

GALWAY HOSPICE

# newsletter

SUMMER 2023



**A dedication on  
the Memory Tree**



**Winning big in  
the Weekly Draw**

**Carmel  
shares  
her story**

# WELCOME

**Welcome to the first edition of our newsletter for 2023.**

Last year was again an extremely busy year at Galway Hospice with demand



for our services continuing to grow. We cared for 971 patients at home in Galway, our Inpatient unit in Galway looked after 322 patients and the Inpatient unit in Mayo cared for 259 patients. We also recommenced Daycare services in both Galway

and Mayo during quarter one, 63 patients attended the service in Galway and 45 patients attended the service in Mayo. It has been fantastic to be able to welcome these patients to the hospices each week and it has brought great energy and life to both buildings. If you would like some more information on what was achieved during 2022, please have a look at our Operational Quality and Risk Report for 2022 which is published on our website.

We were delighted when the Minister of Health announced that Galway Hospice would be redesignated as a Section 38 agency last October, this was something we had been lobbying for in recent years. The process will take at least a year to complete and we hope that it will result

# stats

**OUR INPATIENT UNIT  
LOOKED AFTER**



**WE CARED FOR  
971 PATIENTS  
AT HOME  
IN GALWAY**



**HELPING  
GALWAY  
HOSPICE**

in an increase in our core funding once completed. This should allow us to free up some fundraised income to fund the cost of building a new hospice in Galway. We are continuing to work with the HSE and our property advisors to identify a site and are hopeful of progressing the project during 2023.

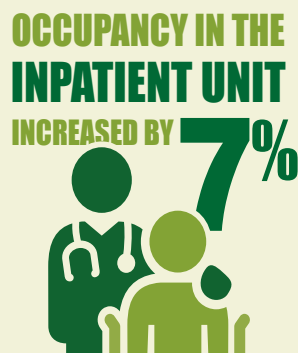
Our care would simply not be possible without the continued support of you; our local people and supporters. You make a difference in so many ways, there are great examples of this in this newsletter. It has been fantastic to see the Galway community rally around as we returned to in-person events again last year.

Thank you to everyone in Galway city and county for your continued support, enabling us to give the best care that we can give to those who need our services. All that we do at Galway Hospice could not be achieved without the support of our staff, volunteers and the wider Galway community. Thanks to you, patients living with a life limiting illness and families who need our services have been cared for and supported. You really have made a difference.

