

GALWAY HOSPICE newsletter

SPRING/SUMMER 2022



Day Care Makes a Come Back

Day Care services reopen

A VOLUNTEER'S INSIGHT

What volunteering at
Galway Hospice entails

BACK TO NORMALITY

Physical fundraisers return

GRATEFUL GO DEO

A Mother's Gratitude for
Galway Hospice Services

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WELCOME



**Fáilte chuig an chéad eagrán dár nuachtlitir do 2022.
Welcome to the first edition of our newsletter for 2022.**

Last year was again an extremely busy year at Galway Hospice with demand for our services continuing to grow. We cared for 934 patients at home, our inpatient unit in Galway looked after 286 patients and the newly opened inpatient unit in Mayo cared for 110 patients. If you would like some more information on the work of the team in both Galway and Mayo Hospice, please have a look at our Operational Quality and Risk report for 2021 which is published on our website.

Thankfully due to the successful rollout of Covid-19 vaccines, we have seen restrictions in the community being lifted in recent weeks and we too have also been able to start to ease some restrictions in both hospice buildings. I am so proud that we have kept all services (apart from Daycare) going throughout the pandemic, and I am delighted to be able to tell you that we have recently recommenced Daycare services in both Galway and Mayo. It is fantastic to see people returning to the

hospice, and for them to be able to safely support one another through talking and sharing experiences once again. Despite all the difficulties that we have faced in our own lives, and as a Hospice, I am incredibly proud that thanks to our extremely dedicated, creative and responsive staff, volunteers and supporters, we have overcome the many obstacles that the pandemic threw at us. We are moving ahead with plans for the future, to enable us to support every person in our local community who needs palliative care services – so that they can make the most of every moment, no matter how long they have left to live.

Our property advisor Avison Young has recently placed advertisements in local papers seeking a site for the new hospice in Galway so I am hopeful that we will be able to recommence with our plans for the new hospice later this year, provided we are successful in securing a suitable site. We are also working on developing a new five-year strategic plan for the Hospice and hope to be able to share the new plan with you later this year.

We have much to look forward to, and continue to be thankful for the support from the Galway community. We know that as a strong team we will always be caring and compassionate and value our place in our community's heart.

To all our supporters, donors, fundraisers, volunteers and partners – your support means everything to us. Tá muid i gcónaí buíoch as bhrú dtacaíocht.

Chief Executive

Our Care in 2021



286

Patients cared for in the Inpatient Unit in Galway

**Galway Inpatients
availed of**

5,265

therapy sessions in 2021



45%



**of the patients
admitted to our
Inpatient Unit
in Galway were
discharged
during 2021**

110



**Patients
cared for in
the Inpatient
Unit in Mayo**



**Mayo Inpatients
availed of**

1,022

**therapy sessions
in 2021**



71%

**of patients taken
on by our Galway
Community Palliative
Care Team were never
readmitted to an acute hospital**



Front page: Mairead Carr, Director of Nursing with patient Eithne Brogan at the launch of Day Care in Mayo Hospice.



Galway Hospice Car Raffle 2022

WIN A Toyota Yaris



Be in with a chance to win a brand-new Toyota Yaris in the Galway Hospice Car Raffle 2022.

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.

1ST PRIZE:

Toyota Yaris

Supplied by
Parsons
Garage Tuam

2ND PRIZE:

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

Sponsored by
Keller Travel
Ballinasloe

3RD PRIZE:

**Afternoon
Tea for Two
at the G Hotel,
Galway**

Sponsored by
The G Hotel



All proceeds from the raffle will help to fund the care provided by Galway Hospice to 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 all your sold ticket stubs by Friday 20th May; the Raffle Draw will take place on Friday 27th May.

Day Care Makes a Comeback!



Not only has the Day Care service in Galway Hospice returned but Mayo Hospice officially opened the doors of their brand-new Day Care facility on the 2nd March 2022.

Day Care offers patients a 6–8-week programme where they can identify goals of care that they would like to achieve. This is done in consultation with the Nurse and the Multidisciplinary team. It also offers an introduction to the Hospice. The patients may achieve these goals within the 6-8 weeks

and be discharged. Additionally, they may need an extended programme or be referred for admission to the Inpatient Unit if required.

