Autumn → Winter
2023

St Columba's Life

Light Up a Life 2023

Dedicate a light on our Trees of Remembrance

A Dream Come True

Getting to the church on time

Rehabilitation at the Hospice

How our AHP team help our patients meet their goals

Hospice Care

stcolumbashospice.org.uk

In this issue...

Keep in touch:

e info@stcolumbashospice.org.uk
→ 15 Boswall Road
Edinburgh, EH5 3RW
t 0131 551 1381

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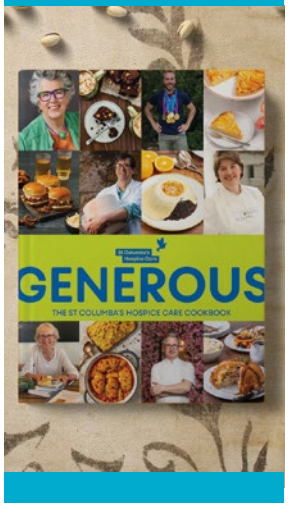

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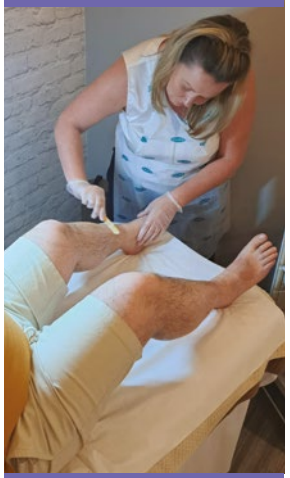

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Welcome!

to the Autumn/Winter 2023 edition of Life magazine.

P.5
Cooking up a storm for SCHC

It's a great pleasure to welcome you to our latest edition of Life magazine. In these pages you will find updates from teams across our services, some wonderfully inspiring stories, and the first look at a very special new fundraising event coming in March! You'll also find details about our incredibly special Christmas Appeal and how you can get involved.

As we approach the end of our current Strategy, "Adapting to a Changing World", we have been reflecting on all that has been achieved, and the changes implemented. We accomplished a shift in care to a more community based model, supporting individuals and families in their own homes or places of residence whilst still maintaining vital inpatient services. This was a key objective identified in "Adapting to a Changing World". COVID-19 presented significant challenges to our patients, families and Hospice team, but also increased the pace of change in terms of delivering care and support at home and in the community. Overall referrals to all our clinical services have risen when compared with last year by over 40% and alongside this our inpatient care has increased when compared to the previous year. We are also the first Hospice in Scotland to implement a virtual palliative care ward, something that has been a crucial link in enabling some of the individuals we support to stay at home for as long as possible, and to die at home when the time comes.

As the days get shorter and the colder weather starts to set in we are focussing on gathering feedback for our new strategy. We are speaking with staff, volunteers, supporters, health professionals and our wider community to pull together as many ideas and thoughts as possible around what our Hospice care should look like. Much has been achieved since we launched "Adapting to a Changing World" but nothing stands still and we must continue to seek out the best ways to ensure that our diverse community has access to the care and support they need, when they need it most.

The last few months have been busy at the Hospice. Some of the highlights have included the launch of a refreshed website, the filming of new videos to explain our services, an arts team who have been busy planning for our international arts symposium, as well as increasing levels of support for families across our community, and in the Hospice itself. We've also been looking a little further ahead to our 50th anniversary, which although still three years away will no doubt come around quickly! What remains the same however, is the incredible team who dedicate their time, skill and expertise to ensuring that the families we care for receive the support they need. This team is made up of staff, volunteers, supporters, and our wider community, and will always be at the heart of our services. Whatever your interaction with the Hospice may be, thank you for making our services what they are.

On pages 11-12 you will find details about our 2023 Light up a Life appeal. Mandy Murray from our Hospice at Home team explains why the appeal is so important, and why the services we've extended in our community mean so much to those who need it.

I hope you enjoy this edition of the magazine, and that you have a wonderful festive period when it comes.