Go raibh mile maith agaibh go léir



Chief Executive



**ATTENDANCES**  
**SINCE THE SERVICE RESUMED**  
**IN GALWAY IN FEBRUARY 2022**

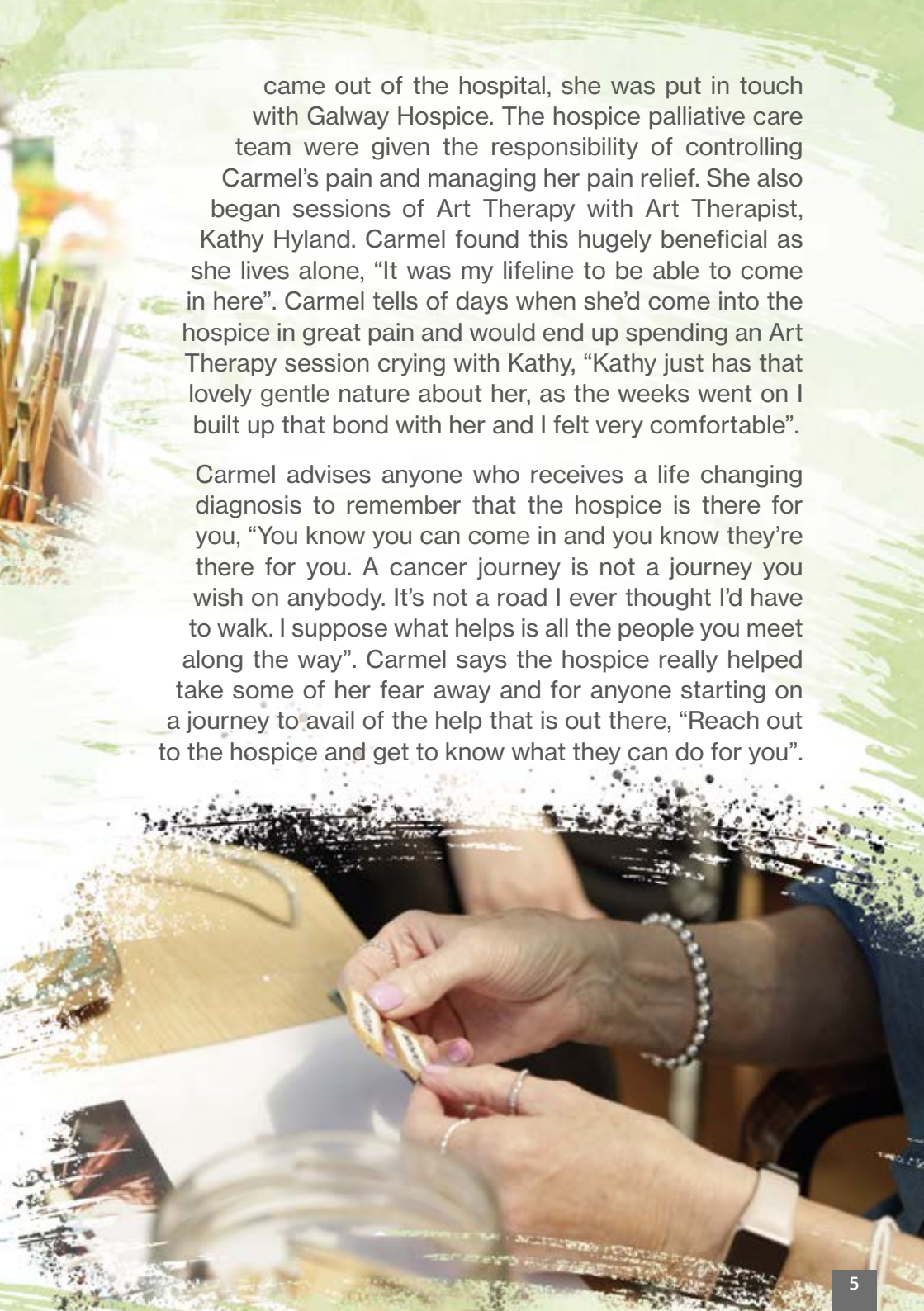


## carmel wilmot's story

Carmel Wilmot, who lives in Monivea in County Galway, began to feel unwell after her mother's month's mind in 2019 and couldn't pinpoint what was wrong with her, "My back was hurting me and I had MRIs and stuff on my back. Long story short, by the August/September that year I was feeling really unwell. I went to a local GP and I kind of knew something was not right". Carmel's GP went onto examine her and straight away recognized the issue. "I knew by the woman's face, she didn't have to say anything. She was horrified that I'd been in hospital and they'd let me out". Carmel's GP sent her directly into the Maternity Unit in the University Hospital, Galway. From there, Carmel was diagnosed with cervical cancer.

Carmel began to get her head around her diagnosis but later felt an overwhelming sense of shock when she was told she was going to be put in touch with a Palliative Care Team, "It horrified me because I thought, 'Oh my God am I going to die here and they haven't told me.'" When Carmel





came out of the hospital, she was put in touch with Galway Hospice. The hospice palliative care team were given the responsibility of controlling Carmel's pain and managing her pain relief. She also began sessions of Art Therapy with Art Therapist, Kathy Hyland. Carmel found this hugely beneficial as she lives alone, "It was my lifeline to be able to come in here". Carmel tells of days when she'd come into the hospice in great pain and would end up spending an Art Therapy session crying with Kathy, "Kathy just has that lovely gentle nature about her, as the weeks went on I built up that bond with her and I felt very comfortable".

Carmel advises anyone who receives a life changing diagnosis to remember that the hospice is there for you, "You know you can come in and you know they're there for you. A cancer journey is not a journey you wish on anybody. It's not a road I ever thought I'd have to walk. I suppose what helps is all the people you meet along the way". Carmel says the hospice really helped take some of her fear away and for anyone starting on a journey to avail of the help that is out there, "Reach out to the hospice and get to know what they can do for you".

