken steps to ensure we comply with best practice and public health guidelines to ensure that we keep our patients, staff and families who need our support safe. I would like to take this opportunity to say a sincere thank you to our colleagues in the HSE who have ensured we have an adequate supply of PPE and to our colleagues in public health who are always at the end of the phone to provide advice and support if we need it. To know that this support is there is invaluable.

As this newsletter goes to print, it is a year since the first lockdown. We have all been experiencing one of the most challenging times in decades, each facing our own difficulties as the Coronavirus outbreak has changed our everyday lives in so many ways. Yet, despite your own personal challenges, so many of you have still been able to spare a thought for Galway Hospice and support us during these challenging times. Your continued support helped us to raise €2.1 million last year. It is because you care, that we can. Thanks to your generosity we supported almost 900 patients at home during 2020 and cared for 300 patients in our inpatient unit. We could not have done this without you. Thank you.

I would also like to take this opportunity to thank our volunteers. Unfortunately we have had to suspend some volunteer activities but you have adapted and have continued to support us by providing reception cover, assisting with visitor check-in and providing transport services throughout the pandemic. Your support during this challenging time is really appreciated and we look forward to having you all back with us when things return to normal.

To all our supporters, donors, fundraisers, volunteers and partners – your support means everything to us. Take care and stay safe.

Chief Executive

our care in 2020

896 patients received care and support from our Community Palliative Care Team

There were **300** admissions to our Inpatient Unit at Renmore

Over **27,000** remote support calls were made to patients and families, a 20% increase on 2019

Front page: Galway Hospice Volunteers Tom Breen, Carmel Shortt, Jim Hynes and Marian Beatty.

Win
a new
Toyota
Yaris!



raffle.galwayhospice.ie

to **raffle.galwayhospice.ie** or call Fundraising on **091-770868**.

Be in with a chance to win a brand-new Toyota Yaris with the Galway Hospice Car Raffle 2021.

Supporting this year's Car Raffle is a fun way to support Galway Hospice and those that rely on the care of our doctors, nurses, carers and therapists. All funds raised through our Car Raffle directly help our patients and their families.

Our fabulous first prize is kindly supplied by Parsons Garage Tuam. Second prize is a Family Holiday to France for 4 with KelAir Campotel sponsored by Keller Travel Ballinasloe. Third prize is Afternoon Tea for Two at Ashford Castle.

Seller's Prize: You can also support our Car Raffle by selling tickets. If you sell 15 tickets, you are entered into a draw for a cash prize of €250. To become a seller, go

All proceeds from the raffle will help to fund Galway

Hospice's care for people with life-limiting conditions. Full terms and conditions for the Car Raffle can be found on the Galway Hospice website – **www.galwayhospice.ie/carraffle**

Tickets are €10 each, three for €20 or a book of 15 for €100.

Buy your tickets online at raffle.galwayhospice.ie or call Fundraising on 091-770868.

Please return your ticket stubs by Friday 21st May; the Raffle Draw will take place on Friday 28th May.

GOOD LUCK!



Hospice care has always supported togetherness

Dr. Ita Harnett, Clinical Director at Galway Hospice, reflects on caring for patients and families during Covid.

Togetherness is such an important part of Irish life and family life. Dropping in for a cup of tea, neighbours chatting over the wall, coffee with old friends, families returning from all corners of the globe when somebody close is sick; keeping vigil when somebody is dying - exchanging stories, holding hands, saying prayers, singing favourite songs, or sitting quietly.

That togetherness has always shaped how palliative care is offered to patients. Often when I ask patients about their worries, they will say they are not worried for themselves, but for their spouse and children. Attentive palliative care has always involved offering support to the patient themselves, but also to family; and it has always supported their togetherness.

Traditionally, pre-Covid, home care visits might involve going to a house with one or two people, or a kitchen with 20 people gathered and assorted pets, with lots of questions and cups of tea on the go! Meeting patients and families this way has always been one of the pleasures of working in palliative care. And it afforded the opportunity to answer questions, to explain what is happening, treatment plans, what to expect, and what supports are available.

Pre-Covid, the Galway Hospice Inpatient Unit offered completely open visiting to relatives, and included care for families, like movie nights in the patients' room for kids, date nights for couples, supported afternoons or weekends at home, or special outings, like a trip to the sea and the buying of fish for an islander who was homesick for the sea.

