



....new 'Friends' of ACCORD are most welcome.....

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Message from the Chairman

Norman Walker

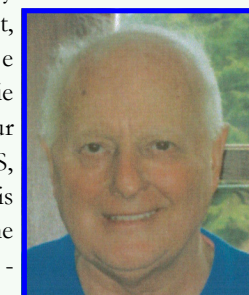
Each year ACCORD hospice benefits from several significant donations from Charitable Trusts. These donations are often regular and appear each year. The Trustees of these Trusts know of the valuable work of ACCORD and are happy to continue the donations. This year we have also been approached by several supporters who have contacts with new Trusts and we have been encouraged to make applications for funding for specific projects. To date we have been successful in securing £28,000 from The

Living Trust to fully fund a nurse post within the In Patient Unit. This wonderful gesture is greatly appreciated especially in these difficult financial times. Other applications for other projects are outstanding and fingers crossed we may be able to expand and fund new developments over the next year. These new 'Friends' of ACCORD are most welcome, however, we are also very grateful to the regular Trusts who support our work and encourage us yearly to maintain our high level of care.

ACCORD Drivers are Everywhere!!



The date was Saturday, 5th February 2011. The venue was the Stade de France, Paris. The occasion was the International rugby match between France and Scotland. The crowd numbered nearly 80,000. And yet, despite the crowds, as Jennie Durward, our



Volunteer Co-ordinator and husband Allan, one of ACCORD'S, Directors, approached the Stadium, they bumped into Ian Low and his wife Helen, with some friends. Ian is one of our newer recruits to the ACCORD team of drivers. A small world - but sadly not a happy one - Scotland lost to France by 34 points to 21!

Friend's Group News

Uplawmoor Friends

Sixty-four curlers had a great day at Greenacres Ice Rink recently to celebrate the 20th anniversary of the ACCORD Bonselspiel organised by Uplawmoor Friends of ACCORD.

The teams enjoyed Buck's Fizz before being piped on to the ice by Pipe Major Iain Macdonald and a specially made celebration cake was shared after lunch.

The winners of the McCallum Trophy this year were *Buff's Buddies* – Buff and John Scott, Sandy McIlwham and Liz Harris. The new Andrew Woods Trophy (in memory of Andrew, whose team *The Large Measures* have played in every Bonselspiel since 1991) was presented to Broomley Ladies 2 by Mrs Irene Woods.

The amount raised for the Hospice was £1,783.



Photo (from L to R): Patricia Thomson (member of the organising committee since 1991); Pipe Major Iain Macdonald; Gillie McRae (Chairperson of Uplawmoor Friends of ACCORD Group); Norman Walker (Chairman of ACCORD Hospice); Annita Evans (member of the organising committee since 1991)

Useful Contact Details

Volunteer Coordinator

Jennie Durward

Shops' Controller

Sheila Jack

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0141 581 2000

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A Day in the Life of

John Walley Consultant in Palliative Medicine



My job at Accord is very varied, which is one of the reasons I love what I do here. My Mondays usually start by hearing what has gone on at the weekend for our patients in the In-Patient Unit (IPU) and in the community. I then go and see the patients in the IPU to see what we can do to help their situations. That may include adjusting medication to control their symptoms, talking through their worries or concerns or planning for the next part of their journey, whether that's going to be in the hospice or in their own homes.

By the afternoon I will usually have chatted to some of our Community Clinical Nurse Specialists about people they're looking after and we may have arranged to go and see someone together in their own home later in the week. A couple of people will usually come to see me as outpatients, often with difficult symptoms, and the afternoon is also a good time to chat to the families of patients in the IPU. Before going home I'll usually pop into the In-Patient Unit to make sure everyone's OK and that the nurses have everything they need to help them look after people overnight.