# Nursing at Galway Hospice

**‘We support nurses to  
be the best they can  
be for our patients’**



**Mairead Carr**

*Galway Hospice Director of Nursing*

Nursing is a career that provides many pathways and opportunities to those who enter it throughout their career and I am privileged that my career has led me to joining the Galway Hospice Team in 2021.

When I joined the team, I had many years of nursing experience but no experience of working in a hospice setting. While, like all Galwegians, I was aware of the great work done by the hospice team, there was also some mystery about what goes on inside the walls of a very small building.

What I found was this little building was home to a team of professionals with a big mission, to provide compassionate palliative care to patients and their families. Nurses working in the community inpatient and day care settings always focused on helping people live as well as they can with their life-limiting illness and supporting them to make decisions about the things that really matters to them at this stage of their life.



The values of Galway Hospice mirror the values that nurses aspire to in everyday practice - community, compassion, dignity, excellence and working together. Our nursing team is made up of nurses from those with many years of experience to those who have recently graduated, and our aim is to support these dedicated nurses to develop their knowledge and skills to be the best they can be for our patients.



**- Kevin Finnegan,**  
Clinical Nurse Specialist in  
Community Palliative Care

**"I have been a Palliative Care Nurse in Galway Hospice for over twenty years. It is, and has been, a pleasure to have been part of a nursing team, where our focus and continuous drive is the wellbeing of the patients we care for. The rewards in this job are in the engagements with the remarkable people I encounter as part of my nursing life"**

**"It has been a great experience, the entire team have been so welcoming and it is a fantastic place to work. I feel working within palliative care is very humbling and to be part of our patients' and families' journey makes it so worthwhile. The knowledge and skills I've gained in a palliative care environment have enabled me to be the nurse I am today"**



**- Nuala Logue,**  
Clinical Nurse Manager, who originally  
joined the team as a staff nurse in the  
inpatient unit



**- Jacinta Fallon,**  
Nurse, who started in Galway Hospice  
four years ago hoping to gain experience  
in an area in which she had great interest

**"The support I have received since starting here in the hospice has led me to a Clinical Nurse Manager 1 position with an amazing team. The encouragement I received has been amazing and the support is endless, I'm delighted to be part of Galway Hospice and what it stands for"**

# supporting a Worthy cause

## Galway Hospice Volunteer

### "It's like home to me" – Mary Noone



Mary Noone worked as a Nurse in a cancer hospital in New York for twenty-five years and later settled in Renmore after making the return journey to Ireland. After retiring, Mary wanted to do something enjoyable and worthwhile with her time - this led her to visit Galway Hospice! Mary first started volunteering at the Hospice in 2015. She set out volunteering in Daycare and escorted patients on the bus. She now spends most of her time on the Inpatient Unit, serving dinners during the day and teas & coffees in the evenings. She has also expanded into fundraising events and supporting the department during busy periods. Whether it be taking donations or putting together campaign packs, Mary is always happy to do whatever needs to be done.

Mary says the work she does is very rewarding, "I loved it straight away, it's like home to me. I feel like I belong"

## Fantastic Fundraiser



"As a family we were delighted at EASYFIX's initiative in organising the Movember fundraiser. We are so proud that it was done in Claire's memory and honour. The amount of money raised is a testament to the regard in which she was held by family, friends, colleagues and the wider public. We know that the funds raised of €40,100 will help in some way with the great work undertaken by the Galway Hospice, a very worthy recipient".

- EASYFIX Sales Director, PJ Burke

Thanks to the tremendous effort and the growth of over 30 moustaches from the EASYFIX staff, family and friends of the Burkes, a total of €40,100 was raised in memory of PJ's wife Claire.



# Experiencing all sides of Hospice care - Marie Togher

Marie Togher, from Tuam was diagnosed with anal cancer in 2019. After a year of radiotherapy and chemotherapy, she was given the all clear. She made the most of this great news and enjoyed a year of travelling and spending quality time with her family. Unfortunately, Marie attended a checkup after one year and was informed about the return of her cancer, which now resides in her lung and upper body.

