

GALWAY HOSPICE

newsletter

SPRING 2024



IN BLOOM AT GALWAY HOSPICE



**30 years
with
Galway
Hospice**

**Welcoming
Adaptation
Nurses**



Welcome



Welcome to the first edition of our newsletter for 2024. Last year was again an extremely busy year at Galway Hospice with demand for our services continuing to grow. We cared for 974 patients at home and 85% of the patients we cared for in the community died at home, you will find some additional activity data for 2023 on page 3. If you would like some more information on what was achieved during 2023, please have a look at our Operational Quality and Risk Report for 2023 which is published on our website.

The Minister of Health announced in October 2022 that Galway Hospice would be redesignated as a Section 38 agency, and we spent numerous hours in 2023 working with our colleagues in the other voluntary hospices in the HSE and the Department of Health to complete the redesignation process and I am delighted to inform you that this was completed on January 31st this year. The redesignation provides us with certainty on funding for pay for our dedicated staff into the future which is significant as in 2023 we had a shortfall of over €1.2m between our pay costs and the funding we received from the HSE.

Fundraising will still very much be required by Galway Hospice going forward and fundraising monies will all go towards purchasing much needed new equipment and towards enhancing care experiences for our patients and their families, an example of this was the very successful bereavement camp that we facilitated for bereaved families with young children in 2023. You can read more about this on page 8. We are currently working on projects which will provide additional supports to our community patients and their families, and we hope to be in a position to commence rolling out these initiatives in quarter 3 and 4 of 2024.

We have been in active discussions with the HSE on our capital project and are hopeful of securing a site for the project this year. This is now critical as we have outgrown our current building in Renmore and as a result we are struggling to meet the increasing demands for our services. Once we have secured the site, we will be launching a capital fundraising campaign as the expected cost of the project is likely to be in excess of €30m and we will have to fund a large portion of the cost from fundraised income.

The HSE commissioned HIQA to conduct a national end of life survey for all care settings during 2023 and we received the results of this survey in the latter half of 2023, I am delighted to report that the Hospice achieved full marks in several categories and scored results in the high 90s in the remaining categories. The full

Front Cover: Galway Hospice Volunteer Isabel O'Byrne, Pauline Lennon, Senior Physiotherapist, Volunteer Brid Keane, Michelle Scarry, Infection Prevention and Control Clinical Nurse Manager II, pictured with Easter floral arrangements created by Day Care patients at Galway Hospice.

report will be published by the HSE in the coming months.

We continue to work to ensure that everyone who needs our services receive them and have commenced on a diversity and inclusion project to assist with this work. Death doesn't discriminate in any way and neither do we and our diversity and inclusion project will assist us to ensure that hospice care is available to everyone no matter their colour, religion, the kind of relationship they are in, their age, or anything else about them.

We could not do the work we do without your support so on behalf of the team here at Galway Hospice and the patients and families who need our services, a sincere thank you for your continued support. Thank you for taking the time to read our newsletter, I hope you enjoy it and that it inspires you to continue to keep supporting or, perhaps, to get in touch. It would be wonderful if you could pass this edition on to your friends or family.

Go raibh míle maith agaibh go léir!



Chief Executive

Galway Hospice care in 2023

Aire tugtha do

974



othar ag

Foireann Cúraim

Mhaolaithigh Pobail

: patients
: cared for by Community
: Palliative Care Team

home visits
by team

6,647



cuairt bhaile
tugtha ag an
bhfoireann

Chaith

308



: patients spent
: time in our
: Inpatient Unit

othar tréimhse inár nAonad d'Othair Chónaitheacha

D'fhreastail

581



: attendances
: at Day Care

othar ar Chúram Lae

30 years at Galway Hospice

We are delighted to congratulate Judy Tierney, Colette Dodd, and Mary Tierney, who have all recently celebrated the wonderful achievement of 30 years of service at Galway Hospice.

Through three decades of dedication, these staff members have showcased immense loyalty and commitment to the hospice. Their work has been hugely instrumental in the long-term growth of the organisation, joining just four years after the establishment of Galway Hospice in 1990. Back then, it was a small team with big dreams. In the first hospice building on Prospect Hill, all three women worked in the same single office, which was shared with two other colleagues.

