

GALWAY HOSPICE

# newsletter

AUTUMN 2024



**WALKING FOR  
GALWAY HOSPICE**

# Welcome

Welcome to our second newsletter of 2024. As ever, we have lots going on and I hope you enjoy reading all about it in the following pages.

We have continued to work hard to progress our plans for a new hospice in Galway. While our progress has been slower than we would have wished for, I am continuing to work with the HSE and am hopeful that we will have approval to progress with the project later this year.

The team has continued their efforts to develop and expand our service, offering to meet the needs of patients and families within our community that use our services. I am delighted to tell you that we have finalised our plans for a Grief Café, and had our first gathering in August. Living with a life limiting illness can be isolating; so to further support patients who are struggling with isolation in the community, with the assistance of our wonderful team of volunteers, we are working on setting up a befriending service later this year.

We are also in the early stages of planning a new service to provide additional care and support to families in their homes out of hours. We will share further details of this exciting project in our next newsletter. We are continuing to develop our education capabilities, our aromatherapist has developed a Massage and Touch Techniques course for massage therapists working with cancer patients and she will be facilitating the first session of the course in September. We could not work on these much-needed new initiatives without your support, so a huge thank you to our loyal supporters who have enabled us to progress these new projects.



We are continually working to raise awareness of our services and to dispel some “myths” that are out there in relation to palliative care. To further assist with this, we will be holding an open evening at Galway Hospice on September 11th during Palliative Care Week which runs from September 8th to 14th, so please keep an eye on social media for details of the evening and pass the word on to friends and family. A number of families from throughout the island have agreed to share their palliative care experiences via videos which will be released during palliative care week, and we are delighted that our patient Brendan has agreed to participate in a video to share his experiences of the care we are providing to him. Please keep an eye on our social media to hear Brendan’s story.

Thank you for reading this newsletter. I sincerely hope you enjoy it, and that it inspires you to continue to keep supporting us or to get in touch. You can help us by encouraging your friends, family, and people in your network to sign up to receive future editions. This helps raise our profile and hopefully engage with a wider group of supporters.

Go raibh míle maith agaibh go léir!

A handwritten signature in black ink that reads "Mary Nash". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

**Mary Nash**  
*Chief Executive*

# Ann Marie McGrath



I joined the team at Galway Hospice in November 2023 as an Aromatherapist. Although I'm now living back home in East Clare, I've had a long and varied career, training and working both nationally and internationally. My journey began in nursing, but over time, my practice evolved to encompass holistic therapies, with a focus on Cancer Support and Hospice Care.

In the early years of my career, I travelled and worked in the UK and Australia as a nurse. It was during this time that I first encountered massage and aromatherapy, and I quickly discovered its potential for relieving stress and promoting self-care. I remember thinking how beneficial this would be for the patients I was caring for. When I returned to Ireland, I worked as an agency nurse at St. Vincent's Hospital and Our Lady's Hospice in Dublin. During this period, I decided to pursue training in complementary therapies and earned diplomas in Massage Therapy, Reflexology, and Aromatherapy.

In 2002, I joined the Complementary Therapy Team at Our Lady's Hospice. I also worked in St. Vincent's Cancer Support Centre and St. Brigid's Hospice in Kildare as a sessional complementary therapist. In 2009, I completed an Honours degree in Complementary Medicine in Healthcare at Thames Valley University in London. I also received additional training in Massage for People Living with Cancer, Advanced Clinical Aromatherapy, and the HEARTS Process.

What I enjoy most about my work is hearing patients say they feel "totally relaxed" and experience a "sense of peace" after touch therapy sessions. Nurses often tell me how much comfort patients receive from the personalized aromatherapy blends I create for distressing symptoms such as peripheral neuropathy, anxiety, or trouble sleeping. These mind-body approaches like

massage, touch therapy, and aromatherapy help restore a sense of

wholeness, addressing not just physical symptoms, but also the spiritual, emotional, and social dimensions of the person. Family members frequently share how much they appreciate the complementary therapy and the comfort it brings to their loved ones. I believe this is significant in helping them cope with their loss and their overall experience of hospice care.