Such care has always involved people working closely together - doctors, nurses, care assistants, physiotherapists, occupational therapists, pastoral, pharmacists, therapists, volunteer drivers, often huddled close around tables when planning.

The arrival of Covid and circumstances where people could no longer be in close proximity to each other changed life utterly for patients and families, making the experience of illness so much more difficult. It would have been unimaginable a year ago that a person living with cancer could no longer safely receive visits at home from all their family, grandchildren, friends and neighbours. It would have been equally unimaginable that hospitals, nursing homes and hospices had to impose strict visiting restrictions for



Clinical Director Dr. Ita Harnett.

patients with life-limiting illnesses.

From the outset we have had a huge responsibility to keep safe those who are under our care, given their vulnerability. Our teams have worked hard, in addition to meeting during visiting hours, to offer families regular telephone updates from nurses and doctors, and support calls from social workers and pastoral care.

I see daily great kindness and the extra efforts of all staff to try to make each of their visits as enjoyable as possible for patients - the extra conversations, checking that radio is tuned to a station they like, ensuring they have their newspaper, putting hand-drawn drawings from their grandchildren and family photos on walls. I have seen the most tender of WhatsApp calls to allow family members say their goodbyes when they cannot be present, when overseas or unwell themselves.

While technology still feels like a poor substitute to actually meeting people, it has allowed meaningful communication to happen. As well as keeping patients and families connected, it has allowed the hospice a way of offering virtual remembrance and bereavement services to those whose loved ones have died. This is especially important when people are deprived of so many of the normal rituals and supports.

During this time, the hospice management and staff have tried fastidiously to take available precautions to prevent Covid-transmission. People have also worked hard to help each other out, we have become used to the masks and the Zoom team meetings. And now that vaccination has started, there is a growing optimism that the year will see changes for the better, a return of some of the simple pleasures and greater togetherness for our patients, families and teams.

*'Ar scáth a chéile a mhaireann na daoine'
- In the shadow of each other, we live*

thank you to our supporters

In the year since Covid-19 restrictions were first put in place, we have been overwhelmed by the generosity and creativity of supporters.

Our supporters have held all kinds of fundraising events including family sea swims, virtual tractor runs, running, walking and cycling challenges, virtual quizzes and so much more.

In a time when we have all faced new challenges, the support we have received at Galway Hospice has been fantastic and it has been crucial in keeping our services in place for our patients. Our annual fundraising events have taken place virtually, and received incredible support.



Staff and students of the GMIT Virtual Choir recorded 'O Holy Night' in memory of Trish Carrick, raising over €3,600 for Galway Hospice.

Galway Memorial Walk

The Galway Memorial Walk is a real highlight in our calendar of events. In September 2020, we couldn't come together in Salthill to walk the Prom so instead we asked you to walk in a place with special meaning to you. The photos and feedback we received were absolutely wonderful.

From friends walking the racecourse in Ballybrit to families in San Francisco remembering their loved ones, the Galway Memorial Walk 2020 will be remembered as being different but no less special. We look forward to this year's event.



*Galway Memorial Walk:
The Dunlea family
walking in memory of
Kathleen Melia.*

Hospice Coffee Morning

The response from our supporters to September's Hospice Coffee Morning was fantastic. People organised Socially Distanced and Drive-Thru or Virtual Coffee Mornings and went above and beyond to support Galway Hospice while keeping within government regulations. This year, we will continue to raise a cup of Bewley's wherever we may be!

Tree of Lights Ceremony

Our annual Tree of Lights Ceremony also took place differently due to Covid-19 restrictions. We filmed a special ceremony with Tom Gilmore, Dáithí Ó Sé and a small number of performers present. The lights on the tree and the candles placed underneath shone in remembrance, with the ceremony streamed online on Facebook and YouTube for all to view.

We look forward to hosting our events in different ways again this year, and we are extremely grateful to our truly outstanding supporters organising their own events.

If you would like to get involved in any fundraising for Galway Hospice, contact Fundraising on 091-770868 or fundraising@galwayhospice.ie



staying safe

Galway Hospice staff have been receiving their Covid-19 vaccinations to help protect everyone at Galway Hospice and all those cared for by our services.

Remembering Michael Derrane

Michael Derrane was born on the Long Walk on 2nd February 1937 and passed away peacefully at Galway Hospice on the 8th September 2020.



