

GALWAY HOSPICE newsletter

SEPTEMBER 2021



WALK & TALK

New bereavement support group launched

'WHEN A ROBIN APPEARS'

For many, a robin is not just a robin

WELLNESS AT WORK

Supporting our staff & volunteers

IMPACT REPORT

Looking back on a challenging 2020

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WELCOME



Welcome to the September 2021 edition of our newsletter and I'd like to start by extending my very best wishes to you. The Covid-19 pandemic has affected us all so much in the past eighteen months, and those effects have been very different for each of us, but as the world gradually opens up again we must move forward together, to overcome the great challenges that still remain.

I am proud that, despite the ongoing challenges the six months has brought, the hospice team has continued to work incredibly hard, to ensure that we keep our patients and their wishes at the centre of every decision made. It's so important that we work to support patients to live the best life they can - whatever the stage of their illness. Our community team has supported on average 260 patients and families at any point in time over the past six months and our inpatient team have looked after 179 patients. Unfortunately, the Daycare service remains suspended but we have commenced the process of planning for its return and if infection rates reduce over the coming months we hope to recommence the service on a limited basis before year end. As the vaccine roll out now enters its final stages we hope that we will be able to carefully ease restrictions in the coming months

in line with government guidance and start welcoming you back to the hospice again.

We have continued to adapt our service to support those who need us over the past few months and our social work team have launched two new initiatives to support families in recent months; Walk & Talk and Meallan Scéal Scéal Eile, you can read more about both initiatives on page 4. We have also with the support of local parishioners refurbished our chapel in recent months to provide a quiet reflective space for patients and families who visit the hospice. DFS have also supported us to refurbish the Daycare conservatory and we hope this will provide a pleasant "time out" space for Daycare patients when the service resumes.

We agreed with the HSE and Mayo Roscommon Hospice Foundation that we would take on operational and clinical governance for the new hospice in Mayo last year. The HSE are providing funding for the cost of operating the inpatient unit and Mayo Roscommon Hospice Foundation have agreed to fund any shortfalls in funding if they occur. As a result the first quarter of this year was extremely busy as we had to complete the recruitment induction and training of almost 50 staff for Mayo at Galway hospice. A sincere thanks to everyone who was involved in this process and we admitted the first patients to Mayo in March this year.

A sincere thanks for everyone who has fundraised for us over the past six months. We're only able to support patients on their individual journeys thanks to the kind support of people like you. We simply couldn't continue our care without you. Every donation made, every weekly draw ticket bought, it all makes such a difference to the lives of the people that access our services. I hope you enjoy this edition of our Newsletter. Thank you again for making our work possible.

Chief Executive

Our Care in 2020

4,543



Therapeutic treatments – occupational therapy, physiotherapy, aromatherapy and art therapy

155 members of staff



140
fantastic volunteers

Front page: Ollie Turner & Neil Molloy from Galway Bay FM's Mollie in the Morning supporting Hospice Coffee Morning for Galway Hospice. See more on page 10.

Thank you for supporting our Car Raffle

A huge thank you to everyone who supported our 2021 Car Raffle. We are so grateful to all who purchased and sold tickets in aid of Galway Hospice care.

Thank you to our raffle supporters Parsons Garage Tuam, KelAir Campotel at Keller Travel Balinasloe and Ashford Castle.

First Prize

2021 Toyota Yaris

Supplied by Parsons Garage Tuam

Winner - Ann Ferguson, Ballina

Third Prize

Afternoon Tea at Ashford Castle

Winner - Lexie Marmion, Loughrea

Second Prize

Family Holiday to France

Sponsored by Keller Travel Ltd

Winner - Ger Melia, Moycullen

Seller's Prize

€250 Cash

Winner - Betty Cox, Galway City



Phil Grealish, St Columba's Credit Union, Garda Damien Walsh, Francis Tyrrell, Parsons Garage, and Mary Nash, Galway Hospice Chief Executive, at the Car Raffle Draw at Galway Hospice on 28 May.



Ann Ferguson from Ballina, who won the first prize of a 2021 Toyota Yaris supplied by Parsons Garage. Pictured are Ann & Michael Ferguson, Galway Hospice Chief Executive Mary Nash and Parsons Garage Sales Manager Francis Tyrrell.

Meallan Scéal Scéal Eile

One Story Encourages Another

A Galway Hospice video project created a platform to share experiences of loss during Covid

Galway Hospice Bereavement Support Services Coordinator Hazel Greene and Art Therapist Kathy Hyland received funding from Creative Ireland and the Irish Hospice Foundation for their Seeds Grant, allowing them to film a compilation of poems and reflections from those connected to the Hospice who experienced grief and loss over the last year.