After a discussion with her consultant, Marie made the decision to carry on living with the disease and opt out of treatment this time round, "I decided to go with quality over quantity". This resulted in Marie being put in touch with a Galway Hospice Community Palliative Care Nurse, who visited her at her home in Tuam, "I thought the

world of the nurse. She was good to me on the good days and she was there for me on the bad days".

Marie has experienced all sides of hospice care, as she later spent time in the Inpatient Unit and now is a regular participant in Day Care. During her time in the Inpatient Unit, Marie made a life-long friend called Peggy. Peggy's bed was directly across from Marie and they became firm friends very quickly. The ladies now ring each other every day and don't go to sleep at night without wishing each other a good sleep and saying I love you.

Speaking about Day Care, Marie couldn't praise the service highly enough and says she spends most of her time laughing with volunteers, "I enjoy the chats here. We don't talk about sickness, we escape it."



*Marie enjoying visits from Connacht Rugby and Galway Mayor Cllr. Clodagh Higgins.*

# GALWAY HOSPICE CAR RAFFLE



## FUNDRAISER

### Car Raffle winners announced

A huge thank you to everyone who supported our Galway Hospice Car Raffle 2023. The winners were drawn on 5th May at Galway Hospice and witnessed by An Garda Síochána. Congratulations to all our winners.



**1st Prize – 2023 Kia Rio**  
*Supplied by Kia Renmore*  
**Michael Brennan, Barna**

**2nd Prize –**  
**Family Holiday to France**  
*Sponsored by Keller Travel*  
**Orla Corcoran, Ballybane**

**Early Bird Prize – €150**  
**Cosyhome Heating**  
**Voucher**  
**Ann Shaughnessy,**  
**Renmore**

**3rd Prize – Dinner for**  
**Two at The g Hotel**  
**Rose O'Brien, Killimor**

**Seller's Prize – €250**  
**Cathy McGoldrick, Salthill**

Thank you to Kia Renmore, Keller Travel Ltd,  
The g Hotel & Spa and Cosyhome Heating.  
All funds raised go to supporting Galway Hospice care.



**Musician Jimmy Buckley with Galway Hospice Staff**  
**Nurse Margaret Egan and Health Care Assistant**  
**Rose Kelly supporting the Galway Memorial Walk.**

**Galway**  
**Memorial**  
**WALK**



**Sunday**  
**10th**  
**September**  
**2023**

The Galway Memorial Walk in aid of Galway Hospice is a special way to celebrate loved ones no longer with us.

The Memorial Walk returns on Sunday 10th September 2023.

Join us at the Claddagh Hall at 12noon to walk the Prom to Blackrock and back.

# A dedication on the Memory Tree



Ray Doyle's name shines at the heart of the Galway Hospice, on a bronze leaf at the centre of the Memory Tree.

From Athlone, Ray passed away in the care of Galway Hospice in December 2018. His wife Bernadette chose to sponsor a leaf on the Memory Tree as a way to keep the connection to the Hospice, who were "so good and caring" to Ray during his short time there.

Ray was a talented and popular pitch & putt player. Bernadette, the Doyle family and Ray's friends also raise funds each year for Galway Hospice & South Westmeath Hospice at Custume Pitch & Putt Club at the Ray Doyle Memorial Scramble Competition in his memory.

Fundraising is vital to help sustain hospice care. The leaf in Ray's name and each engraved leaf on the Memory Tree helps Galway Hospice care for patients and families now and into the future.

**To sponsor a bronze, silver or gold colour leaf on the Galway Hospice Memory Tree, visit [galwayhospice.ie/memorytree](http://galwayhospice.ie/memorytree), scan the QR Code or call Fundraising on 091-770868.**



# Dates for Your Diary

What will you do  
for Galway Hospice in 2023?

Visit [galwayhospice.ie/events](https://galwayhospice.ie/events)  
for more information.