–

P.s. When it comes to delivering world class palliative care, your feedback is invaluable to us. We want to know what's important to you. So, if you have comments or concerns about any aspect of our service please get in touch by emailing ***info@stcolumbashospice.org.uk.***

P.10
A brand new event is coming in 2024

P.11–12
Read more about our 2023 Light up a Life appeal

New Wheels for the Community Team

In August this year we took delivery of three brand new electric cars. These vehicles have already made a huge difference to the team by reducing the reliance on our staff members own cars, not to mention their carbon footprint. These vehicles are an integral part of moving towards achieving our environmental goals, and they will soon be complimented by EV charging points in our car park.

Hospice news

Generous is here!

The most eagerly anticipated cookbook of the year is here! 'Generous' is our brand new cookbook, which launched in September. It's packed with recipes from celebrities and members of the Hospice community alike, and priced at just £15, it makes the perfect gift for a friend or family member this Christmas! Get your copy now online, in one of our St Columba's Hospice Care charity shops, or in the Iona Café!

Picture Perfect

Regular visitors to the Hospice will have noticed the regular rotation of artwork in our gallery spaces outside the Iona Café and the Hub. These exhibitions have been carefully curated by our Community Artist, Isla Macleod, and have featured a range of mediums and contributors. The recent exhibition featuring photography from the 'Belonging' calendar competition even had some framed works for sale! Keep your eyes peeled next time you visit.

N°17 Opens for Business

17 Boswall Road, formerly known as our Education Centre has been re-branded as 'No17' and is now available to hire as a venue. There are a range of rooms available, featuring stunning views over the Firth of Forth, and they can be used for a range of activities! We've already seen yoga classes, meetings, away days and launch events! If you're interested in finding out more, you can find information on our website, or calling the Hospice.

Community corner

New High Score!

Liam raised over £3,000 through a 72 hour livestream

Long-term Hospice supporter Liam Docherty once again hosted a livestream gaming experience for his online community this year to raise funds for St Columba's Hospice Care This year he hosted his longest ever livestream, entertaining his audience with games, quizzes and challenges over 72 hours, raising a staggering **£3,162** in the process!

Bowled away by the Edinburgh Bowling Association

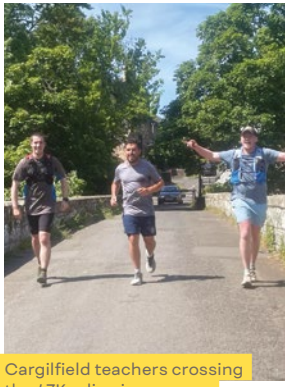
We are delighted to be chosen as charity partner for the Edinburgh Bowling Association this year, as nominated by President Garry Harrison. Garry has worked hard with bowling clubs across Edinburgh hosting a Sportsman's Dinner, Charity night and his President's challenge, where they played a bowl at every club in Edinburgh in one day! Thank you to Garry and the team for their continued efforts in raising funds for the Hospice.

Sandy Anderson – Haddington market tractor

'Kids, pets and well-behaved adults welcome'

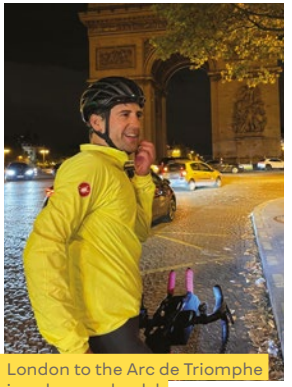
East Lothian local Sandy Anderson visited Haddington Farmer's Market this autumn with his vintage tractor, raising money for the Hospice by charging for photographs on the vehicle.

Sandy's unique fundraising idea shows the only limit to raising vital funds is your imagination! If you have a one-of-a-kind idea, or prefer something a tad more traditional, our fundraising page is full of inspiration to help you raise money to support our patients and their families. Find out more at stcolumbashospice.org.uk/fundraise.



Cargilfield teachers crossing the 47Km line in memory of their colleague

Rod made it to the top!



London to the Arc de Triomphe in a day on wheels!