Day Care offers a service whereby the patient can stay at home and be supported to do so by the Day Care team. They can access medical review, physiotherapy, occupational therapy, art therapy, aromatherapy, medical social work, pastoral care and personal care. It offers a social and respite element for the patients and their families with hairdressing, the nail bar, horticulture and dog therapy being most popular! Patients are assisted to reach their goals within the limitations of their illness and focus on what they can do and what is meaningful to them within their Palliative Rehabilitation journey.

The community team have looked after the Galway Day Care patients while the service was on hold and while they have benefited from this, the feedback from patients is that they have missed it greatly and can't wait to get back to the hospice. Galway Hospice has certainly been very quiet on the Day Care days when it was closed and everyone is looking forward to the





resumption of the service to have that buzz around again. It's a very exciting time for both Galway and Mayo, for Galway to resume service and for Mayo to open its Day Care.

Lesley Carroll, Nurse manager of the unit says "having the patients coming back into the Day Care and benefiting from all of the therapies offered and improving their quality of life is probably my favorite part of working in Day Care. Laughter, peer support and socializing are a huge part of Day Care and being able to facilitate that once again to the patients will be fantastic."

Lesley coordinates the planning and the day-to-day running of the service, along with the team whilst representing Day Care at a local and national level. Communicating with all the stakeholders involved in the patient's care is a large part of Lesley's role and the GP remains the primary carer for the patient.

Miriam Morris, Clinical Nurse Manager of the Day Care unit in Mayo was thrilled to launch the service there recently, "I'm very excited for Mayo Hospice Day Care to open and start a new service for palliative patients in Mayo. Day Care is another support for patients living with life limiting illness, they can access the service for a set time to available of physiotherapy, occupational therapy, aromatherapy, art therapy, medical social work, pastoral care, nursing and medical. We also have a big team of volunteers that will help the service operate which include Day volunteers, drivers, hairdressers, nail care, dog therapy and horticulture."

Patients at Galway Hospice very much enjoyed getting their nails done, spending some time with Jackson the Irish Therapy Dog and putting together some flower arrangements! The buzz of Day Care has well and truly returned to Galway.

Both Galway and Mayo Hospice are currently seeking referrals for the service. Referrals to Day Care are made through the patient's GP, Community Palliative Care Teams or Hospital Consultant.



Grateful Go Deo Forever Grateful!

My name is Louise Bannerton and I have two daughters, Sofia (7) and Shauna (5). Their father, John Cahill was diagnosed with leukaemia in February 2019 and in November 2020, decided to seek services from Galway Hospice for pain relief and support. He planned to go to the hospice with his sister Cathriona on Thursday, November 12th, and hoped to be home again in a few days. However, as John's condition had deteriorated overnight, they travelled by ambulance and were joined at the hospice by his sister Gráinne and brother Patrick.

Upon arrival at Galway Hospice, John was well looked after and was made to feel instantly comfortable. The support, understanding, comfort and love given to John and his siblings from their arrival on that Thursday through the night and into Friday morning was wonderful. John passed away peacefully early Friday morning on November 13th 2020.

John always told the girls he would be going up to the stars and the moon and would be shining down on them. They never understood exactly what he meant by this. On the evening of the 13th of November 2020 however, driving back home from Galway Hospice, Sofia let out a shout "The stars are out, I see Daddy shining down on us." She was so happy and delighted with herself.

Following John's death, as requested by John's siblings, Caroline Quinn (Principal Medical Social Worker at Galway Hospice) was in contact with me to offer support, comfort, words of wisdom, encouragement and strength. I have to thank Caroline from the bottom of my heart for advising me on how to talk to our two girls and what the best way was to tell them their Daddy had died. Caroline was an absolute rock for me that day. She advised me to be completely open, honest and truthful with Sofia and Shauna and that it was normal to cry in front of them because that would let them know it was ok to cry too, not to hide or bottle up their feelings.

From my first conversation with Caroline to now, she has been like a guardian angel to us. When the girls and I arrived at Galway Hospice to see John on the Friday afternoon, we were greeted with compassion and love. Caroline was simply amazing. The girls will always remember her offering them ice-cream! We were then shown to John's room and got the opportunity to spend as much time with him as we needed, to say our final goodbyes. It was so private, peaceful, calm and relaxed.