'Meallan Scéal Scéal Eile - One Story Encourages Another' aimed to create a platform to share experiences of loss during Covid times, and generated an opportunity for both the author and the listener to connect and communicate at a time when so many avenues to support were severely restricted.

The importance of being heard, understood and not forgotten is at the heart of this project, and encapsulates the ethos of the hospice.

There is further scope to explore this project further in association with GMIT later in the year.

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



A still from the video Meallan Scéal Scéal Eile - One Story Encourages Another. Available to view on YouTube.

of community and social organisations within a close radius of the campus.

Contributors to the project

'It is a great credit to the Galway Hospice and all involved in the production. Thank you for asking me to participate as I found it afforded me an outlet for expressing feelings and emotion that might otherwise have remained unspoken. I hope the film is of benefit to any other people who are dealing with grief in these especially trying times.'

'I found this to be a cathartic experience, and a way to honour the life of a loved one.'



Poet Vinny Glynn-Steed



Poet Aoife Reilly

Dominic Campbell, Arts & Cultural Engagement Lead at Irish Hospice Foundation

'This project is a beautiful solution to current challenges. During the pandemic, when all are affected by some form of loss, be it minor like a cancelled holiday or major like a bereavement, it's vital that valuable skills and knowledge of a Hospice like Galway's spreads out from its buildings into its community. It helps us manage our mental health, reflect and rebuild our lives. The arts here are vital to making sense. They assist the growth of compassionate community. They help us build back better.'

Galway Hospice Walk & Talk

Galway Hospice has launched a special Walk & Talk group in Barna Woods for those who have experienced a bereavement through the Hospice service.

The group meets at Cappagh Road Carpark, next to Knocknacarra Community Centre, at 10.30am every second Wednesday.

The fortnightly walks are run by the Galway Hospice Bereavement Service and their friendly volunteers. The walks provide a great opportunity to enjoy walking in the natural setting of Barna Woods. There are refreshments and a chat at the end of each walk.

Walk & Talk is a group for people who have experienced a bereavement through the Galway Hospice service, this includes relatives and carers who want to know more about bereavement, and how they can help. It provides an opportunity to meet other people and walk in the fresh air – it's free, fun and friendly.

Covid-19 social distancing guidelines are incorporated to support the safety of those attending.

For more information, contact Bereavement Services Co-ordinator Hazel Greene at 091-770868, Monday to Wednesday.



In Memory of Mary Ryan

By Dr Ray Doyle

You came and left quietly,
Never late
With few words spoken
And words were chosen carefully
And listened to.
When small children came with me
To guide me through my weekends
You softened their hearts with magnificent overflowing
bowls
Jelly and ice cream
“Daddy please can I come
I won’t be bored.”
I collected their smiles following their visits to you.
When you smiled behind the till, it was a revelation
When you lifted your head in the bed it was with courage
and humility
As if you understood the pain in us
You came and went quietly
Deprived of the mortification
We inflicted as you left.
With salutations, memories, anecdotes
Never uttered in life.
Clapping
Conjured up by the empty space within us.
Left suspended in the rain and the gusts of wind.

Lost

By Joan Boulton

What did the year hold if we let our thoughts dwell?
The impact of a tiny viral cell.
The ripples are spreading, reaching far and wide.
What have we lost while we were all inside?

The feeling of taking a clean, deep breath.
The levity that preceded facing death.
The security to share a spoken word.
Poetry, lyrics, conversations unheard.

The confidence to plan for a future date.
The illusion of having control of our fate.
The freedom of natural spontaneity.
Substitution with confinement, anxiety.

The balance that equalises our burden.
The fun and frivolity of meeting in person.
The touch of a hand, a warm embrace.
The light that spreads across a face.

An open door, arms held wide.
The listening ear in which you confide.
The familiar faces from your by-gone years.
Someone to wipe away your tears.

The meeting of a clan to say farewell.
The chance to gather and stories tell.
Recognising a loved-one’s legacy.
Celebrating their life with shared memory.

The vibration of melodic tones.
The urge to dance felt in your bones.
The essence of our individuality.
Cancelled out into neutrality.

The sum of thoughts, actions, emotions.
The peace that comes from gazing at oceans.
And as we dwell on what we lacked.
We hold the hope we can transition back.