Michael Derrane

On behalf of our father Michael Derrane (also known to the Hospice Staff and Volunteers as Michael D), we would like to take this opportunity to thank all the Galway Hospice Staff and Volunteers for allowing our father to pass away with the dignity he well deserved.

Quiet, peaceful and a loving father to us, he worked so hard all his life and ensured along with our loving mother Bernadette Derrane that we were raised with both love and affection.

The last 6+ years of Dad's life he had the pleasure of attending the Galway Hospice Day Care every Tuesday, he attended the Hospice looking forward to spending some quality time with both the people who attended the Hospice and the Staff and Volunteers who worked at the Galway Hospice. He LOVED the Tuesday visit with great excitement, we cannot thank you enough for that opportunity for our Father.

Dad first started to get unwell not long after his retirement, each year took a bit from him, but he never complained and just moved on with life. During Dad's final days he struggled but powered on as best he could, it was at that moment when he needed you guys most and you didn't let him down. Monday the 7th September you allowed our father one last visit to your wonderful facility and Lord was it perfect timing, Dad decided it was his time on Tuesday the 8th September 2020 at 10.30pm when he moved on to be with our mother, his wife he so loving cared for all his life.

It was very fitting for Dad to pass away on a Tuesday and in the Galway Hospice.

To all the Staff and Volunteers, keep up the excellent work you guys do every minute, every hour and every day of the year and please stay safe. Our prayers and our thanks for all the efforts and time you gave to us and to our father over the past years of his life.

Our Sincere Thanks and Gratitude,

Mike, Benny and Declan Derrane

Sons of our loving parents both Michael and Bernadette Derrane.

Your thoughts on Galway Hospice

Galway Hospice works to provide the best possible specialist care to patients and their loved ones. We value feedback about our services. This helps us to provide quality care for patients and families now and in the future.

Read what patients and families thought about our services

'The support we receive has helped us so much in a difficult time. We feel that help and understanding is there whenever we need it. Dad has been treated with the utmost care and respect'

'I think of you all as God's earthly healing angels sent to comfort us when we needed it most'

'Very professional staff and always just a phone call away'

'Overall the care and attention provided by the hospice and team was incredible. You really are a valuable asset to the Galway community and we would be lost without you'

'I always feel that we have someone to turn to if in difficulty and wouldn't hesitate to do so if we need to''



'My personal position re my illness improved ten-fold, confidence etc. Regret I did not know of your work sooner, incredible people. Thanks'



'Of course no one wants to see a loved one become ill or to lose them to illness. This however is part of life. The hospice team of staff and volunteers show such care. During a difficult and stressful time we were held and supported by everyone in the hospice. I value the time we spent there with you all. It was a wonderful experience, something so life affirming even in the face of an end of life. The hospice is and always will be part of our lives now.'

'Thank you to the wonderful doctors and nurses who looked after me so well, I will be forever grateful. You made it a home from home for me, I will never forget you, no words can ever say what I want to say. Thank you so much'

'Don't know what we would have done/coped without the hospice. Staff allowed our mother to stay at home'

Have your say

There are a number of ways to tell us about your experience of Galway Hospice:

- complete the survey at www.galwayhospice.ie/have-your-say
- email info@galwayhospice.ie
- write to CEO, Galway Hospice, Renmore, Galway
- complete a comment card in the hospice

UPCOMING EVENTS



CAR RAFFLE

Enter the Galway Hospice Car Raffle for a chance to win a brand-new Toyota Yaris.

**FRIDAY
28TH
MAY**

**11TH &
12TH**

**JUNE
HOSPICE
SUNFLOWER
DAYS**



Support the annual Hospice Sunflower Days online this year. Remember a loved one by planting a flower in our Virtual Garden at garden.galwayhospice.ie

**19TH
JUNE**

**CROAGH PATRICK
CLIMB**



Climb for Hospice, from home! Walk, run or climb to reach the peak for Galway Hospice. See page 14.

SUNDAY 12TH SEPTEMBER

GALWAY MEMORIAL WALK

Galway Memorial Walk is a special way to celebrate loved ones no longer with us. Walk somewhere special with family and friends on Sunday 12th September.