At the time, the need for hospice care in the community was evident, and something each staff member recognised the demand for long before their roles began. The father of our Finance Manager, Colette had attended the very first meeting of the Galway Hospice Weekly Draw in Loughrea. Her parents had both passed before hospice care in Galway was available. The ability to contribute to the facilitation of hospice care then became a driving factor for Colette to join the hospice, so she could aid in the provision of homecare for other families.

Judy, our HR Business Advisor, also has a personal connection to Galway Hospice. Her father-in-law, Des Tierney, was a well-respected staff member

of Galway Hospice. Des was the first employee who would avail of our services following his retirement, being taken care of by his previous colleagues at the hospice during his final days. With most of his family residing in the United States, both them and Judy were extremely grateful that she could be close by to support him at the hospice. Upon their visits during the spring, his American relatives would purchase handfuls of hand-knitted chicks for his windowsill, a product generously gifted to the hospice each year that still reminds Judy of special times spent with him every Easter.

Mary Tierney has worked with the fundraising department since 1994, building strong relationships with hundreds of dedicated hospice supporters over the years, assisting with thousands of local fundraisers in the community and helping to organise popular annual hospice events like the Croagh Patrick Climb and the Galway Memorial Walk.

Seeing the significant growth and development of Galway Hospice over the three decades has been hugely fulfilling for them all. An early milestone was the opening of the current building on Old Dublin Road in 1995, which was a result of years of consistent lobbying and community support. Now on a path to develop a new hospice building, their passion to increase the accessibility and quality of palliative care for patients and their families is equally strong as it was

before. "If anything, it's a new beginning. It's so exciting. There is always something to be striving for," says Colette.

The most recent achievement which they highlighted was in becoming a Section 38 agency in late 2023, something which they have all been "fighting for since day one". This extra financial support from the state only drives their ambitions further, exciting them about the future opportunities that it can help to create as we strive to expand and improve our services for the community.

Throughout the 30 years they have spent together, they have watched the growth of not only the hospice, but also of themselves and their families. Judy recalls Colette's children being too short to see above the hatch of the old hospice. Now they are in their forties with children of their own.

However, many things have stayed the same. The mission, values, and ethos of Galway Hospice are just as they were when they began. They fondly recall the moment

when the team had collectively decided on the motto 'Every Moment Matters', which remains the same guiding words of Galway Hospice to this day.

All three women have always had a steadfast passion to support the hospice, which is evidenced by their long-term attendance at our yearly fundraisers. This also provides them the opportunity to hear heartfelt stories from those who have availed of our services, which they say further strengthens their sense of fulfilment in the important work they do. They have also witnessed many family gatherings at the hospice throughout the years, such as christenings, wedding anniversaries and Christmas dinners, all which serve as reminders for the meaningful memories they help to facilitate.

All ladies acknowledged that throughout both the shared success and challenges faced, the support, collaboration and positivity from colleagues has always been there. "It has never been a job, it has always been a pleasure," says Judy.

We would like to thank them for their incredible contribution over the thirty years. Without the formidable work of Judy, Mary and Colette, Galway Hospice would not be where it is today.



Judy Tierney, Mary Tierney and Colette Dodd celebrate 30 years with Galway Hospice in 2024.

A Valentine's Visit from Connacht Rugby



During Valentine's Day this year, we were delighted to have three players from the Connacht Rugby team join us in Day Care to help our patients create some beautiful flower arrangements.

The visit was thoroughly enjoyed by all our patients and staff, with plenty of conversations, laughs, and delicious treats. We are incredibly grateful to Connacht Rugby for stopping by and brightening our day.



Join Croagh Patrick Climb

Sponsored by Bon Secours Galway



CROAGH PATRICK
IRELAND'S HOLY MOUNTAIN
CRUACH PHÁDRAIG
SLIABH NA OFA NA HÉIREANN

WWW.WESTPORTPARISH.IE

Saturday 22nd June

CROAGH PATRICK CLIMB ITINERARY

7.15am: Bus leaves Galway Hospice, Renmore. Pre-booking essential on 087-1933032.