Never missing a Draw



Ann Francis Coyne has been part of the Galway Hospice Weekly Draw since its inception

Galway Hospice Weekly Draw promoter Ann Francis Coyne has supported Galway Hospice since its very beginning. In the 1980s, local medical professionals including Ann's brother-in-law, Dr Padraic Ó Conghaile, and Dr Richard Joyce saw the need for a hospice in Galway. They held a public meeting and received strong support from the local community.

The Weekly Draw has been a vital source of support for Galway Hospice's services since 1988. The idea came from Foyle Hospice in Derry, which was running a draw to raise funds for its care. Ann visited Derry with her two young sons to see their draw in action and returned with lots of ideas for a Galway draw.

There were several meetings to discuss how best to organise a draw in Galway. A team of people - promoters - would be needed to help collect money. Over 30 years on, many, including Ann, continue to act as Weekly Draw promoters and raise funds for Galway Hospice.

Woodquay native Ann recalls that the first draw drum was made by Paddy O'Toole from Newcastle. It was a wooden hexagon shaped box with a Perspex panel. Ann bought ping pong balls, spray painted them and put numbers on them. Nowadays, the draw is done electronically, with a computer programme randomly selecting the winners.

When it first began, the Weekly Draw was promoted heavily on local radio and public events were held to encourage sign-ups, including a cycle around Connemara. Now, new supporters can sign up online at www.galwayhospice.ie/

draw

Ann's parents were very much involved in supporting the development of Galway Hospice. Her mother, Peggy, recruited many draw members. In Peggy's house, a little brass kettle was hung above the television and it was called the Hospice Kettle. It was where Peggy kept the draw money she had collected and the details of who had paid in. Ann was given the job of emptying the kettle and logging all the monies in a special notebook. Ann's father, Jimmy was also very involved in other aspects of the Hospice.

The Weekly Draw funded the establishment of hospice services in Galway and a small team of homecare nurses began caring for patients in their own homes in January 1990. Ann recalls that it gave a great boost to the Draw. As well as supporting care for people with cancer and other conditions, the chance to win £500 every week and the runner-up prize of £100 made people eager to be a part of the new fundraiser. Now, the top prize is €1,000 every week.

Ann won first prize in the Weekly Draw earlier this year. "To think that it came out eventually, after all those years, after my old pound a week from the first draw ever and never missing a draw! I was fierce excited, really and truly!"



*Galway Hospice supporter
Ann Francis Coyne.
Photo Pat Cantwell*



Galway Hospice Weekly Draw Awareness Cycle in Ballinasloe.



*The late Mick Lally pictured with
Dr Padraic Ó Conghaile at the first
Galway Hospice Weekly Draw.*

Driving on for Cathy

A huge thank you to everyone who supported the Driving on for Cathy tractor run in memory of Cathy Glennon. The event raised an incredible €28,350 for Galway Hospice care.

Pictured (above right) is Colette Dodd, Galway Hospice with Martin, Shane & Mike Glennon.



Help us to provide specialist palliative care to patients and their families, and be in with a chance win some fantastic prizes!

From the very beginning, proceeds from the Weekly Draw have funded the work of Galway Hospice, and the support of Weekly Draw members has meant a great deal to thousands of families across Galway. This support helps to ensure that 'Every moment matters' for them.

Join the Galway Hospice Weekly Draw and every week you'll be in with a chance of winning our top prize of €1,000 cash and the runner-up prize of €100 cash, for just 18 cent a day.

Join the Weekly Draw

www.galwayhospice.ie/draw

091-770868 | draw@galwayhospice.ie

Join the Galway Hospice Weekly Draw



The importance of empathy

Galway Hospice Art Therapist Kathy Hyland on the importance of empathy

Working in palliative care as an Art Therapist is both challenging yet incredibly rewarding. Harrowing at times, yet tinged with some of the most profound and significant moments of love, compassion and empathy. Raw vulnerable emotions simmer through the halls here, as loved one's hearts break on a daily basis.

To accompany someone in their suffering moves compassion beyond sympathy, transmuted into the deeper presence of empathy.

Losing a loved one is undoubtedly one of life's most difficult experiences. A loss that becomes a part of us, which we must then find a way to carry alongside with us, in our newly restructured world.

Reminders of the loss are everywhere to be found in this new landscape, and empathy experienced on this path helps us to navigate this new territory.

When approaching end of life, words alone can often fall short when trying to express the depth and complexity of what is being experienced.

Art Therapy is a special and unique way of working that allows space for these feelings and emotions to be expressed through a combination of words and creativity.