Given the benefits to patients and families, and building on my own training and experience, I've developed continuing education training for qualified Massage Therapists on Massage and Touch Techniques for Cancer and Supportive Care. I feel very fortunate to have trained under the guidance and mentorship of Gayle MacDonald from the U.S., one of the pioneers of massage in Oncology and Hospice Care, who inspired me to develop this training. It has been a labour of love for me to design and facilitate a course that helps massage therapists gain the necessary knowledge and skills to work effectively with clients who have a history of cancer, including those undergoing or post-cancer treatment, cancer survivors, and people receiving palliative care. Now, under the auspices of Galway Hospice, this course will continue to promote best international practices in holistic therapies in cancer and supportive care.

I'm very pleased to be back working in the west of Ireland, in the Therapies Department at Galway Hospice. I am delighted to be part of such a fantastic team where the values, hopes, and aspirations of the patients and their families are at the centre of everything we do.

# Jennifer McGrath



When my son was only seven months old, I began to have these incredibly vivid déjà vu experiences. At first, I believed it was a symptom of the postnatal period, so I went straight to my doctor, who recommended that I have an MRI scan. It was a shock to receive a call from him as we drove home, breaking the news that I had a brain tumour and revealing that the déjà vu sensations were actually absent seizures.

It began to affect many things, causing personality changes and even hallucinations. A few months later in July of 2019, I had surgery in Cork where they were able to 'debulk' and remove part of the tumour in the right temporal lobe of my brain. After surgery, I went home and things had improved for a short while and I was supposed to start chemotherapy in Galway later that September.

But then one day as I was feeding my newborn son Luke, I suddenly thought he was a doll. At that moment, I knew it wasn't safe anymore for either of us. I brought myself into A&E of Galway University Hospital where they started chemotherapy early, which lasted three months. I was given the most radiotherapy that one can possibly have to the brain.

Fortunately, I could then be discharged to finish the chemotherapy at home where I could take it in tablet form. Shortly after in 2020, COVID-19 hit. Despite this, my health was relatively good, and I married my wonderful partner Darren of three years, who I met while living in Doolin. He gave up his job to care for me full-time when I was diagnosed, and has been my rock and my best friend throughout it all.

The passing of my mother combined with the pandemic, ongoing MRI scans and

checkups made this an especially difficult period for me. I cherished spending the extra quality time at home with my family, and spent my time enjoying hobbies such as board games, foraging and floristry.

In 2023, I started to have absent seizures again and the hallucinations grew more frequent. Seeing things that weren't actually there was quite scary to say the least. When I finally had the perfusion MRI, they discovered the cancer was back.

We were always waiting for it to come back. I have grade three anaplastic astrocytoma, which eventually returns. Because it wasn't a surprise, we were better able to deal with the news. After six months of another difficult round of Chemotherapy with limited progress, I began attending Day Care at Galway Hospice. The first day before entering the Hospice I was terrified. It can be daunting as you don't know what to expect. However, as soon as I walked through their doors, I was immediately put at ease. The team is brilliant.

They understand exactly what I'm going through and help in every kind of way. It's been great to get the proper rest and care that I needed.

I enjoy a lot of the therapies there, such as aromatherapy, physiotherapy and art therapy. The acupuncture within the aromatherapy service is the only relief



I ever got from the severe pain I was experiencing. I am full of energy after it. It is brilliant. Physiotherapy really helps me with my pain in the knees and the hips, and I love art therapy. It takes my mind off things and brings me into a more positive mindset. From day one, I really connected with the art therapist Kathy. She is such a kind soul and I love our little chats.

When the sun is out, you'll find me outside in the courtyard of the Hospice appreciating all the lovely plants. I decided to make a fairy garden in the raised beds and paint a few stones to add some extra colour. The nurses loved it so much that they took a photo and laminated it for me to keep. It warms my heart to know that a piece of me will always be there.