Volunteer View from the In-Patient Unit

Anne Easden

My name is Anne Easden and I am 59 years old. I have been a volunteer at ACCORD for 2 years. On the 25th June 2010 I started a new volunteer position in the In-Patient Unit (IPU). I was made most welcome by all of the staff there and felt instantly accepted.

I work there every Friday and start at 11:30am. On arrival I check in with the staff nurse and then I go about my duties.

Firstly I check that the visitor's lounge is stocked up with tea, coffee, biscuits etc. This room has recently been refurbished to a very high standard and is absolutely beautiful. I can imagine

visitors feeling it's a room for peace and quiet, where they can just have a little time to themselves.

I then tend to the flowers and plants on the ward and have a chat with the patients. When lunch arrives from the kitchen I serve out the food and with the nurses, serve it to the patients. After lunch, I ask the patients if they would like 'a wee cuppa' and have another chat with them.

When everything is tidied up it's time for me to go. I really enjoy my time in the IPU and look forward to it every week. I hope my being there makes a little difference.

PET THERAPY

Therapets Islay and Guinness (pictured right) with their owners Ann and John Mitchell have been visiting the Hospice since 2002, but having reached the grand old age of 12 it is time for the dogs to retire. We thank them for their commitment to ACCORD over many years. Pet Therapy is beneficial to patients in a variety of ways – it can increase feelings of well-being, help to bring down their blood pressure, reduce stress and increase tolerance for pain. We are delighted to welcome *Therapet* Ailsa and her owner Pat Jack (pictured right) who are now taking over. If your pet may be suitable you can find out more information at:



www.canineconcernscotland.org.uk

You are invited to join us for

Tea at 2

on Monday 6th June
between 2pm & 4pm
in the Staff Dining Room



Help us Celebrate

Volunteers' Week 2011

VOLUNTEER VACANCIES

At present there are some vacancies within the charity shops on certain days, the store at Abercorn Street on Mondays and Fridays, and for the Hospice gardens at times to suit volunteers.

There are no volunteering vacancies in any other areas.

Day Therapy Unit - Celebrating the Bard's Birthday - Lawrence Gilgallon

On Tuesday 25th January, the Day Therapy Unit held a Burns' Day to celebrate the birth of a man who penned many a rousing song and romantic verse.

Invites were sent to all DTU patients and 16 guests attended to participate in an event which encompassed dance/music/comedy and prose with of course the traditional meal of haggis, neeps and tatties.

All of the patients wore outfits with 'hints' of tartan and we even had in our midst a "see you jimmy" guest who looked even better than Russ Abbot!



In the morning, we heard from our band of volunteers where Alison entertained with lovely renditions of famous Burn's songs/ Jack Fulton read poems and Lawrence also read verse quoting from a Paisley Burn's book from the 1890's. As we like to be different at the DTU, we also decided to lump in a wee bit of a St Andrew's day 10 months early and we all had a hearty sing along with a Karaoke machine belting out some Scottish favourites.

Following a hearty lunch, we moved in to the afternoon programme which saw tradition entwine with music of 2011. The now famous Lawrence quiz where his wallet is up for grabs if anyone ever gets 20/20 (up to 25/01 my 10 shilling note is still



safe), saw a Burn's/Scottish twist and as usual there was the usual heckling from the floor...Yes Sheila Fulton you know who you are!

The guests were then treated to a showcase with pupils from the St Andrews 'Glee' club where it reminded me of some lines from Tam

O'Shanter (with a bit of poetic licence) " where the pipes and music put life and mettle in their heels". In the short programme from very talented pupils, we had a mixture of traditional Burn's fayre and then right up to date with dance/movement that your kids/grandkids will be watching from the USA TV import Glee...bring back Thingymajig.....Maybe NOT.

As the day came to an end, all the ladies received a red red Rose to remind them of the day and to celebrate one of the Bard's best known poems (my love is like). The Bard would have been proud of our Burn's day where we



managed to maintain tradition and bring in items of the current era. Our thanks to all the staff/volunteers/the music dep't of St Andrews and pupils/Florette/Houston's Menswear and of course the patients who embraced the day.