Caroline then presented the girls with a beautiful picture of an oak tree (family tree) dated 13th Nov 2020 and told us we would all do a thumb print on the painting. Sofia and Shauna had great fun messing with the ink! They held their Daddy's thumb, pushed it into the ink and onto the paper. What a truly magical experience for them and a beautiful keepsake. Following on from this day, Caroline was a godsend. She would contact me every few weeks



Photographed are Sofia and Shauna. This was John's picture of his two little monkeys, which he had in front of him on his last day.

to check in with the girls and I. I found these phone calls therapeutic and I felt I could release a lot and say whatever I needed to say. I felt so safe in this environment and there was no judgement - only praise, support and comfort.

Caroline contacted us in relation to Bereavement group sessions, taking place in November 2021. Not only was Sofia excited to be meeting Caroline again, but she also knew there were going to be other kids there who had also lost a parent. This gave her a feeling of joy. Sofia really enjoyed these sessions and met other kids who were going through what she was going through. She had a great connection with another little girl she had met, which lead us to get in contact and organise playdates! The two girls have so much in common and it has been magical meeting up with this family. Sofia has thanked her Daddy and Caroline for this amazing new friend in her life.

Recently a letter arrived in the post from Galway Hospice, informing us of more exciting news! There will be a Family Fun Day taking place on the 2nd of April 2022. The girls are very excited and cannot wait to meet Caroline and her team, and all their new friends. This is just another magical experience for us to look forward to.

I would absolutely from the bottom of my heart, highly recommend Galway Hospice and their services to anyone who is in need. I would like to thank Caroline and her team, and all the staff that are involved in providing such wonderful, peaceful, relaxed care to patients and for providing truly magical experiences and support services to all the children and families who have lost loved ones. Caroline, you make these children feel so special and they hold a very special place in their hearts for you. You sure do make "every moment matter". Thank you.

Talking Art Initiative

An interview with Art therapist, Kathy Hyland

1. What is involved in the Talking Art Initiative?

The Talking Art Initiative is a new creative resource in association with IMMA (Irish Museum of Modern Art).

This program encourages active engagement and conversation, prompting participants to share their thoughts and opinions on IMMA artworks with a printable 'Talking Art with IMMA' resource pack.

These printed artworks will highlight selected work from the IMMA collection, accompanied with a range of conversational prompts that form a guided way of exploring artworks.

A bit like bringing the museum to the patient!

2. What sparked your interest in encouraging patients to take part in the Talking Art Initiative?

Many people have an interest in art but can be daunted by the idea of making art themselves, or unable to due physical limitations or how they are feeling on the day.

But viewing art is different and many enjoy and appreciate art in this way.

To look at art, have a reaction to it and participate in sharing opinions opens up the world of art in a new, accessible and enjoyable way.

It highlights how unique our individual viewpoints are, and how an image can hold different meaning and significance to us all.

This can also aid with communication and instigating interesting conversation.

Images can evoke memories or bring up feelings also, which can gently lead into the emotional support that is central to the Art Therapy process.

With so much inaccessibility and restriction since 2020, I feel this initiative bridges a gap and allows access to the arts which is intrinsic to improving quality of life and staying connected.

3. How is the program of benefit to patients?

I hope that this resource may be particularly useful if a patient is not interested or able to actively participate with art materials, and will provide an opportunity for connection and engagement in a different way.

This program requires low exertion allowing patients to participate at whatever level or pace works best for them on the day.

How each patient engages will be unique to them, and there is no right or wrong way to participate.

This works in tandem with the essence of Art Therapy also, which involves meaningful creative engagement.

There is no need to be 'experienced' or 'good' at art to participate in Art Therapy, or The Talking Art Initiative.



4. Do you see this as something that could become a permanent feature in Art Therapy?

Yes, I feel this could be a very useful tool to aid engagement and connection especially for those that wouldn't otherwise actively engage with art materials.

There are also creative prompts along with each image which provides an invitation and gentle starting point for personal creativity.

"In creating his work, the artist would often take a snapshot of a mundane journey. Let's try to do the same. On your next journey to the shop, to the garden, to the kitchen or anywhere you like, take a picture. Be spontaneous with the snapshot and don't plan it. Now look at this picture. Would you have noticed this image before? How about we turn this image into a drawing or a painting?"