**THURSDAY
23RD SEPTEMBER**

HOSPICE COFFEE MORNING



Hospice Coffee Morning Together with Bewley's is a chance to get together over a socially distanced or virtual cuppa and help raise funds for Galway Hospice!

'I enjoy getting to know the patients'



Head Chef Brian Kenny

Brian Kenny has been our Head Chef at Galway Hospice for almost three years.

Brian heads up a team of five staff in the kitchen and together they cater for patients, visitors, volunteers and staff in the hospice.

The kitchen is staffed and open from 7:30am to 6pm every day providing breakfast, lunch and evening tea. Outside of those hours, light food and snacks are available to patients. Supplies are sourced for the kitchen from local suppliers and all ingredients are fresh.

Covid-19 has impacted us in the kitchen in so far as we have seen less footfall in the dining room because some staff are working from home and we have had reduced numbers of volunteers and visitors in the hospice. In the kitchen, we have always maintained high hygiene standards and that ensures that the meals we produce are safe. Since Covid, I have proactively reduced the numbers coming into the kitchen at any time to safeguard my staff and those we cook for from the risk of Covid transmission.

When Daycare Services are running at the hospice, I enjoy getting to know the patients and having a chat with them on Tuesdays and Wednesdays. I've built up some good relationships with them and I look forward to having those patients back in the dining room when it's safe for them.

Similarly, when patients from the unit come to the dining room, I make a point of going over to talk to them. It's important to make them feel as welcome and comfortable here as they can be.

Sometimes I receive a request for something that we don't have in stock. One such incident that stands out to me is a lady who requested grilled lamb cutlets for her mother who was an in-patient at the time. I got them from a local butcher and made a tasty meal with gravy and roast potatoes. The daughter was really grateful for the extra effort and I suppose that's the most satisfying thing about my role at the hospice. While our medical team do fantastic work, we do our bit here in the kitchen too.

In my time here, I've catered for a few special events like christenings that have been held at the hospice. Also, if we're aware that it's a patient's birthday, a cake will be arranged and we'll be sure to mark the occasion.

From time to time, individuals and families will come in visibly upset and sit in the dining room. While I can't change the situation they find themselves in, I can set a pot of tea and a plate of scones down on the table in front of them and I hope that helps in some small way.



Art Therapy links with GMIT

The Art Therapy department has recently forged a link with the Ceramics Department at Cluain Mhuire Campus, GMIT. This is an exciting development which we are looking forward to getting off the ground, hopefully in the not too distant future.

This is part of a current initiative they are running called the 'Radius Project' in which GMIT's Centre for Creative Arts & Media (CCAM) is engaging actively with a variety of community and social organisations within a close radius of the campus.

Along with this being of great benefit to our patients who wish to complete clay work to the firing and glazing stage, it also provides us with an interesting opportunity to connect and collaborate down the line in a less 'locked down' future.

Project leader Dr Seamus McGuinness of GMIT's CCAM, says: "The Radius Project has two interlinked strands, each integral to the other. Firstly, how we, the Centre for Creative Arts and Media at GMIT, can become more relevant to and a creative catalyst for community engagement in the surrounding area and secondly how we, the school and local bodies and communities, can collectively and creatively build trust and working relationships to develop and sustain social and cultural relationships within these communities - our neighbours."



MALIN TO MIZEN

The Medical Social Work Department would like to commend and thank our dear colleague Mags Fitzgerald (Senior Medical Social Worker) and her fiancé Tom Callanan for completing a Malin to Mizzen Cycle for Galway Hospice last September. Mags and Tom raised an amazing €8,332 and this will go towards a memory making fund for patients/families under the care of Galway Hospice. Well done Mags & Tom, your efforts have been much appreciated by us all!

Hope needs to be our anchor

Bereavement Services Coordinator Hazel Greene reflects on the work of Galway Hospice's Medical Social Work team during the Covid-19 pandemic

Across the nation when reflecting on the experience of working through Covid-19, it conjures up a mix of murky emotions. On the spectrum, there have been those who faced the intensity of life and death on a daily basis and those who faced beating the monotony of how to survive the day without physically seeing a single person. Inevitably, meeting the subsequent lows of living without the all essential human connection. For some of us, the absence of human contact and touch is greeting us at a time we crave it the most, facing the uncharted territory of living alone, compounded by the counter intuitive act of closing our doors.