The essence of Art Therapy is creative, meaningful engagement that provides a gentle yet powerful form of emotional and psychological support.

The importance of empathy while supporting patients and family members is paramount to holistic palliative care. It assists with feeling seen, heard and understood during some of the most difficult times in our lives.

Being a witness to this pain is a reminder that we are not alone. A reminder of our shared humanity. Suffering is a universal experience for us all here in this lifetime, and empathy a universal language.

Art too functions as a language, often revealing our inner worlds and providing us with an alternative language to articulate our life experiences.

During my time spent in Cape Town, South Africa as a newly qualified Art Therapist, evidence of this was clear. While working with children in the township of Nyanga, and in the Oncology and burns unit in The Red Cross Children's Hospital, the language of empathy was central to the therapeutic process.

Empathy became a meeting ground when our native tongues differed, a means of connection, communication and care. Although culturally (and figuratively) miles apart, Art Therapy and empathy transcended barriers, and combined was something understood when words failed.

When working with children who have experienced trauma and loss, I feel in a profound position of privilege to be able to support them in this way.

Having experienced the death of my father at a young age, I am reminded of the powerful experiences of empathy that shaped my path, healed my heart and served as a powerful catalyst to train in the field of Art Therapy.

Attempting to navigate the harsh new landscape of childhood grief, when accompanied by empathy and compassion allows for healing, resilience, acceptance and readjustment.

A reminder that although in the depths of turbulent times, there is still good to be found in the world. Kindness and empathy shown is never forgotten, and its effects and influence are far reaching.

Empathy often requires a shift in perspective, to 'tune into' and be sensitive and fully present to the inner world and emotional reality of others, for it is here where our pain and struggle is kept. We can all practice and cultivate empathy in various ways and roles in our lives.

Deep empathy is a knowledge that we are not all that different, and provides an opportunity to sustain each other through the complexities that life continually offers.



Kathy Hyland

Galway Hospice Inpatient Unit Health Care Assistant Martina Malone donated five Tympanic Thermometers to the Community Palliative Care Team in memory of Nellie Malone. Nellie was cared for at home by the Community Palliative Care Team. Martina is pictured presenting one of the thermometers to Sorcha Foy, Clinical Nurse Specialist in Palliative Care. Thanks to Martina and Frank for the kind donation of vital equipment used by the Team.



Hospice launches Impact Statement for 2020

Galway Hospice launched its Impact Statement for 2020 in July. The report gives an overview of the care provided by the Hospice, and outlines how we had to adapt and respond to the challenges of the Covid-19 pandemic.

The Impact Statement details how last year Galway Hospice cared for almost 1,000 patients and their families living with a life-limiting illness.

The report shares stories from patients and families, *"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."*

Community Palliative Care

2020 was a very busy and challenging year for the Community Palliative Care Team, who cared for 896 patients in their own homes. The team made 6,366 visits and 27,283 phone calls to patients. While the number of visits in 2020 was down by 20% on the previous year, the number of phone calls increased by 20%.

67% of patients cared for by the Community Team never required re-admission to hospital, a figure which increases to 89% for patients with a non-cancer diagnosis. It is a common misconception that hospice care is solely for patients with a cancer diagnosis but 43% of patients referred to the Galway Hospice Community Team had a non-cancer diagnosis.

Inpatient Care

2020 saw 300 patients cared for in the Inpatient Unit in Renmore. The average length of stay in the Inpatient Unit was 12 days. 53% of the patients admitted to the Inpatient Unit were subsequently discharged back to their home or to a community-based setting.

The impact of Covid-19

Speaking at the launch, Galway Hospice CEO Mary Nash, said, "The challenges faced in 2020 meant adapting our ways of working throughout the year to keep delivering care to patients when they needed it. We could not have maintained our services without our team of 155 staff, 140 volunteers, stakeholders, donors and, of course, our community coming together.

"We introduced a number of measures to reduce the risk of Covid-19 and to protect our staff and patients in our care. The wearing of surgical face masks and Personal Protective Equipment (PPE) became routine throughout the Hospice in 2020. Restricting the number of visitors to the in-patient unit was a particularly difficult decision and we sought, wherever safety permitted, to accommodate the needs of patients and family members.

"We are so very grateful for the understanding and support from everyone who came through our doors, interacted by phone or engaged with us virtually in 2020."



Minister of State for Disabilities in the Department of Children, Disability, Equality and Integration, Anne Rabbitte TD, Mary Nash, Galway Hospice CEO, and Keith Finnegan, Galway Hospice Chairman, launching the Galway Hospice Impact Statement for 2020. Photo: Seán Lydon.