My family and friends visit me when I stay in their Inpatient Unit, and they are reassured knowing that I am in good hands under their care. My son Luke, now five and a half (the half is important), loves coming to the Hospice and spending time in the children's room. The nurses are so good to him. Since spending time there, he has a better understanding of what his mum is going through. I adore him and he's been such an angel to me throughout my journey. My dear cousins Michelle and Claire also set up a GoFundMe to help cover costs that would allow me and my son to do activities that we have on

our bucket list. I want to see him smile as much as possible and create fond memories for us that he will carry with him for the rest of his life.

As of writing this, little does he know that we have booked a helicopter ride for the weekend. Other things we hope to do together in future is going to Wildlands Activity Centre in Galway, and visiting the animals at Dublin Zoo. The funds raised will also help turn my ashes into rocks and gemstones, which I hope to leave on the graves of my mother, my father, my brother and then some for Luke to keep, so a part of me will always be with them.

I recently learned that the cancer has developed in another area, so I am seeking immunotherapy and further chemotherapy to help with symptom management. They originally expected I would have two years to live, but I have already surpassed that and I am now at the five year mark. Despite the unfortunate news, I am at peace with whatever my future holds and a big reason for that is thanks to the wonderful care of Galway Hospice. Their entire team has been a beacon of support throughout this challenging chapter of my life, and both I and my family are incredibly grateful for the unwavering care Galway Hospice has provided.

# Leaving a Gift in your Will

Your loved ones should always come first. However, we would greatly appreciate it if you would also consider offering a meaningful gift to Galway Hospice in your will. Every gift, no matter the size, enables us to make every moment matter for even more patients and families.

Leaving a gift in your will is simple and doing so can help ensure the long-term

future of Galway Hospice, reassuring us that we will have the vital funding we need to continue our support to the Galway community.

By doing so, you will be leaving a meaningful and lasting legacy that will touch the lives of the individuals and families who need our care and support.

## Bereavement Cafe

At the end of August, a Bereavement Cafe, co-ordinated by the Galway Hospice Bereavement Service was launched.

The Bereavement Café offers a warm and supportive environment where people can find mutual support and understanding in their grief, facilitated by trained professionals and volunteers.

This is a free public initiative, open to anyone in Galway who has experienced bereavement, not just those who have previously used the services of Galway Hospice. The first session, which took place

on 20<sup>th</sup> August, had a fantastic turnout, with many people commenting on how valuable they found the experience.

This ongoing initiative will take place at The Secret Garden Cafe on the third Tuesday of each month. Spaces are limited, so if you are interested in joining, we recommend that people please register their interest in advance.

For further information please contact the Galway Hospice Bereavement Support Service at **091-770868** or email **[bereavement@galwayhospice.ie](mailto:bereavement@galwayhospice.ie)**



**BEREAVEMENT CAFE**

A space for connection, understanding and mutual support when dealing with bereavement.

**The Secret Garden**  
4 William Street West  
Galway, H91 AEW4

**10:30am – 12pm**

**The 3<sup>rd</sup> Tuesday of each month**

*(Commencing Tuesday 20<sup>th</sup> August 2024)*

# Family Fun Day

In July, we held a Family Fun Day for members of staff and their families at Fahy's Field, just across from the Galway Hospice.

It was a fantastic day filled with fun activities and delicious food that was enjoyed in the sunshine.

We would like to thank all who supported us in being able to facilitate such a memorable day for our hardworking staff at Galway Hospice.



# Volunteer BBQ

Our team of volunteers at Galway Hospice had a barbecue in July.

The weather outdoors wasn't the best, but that didn't stop them from having lots of laughs indoors!

Thanks to our talented chefs for preparing a delicious spread for them to enjoy.