Each day as the alarm went off, I recognised the increasing need and sense of purpose in stepping out into cold dark mornings. There was a feeling of gratitude of being able to offer a service to those who potentially sit alone and the act of driving to the work place and seeing different faces, was no longer taken for granted. Working as part of the Medical Social Work team the stark reality is, for those we work with staff, patients and their relatives, the meaning of loss has altered dramatically and each individual's definition of loss through this time undoubtedly cannot be compared.

It has led us to acknowledge that more than ever Hope needs to be our anchor. As spring and summer approach, we have shown that despite all the hardship we can find our way through the day.

Adaptation and resilience are fundamental in navigating our way through this mess. As we continue to offer a service, there is a recognition of the strength shown by all those we work with and the families we support. I feel a sense of pride in how we as a service remained grounded in our practice of continual support. Each day stepping into the uncertainty of what that day will bring. Yet despite all the adversity, there is an inherent sense of hope among us that change is around the corner...a tune without the words.

*'Hope' is the thing with feathers -That perches in the soul
-And sings the tune without the words - And never stops
- at all - Emily Dickinson*



Bereavement Services Coordinator
Hazel Greene

'A mighty start to the year!'

For Martin Treacy from Abbeyknockmoy, 2021 got off to a great start when he won first prize in the Galway Hospice Weekly Draw in the first week of the year!

Martin's father, Mattie, was cared for by Galway Hospice and the family have supported the hospice since. When a letter arrived to his house detailing the various ways to support Galway Hospice at Christmas, Martin decided to join the Weekly Draw.

Martin purchased a Weekly Draw Gift Voucher in support of Galway Hospice. For €66.04 he was entered into the Weekly Draw for a full year from January 2021. So you can only imagine his surprise and delight when he won first prize of €1,000 in the first draw of the year!

"I wasn't expecting to get anything back but I'm delighted to help out such a great cause as the Galway Hospice," said Martin on joining the Weekly Draw.

If you're looking for a gift for a special occasion or if you're feeling lucky, buy a Weekly Draw Gift Voucher to be in with a chance of winning €1,000 every week for a year!

Join the Draw at www.galwayhospice.ie/draw or call 091-770868



Galway Hospice Weekly Draw
winner Martin Treacy



10 WAYS

to support Galway Hospice from your Home

Galway Hospice care continues throughout Covid-19, but many of our events have been postponed or cancelled. Our supporters are finding new ways to support us, while staying home and staying safe. There are many ways to help:

1 - Fundraise Online



It's easier than ever to raise funds online. Simply set up a Facebook Fundraiser or iDonate.ie online fundraiser for Galway Hospice and share with your family and friends.

2 - Host a Virtual Event

Do a sponsored walk or run within your 5k, grow your hair, host an online quiz or coffee morning on Zoom, sign up for our Croagh Patrick Climb in your back garden (see page 14), or do your own unique virtual event in support of our care!

3 - Join the Weekly Draw



Be in with a chance to win a top prize of €1,000 each week! Join the Galway Hospice Weekly Draw or buy a Gift Voucher for a loved one at galwayhospice.ie/draw

4 - Make a Donation

Galway Hospice care is only possible thanks to the support of the public. Donations can be made online at galwayhospice.ie, by cheque or postal order to Galway Hospice, Renmore, Galway, and by phone on 091-770868.

5 - Sponsor a Leaf



The leaves on our beautiful Memory Tree sculpture are engraved with the names of loved ones and supporters of our care. Sponsor a leaf at galwayhospice.ie/memorytree or see page 15.

6 - Follow Us

Like us on Facebook, Instagram or Twitter to keep up-to-date on Hospice news and help spread the word about our care.



7 - Share Your Story

Share your experience of Galway Hospice to help future patients and families understand how our services could help them. For more information, see page 7 or galwayhospice.ie/have-your-say

8 - Buy a Gift



Support our care by purchasing a poetry book, greeting card, shopping bag, travel mug or handmade knitted gift from our online shop at galwayhospice.ie/shop

9 - Charity Tax Back

Did you know? Personal Donations of €250 (€21 monthly) or more in a year are worth an additional €112 to Galway Hospice. For more information, search the Charitable Donation Scheme on revenue.ie

10 - Get your Company/ Club Involved!