Bereavement support

The Medical Social Work and Pastoral Care teams worked to deliver bereavement services in new ways in 2020, including facilitating Online Remembrance Services for families who lost loved ones at a time when traditional social supports were impacted by Covid-19. There were 298 new referrals to the Medical Social Work team during the year, which saw a significant increase in memory and keepsake therapeutic work with children.

Therapeutic treatments

2020 also saw 4,228 therapeutic treatments for in-patients, including Occupational Therapy, Physiotherapy, Aromatherapy and Art Therapy.

Community support

Speaking at the launch, Galway Hospice Chairman Keith Finnegan, said, "We were humbled by the support we received from the people of Galway and further afield throughout 2020. We couldn't hold events in person in the same way, but our community continued to show their support online, on the phone and by post with virtual events, fundraisers and donations. Despite the challenges of 2020, we received over €2million in fundraising income. This incredible support from the people of Galway enables Galway Hospice to care for your families, neighbours and friends."

The Galway Hospice Impact Statement 2020 is available to download from www.galwayhospice.ie/publications



Trish Burke, Galway Hospice Health Care Assistant, and Joan Boulton, Galway Hospice Senior Physiotherapist at the launch of the Galway Hospice Impact Statement for 2020. Photo: Seán Lydon.

Enjoy a cuppa for Hospice

Bewley's Big Coffee Morning Social for Hospice takes place on Thursday 23rd September.

The Hospice continues to care for patients at home and in the hospice throughout Covid-19. However the restrictions have impacted fundraising for our services, which are needed now more than ever.

Please consider taking part in Bewley's Big Coffee Morning Social for Hospice by hosting a socially distant or virtual Coffee Morning. Please follow public health guidelines and Stay Safe at all times.

By hosting a Coffee Morning on Thursday 23rd September 2021 or on another date, you will be helping Galway Hospice to continue providing specialist palliative care services to patients in your local community at a time when they need it most.

To help with your Coffee Morning, as a Host you will receive free Bewley's Coffee, Posters, Invitations, Collection Boxes & Balloons.

Register as a Coffee Morning Host and receive a free Bewley's Coffee Morning Pack at www.galwayhospice.ie/coffee, contact Fundraising on 091-770868 or fundraising@galwayhospice.ie

Bewley's 1840 **BIG
COFFEE
— MORNING —
SOCIAL
FOR HOSPICE**



Brian's Coffee Cake



INGREDIENTS

- ◆ 225g Self Raising Flour
- ◆ 175g Softened Butter or Margarine
- ◆ 175g Caster Sugar
- ◆ 3 Eggs
- ◆ 1 teaspoon Coffee Essence
- ◆ 2 tablespoons Coffee Essence (or 3 tablespoons Instant Coffee dissolved in 1 tablespoon boiling water, cooled)

FOR THE ICING

- ◆ 225g/8oz Icing Sugar, sieved
- ◆ 75g/3oz Softened Butter or Margarine
- ◆ 1 tablespoon Coffee (or 1 tablespoon Instant Coffee dissolved in 1 teaspoon of Boiling Water, cooled)
- ◆ 1 tablespoon milk

METHOD

1. Preheat oven to 180°C/350°F/Gas 4. Grease and line two 18cm sandwich tins.
2. Place all the ingredients for the cake - flour, butter/margarine, sugar, eggs and coffee - into a mixing bowl and beat until mixture is smooth.
3. Transfer to the prepared tins and bake for about 25-30 minutes. The cake is baked when the top is gently pressed and it springs back.
4. Remove from the tin and cool on a wire tray.
5. When completely cool, make the icing by beating the ingredients together until smooth. Sandwich the two cakes with half the filling and spread the remaining on top of the cake.

Enjoy!

Spotlight on Coffee Morning Host



'I wish to thank all those who helped, donated and offered their services to the Coffee Days at Woodley through the years'

Deirdre Marlborough, Woodley, Gort, has been hosting Hospice Coffee Mornings in support of Galway Hospice for 20 years.

The Visits

By Geraldine Renton

For just over sixteen months, they have been visiting. First, it was just one, then two. A rounded belly protrudes on the one who seems to enjoy puffing out its chest, while the other is slimmer, splashed with far more than the typical colours one would expect.

The slimmer one appeared first, alone for six whole months. It would stand on the window sill and watch me as I watched it. I began to talk with it, but each time I did, it flew away.