## Cycling for Hospice

At 6am on the 15th of June 2024, four Freeney Brothers from Athenry departed Croke Park on their bikes, making their way to their local GAA Club in Athenry with the aim of reaching the clubhouse by 8.30pm later that day. Michael, Sean, Gabriel and Ollie Freeney were supported on the cycle by pace setters Aidan Madden and Michael McDonagh, both of whom are experienced cyclists. Other cyclists included Sean's son Jack, Kelvin North, Brendan Pardo with John Mullins and Cathal Crowe in the support van along with Eithne Freeney also in support throughout the day.

The cycle was an idea of my brother Sean's in September 2023, in memory of our Uncle Anthony Freeney who passed away at the Galway Hospice after a short illness. Anthony was a lifelong GAA Supporter and played hurling for Athenry for over 15 years, was the club's referee for 35 years along with being Honorary Vice-President of St Mary GAA Club Athenry. Sadly, our brother-in-law Mick Cusack (London) got ill during this period and passed away after a short battle with cancer on the 5th of February 2024, who was also honoured on the day.

Our planning for the event really started in early March and we set out a strategy that we thought would raise the most

amount of money for the Galway Hospice which was to maximise the social media for advertising. Initially we agreed €10,000 was an achievable target after our 1st meeting. By the second meeting we genuinely felt €25,000 could be attainable if we marketed it as best we could with minimal expenses. We decided to try get short well wish and support videos from known GAA and other sports stars in Ireland to help raise the profile of the fundraiser. The major challenge that we had was training for the cycle and being able to complete the event. After some debate on whether one or two days would work best, we thought completing it in one day would raise more money for Galway Hospice.

St Mary's GAA club in Athenry were very supportive and we reached out to the Uachtarán of the GAA Jarlath Burns to see if he would meet us on the day at Croke Park. Arriving at Croke Park on the 14th of June, we happened to meet Marty Morrissey in the lobby of the Croke Park Hotel and he agreed to do a well wish video too. We had a fantastic hour in Croke Park, going pitch-side with the Uachtarán where a presentation was made to Anthony's daughter Eithne for his 35 years of service to the GAA.

The morning of the 15th was a cold cloudy





morning but we were greeted by some family members who came up to support and see us start off. Fifteen minutes in as we were cycling through Dublin City, the rain started and progressively got worse for the first hour and a half, at 8.30am we arrived at our first planned stop at Enfield.

A quick break for refreshments and a change of clothes was had just before 9am that gave us the energy for another go. The weather had turned in our favour at this stage and we made great time to Kilbeggan by 11.30am and onto Athlone approximately 45 minutes ahead of schedule. Paddy Kelly and Keith Kennedy joined us in Athlone to give some extra support and the energy was very high as we passed the Shannon heading West. We got to Ballinasloe by 4pm and were greeted by a Garda Escort, who turned out to be our neighbour Sharon Quirke.

Leaving after refreshments were kindly provided by Ballinasloe GAA Club, the legs were starting to get heavy and the bodies beginning to ache. By the time we got to Craughwell, we had a group of thirty cyclists and the rain began again. Passing Cahills house and heading to Derrydonnell Cross gave us a real lift as the bonfires were blazing and crowds of people were out to greet us, which was both emotional and energising to help get us home. We have great neighbours in Derrydonnell

and as a family we will never forget that feeling of "turning in home". More cyclists joined us and we set off on our final leg of 15km to get to the pitch for 8.30pm.

Leaving home, we now had seventy cyclists supporting us and as we went down Lisheenkyle, past Anthony's house in Castlelambert, the support and flags everyone had for us along the way was extremely humbling and made our efforts all worthwhile. Our support vehicle kept us going with chosen music; 'Don't Stop Believing', 'I Won't Back Down', 'Final Countdown', the Rocky theme tune, 'N17', 'Go West' and of course 'The Fields of Athenry' as we got into Carnaun pitch at 8.28pm. Greeted again by a huge crowd of friends, family, club members and various supporters was just a fantastic feeling and in that moment we could take a deep breath together that "We Did it".

As a family we would encourage anyone with a fundraising idea, just take it on and go with it, you won't regret it. What began as just an idea, with plenty of planning, has raised over €48,000 for the Galway Hospice. We couldn't be happier with the outcome and are all so thankful for the support that will hopefully make a big difference for the Hospice in memory of Anthony.