JUNE  
9<sup>th</sup>

JUNE  
10<sup>th</sup>

**SUNFLOWER DAYS**



JUNE  
17<sup>th</sup>

**CROAGH PATRICK CLIMB**



SEPT  
10<sup>th</sup>

**GALWAY MEMORIAL  
WALK**



SEPT  
21<sup>st</sup>

**COFFEE MORNING**



DEC  
3<sup>rd</sup>

**TREE OF LIGHTS  
CELEBRATION**



DEC  
15<sup>th</sup>

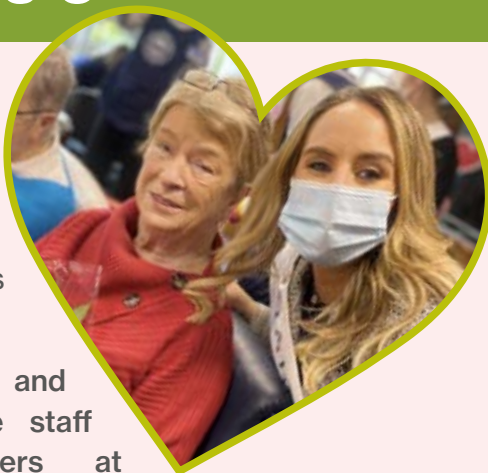


**FESTIVE  
FASHION FRIDAY**



# Galway ROSE spreads Grá for Valentine's

For Valentine's Day in February, Day Care patients were visited by Galway Rose, Clare Ann Irwin. Clare Ann spent time chatting to patients and presented each of them with a rose – Day Care was full of roses!



"The work and care that the staff and volunteers at Galway Hospice give to their Day Care Patients is second to none. From the hairdressers to the gourmet food choices, the positive atmosphere could be felt from the minute I entered the room. Day Care plays such an important role in the journeys of these patients, and I think it is incredible that there is a safe space created for patients to meet up, talk and relate to each other but above anything, to feel listened to and cared for."

*Clare Ann Irwin*



# walk and Talk Group

## recommences

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). The group meets every second Wednesday at Cappagh Community Centre, Knocknacarra. 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.

## Climb Croagh Patrick for Galway Hospice

The Galway Hospice Croagh Patrick Climb, sponsored by Bon Secours Galway, takes place on **Saturday 17<sup>th</sup> June at 2.00pm.**

The Croagh Patrick Climb is an important annual fundraiser for Galway Hospice.

This year, a special memorial service will also take place at St Patrick's Chapel at the top of the Reek at 3.30pm to remember loved ones.

The registration fee for the Croagh Patrick Climb is €25. This includes a special technical t-shirt and refreshments after the Climb.

Book your bus place: Kindly sponsored by Citylink, a bus will leave Galway Hospice at 11.30am on 17th June. Bus places are limited, pre-booking is essential, please call or message 087-1933032.

If you have any questions or would like to register a group, contact Fundraising on 091-770868 or [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie).





## Patricia Coffey – Winning big in the Weekly Draw

The Galway Hospice Weekly Draw has been one of the organisation's most important fundraising initiatives since it began in 1988. Since then, many individuals across Galway have signed up – supporting the work of the hospice, while also being in with a chance to win up to €1,000 each week. Patricia Coffey first signed up to the Weekly Draw at the beginning of the pandemic. She started to work from home and felt the money she was saving on not commuting to and from her workplace could go to a good cause, and that is how Galway Hospice came to her mind.

Patricia has since been lucky enough to emerge as the first prize winner of €1,000 on two occasions, “It’s a lovely phone call to receive and I celebrated it well”. The Weekly Draw takes place at the hospice in Renmore every Wednesday at 12 noon and winners are contacted by phone.

With luck on her side, Patricia decided to purchase some gift vouchers for family and friends so they are now also in with a chance to win big!

## “We were delighted to have our first win since we joined in 1990” – Anne & John Marshall

Anne and John Marshall have been in the Galway Hospice Weekly Draw for thirty-three years and emerged as second prize winners in the final draw of 2022. They generously donated their winnings to Galway Hospice with a note to say “The work you do is outstanding and we salute all involved”.

**SIGN UP  
NOW!**





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