The first one was joined by another one six months later. This one was a more petite, full-looking one but a cheeky little one. It has come into my house a few times now and seems to relax in the kitchen. It tends to take some crumbs from the counter and take its time leaving.

I have two dogs, the dogs have not barked at it, yet they would bark at a paper bag blowing in our driveway. I found the whole situation a bit odd.

We discovered a nest of them just under our roof, making me wonder if they are trying to claim squatter rights! Of course, I am more likely to see them since they live nearby; at least, that's how I explain it to others.

I've heard the saying over and over, "When a Robin appears, a loved one is near", as I am sure many people have. I never gave it much thought. I only ever noticed Robins in Wintertime, as it reminded me that Christmas was coming. In my almost forty years on this planet, I have never tried to talk to a Robin until recently. You may laugh or feel pity for me, but let me tell you, these two Robins entertain me and bring a smile to my face every time I see them.

It is incredible the things we, the bereaved, will do to find a little bit of peace during our day.

I see them most days, and I smile at them while they wander around the garden and sometimes the house. I find myself asking them how they are and if they need anything. They stare at me. They probably wonder what the noise coming from me is as it isn't even close to the pretty singing they treat us to most mornings.

*'When
a Robin
appears, a
loved one
is near'*

Sixteen months ago, my brother Liam passed away. He was a slim man who loved nothing more than creating art pieces. The first Robin that visits is narrow and full of different shades of reds and browns. Its coat is unique, a little like my brother.

Six months after my brother passed away, my darling son, Ethan, passed. The second Robin that visits is a rounder, smaller bird. Its belly sticks out, and it acts like it owns the place. My darling boy had a protruding belly (due to his genetic condition), and he did rule the house! He was so full of life and knew what he wanted when he wanted it. His favourite place? The kitchen where all the lovely food is kept.

So while many think a Robin is just a Robin, I can assure you they are not. I've never fed these Robins, yet they come; the smaller one, as I said, likes to help itself to any crumbs in the kitchen.

I now know that Robins can live long lives (up to thirteen years) and can come to recognise people, which I find fascinating and comforting.

Yes, I am a bereaved person who talks to the two Robins that visit me often. I find peace in it. I don't care if others think it's funny or some feel sorry for me - all those who are bereaved have to hold onto something, anything to get them through the day, and for me, it's my Robin visits.

Grief is something we will all have to face one day or another; don't be so quick to roll your eyes at a bereaved person telling you a story about something 'odd' happening after their loved one passed. People may not mean to, but they do, and it hurts.

All we are looking for is a listening ear and a warm heart - the bereaved love nothing more than talking about the person they lost - all they ask is that you listen and speak their name too. This is especially true for parents who have lost their child(ren) regardless of their child's age.

I have named my Robins Ethan and Liam, in case it wasn't that obvious!



Summer BBQs

The Galway Hospice Summer BBQs for staff, volunteers and patients took place in June, with ice-cream generously provided by Americano Ice Cream, Tuam.



Celebrating Wellbeing at Work

The teams at Galway Hospice and Mayo Hospice celebrated National Employee Wellbeing at Work Day in May.

This year, the main focus was on social, mental and physical wellbeing. The Galway and Mayo Hospice facilities promoted wellbeing at work for both volunteers and staff by scheduling free events such as Aromatherapy, Mindfulness, Yoga, Tai Chi, Nutrition, How to Live Well with Cardiovascular Disease and more. Staff were encouraged to get moving at lunchtime and all staff who participated in events were entered into a draw for some wonderful prizes.

We would like to express our sincere gratitude to all those who supported the events, including our generous sponsors Foods of Athenry, Boots Galway & Mayo, Revive Active, Treacy's Pharmacy, Croi, Kachina, MacAuliffes, O'Donnell's Pharmacy, Foxford Woollen Mills & Karen McKee.

A special thank you to all our event contributors including Victoria Cresham of VCFitness, Niall O'Floinn of Chen Tai Chi Ireland, Marie Cronnelly of Marie Cronnelly Mediation Centre, Aine Ni Fhaolain of Yoga Roots and, most specially, our own employee contributors: Martina Lyons (Aromatherapist), Dr. Ray Doyle, Vanessa Butler (Snr. Occupational Therapist) and Sharon McLoughlin (Occupational Therapist). We hope we have captured everyone and apologies for any omissions, thank you to everyone who supported National Employee Wellbeing at Work Day.



Thanks to Boots Shop Street for their contribution to our Wellbeing at Work Week.