11.30am: Memorial service at the top of the Reek.

9.30am: Climb starts from Croagh Patrick carpark.

Enjoy refreshments after the climb

Sign up today at galwayhospice.ie/climb

There is no timeline to healing

Rory O'Shaughnessy shares his experience of Galway Hospice's Claddagh Family Bereavement Camp for young bereaved families at Wildlands, Moycullen.

During the February of 2017 my life, and that of my closest friends and family, was completely shattered after my wife Carmel, found a lump on her breast. Terrifying at the best of times but even more so when she was pregnant with our second daughter, Sophie.

Having come off the back of a pretty traumatic time of our first pregnancy with our daughter Ruby, who suffered from a pre-natal stroke, subsequently resulting in cerebral palsy, albeit mild, it was still a fairly frightening time for us all. Thankfully, Ruby is doing phenomenally well and she's as independent as she wants herself to be, after all, why clean your own room when dad can do a pretty good job for you.

I had convinced myself that we were done with the children, yet Carmel was determined to have a brother or sister for Ruby.

Sadly, at our second attempt we were to miscarry, and our little one was called home before we even got to meet them.

Again, I had said, that's it! I'm done, no more kids!

Yet, Carmel was adamant Ruby would have a brother or sister.

And in late 2018 we got the news we were pregnant again.

Sophie was due to arrive in May of 2019, but nature had other ideas.

Looking back on things, almost five years down the line, I now realise that Carmel took maybe 2 weeks, when the news hit where we were all reeling and trying to make sense of it.

I watched her change her lifestyle completely, which was already a fantastic place as she loved all types of exercising and keeping fit and her diet was insanely healthy, she never once played the victim card, not once. Still, she ramped up the health and wellness for not only herself, but for that of Ruby, myself and of course Sophie.

This monumentally positive mindset continued on through her entire



sickness, never once letting it define who she was.

For our children, she remained Mom, and never once let her sickness get in the way of being their mom and to this day I am in complete awe of that strength and resilience.

Carmel spent her final week in the care of those fantastic people in Galway Hospice in Renmore under the care of some of the most loving and caring people I have ever met, truly you have to be cut from a very different cloth to be able to carry out their work in the way they do, giving our loved ones such a beautiful space to pass on with the utmost of grace and dignity.

Having lived in Galway all my life I had actually never been inside the hospice before, but was acutely aware of the work they did for years. with the many fundraisers held and indeed the high praise I would have heard about them too.

This was to be my first time being so near to someone using the services.

It is impossible to convey the emotions you go through in a time like that, but I always remember Carmel being so relaxed and almost content in her surroundings, while I ran about like a headless chicken, guided by the hospice staff at every step and making sure not only Carmel, but myself and the girls were

being looked after too.

Sadly, Carmel lost her fight with cancer in late August of 2019 and created a chasm of emptiness in all our hearts.

Friends, family and neighbours all rallied around me and the girls and ensured our wellbeing. However, life goes on. It has to. And we all must adapt, which can be challenging at the best of times, but a certain flu had other ideas.

As the world opened back up, the hospice were onto me almost immediately and reached to see if myself and the kids would like to attend a little talk about loss and grief. Unfortunately, Ruby, who was still very young, would not entertain the idea and so we left. I had thought that maybe our journey with the hospice was over and again, we would be on our own. Of course, this was not to be the case, and in late summer of 2023 I was contacted by Aisling [Kearney, Galway Hospice Principal Medical Social Worker], in the hospice and wondered if I would like to attend the Claddagh Family Bereavement Camp at Wildlands Activity Centre in Moycullen.

Never to be one to refuse something with the possibility of helping us all grow, I said we would go but that I couldn't give a cast iron yes or no, as ultimately the kids would decide.

After having told them the awesome time we would have at Wildlands (and believe me... we did) I also slipped in the fact that all the other families would be like ours too, with either a mom or dad in heaven.