"If you have a camera, or a camera on your phone, why not choose something within your home, an object, person or room. Create a 'portrait' of it, taking care to set up a composition that you are happy with. When you are finished, think of a name/title for the photograph."

It has potential to be used within a group setting too, in the community and by various staff members and departments.

5. Is there any particular story you would like to share about a patient who enjoyed taking part in 'Talking Art'?

One image in particular seems to have struck a chord with a lot of people...

It is a photo of a man standing in the Connemara landscape, and has evoked feelings of nostalgia and familiarity.

It has led to strong emotional reactions, curiosity and has provided opportunities to reminisce about past times, memories and loved ones.

The following questions have led to greater insight into individual reactions to the image.

- ♦ If you met the artist, what would you ask them?
- ♦ If you could suggest a title for this work, what would you call it?
- ♦ What would you choose to preserve through photography? Would it be a person, a thing or a place? How would you choose to represent it – in colour, or black and white? In landscape or portrait format?

6. Any other Art Therapy news you would like to share?

Not at the moment, but watch this space for an exciting development that is in the works for our children's room in Castlebar Hospice involving a very talented and successful Mayo artist!

Back to Normality

Charlene Hurley, Director of Fundraising and Communications

Despite the Covid-19 Pandemic impacting a lot of things for organisations like Galway Hospice, there is no doubt that the people of Galway continued to get behind the work of Galway Hospice. Supporters all over Galway adapted their ways of fundraising to climb Croagh Patrick from Home, take part in drive through Coffee Mornings and organise their own virtual events. We are so grateful to everyone who supported our fundraising initiatives throughout the pandemic and we hope that you will once again support us this year, when we aim to get events back to some level of normality.

There is a great buzz around the Fundraising office at the moment, with our supporters calling, emailing and messaging us on social media with their plans for fundraising in 2022. Amongst the events pencilled in our diaries for this year are a Tug O'War event in Oughterard confirmed for June, a concert celebrating the life of Jack Davies in May and an Evening with Brian Cody in March. No two events are the same so there is sure to be something for everyone to take part in and support!

In addition to our community events, we are also delighted to announce that our Croagh Patrick Climb and Memorial Walk will be taking place physically again in 2022. The

Croagh Patrick Climb will be happening on Saturday 18th June and we invite you, your family and friends to join with us and climb. We have missed in-person events dearly and the satisfaction on all our supporters faces after making it to the top of the reek, it is something we can't wait to see. You can sign up today at www.galwayhospice.ie/climb or by calling our fundraising team on **091 770868**.

The second Sunday in September just hasn't been the same in Salthill without the wash of Memorial Walk t-shirts walking the prom in memory of loved ones. This year the Galway Hospice Memorial Walk will be back on Sunday 11th September. We are looking forward to inviting you all to once again walk in memory of your loved ones. Not only is this event a special way to pay tribute to a loved one but it gives families and friends the opportunity to meet others who have had similar experiences. Registration for the Memorial Walk will open in mid-July.

Fundraising for Galway Hospice is often a way for families and friends to grieve for a loved one, to honour their memory or to 'give back' after their loved one received care at the hospice. We are very happy to be able to allow people to do this once again and continue to provide tailored care to the people who need it most.

GALWAY HOSPICE Calendar of Events 2022

Friday 27th May

Galway Hospice
Car Raffle 2022

Saturday 18th June

Croagh Patrick
Climb 2022

Sunday 11th September

Galway Hospice
Memorial Walk

Sunday 4th December

Galway Hospice Tree
of Lights Celebrations

MAY

JUNE

SEPTEMBER

DECEMBER

20
22

Friday 10th &
Saturday 11th June
Hospice Sunflower
Days 2022

Thursday 22nd September
Bewley's Big Coffee
Morning Social for
Hospice

Friday 16th December
Festive Fashion
Friday

If you would like to organise a fundraising event for Galway Hospice, please contact our Fundraising Team today on 091 770868 or email fundraising@galwayhospice.ie

Brand New Conservatory!

We were delighted to launch our brand-new conservatory at Galway Hospice in October! The makeover was part of DFS' Corporate Responsibility programme. Demand for the services provided by Galway Hospice has increased by over 100% over the past ten years and there is often a waiting list for hospice services. The makeover was unfortunately interrupted by COVID-19 many months ago but the Sunroom can now be used as a special place to welcome patients and families when they arrive, as well as a space for the hospice's hardworking staff to take a break.