Thanks to Revive Active who donated a hamper for our Wellbeing at Work Week.

Walk somewhere special for Galway Memorial Walk



Galway Hospice Volunteers Lana Murphy and Maura Cooney

The 16th annual **Galway Memorial Walk** to raise funds for Galway Hospice takes place on Sunday 12th September. Covid means this year's walk will again be different, but we hope it will remain a special event for family and friends to remember and celebrate loved ones together.

Due to current health restrictions, we are asking you to take part in the Galway Memorial Walk at a place of your choosing on 12th September or another day that suits. Last year's event saw family and friends walk together in gardens and parks, around woods and mountains, at home and abroad. The walk can be done in your own locality or at a place that holds special memories for you.

Participants receive a special footprint to write on and return to us at Galway Hospice. The footprints will be displayed together in the Hospice so that we can all still

come together in memory of our loved ones. To mark the annual event, participants will receive Sunflower Seeds sponsored by McD's Garden & Home.

By taking part in the Galway Memorial Walk and raising funds, you will enable Galway Hospice to continue to care for patients and families living with life-limiting conditions. The vital work of Galway Hospice continues throughout Covid. However, fundraising events have been impacted and we need the public's support now more than ever.

Although we can't all come together in one place, we will be together in spirit. We hope you can join us on the Galway Memorial Walk, wherever you may be.

To register go to www.galwayhospice.ie/walk or call **091-770868**.

Climb for Hospice

Covid-19 meant we couldn't climb **Croagh Patrick** together in June, but Hospice supporters still Climbed for Hospice from home!

Croagh Patrick is just under 800 metres high. To reach the summit from home, supporters walked, ran or cycled 80km over the month.

Thank you to everyone who took part in this year's Climb, we hope to see you at Croagh Patrick in 2022!



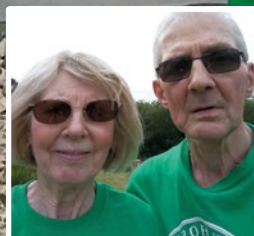
The Kilkenny Family took on Croagh Patrick in June.



Cllr James Charity, who took on a 100km challenge for Galway Hospice in June, accepting a €250 donation from Cllr Liam Carroll.



Nicola Flesk.



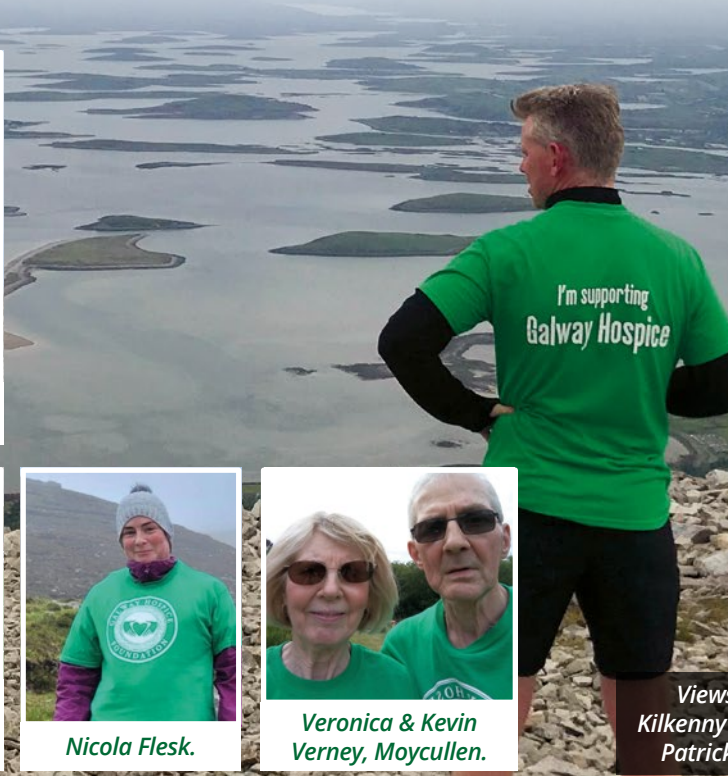
Veronica & Kevin Verney, Moycullen.



Annette Montgomery



Galway Bay FM's Keith Finnegan, Chairperson of Galway Hospice, supporting the Climb.



Views of Clew Bay as the Kilkenny Family climbed Croagh Patrick for Galway Hospice.