To my complete surprise Ruby, now almost 9, began to vocalise how she would love to go but was very



apprehensive about having to talk about mom and maybe get upset in front of strangers, but when I told her, all the other boys and girls were in the same situation, it did sway her decision to go. I was still unsure as to whether she would. As for Sophie, she was delighted to be going and having been only 2 when Carmel passed, may not have had the same outlook on the weekend as Ruby who was almost 5 at the time.

As the time approached, Ruby really wasn't sure about going, but in the end the three of us landed out on a Friday evening to Moycullen.

The following day was when everything changed for me and my little family.

Saturday began with the list of activities we would be doing and I noticed the parents had separate activities from the kids. Disaster, as Ruby developed pretty strong separation anxiety from me after Carmel passed away. I had visions of packing up and being home by lunchtime, as I had Sophie who was all strapped in to go abseiling from about 30 feet in the air in one hand, and Ruby who was completely welded to the other hand

and would not let go.

I stepped Aisling and had a little chat with Ruby...and lo and behold, off she went. I didn't see her again until lunchtime when she told me about all the things they were doing, and the other boys and girls were really nice too.

It was a hugely emotional time for me too, seeing her being able to go off without me, but also feeling immense pride that she felt she was able to overcome her fears and head off with people she really didn't know. Ruby was absolutely out of her comfort zone, and she was thriving. Sophie was also in her element going from obstacle course to obstacle course, and of course snacks...snacks everywhere.

By the time dinnertime came around I had two exhausted but happy kids. After having a lovely dinner and a brilliant magician showing us his skills, I wondered what we would do for the evening. As we returned to our cabins, we found a bag of even more goodies for us to enjoy watching a movie together. As they got their PJs on I could hear them talking to each other about the other boys and girls and how they were here without a mom or dad also, and from where I was standing it almost looked like a look of relief on their little faces, almost as if to say, that what happened to our family isn't all that uncommon and in fact there are plenty of people in the same situation.

I might also note that it had been four years since Carmel had passed on as opposed to some of the families whose partners had passed on in the last 8 months to a year, so it was



still extremely raw for most of them.

Sunday was a day to have a few small activities and prepare for getting back to reality.

As I packed away our things I found myself smiling, and when I wondered why I had realised that not only had this weekend been of huge benefit to the kids, who were sitting on the porch smiling and laughing, a far cry from the apprehension I faced when I arrived, it had also shown me how far I had come as a single dad. I would have always questioned my ability to raise the girls in a way that Carmel would have been proud of, and for the first time in four years I was. The tears began to fall, and on cue the girls saw me and set them off too. When I explained to them the tears were “happy” tears and that I was hoping that mammy would be proud of the job I was doing, Ruby completely surprised me by saying, “Daddy! Mammy would have loved it out here, she would have been up on all the high zip lines with Sophie and you and me would be on the ground looking up.”

Ruby had not spoken of Carmel like that to me since she passed on. Indeed, anytime the subject was brought up, she would shut the conversation down, even in so far as, if her pals were over, they never played “moms and dads” it would always be “aunties and uncles”, I suppose it was too much for her, knowing her own mom wasn’t here.

Ever since that day, we now speak of Carmel on a daily basis. Sometimes that talk involves lots of tears and hugs, but as I say to the girls, it’s all healing, but happily for the most part it’s lots and lots of laughing. They now also love hearing stories of me and mom when

we first started dating and looking at old pictures from 20 years ago and doing so with smiles and giggles and only the faintest tint of sadness. It’s a testament to the resilience Carmel showed and it’s beautiful to see that strength come through in her girls.

I often sit in the evenings and scroll through photos of us before Carmel got sick, and I always see a sharpness in Ruby’s eyes, a twinkle as cliché as that may sound, a twinkle that vanished after Carmel passed, and I’d swear, ever since that weekend it has started to shine again.

There is no timeline to healing, nor is there for grieving, but I do believe we can help ease the pain, and that weekend in Wildlands absolutely kickstarted something for all of us. It showed me how far we have come as a trio, and even more so, it showed the girls the healing that they have done too, seeing them interact with the other kids and letting them talk about their loss in their own way, and indeed, not mentioning it at all just simply being in each other’s presence knowing they share that same pain and that they’re no different to any other boys and girls.