Cargilfield Prep School - chosen charity of the Year

It's safe to say it has been a busy year of fundraising for all at Cargilfield following the first anniversary of losing their beloved Miss Mack. Their PE teacher, Will Stephen, set up the '47Km in June' event as a memorial to Miss Mack who managed to cycle 47Km in a day in the final stages of her life. Along with this huge event there have been spinathons, cake sales, hockey events, collections from fayres and donations from the Friends of Cargilfiled. We are absolutely delighted to say that they have swept us off our feet by raising a grand total of **£13,532** to date. Thank you team Cargilfield!

If your school is interested in doing some fundraising or events in aid of St Columba's Hospice Care, or you are looking for fundraising tips please don't hesitate to contact our Community Fundraisers.

Cycling Challenges

Have you ever thought of taking on a challenge on two wheels whilst fundraising for us at the same time? The last few months have been great for sponsored cycles, two exciting examples are Rod and Perry who have achieved massive success, and their combined fundraising is nearly at **£10,000!** Rod completed the Land's End to John O'Groats cycle over 10 days in August in Memory of his mother. Perry described his cycle as "The Big Solo London to Paris in 24!" It was a gruelling day, dealing with wind, rain (and a crash) but he completed it, arriving at the Arc de Triomphe in **20 hours 52 minutes.** So, cheers to you Perry and Rod! Chapeau!

Get Involved!

Contact us to get involved! Learn more about the Hospice, or let us know your fundraising ideas. **fund@stcolumbashospice.org.uk** or call **0131 551 1381.**

Education at St Columba's

Next door to the main Hospice building you'll find N°17, which was formerly known as the Education Centre. Home to a library, offices for our research and education teams, and our unique event spaces.

As a University Hospice, we have a longstanding partnership with Queen Margaret University, and alongside them we deliver a Masters in Person Centred Practice (Palliative Care) and a Postgraduate Certificate in Palliative Care. These courses provide a valuable opportunity for staff from the Hospice to expand their knowledge, and progress their careers, and the course now boasts numerous Hospice staff amongst its alumni. Sally Ramage and Rois Porter, both charge nurses at the Hospice, are currently enrolled on the Masters programme and are grateful for the opportunity to study so close to home.

We asked them a few questions to get their thoughts...

Do you think that being able to study at the Hospice whilst working here makes a difference to your engagement with the course?

Sally: It definitely makes a difference to my engagement with the course as I can see the impact my post graduate study has on my practice and I am able to share this knowledge with my team.

How important is it that Hospice staff have access to these kind of educational resources and opportunities?

Rois: It's vital to have access to educational resources and opportunities as palliative care is complex and furthering knowledge in the specialty allows us to give the best care possible to our patients and their relatives.

What difference has studying the Masters at the Hospice made in your day to day approach? (Aside from just being super busy!)

Sally: Studying the masters has made a massive difference in my day to day approach, it has given me more confidence in my knowledge and allows me to share that knowledge with my colleagues.

Find out more about our courses at
stcolumbashospice.org.uk/education-and-research

St Columba's Hospice Care
presents

CARNIVAL

A DINNER TO MAKE A DIFFERENCE

Introducing our brand new event for 2024, an evening filled with the magic of carnival and the sounds of samba.

Join us for an evening of vivid colours, vibrant music and dynamic dancing as we celebrate our community while raising vital funds for your local hospice.

stcolumbashospice.org.uk/events

Friday 1st March 2024 | 7pm–midnight
Ticket price **£100** | Table of ten **£1,000**

Every year, we join with hundreds of people in our Hospice community to remember and celebrate the lives of our loved ones. This is an opportunity for everyone to remember someone they love, whether you have any prior connection with the Hospice or not.

During our services, the lights on our Christmas Tree of Remembrance will be lit, symbolising the lives of those we are remembering.

Your gift will not only Light up the Life of your loved one, but it will also help care for our patients and their loved ones this Christmas.

We hope you can join us at one of our Light up a Life ceremonies.

Our Tree of Remembrance in Charlotte Square Gardens

Light up a life

Dedications can be made throughout the festive period and our Trees of Remembrance will remain lit in Charlotte Square (from **Monday 4 December**) and St Mary's Pleasance Gardens, Haddington (from **Tuesday 5 December**) until **Tuesday 2 January**.

£10 could provide a festive treat prepared by our Chef's to help bring the comforts of home to the Hospice.