Growing our Sunflower Appeal



Phil Kilgannon



Theresa Lawless



Caroline Lawlor



Patricia O'Connell

Covid-19 meant our Hospice Sunflower Days street collections could not take place again this year. To support our **Sunflower Appeal**, you can dedicate a virtual flower in memory of a loved one at our Virtual Garden at garden.galwayhospice.ie

Sunflower Gifts are also available to purchase online at www.galwayhospice.ie/shop

Support Galway Hospice this Christmas

Christmas Cards & Gifts

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



Christmas Decoration

New designs for 2021, choose from a Robin or Star Decoration.

€5



12 Luxury Christmas Cards

Featuring assorted contemporary & traditional designs. Sponsored by O'Toole's Supervalu Tuam, Radharc Landscaping, Moycullen; Ultimate Office, Galway; Busker Brownes Bar & Kirby's Restaurant and EJ Kings Bar & Restaurant.

€7



Angel Pin

'May you always have an Angel at your side'. New pin for 2021.

€4



2021 Galway Hospice Calendar

Showcasing beautiful photographs of Galway. Sponsored by Signfit Branding.

€10

Galway Hospice Weekly Draw Voucher

The gift that keeps giving! Join the Galway Hospice Weekly Draw or purchase an Annual Subscription Gift Voucher for a loved one this Christmas.

€66.04



Personalised Teacher Certificate

Say thank you to a wonderful Teacher with our special Teacher Gift Certificate. The message inside reads – A donation has been made on your behalf to Galway Hospice which will help support people with a life-limiting illness.

€25



All our Christmas Gifts will be available on 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 this Christmas and include your tribute in the Online Book of Treasured Memories.

Festive Fashion Friday

Give your favourite festive fashions an outing on Friday 17th December. From sparkly earrings or 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 from Galway Hospice, see www.galwayhospice.ie, contact Fundraising on 091-770868 or fundraising@galwayhospice.ie

Thank You to Our Supporters



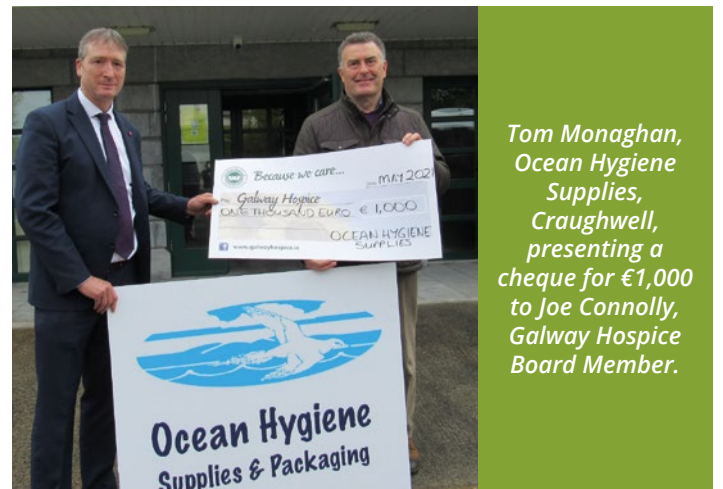
Val Dolan, Valentine's Barber Shop, and Della Dolan, Della's Hair Salon, Tuam, held a raffle that raised €7,000 for Galway Hospice.



Intuity Technologies raised €5,000 for Galway Hospice through a steps challenge. Over 5 weeks, 30 team members walked 13,093,176 steps, the distance from Galway to Tokyo.



JP Shaughnessy, Turloughmore presenting a cheque for €3,133.28 to Mary Tierney, Galway Hospice, funds raised from the sale of a heifer at Tuam Mart. Also pictured are Tuam Mart Manager Marian Devane and Darren Hession, Tuam Mart. Photo: Jacinta Fahy (Johnny Ryan Photography).



Tom Monaghan, Ocean Hygiene Supplies, Craughwell, presenting a cheque for €1,000 to Joe Connolly, Galway Hospice Board Member.



Penn Engineering, Mervue, raised €8,700 for hospice care with a virtual fundraiser in memory of Rosemarie King.



St. Killian's College, New Inn, raised €450 for Galway Hospice with their Christmas Jumper Day. Pictured are Pádraig Kelly, Principal, and Susan McGann, Deputy Principal, with Transition Year students from St Killian's



Staff and customers of Lidl Wellpark raised €828.36 with a Coffee Morning at the store.



Gerry Fallon raised €11,057 for Galway Hospice with his 25km for 25 weeks challenge in aid of the Hospice and St. Thomas' GAA. Pictured are Joe Connolly, Galway Hospice, Gerry & Helen Fallon, and David Burke.