Personally, I would recommend the Camp, not only for the children but also for the parents, I think the main reason for doing so is due to its very relaxed way of engaging with the families, the distraction of the activities kind of lowers the defences and let us open up to each other, and through that opening up that talking, it’s there we start to find ourselves again. And for me and my family, it is where we began the next stage in our lives.

The healing.

Community Pharmacy Support

The relationships Galway Hospice have with the community are paramount in enabling us to facilitate the best possible standard of palliative care.

In addition to the patient's General Practitioner and Public Health Nurse, our medical team works closely with their Community Pharmacist to ensure the timely availability and delivery of their medication.

"We are often dependent on the good will of the pharmacies and the trust we have built with them," says Chief Pharmacist Niall Manktelow. "All of the pharmacists at Galway Hospice have experience working as a Community Pharmacist, allowing us to better understand and appreciate their role."

Not only do we rely on them to help provide medication for the Inpatient Unit, but also in ensuring seamless transitions between inpatient and outpatient settings. This is particularly important in cases of rapid discharge, where the medication must be sourced from the pharmacy so it will be available for the patient as they arrive home. Through a team effort, we can confidently provide the same level of care and comfort for the patient as soon as they leave the doors of the hospice.

"Pharmacies have always been incredibly co-operative and eager to help ease the pressure for us, the patients and their families," says Catriona Kilbane, our Clinical Nurse Specialist, Community Palliative Care.

Catriona recalls various occasions that highlight the generosity of our Community Pharmacists.

One memorable situation was when a patient was being transferred home, but their local pharmacy did not have the medication in stock. With great concern for the patient's wellbeing, the pharmacist had called many other pharmacists to help source their specialised medication as soon as possible. Due to their efforts, we were able to have it delivered to the patient's home just in time for Catriona to deliver it to the patient.

"Thanks to them, everything fell into place," she says. "It made my job a lot easier, and we were able to improve the patient's condition when time was of the essence."

It is moments like these that truly highlight the powerful impact the wider network of Community Pharmacists can have in helping us alleviate the pain and manage the symptoms of our patients, and we are truly grateful for their ongoing cooperation and consideration as crucial members of the wider healthcare team.



Project ECHO - Nursing Home Network

The Hospice is proud to have a central involvement in the Caru All-Ireland Institute of Hospice and Palliative Care (AIIHPC) Project ECHO Nursing Home Knowledge Network for Galway, Mayo and Roscommon. This programme is facilitated by Vanessa Butler, our Quality Co-Ordinator at Galway Hospice.

Launched in 2003, Project ECHO (Extension for Community Healthcare Outcomes) has become an internationally recognised collaborative model of health education and care management.

It is an online virtual network which connects local providers and specialists, aiming to develop the knowledge, skills, and confidence of nursing home staff in caring for patients with palliative and end of life care needs. Participants have the unique opportunity to share, learn, discuss and access peer support. The network fosters a spirit of collaborative learning in a safe, inclusive, and supportive environment.

In sharing specialist knowledge, the Hospice can help to improve the delivery of compassionate palliative care to the residents and their family members of nursing homes in our community.

Patient Engagement Representative

At Galway Hospice, we are committed to continually improving the quality safe care that we provide, and our patients and families are the centre of what we do. Patient and family members have a unique perspective which makes them invaluable partners in how we assess, develop, and progress the service we deliver. In the hospice we are further developing this partnership and aim to ensure that the voices of patients, families and the public are heard in how we deliver our care.

Open Invite:

We are inviting patients/family members to contact us directly if you would be interested in taking on the **role as a patient engagement representative for the hospice.**

If you are interested in finding out more about this exciting initiative. **Please contact: Vanessa Butler - Quality Co-Ordinator on; (091) 770868.**

We look forward to hearing from you and providing further information on patient engagement.