Seven Secrets ~ Jim Stevenson - Volunteer Driver



- 1 What is your favourite book? I do like reading but I don't have a favourite. I suppose you could say that the book I am reading at present is the favourite
- 2 What is your favourite meal? Home made Potato Wedges, Haddock and Side Salad followed by Apple Pie and Ice Cream
- 3 Who would you most like to have dinner with? Nelson Mandela - a great statesman
- 4 What would you do if you won the lottery? I don't do the lottery, but if I did win I would probably give it to my wife Rosemarie to do as she thinks fit with it. When we got married, Rosemarie said, 'What's yours is mine and what's mine is mine'...so why change?!
- 5 Where is your favourite holiday destination? We have been to lots of places had great times and have lots of good memories, but we have not come across a favourite yet.
- 6 What is your favourite piece of music? I don't have a favourite piece of music, but enjoy listening to Scottish and Irish Folk Music plus Country and Western
- 7 Do you have a favourite tie? I don't have a favourite tie. I like to dress casually so I do have a favourite jacket, but Rosemarie says that like myself it's 'old fashioned' and she is going to throw it out. Don't know if she means me or the jacket!

Shops Update

The work of the shops continues apace and each day the bags of cash arrive at the Hospice for banking. This year we look to have exceeded the income from last year and over £345,000 net will be raised for the care and support delivered by ACCORD in the Hospice and in folk's own homes. This is a steady source of income for the hospice day after day and week after week all year round.

The volunteers all have to work really hard to ensure the donated goods are made ready for sale and that the garments on offer are priced and suitable. Even the goods which we don't manage to sell are sold to the recycling firm Nathans, who take away over 450 black bin bags of clothing, shoes, bags and belts each week. The income from Nathans is expected to top £51,000 this year.

The Johnstone shop was closed for 3 days recently as a result of a fallen chimney and hopefully the full repair work will not be too inconvenient. Volunteers in the shops and elsewhere are reminded to take care at all times and ensure safe working areas which are as clear as possible. Should an accident occur involving yourself or a customer please ensure Sheila Jack or the Hospice are informed as soon as possible. We have employed an additional part time driver to assist in the uplift of goods from folk's homes as well as being able to do an extra uplifts from the shops if necessary.

The work of the hundreds of shop volunteers is greatly appreciated and the funds raised are key to the ongoing work of ACCORD.

DATES for your DIARY

Gardening
Volunteers
Meeting



Sunday 10 April at 2pm
Resource Centre at ACCORD

Reception Volunteers Meeting
Wednesday 13th April at 7pm
Resource Centre at ACCORD

Induction Training Days

Wednesdays
11 & 18 May 2011
10:15 am-12 noon



If you are a new volunteer or if you have missed out on this training in the past please come along on either of the above dates.

Topics covered include: Who's Who at ACCORD; Fire safety; Talking to people in difficult circumstances; Hand hygiene; Moving & Handling; the role of Day Therapy Unit.