Speaking about the makeover, Mary Nash, CEO of Galway Hospice said, "We are very proud to have provided care to patients and families throughout Galway and indeed from many parts of Connaught for over thirty years. Galway Hospice strives to offer world-class, professional, compassionate, and person-centred Specialist Palliative Care to people learning to live with life-limiting illness. We are heavily reliant on the generosity of the public and are so appreciative of the support that DFS and House Edit have given us to make this a beautiful space and a real home away from home."

Alan O'Mahoney, Store Manager of DFS Galway said, "DFS is honoured to have supported this makeover at Galway Hospice. DFS has happily supplied sofas to thousands of homes throughout Ireland. We truly understand the benefits and importance of a comfortable home and so giving back in this way has been a real privilege. Anyone who walks through the door of Galway Hospice can immediately see what a special place it

is, and we congratulate the hospice on thirty years of service to the community. Thanks to the amazing team here, Claire Price of House Edit and all the other local suppliers including Dulux Paint and artist, Lola Donohoe for supporting the makeover."

Claire Price from House Edit design said, "After experiencing first-hand the exceptional care that hospice carries out when my own mother passed, it was a privilege to contribute to creating a comfortable, homely place to stay. We all want to support patients, and families whose loved ones are ill at such a vulnerable time in their lives. I hope this makeover in a small way helps to make life a bit easier for all who stay and work here."

What a comfortable, calming space for patients and their families to spend some time together. It could not have been possible without the dedication of The DFS team at the Galway store, Claire Price at House Edit, Foxford Woollen Mills, Lola Donoghue, O'Carroll Consulting and Dulux paint.

Walk and Talk Group Open To New Joiners

The Galway Hospice Walk and Talk group has been enabling people who attend to meet others who can relate to what they are feeling. It 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!

The group has a steady attendance of people who have begun to build connections within the group. They are very welcoming to anyone new and are in turn supporting each other directly. It offers a space to acknowledge feelings but also to simply walk and at times, laugh! The group has been facilitated with the support of our bereavement volunteers. Each week the numbers are slowly growing and Hazel and all involved are now planning to offer a further venue for our walk and talk group east of the city.

Contact Hazel Greene, Bereavement Services Coordinator on 091770868 for further info.



A Volunteer's Insight



Jim Hynes

My reasons for Volunteering

I was widowed unexpectedly a number of years ago. It was an indescribable shock so I know first-hand what support around this kind of life-changing event means. Even if someone has lived to a grand old age, saying goodbye is the hardest thing we will ever have to do. And it never gets easier. It's a privilege for me to be even a small part of that support process. Knowing that I'm helping during the most vulnerable point in someone's life, both the person passing away and their loved ones, is an incredible honour. That's why I wanted to volunteer at the Galway Hospice. I was looking for something to add meaning to my life, and maybe even give me some perspective. The Hospice has given me both. When you see how precious life is, and how quickly it's gone, it's impossible not to feel grateful for whatever time we have.



Mary Farrell

What I do as a Volunteer

My name is Mary Farrell and I am a volunteer with Galway Hospice since February 2018. I started out in day care but due to the Pandemic, the service had to close. I then volunteered on Sunday's, greeting visitors at the front desk and serving dinners to patients in the Inpatient Unit. I hope to return to day care soon.

I started volunteering at Galway Hospice as a member of my family was diagnosed with cancer. Thankfully treatment is doing well. It really gave me an insight into this illness so to show my thanks, I decided to become a volunteer and help others. It is a wonderful place to work, the care that the patients receive is just amazing. It gives me a great sense of fulfilment and makes me appreciate my own good health.