*Ollie Freeney*

# Mike Bindon

Supporting charities has always been dear to my heart, and began early in my childhood. I have fond memories of playing basketball games against the Brothers of Charity teams on their basketball court. My friends and I would cycle together to go and watch films in their picture hall too. The minute I left school at the age of seventeen, I said 'I want to work there'. As soon as a job came up, I applied, got it, and I never left it. I moved up the ranks from being just a kid and was there all my life, spending over forty years working for them until my retirement six years ago.

During my time there however, in 2009, I was diagnosed with cancer.

My case was very lucky, as I got diagnosed at an early stage. It was actually an advert on the television that I spotted one night, recommending that people should have a colonoscopy by a certain age. If I hadn't seen the advert that night, my life now would have been very different. When I asked my surgeon, he said I would only have had three years to live if I did not get it checked as soon as I did. Thankfully it was over in a flash and I was able to make a full recovery that year.

After that, I went to tell all of my own buddies to get checked too. Men in general are not great at going to doctors, but a little encouragement can go a long

way. With my recommendation, two of my friends had a colonoscopy last week and thankfully they were all clear. It is nice to have that piece of mind knowing that they are in good health too.

Needless to say, I am delighted to have lived to tell the tale. I am a big family man, so it was a relief for them too. I have two wonderful children, and this year I became a grandfather to a lovely girl.

I have been passionate about sports all my life. I have been President and Grounds Officer of Colga F.C. for the last twenty-eight years and have fundraised for Galway Hospice through the club as a means to support them. Prior to my involvement there, I was also a referee for twenty years in the GAA. On top of that, I do a bit of part time work with builders, and enjoy long cycles, especially in the beautiful woods near my home. All just to keep myself fit.

One of the many highlights of my life was becoming involved in the Special Olympics. I've been all over the world with them as a coach for thirty-five years. It was always very close to my heart because seeing the smile on their face when they win something is so heartwarming. That's where my love of volunteering really blossomed.

I always said that after my cancer recovery that I'd give something back. I couldn't



think of a better way to do that than volunteer at Galway Hospice.

While my involvement in sports keeps me busy in my retirement, the Hospice is always my number one priority. I absolutely love it. The first time I walked through their doors, I couldn't believe the atmosphere there - it brings joy to everybody. It's a tough job for staff, but they are still so warm and jolly. They make you feel welcome and there is a smiley face everywhere you go. I also have opportunities to interact with patients and I enjoy sharing jokes with them as I build a bond with them over time.

My role involves being on standby to deliver goods for the kitchen, for fundraisers, and to take blood samples to the hospital labs for analysis. Getting

involved in many of the fundraisers led by both Galway Hospice and the community has really opened up my eyes to the amazing generosity of people. It is unbelievable what people can do when they come together. While it is great to now have extra funding from the HSE, fundraising is still such a core part of keeping the Hospice afloat.

Thankfully none of my own family are currently in ill health, but if they ever needed palliative care, I know they would be in good hands with the Galway Hospice.

Volunteering here is a wonderful way to keep a smile on your face. I always go home feeling better than when I came in and becoming a Galway Hospice volunteer is one of the best decisions I have ever made.

# Cups of Kindness

## Host a Coffee Morning!

The Bewley's Big Coffee Morning for Hospice is a brilliant opportunity to get together and help Galway Hospice.

By hosting a Coffee Morning on Thursday 26th September or on another date that suits, you will be helping Galway Hospice to continue providing specialist palliative care services to patients in your local community. If you can't host this year, pop along to your local Coffee Morning! There

are hundreds taking place across Galway City & County, including at Galway Hospice on 26th September. All hosts receive a free Bewley's Coffee Morning Pack containing Bewley's Coffee.

Register as a Coffee Morning Host on [galwayhospice.ie/coffee](http://galwayhospice.ie/coffee), email [fundraising@galwayhospice.ie](mailto:fundraising@galwayhospice.ie) or call Fundraising on **091-770868**.