£30 could pay for an hour's visit from an expert home carer, providing hands-on support and help to allow patients to remain as independent as possible.

£50 could provide a new patient assessment for Hospice at Home care from a clinical nurse to ensure they have everything they need to be at home over Christmas.

£100 could pay for a specialist medical review and assessment to give additional support and advice and enable patients to enjoy precious time with family and friends.

For more information, please see the enclosed leaflet, call 0131 551 1381 or email fund@stcolumbashospice.org.uk

New year...

Will you kick start your year with the traditional Scottish Loony Dook? Or why not Jump into January with one of our many events?

Be sponsored to give up something you enjoy up for a month, or join in the scurry round Cramond Island. You could even tick something off your bucket list by signing up to an exciting skydive! Visit our website for more information and to see what other events you can get involved in.

New challenge!

Find out how!

stcolumbashospice.org.uk/support-us

Meet the Team!

This month for our 'Meet the Team' feature we sat down with Jade, our Child and Families Practitioner!

– Hi Jade, thanks for taking the time out to answer a few questions. Can you tell us a little about yourself?

Hey! I'm Jade, I'm 24, and I've been working at the Hospice full time since August 2022. I have a black belt in Tae Kwon Do and in my spare time I love walking my cava-chon dog, Penny! I also volunteer every summer to take a group of elderly people to Lourdes!

– So what brought you to work here at SCHC?

I trained as a midwife and started working in midwifery after graduating in 2020. Almost as soon as I started I noticed that I was more drawn to those who had suffered a loss, such as a miscarriage, and I wanted to do more to provide care to them. I've also always wanted to work with children, and I have a connection with the Hospice after my Dad was a patient here 16 years ago, so when this job came up it ticked all the boxes!

– So through your experience with your Dad, you knew what to expect from a Hospice then?

Yeah, I remember visiting him every day after school, and I really looked forward to it every time. The nurses and everyone were so lovely, and it was a really happy, positive experience. The staff even arranged for me to have my 8th birthday party in the Hospice with my Dad, which is one of my happiest memories, because I didn't think I'd have that with him.

– What's your favourite thing about working at the Hospice?

I love all of it. The people here are so lovely, there's always somebody who's got time to chat, and everyone is here because they want to help other people. It's such a privilege being part of this time with patients and families too, and that they're letting you in to help at such an important time.

AHP Prehab

The care and support we provide at the Hospice is not just about nursing, medical and clinical support but also about a full team of services.

Above:
Exercising isn't just going to the gym!

Our small but mighty team of Allied Health Professionals (AHPs), made up of physiotherapists, Occupational Therapists (OTs), a Podiatrist and Therapy Assistants can help people maintain as normal life as they can for as long as possible. Everyone has a goal (big, small and all the ones in between) and the AHP team help people to identify them and use rehabilitation to help achieve them so that the people we support can get the most out of life.

–

It often surprises people to hear the word 'rehabilitation' used alongside the word 'palliative' or even 'hospice'. But every day, and at every stage of someone's illness, we help people to set goals, maintain independence, continue or even start hobbies and activities they love and bring them joy. We focus on optimising and maximising abilities and getting the most out of life even when things are changing as an illness progresses.

Sometimes rehabilitation is what you might expect – an exercise programme or practicing getting dressed. But we often use fun in what we do – you might find yourself playing bubble tennis, seated football or bowling.

We might help someone continue to feel able get to the shops even though they can get quite breathless. We might help someone else to manage their fatigue so that they are still able to have their shower. We might run an exercise class which not only helps keep muscles in good working order and as strong as possible, but it also involves a bit of socialising and a laugh, and we all know that can often be the best medicine.

Right:
Maintain your ability to keep doing what you love

Bottom:
Keeping activity fun is a key part of what we do!

Corporate corner

What an amazing few months we've had, with some fantastic events and fundraisers taking place!

45 staff from Barratt's put their best foot forward!

Barratt's kicked off with their Pentland Hills Challenge, where a team of 45 took part in a walk across the Pentland Hills raising a spectacular **£23,000** for the Hospice!