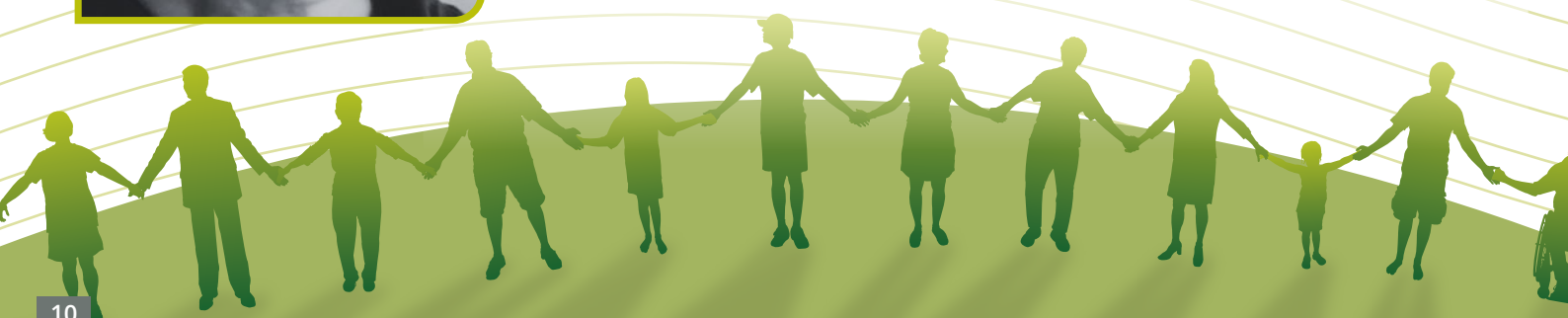


Teresa Gavin

My Background

My name is Teresa Gavin and I am a volunteer at Mayo Hospice since March 2021. After 10 years of retirement from my Nursing Career profession, I have enjoyed many new interests but I decided to become a volunteer. I chose Mayo Hospice as I felt it was an excellent facility, where they provide invaluable service to people who require end of life care.

I volunteer every second Tuesday at the reception desk and enjoy meeting people from all walks of life. Well done to all involved in Mayo Hospice.





Joe Costello

Long-time Volunteer

I started as a volunteer in roughly 2004/2005. My aunt was a patient in the Hospice and I spotted a notice on the notice board that the hospice were looking for volunteers. I filled in the form and started soon after... my first duties were mostly maintenance jobs.

I was then asked if I would try reception as they were very short on receptionists and soon after, IPU needed someone to sit with a patient so I got involved as a patient companion. The bereavement team needed the day room set up for bereavement evenings so I got involved with setting that up too. I am also involved with fundraising initiative, such as annual walks, Croagh Patrick climbs, fundraising gigs etc.



Gustav Louw

Volunteering at Mayo Hospice during the Pandemic

I moved to Ireland in May 2021 and I am far away from my family, travel is very restricted right now, so my time is best served at the hospice. It's better than lying at home watching a movie. It's nice for me to go in and connect. There are many benefits to volunteering, especially at this time when everyone is so isolated. You can go out, meet people and have a purpose.

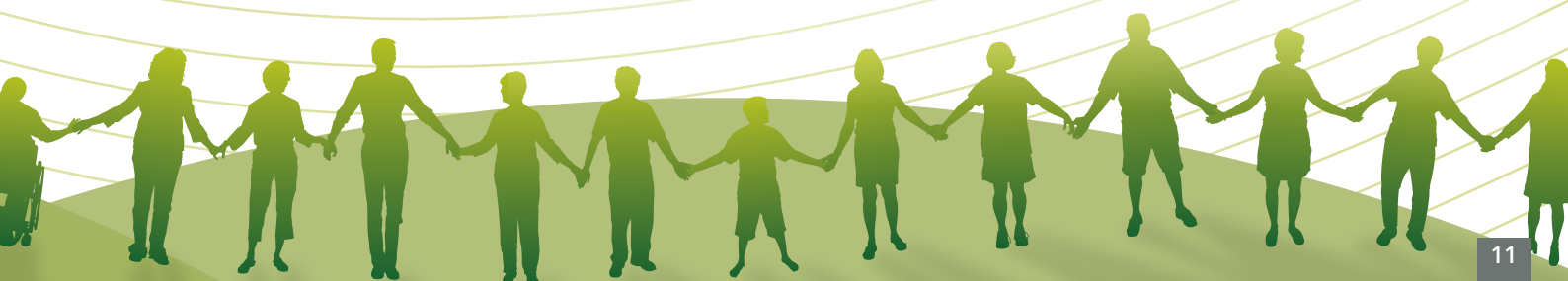
Giving back is an important part of any community which is why I think it's important to give time to those who need it and being part of an organisation like the hospice, you can easily fit into where they need you. If you take something like covering the reception area or cleaning the bathrooms or whatever it is you do, it's so important because it helps the organisation help those in need. Those that you might not be specifically able to help, you're still helping.