# Cúramóirí

## A TG4 Documentary Feature

Galway Hospice was honoured to have featured in a new TG4 documentary series which aired in April of this year.

The series 'Cúramóirí' showcases the intricate tapestry of care provided by family carers, professional carers,

and dedicated organisations like Galway Hospice.

Episode 1 and 3 features

Una O'Kane, a Community Palliative Care Nurse in Galway Hospice. Una works closely with patients, their families, and other

healthcare professionals to create tailored care plans that meet individual needs and preferences.

Una helps patients and their families navigate the difficult journey of living with a life-limiting illness at home. She provides emotional support, practical advice, and a comforting presence during what can be a challenging time for all involved.

Una's commitment to providing high-quality, compassionate care is evident in everything she does. She is a valuable member of the Galway Hospice team, and her impact on the lives of those she cares for is immeasurable. Una and a shining example of what it means to be a dedicated healthcare professional.

We hope that by being featured in this documentary, the public can gain a unique insight into Galway Hospice and a deeper understanding of the work carried out by our Community Palliative Care Team.

'Cúramóirí' can be viewed on the TG4 Player.

## Creative Arts Therapies

We are proud to have had our amazing Art Therapist Kathy Hyland feature on Galway Bay FM in April, where she spoke about the value of Art Therapy in Palliative Care.

In the radio documentary, producer Sarah Slevin interviews several creative arts therapists working in a variety of settings in Ireland, shining a light on how creative therapies can significantly help individuals work through difficult personal challenges.

You can listen to this piece on [galwaybayfm.ie](http://galwaybayfm.ie).



Ba mhór an onóir d'Ospís na Gaillimhe é a bheith páirteach i sraith nua faiséise de chuid TG4, a craoladh in Aibreán na bliana seo.

Tugtar léargas mionsonraithe don phobal sa tsraith 'Cúramóirí' ar an gcúram a chuireann cúramóirí teaghlaigh, cúramóirí gairmiúla agus eagraíochtaí dúthrachtacha, ar nós Ospís na Gaillimhe, ar fáil.

Sa tsraith 'Cúramóirí', tabharfar léargas mionsonraithe don phobal ar an gcúram a chuireann cúramóirí teaghlaigh, cúramóirí gairmiúla agus eagraíochtaí tiomanta ar nós Ospís na Gaillimhe ar fáil.

Bhí Una O'Kane, Altra Cúraim Mhaolaitheigh Pobail in Ospís na Gaillimhe,

páirteach i gclár 1 agus i gclár 3. Bíonn Una ag obair go dlúth le hothair, lena dteaghlaigh agus le gairmithe gairmiúla sláinte eile chun pleananna cúraim saincheaptha a dhéanamh atá oiriúnach do ríochtanais agus roghanna ar leith an othair.

Tugann Una cúnamh d'othair agus dá dteaghlaigh a mbealach a dhéanamh tríd an aistear deacair a bhíonn i gceist le bheith ag maireachtáil le tinneas a ghiorraíonn

saol duine agus iad sa mbaile. Cuireann sí tacaíocht mhothúcháinach agus comhairle phraiticiúil ar fáil agus bíonn sí ann le hiad a chur ar a gcompond ag tréimhse atá in ann a bheith dúshlánach do gach duine.

Bíonn dúthracht Una i leith cúram comhbhách ar ardchaighdeán a thabhairt do na hothair soiléir i ngach a dhéanann sí. Is ball tábhachtach í d'fhoireann

Ospís na Gaillimhe agus ní féidir luach a chur ar an tionchar a bhíonn aici ar

shaol na ndaoine a mbíonn sí ag tabhairt aire dóibh. Ardeiseamláirí iad Una agus a comhghleacaithe ar an bhfoireann Cúraim Mhaolaitheigh Pobail de ghairmithe cúraim sláinte tiomanta.