Fundraising Events

POOCHES in the PARK
Sunday 17 April

Barshaw Park - Sponsored Event

ART EXHIBITION 28 April to 18 May
Paisley Abbey

PAISLEY FRIENDS Musical Evening
Friday 6th May

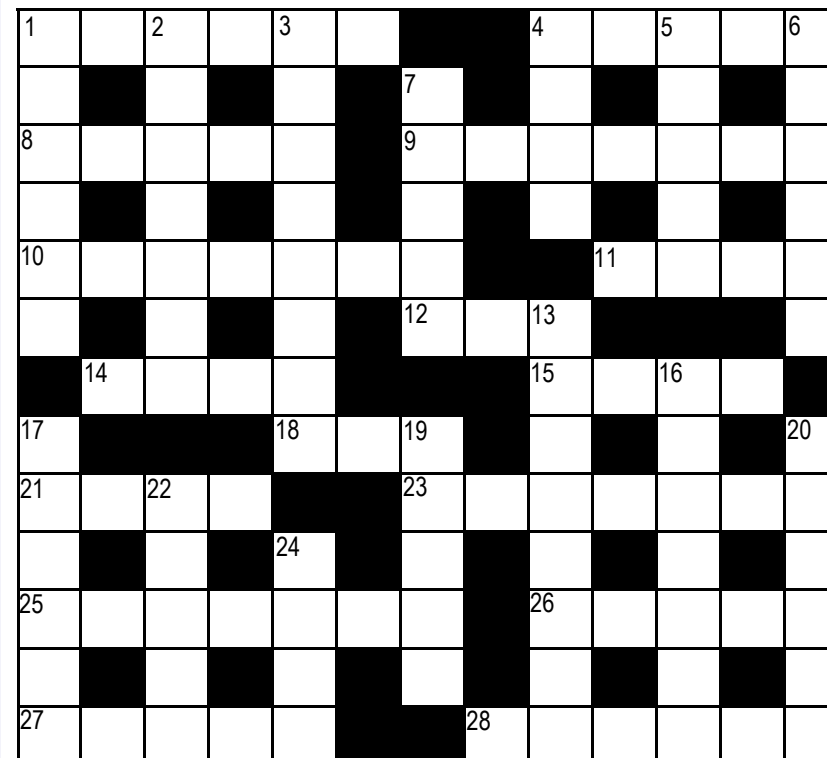
LADIES LUNCH
Sunday 15 May
Glynhill Hotel

SUMMER FAYRE
Saturday 11 June
Paisley Town Hall & Abbey Close

For more information about any of these events please contact Vanessa or Alison in Fundraising on 0141 581 2000

HOSPICE CROSSWORD

Compiled by Bobby Hart



ACROSS

- 1,9 Cape Cod choirs go to Paisley Institution (6,7)
- 4 They raise money for 1,9 (5)
- 8 Not quite as it should be (5)
- 9 See 1 across
- 10 Characteristic of its kind (7)
- 11 Money raising event (4)
- 12 Easter favourite (3)
- 14 Average (4)
- 15 Wealthy (4)
- 18,28 A meek hint for a fundraiser (3,6)
- 21 Church recess (4)
- 23 Race aim to cross the Atlantic? (7)
- 25 Lens measurement (7)
- 26 Magpie is reputed to be one (5)
- 27 Curious (5)
- 28 See 18 across

DOWN

- 1 Spring flowering shrub (6)
- 2 Weather (7)
- 3 Colour of 1 down? (4,4)
- 4 Seeks a small home just for window frame (4)
- 5 I love small fruit (5)
- 6 Hi-fi (6)
- 7 Re the change for this number (5)
- 13 Teenager provides a beverage (5,3)
- 16 Musical event (7)
- 17 Restful room in Hospice (6)
- 19 Bare (5)
- 20 Fund raising activity (6)
- 22 Notices (5)
- 24 Guy rope (4)

Hospice AGM

Wednesday 29 June 7:30pm

The Hospice holds its Annual General meeting each June to which everyone who is a member of ACCORD Hospice is invited. The Annual reports and accounts for the year ending 31st March are presented to the members and they have the opportunity to ask questions of the Board of Directors. Afterwards there is always a guest speaker. This year's AGM will be held in the Resource Centre at the Hospice. If you are a member please try to come along. You will be made most welcome.

Keep in Touch

If you know of any ex-volunteers who would be interested in receiving a copy of this newsletter on a regular basis please contact Alison Patrick at the Hospice

Tel 0141 581 2015

Editorial

Is there anything that you, as a volunteer, would like to feedback to the hospice?

If so, please contact: Alison Patrick: Tel: 0141-581-2015 or e-mail alison.patrick@accord.org.uk