Ask your company, club or local community group to support Galway Hospice by holding their own fundraising event, choosing Galway Hospice as their charity of the year, or help by matching funds raised.

Contact fundraising@galwayhospice.ie or Fundraising on 091-770868 for more information.

The provision of quality care



*Quality and Safety Manager
Niamh McKeon*

The quality of the care we provide and the safety of our patients is at the centre of what we do, writes Galway Hospice's Quality and Safety Manager Niamh McKeon.

In Galway Hospice we are committed to the provision of quality care to our patients every day. This is at the core of our service delivery as we continually strive to improve. The healthcare environment is one of continuous change and none more so than in 2020 when we encountered the global pandemic Covid-19. It has now become very much a part of our lives and has changed the face of how we do our work.

At the Hospice we remain committed to ensuring that the safety of our patients and their families remain at the centre of what we do. This involves strategic preparation, planning and communication. Our Covid-19 committee continues to meet, ensuring structures and processes within the organisation are in line with national public health guidance, health protection surveillance committee and the HSE.

The area of quality and safety incorporates many aspects of how we deliver our service. This includes audit, risk evaluation and quality improvement. Each year through our experience questionnaire we value the feedback which is received from patients, carers, families. It is a key component in how we plan and deliver our service, supporting us to progress and develop. In November 2020 we looked specifically how Covid-19 impacted patients and families in availing of the service to ensure we are doing everything we possibly can to provide the very best for our patients and families. We are currently updating our patient and staff engagement strategy and look forward to how this will continue to be interwoven with the service that we provide.

We look forward to the year ahead with renewed hope as we see the roll out of vaccinations. For 2021, our commitment to provide specialist palliative care and support for patients and families remains as fervent as ever as we continue to ensure the safety and the quality of the service we provide.

continued care at home and in the community

Over the past year, we all have adapted to living and working alongside Covid-19.



*Clinical Nurse Specialist,
Sorchá Foy, part
of the Community
Palliative Care team
that continues to make
essential visits to
patients' homes.*

The Community Palliative Care Team's role has not changed and they continue to provide holistic, specialist palliative care to patients and their families referred to the service. The Palliative Care Team provide advice and support on pain and symptom management, psychosocial care and bereavement support, working in conjunction with the primary care services, your GP and PHN.

In keeping with National Public Health Guidelines, The Galway Hospice's Community Palliative Care Team have introduced a range of new

procedures to help protect patients, families and staff in these challenging times.

The Community Palliative Care Team will make a telephone assessment prior to all visits. It is this assessment that will guide the level of Personal Protective Equipment (PPE gloves/goggles/masks and aprons) that is required for the visit, a concept that is familiar to us all. This level of precautions allows the Clinical Nurse Specialists to continue to assess and deliver individualised patient care. It also provides reassurance to patients and families in terms of protection for them within their own home.

Over the past year, to minimise the risk of Covid-19 infection to patients, families and staff, the Community Palliative Care Team, in many instances have provided telephone based assessments, advice and support to patients and it is interesting to note that since March 2020, the Community Palliative Care Team have made over 27,000 calls to patients and families: a 20% increase on 2019.

The Community Palliative Care Team remains as accessible as ever and is only a phone call away for advice and support.

Paddy culligan charity cycle

*Pictured are: Paddy Kelly, Joe Connolly,
Galway Hospice Board Member,
and Mary Nash,
Galway Hospice Chief Executive.*

Paddy Culligan passed away in August 2019 in the care of Galway Hospice. His former colleague and very dear friend, Paddy Kelly, decided to pay tribute to him and to support people living with cancer by undertaking an ambitious cycling challenge around Ireland.

The Paddy Culligan Charity Cycle raised an incredible €73,000 for six different charities and Galway Hospice received €21,000 of the proceeds in October 2020.

Paddy's all-island route tracked close to the coast for the very most part and covered a distance of 2,400km over 19 days without any days off. Although his challenge was delayed by the Covid-19 pandemic, Paddy's determination didn't waiver.

He set off from Doonbeg in Co Clare on 22nd August and he headed north to Galway City and on to Spiddal on the first day. Paddy's route brought him up through Mayo, Sligo, Leitrim and Donegal. He crossed the border into Derry and followed the coast through Antrim and Down before crossing back into Louth. He journeyed on through part of Meath on to Dublin and then Wicklow and Wexford. The coasts of Counties Cork and Kerry took almost a week. From Kerry Paddy went through Limerick and back to Clare. On the last day of the cycle he took a scenic route from Ennis via Loophead and followed the coast back to Doonbeg where he was met with a hero's welcome on 9th September.