I have first-hand experience of what it feels like to be in need from certain parts of my life, there's a lot of reasons why people might not always be able to help themselves, it's not always financial. It's a very sad situation when people come into contact with the hospice, but they're fortunate enough to have such a place there to support them. I think people are very aware of what the hospice does for the community, it makes a big difference.

I'm an assistant psychologist and that's initially what I wanted to help with at the hospice, counselling or bereavement support. The only spaces they had available for volunteering was reception and I'm happy to do it. I don't know a lot of people in Ireland so it's been a really nice place for me to connect with people and have a bit of my social needs met. Seeing what other people are going through always puts things into perspective.

I think people want to volunteer but don't always know where to go or how to do it. Everyone has a need for that exchange, to do something good and to know what they're helping.

If you would like to find out more about volunteering in Galway Hospice or Mayo Hospice please contact Pauline McDonagh, HR Generalist on 091 770868 or pmcdonagh@galwayhospice.ie.



New Reflection Room

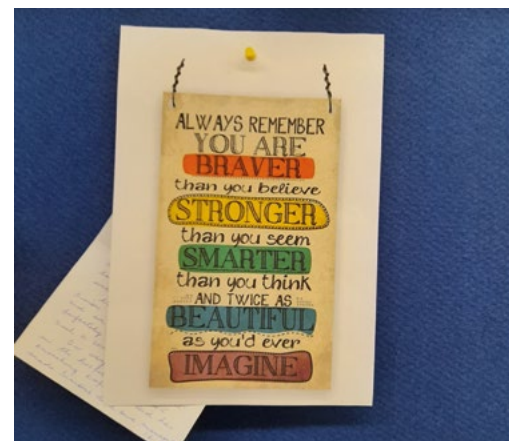
Mary Nash, CEO of Galway Hospice and Derek Gormley, Pastoral Care Chaplain at Mayo Hospice, were delighted to be able to welcome Archbishop Michael Neary of Tuam Diocese and Rev Jen McWhirter, Church of Ireland Minister to officially bless and open a Reflection Room in Mayo Hospice.

The Reflection Room is a very important space as it provides a place where patients, family and staff can reflect, reset and restart again. Even just for that moment. Much of the furnishings in the Reflection Room were generously sponsored by donations from various groups and individuals, for which we are very grateful.



Mayo Wall of Positivity

Mayo Hospice have been spreading nothing but positive vibes with their wall of positivity, which includes a calendar containing an up-beat story or quote for each month. Along with this, staff at Mayo Hospice showcase thoughtful cards of gratitude that they have received from patients and their family members. This puts a spring in the step of staff and reminds them of the amazing work they are doing!



Life is What You Bake it!

Baking with Occupational Therapy



Food preparation skills, whether cooking or baking, are widely used within occupational therapy as they serve a range of purposes, including skill development to support independent living, providing a leisure or work activity and, importantly, offering opportunities for social engagement with others.

For many people, involvement in food preparation, such as cooking or baking, can bring joy and pleasure. When the Occupational Therapy (OT) met with Michelle, she was keen to get into a kitchen and engage in some baking activities. On one occasion Michelle with the support from Vanessa (OT) made a Chocolate biscuit cake.

“It was really nice to have the opportunity and the facility to do the baking session with Vanessa the Occupational Therapy (OT), it was a lovely experience. My Dad was a Chef in a restaurant in London for years – so this was important to me” – Michelle Gauci, patient of Galway Hospice.

“For many of us throughout our lives, we often take the little things for granted – like being able to go to the shops, make a cup of tea or indeed a cake. When diagnosed with a life-limiting illness, we realise that its often those little things that make a big difference. Supporting people to do those things is important – it helps maintain a sense of identity, and it can improve wellbeing. Baking is suitable for people with all levels of skills; it can be simple or complex and everyone can contribute. Its versatility makes it an apt occupation for inclusion in therapy programmes in the Hospice.” – Vanessa Butler, Senior Occupational Therapist – Galway Hospice.

Michelle's recipe for the chocolate cake

What you need:

- ◆ 275g Butter
- ◆ 150ml of Golden Syrup
- ◆ 225g Chocolate
- ◆ Half a 400g pack of digestive biscuits – roughly crushed
- ◆ Half a 400g pack of rich tea biscuits – roughly crushed
- ◆ 1 Pack of Maltesers
- ◆ 125g of Cherries
- ◆ 125g Marshmallows.