Jamie McDonagh - Medical Social Worker

Galway student Jamie McDonagh shares the experience of his placement with the Medical Social Work team at Galway Hospice

The Medical Social Work Team at Galway Hospice offer support to patients and their families. 24-year-old student Jamie McDonagh recently spent 3 months on placement with the team.

Jamie, from Athenry, is in his final year of studying Social Work in University of Galway. He was unfamiliar with the role of social work in palliative care before his placement, but now hopes to begin a career in the area, such was the impact of his time with Galway Hospice.

“I knew the Hospice but thought it was about death and dying and sickness, that was my perception of it. But no, as soon as I walked in the doors, it was great. Everyone was so welcoming, from the medical team, occupational therapists, physiotherapists, social work, they were all lovely. They were all so nice, so welcoming. I really felt straight away it was going to be a great place.”

Based in Inpatient Unit at Galway Hospice, Jamie saw the full extent of the role social work plays in supporting patients and families. Explaining that he felt “adopted” by the Medical Social Work Team, he helped support inpatients, patients in the community, day care patients, and families through individual and group support.

‘There’s so much living going on’



“Every day is different. You could be organising home help for when someone’s going home, making sure there’s support at home, supporting them in here, supporting the family, chatting to them, making sure they feel safe,” he explains.

“A lot of people when they come into the Hospice, they have that perception that it’s about death and dying but there’s so much living going on as well. Like one day we were line dancing with a country singer, another day the Connacht Rugby team came in.”

The Medical Social Work Team can help if there’s something that a patient really wants to do like memory making activities with their families. This might be a hotel break, a visit to cinema or their local pub or afternoon tea with their friends. Jamie explains, “It’s a small thing but might mean a lot to the person.”

The Medical Social Work Department facilitated a Family Bereavement Weekend Camp in September 2023 at Wildlands Activity Centre. This camp was attended by young bereaved families, who all experienced the death of a parent under the care of Galway Hospice. Jamie was involved in the evaluation of the 2023 weekend camp, which provides space for children and parents to connect with other bereaved families, as well as have fun and create memories together.

He explains, “They all really valued the group and it showed the value a weekend like that can have for families. Some families found that it was nice to have a weekend away where they didn’t have to worry about cooking and cleaning at home, other families found it opened up a conversation about their parent who had passed away, especially with the teenagers where that couldn’t have happened before, they wouldn’t have talked about it.”

Going back to college after completing his 3-month placement with Galway Hospice, Jamie says he “felt really proud”. “I don’t think I could have asked for a better placement, there’s a lot of learning in it.”

While other students on his course completed placements in other areas, he was the only one in palliative care. “It’s an old-style of social work, about building that relationship and rapport with the family, getting to know them and actually working with them. A lot of social work is case, case, case, whereas here it’s a bit slower, you can get to know the family and build a really good relationship with them.”

Welcoming Adaptation Nurses to Galway Hospice

We have recently welcomed two adaptation nurses to Galway Hospice, Anjali Rai from India, and Patrick Gerard Jacinto from the Philippines.

They have joined us to complete their six-week nursing adaptation programme, where they will obtain the first-hand experience that is required before completing their registration as a qualified nurse with the NMBI (Nursing and Midwifery Board of Ireland).

Patrick's interest in nursing started from a young age, being inspired by his mother who still works as a nurse today. Seeing her take care of others throughout his childhood developed his desire to follow in her footsteps. Before

arriving in Galway, he had previously worked in a general ward of a medical surgical unit in the Philippines, where he lived with his grandmother. After twelve years of experience, Patrick wanted to expand his knowledge and seek opportunities outside of his home country. With most of his family living in Ireland, he was excited to reunite with his parents and two sisters.

While palliative care is a new area of healthcare for him, he has welcomed the opportunity to learn a different practice and broaden his horizons. *"I came here to try and experience a new environment in nursing, and also for personal development."* One of the core aspects he has noted in palliative care is in respecting the wishes of the patient above all else. *"It is really important that you don't just treat the patients, but that you speak to them and provide emotional support."* Anjali agrees, adding that *"We need to consider the patients first. They are the priority."*

Anjali also has a family with a nursing background. Seeing her aunt work in the medical field back in her home country of India motivated her to follow a similar career path. Starting in 2014, she has over ten years of nursing experience, and now lives happily with her husband in Galway. Each nurse has been assigned a dedicated mentor who they work alongside in the hospice for the six weeks. Anjali says, "They are always ready to answer our questions and give us a helping hand."