Paddy was overwhelmed with the support he received from people helping him to plan the event, support crew on the route, those who sponsored cycling gear and provided accommodation and food along the way, cyclists joining him for stints and of course the generosity of all people across the country who donated in Paddy Culligan's memory.

The funds raised though the cycle went to different charities that support people living with cancer. Paddy felt that in the midst of Covid, there was a risk that people living with cancer were being overlooked.

Well done Paddy Kelly and sincere thanks from all at Galway Hospice!



Croagh Patrick climb

Climb for Hospice, from Home!



Covid-19 means we can't climb Croagh Patrick together on 19th June,
but you can still Climb for Hospice from home!

Croagh Patrick is just under 800 metres high.
To reach the summit from home –

- *Walk or Run 80km - that's 2.5km each day in June!*
- *Climb Your Stairs 200 times to reach the peak!*

Register for Croagh Patrick Climb

To register go to www.galwayhospice.ie/climb,
contact Galway Hospice Fundraising on 091-770868 or
fundraising@galwayhospice.ie

Help Support our Care

Set up an online fundraiser to share with family and friends through Facebook Fundraisers or iDonate.

All funds raised go to supporting Galway Hospice care.



Alison Cunniffe taking part in the last year's Virtual Croagh Patrick Climb in memory of her father Tommy.

Tree of lights celebration

The 2020 Tree of Lights Celebration at Galway Hospice took place virtually. Thousands tuned in online to watch the special remembrance event featuring music from Marc Roberts, Johnny Carroll, Stephen Boyle & Rachel Goode and Brian, Cian & Seán Thornton and Christine Canavan.
Photos: Andrew Downes, xposure.

Singer/songwriter Marc Roberts at the Virtual Tree of Lights Celebration.

The Galway Memorial Tree at Galway Hospice.

Olive Fahy, Staff Nurse at Galway Hospice, lights the lantern at the Virtual Tree of Lights.

Dáithí Ó Sé at the Virtual Tree of Lights Celebration.

Breda Casserly, Pastoral Care at Galway Hospice, and musician Johnny Carroll.

New Memory Tree at the heart of Galway Hospice

Our Memory Tree is now in place at Galway Hospice

Covid-19 had meant the installation of the beautiful sculpture was postponed until late 2020. It now bears the names of almost 200 loved ones and supporters of the Hospice.

Thank you to all who have sponsored a leaf to help support our care.

Unfortunately, Covid-19 restrictions mean the Memory Tree is not viewable to the public as we continue to restrict access to the Hospice to protect our patients and staff. However, you can sponsor a leaf at www.galwayhospice.ie/memorytree or on 091-770868.



Healthcare Assistant Martina King pictured at the Galway Hospice Memory Tree.

A gift for the future

If you're writing or updating your will, after you've taken care of your family and friends, please consider including a gift to Galway Hospice.

A gift in your will, big or small, will help us to be there for people learning to live with life-limiting conditions in the future.

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.



Thank You to our supporters



Yvie Huban cut her long hair and donated the proceeds to Galway Hospice, in memory of her grandfather John Huban.



Noreen & Mikey Gilligan, Athenry, at their 'drive-thru' Hospice Coffee Morning in September.



Roslyn, Paddy and Carlyn Prendergast from the Virtual Run 4 Mary 2020, which raised €10,970 for Galway Hospice and Hand in Hand.



The Scully Family raised €10,218 for Galway Hospice with a New Year's Day Swim in memory of Aidan Scully.



A skydive in memory of Mark Mullin and Kerry O'Donnell raised €22,356 for Galway Hospice care.



Phil Grealish from St Columba's Credit Union supporting the Virtual Tree of Lights Celebration, pictured with Galway Hospice Chief Executive Mary Nash, RTÉ's Dáithí Ó Sé and Galway Bay FM's Tom Gilmore.



Martin & Shane Glennon held virtual tractor run 'Driving on for Cathy' in memory of their mother Cathy Glennon.



Galway Hospice supporter Theresa Melia hosted a socially-distanced Hospice Coffee Morning at Medtronic Mervue in September.