Tríd an bpáirt a bhí againn sa chlár faisnéise seo, tá súil againn gur féidir leis an bpobal léargas uathúil a fháil ar Ospís na Gaillimhe agus tuiscint níos fearr a fháil ar an obair a dhéanann ár bhFoireann Cúraim Mhaolaitheigh Pobail.

**Tá 'Cúramóirí' le fáil ar sheinnteoir TG4.**

**Please scan the QR code to watch.**



## Creative Arts Therapies When Words Fail

A Radio Documentary  
by Sarah Slevin

**Please scan the QR code to listen.**



# A Trip to the Pictures

## Galway Film Fleadh

During the 2024 Galway Film Fleadh that took place in July, our day care patients and staff watched the wonderful *Savage Beauty* at the Pálás cinema in Galway City Centre.

*Savage Beauty* is a documentary movie about Finnish light artist Kari Kola making the world's biggest light installation in Connemara. All who went said they really enjoyed the day out and many patients commented on how moving the film was.

This was the 35th edition of the Film Fleadh, which brings New Irish Cinema, World Cinema and filmmakers from all across the world to Galway. It is a major Galway festival and we are glad to have been able to see just one of the many brilliant productions that were showcased during the week.



*Galway Hospice Healthcare Assistant Trish Burke with her father Pat at Pálás cinema.*



# Tea and Tales with Jan Carson

We would like to thank writer Jan Carson, who visited Galway Hospice during the Cúirt International Festival of Literature in April to read some of her wonderful books to our Day Care patients. They all thoroughly enjoyed the experience!



# Palliative Care Week

Palliative Care Week 2024 takes place from the 8th to the 14th of September.

This week is dedicated to raising public awareness and increasing understanding of palliative care and its benefits. The All Ireland Institute of Hospice and Palliative Care (AIHPC), who facilitate the week, encourages people to think about palliative care and to talk to family, friends and people in their community about what palliative care means to them.

This year's theme is 'You, Me and Palliative Care', which emphasises how palliative care affects us all, and the importance of community in the provision of palliative care services and supports.

To celebrate the Palliative Care Week, we are hosting an open evening in both the Galway Hospice and the Mayo Hospice. Both evenings will include the premiere of our 'A Day in the Life' videos. The aim of these videos is to help provide an insight into the day-to-day life within each hospice, featuring a variety of staff through a guided tour facilitated by a member of our team. Each open evening will begin at 5pm and the video will be played at 5:45pm. Following this, a

'Demystifying Palliative Care' presentation will be delivered by our Therapies Manager Joan Boulton, which will help to address some of the misconceptions about palliative care. There will also be a number of stands where staff from departments within the will be available to talk to attendees about their work. Refreshments will also be provided.

› Mayo Open evening - Tuesday 10th Sept 5-7pm at Mayo Hospice

› Galway Open evening - Wednesday 11th Sept 5-7pm at Galway Hospice

› There will also be a "Let's Talk Palliative Care" educational event on September 12th, at the Ard Ri House Hotel in Tuam. This event is open to any healthcare worker with an interest in palliative care.

Furthermore, Brendan O'Byrne, a patient at Galway Hospice, has kindly shared his story and experiences of the care provided by the hospice in a video which will be aired during the week. His video will be shared on the social media of both the All-Ireland Institute of Hospice & Palliative Care and Galway Hospice, so please refer to either social media accounts to watch the video.

## A Nursing Milestone

We would like to welcome Rosalie, one of our new staff nurses in the Galway Hospice inpatient unit. She is a registered nurse in the Philippines and has completed an adaptation and assessment programme through NMBI.

This programme is for internationally educated nurses, it involves a period of supervised practice placement which includes further education and training. Rosalie worked with named preceptors on

the unit who supported her throughout the process as did our clinical facilitator. Rosalie has successfully completed the program and has received her PIN from NMBI. Rosalie has adapted exceptionally well to her new role and work environment. She shows such care and compassion to the patients she looks after.

We are delighted to have Rosalie as a valued member of our team and wish her the very best in her career going forward.



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