Patrick says "I just want to say that all the staff here have been very warm and welcoming. Even the families who visit. That's what I love here, the warmth of the people."

"They are always ready to answer our questions and give us a helping hand."

"We need to consider the patients first. They are the priority."



A New Role - Therapies Manager

Due to the growth of all our Therapy services, Galway Hospice and Mayo Hospice have recently developed the role of Therapies Manager.

The position has been assigned to Joan Boulton, who has worked in Galway Hospice for over twelve years. Joan was previously working as our Senior Physiotherapist and has welcomed the opportunity to apply her experience to this new role and support the ongoing expansion of the Therapies Department.

“The growing demand for these services proves how valuable they are to our patients, and the benefits they can provide in enhancing their quality of life.”

The Therapies Department has grown a lot in just a short period, with the ongoing development of these specialist services reflecting how integral they are as part of a holistic model of palliative care. Since the development of the managerial position last June, a lot has already been achieved. New communication systems between Therapists have been developed, service expansions are being explored and educational resources available to all staff are being created.

One of Joan's current goals is to reach patients earlier in their disease trajectory, helping to prevent and address their symptoms as soon as possible. To achieve this, she is focusing on creating new pathways for people to access a wide range of Therapy services, while still living independently at home. An example

is the recent establishment of a Fatigue Clinic, where patients can seek advice on managing their fatigue symptoms to help conserve their energy levels throughout the day. Clinics for other symptoms, such as breathlessness, are also in development.

She also hopes to raise awareness of Specialist Palliative Care Therapies in various communities, helping to demystify Palliative care and engage people in understanding how each Therapy can enhance their wellbeing in a unique way.



With a lot of promising projects on the horizon, we look forward to strengthening the connections between our Therapists, patients, and the wider community.

Love from Liverpool

During my time working as a Health Care Assistant in the Inpatient Unit, I have been entrusted with tasks across a variety of disciplines.

This gives me the opportunity to interact with many patients as we work with them to offer them the best quality of life possible. Like all the staff, I often build a friendly bond with them and their families as we care for them during their stay.

Last September, I was lucky enough to have encountered a young man who was an inpatient at the hospice.

Through our conversations I learned that he and his father were lifelong fans of the Liverpool Football Club. His admiration for the team was so strong, he had multiple tattoos which he was delighted to show me.

At 24 years old, he was soon to celebrate his graduation and his family had requested a private function. As a special way to mark the occasion, I thought it would be nice if we could reach out to Liverpool Football club in the hopes that a member would be willing to leave



a message for him. After several calls, emails and messages back and forth, the chances felt slim, and our hopes were getting low.

Just when we considered giving up, someone said “I know a person we could contact”.

With luck on our side, a video message from the beloved footballer Trent Alexander-Arnold arrived to my mobile for this young man and his family.

It was a lovely heartfelt message, ending with the words

“Remember that you’ll never walk alone”.

This was a lovely nod to their club’s ethos and their famous song ‘You’ll Never Walk Alone’. Upon receiving this, the patient’s father had got quite emotional. That clip was played in private at their graduation celebration, and we heard that it added a bit of “celeb sparkle” to the evening.

May he rest in peace.

- Written by Simon Peter Scott, Health Care Assistant

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GALWAY HOSPICE

CALENDAR OF EVENTS 2024

MAY

Thursday 2nd May

Galway Hospice Car Raffle



JUNE

Friday 7th &
Saturday 8th June

Hospice Sunflower Days



Saturday 22nd June

Croagh Patrick Climb



SEPTEMBER

Sunday 8th September

Galway Memorial Walk



Thursday 26th September

Bewley's Big Coffee Morning Social for Hospice



DECEMBER

Sunday 1st December

Tree of Lights Celebration

Friday 13th December

Festive Fashion Friday

Scan here for more info!