***Michelle's Tip:** “You can add in anything that you want – nuts, seed or even a teaspoon of coffee”.

How To:

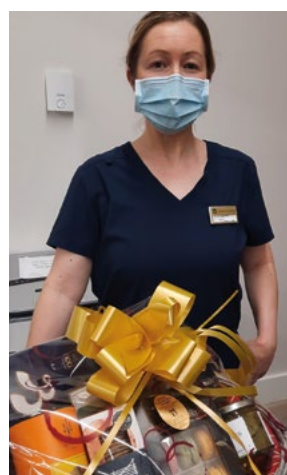
1. Line a 15cm/6-inch round cake tin with a double layer of greaseproof paper.
2. Melt the butter, syrup and chocolate in a pan over a low heat. Stir to make sure all the ingredients are well mixed together.
3. Add the biscuits, maltesers and cherry's, if used. Stir well.
4. Transfer to prepared tin. Level it on top and press down well to avoid air gaps.
5. Allow to get cold and hard.
6. Wrap completely in greaseproof paper and store in a fridge.
7. Enjoy!!!



Acts of Kindness



Parson's Garage, Tuam generously sponsored a courtesy car for Galway Hospice. Our patients will be transported in great style in this beautiful new Toyota C-HR! Pictured are Francis Tyrell Sales Manager at Parson's Garage, Mary Nash CEO Galway Hospice and Brian Nally Facilities Manager.



Many thanks to Dermot Coady of Coady's Bar & Funeral Directors, Linenhall Street, Castlebar who gifted Mayo Hospice staff with a gorgeous hamper. The hamper was raffled and won by Dr. Laura Healy, Registrar on the unit.

Artist Noortje Vandommele kindly donated prints of cows, Daisy & Derek to us here in Galway Hospice recently, in memory of her parents.



Huge Thank You to Helena Fogerty and her partner Niall Maguire who kindly donated a box filled with goodies, including art materials and fluffy socks for patients and their families. We are always blown away by the generosity of the people of Galway and beyond.



Sincere thanks to Mary Lynch, owner of Oak Lodge Bed & Breakfast, Portumna who kindly supplied us with batches of delicious cupcakes by UNA M's CAKES at Galway Hospice. Pictured are Annaleen Carre, Jim Hynes & Caroline Lawlor from Galway Hospice thoroughly enjoying the baked goods!



Cycling With a Purpose

Well known Oranmore man, Ollie Flanagan took on the difficult challenge of cycling the Ring of Kerry in October. He cycled a total distance of 170 KM and raised a very impressive €16,153.53 for Galway Hospice in the process.

Thank You to Our Supporters



Adrienne Colleran undertook a virtual cycling challenge from Malin to Mizin in memory of her mother, Eileen Flanagan, RIP. She called the event Eileen's Gratitude and she raised €5,000 for Galway Hospice.



The 165th Recruit platoon of the 1 CN Cois Galway completed a 20 kilometre march with a kit on their backs weighing 70lbs to finish their fifteen weeks of recruit training for the defence forces. They raised a total of €2,004 for Galway Hospice.



Staff at Medtronic Mervue raised a grand total of €14,192 for Galway Hospice, as one of their chosen charities in 2021.



Enda Kennedy and staff at Mountbellew Agricultural College sold Christmas Wreaths and raised a total of €2,090 for Galway Hospice.



Mairtin Conneely, Oisín O'Shea, Conor Boyce, Ben and Sam O'Gorman, James Langan, Cormac Hennessy and Nicky Lawless raised €4,338.47 for Galway Hospice by growing their facial hair for November, as well as undertaking physical challenges!



Roslyn, Carlyn, Paddy and Sharon Prendergast, and Helen Hallinan raised €5,590 through Run 4 Mary 2021.



Teresa Igoe walked 300 miles for Galway Hospice in June 2020/2021 in memory of her daughter Emma and raised an incredible €5,782 for Galway Hospice.



Tynagh-Abbey/Duniry Hurling Club presented a cheque to Galway Hospice for €6,000 through their Tour de TAD and TAD Mini Marathon events.