Their annual golf day held at Bruntsfield Links Golf Society raised **£14,000**, and their annual Charity Ball on the 8th of September at the EICC raised over **£100,000** on the night. This brings the total raised since our partnership began in August 2021 to over a **quarter of a million pounds**! We are simply blown away by the support, their enthusiasm, and their never-ending fundraising ideas.

The 9th of September saw our annual Dragon Boat Race take place at Port Edgar Marina. Teams from Adobe, Black Rock, Forth Ports, NVT, Thornton's and our own St Columba's Hospice Care boat bravely take to the waves to battle it out over several rounds. Forth Ports rowed to victory in the final, Black Rock took silver and St Columba's bronze. Everyone was treated to a fantastic water display from the Forth Ports Fire Boats.

We also held our first shops challenge since 2019 in August! Two teams from Aegon took over our Leith Walk and Morningside shops to see which team could bring in the most money, raising a fantastic total of just over **£1,300**.

The Holyrood hotel took 'no pain, no gain' literally!

Edinburgh Holyrood Hotel held a Wax Wednesday raising an amazing total of over **£900** thanks to all the hotel staff who were willing to suffer for St Columba's Hospice Care.

New partnerships..!

We are delighted to announce new partnerships with Community Pharmacy Scotland and The Marriott Courtyard Edinburgh, we are looking forward to working with both over the next year to come up with lots of fantastic fundraising events and opportunities.

Thank you!

Thanks to everyone who participated, cheered-on and supported at a workplace or corporate charity event this year. We appreciate all of your fundraising efforts!

And a special note of thanks to our generous corporate sponsors: Forth Ports, Purvis Marquees, Pilot Beer, Virgin Hotels Edinburgh, Asda Leith, Courtyard by Marriott, Outboard by Scotts, Port Edgar.

Green Fingered Volunteers

As we work together in the garden I think the garden works on us. The lovely feeling of 'a job well done' and the promise of what's to come adds so much to our sense of happiness and wellbeing.

'I have my garden back!'

'I despaired looking out the window, dreaded pulling the curtains back in the morning. Now my gardens restored and full of colour. It's wonderful.'

> *To plant a garden is to believe in tomorrow.*
> – AUDREY HEPBURN

The Green Fingered Volunteers offer some tender loving care to the gardens of people living in the community with a life limiting condition. For those who have loved and nurtured their gardens over many years it can cause much sadness when they can't keep up with it as they once could. Our volunteers visit regularly from Spring to the late Autumn and as well as sharing a love of gardening, they often share a warming cup of tea and some cake, make plans for the future, and before long a lovely, reciprocal friendship has formed.

Keen to put your garden skills to good use?
Find out about our volunteering opportunities
stcolumbashospice.org.uk/volunteer

As always, we have an array of goodies to see you through the festive season, from stocking fillers for the kids, to Christmas cards for loved ones near and far, there is something for everyone.

1
Max Rocks Festive Spice Chocolate
£4.25

2
Winter Village Soap Trio
£2.80

3
Light up Christmas LED necklace
£5.75

Get ready for Christmas!

4
Handmade Wreaths Puzzle
£16.00

5
Sterling Silver Robin Earrings
£16.99

To shop our collection, visit the Iona Café, pop into one of our shops or visit the online store on our website.

Order online before **December 10th** for guaranteed Christmas delivery

Louise Steel was diagnosed with anal cancer in February 2021, and after an intensive course of radiotherapy, chemo, and other procedures, she received the all clear.

Naturally, she and her husband Fraser were delighted, and began planning to move permanently to their home in the sun; a villa which the pair built with their own hands in Cyprus...

A Dream Come True

Then came the news in March 2023, just months before the big move, that an MRI scan had found a tumour on Louise's liver. She spent the next 5 months in the Western General Hospital, with doctors trying a range of drugs and antibiotics to try to both slow the progress of the cancer, as well as fight an aggressive infection. The results weren't good, with Louise unable to sleep, and suffering from vivid hallucinations. When her doctor suggested a move to the Hospice, despite the pain, the sleep deprivation and the hallucinations, Louise refused.

"I didn't know what a Hospice was really all about, I thought you just came here for the end, and I wasn't ready for that" she said.

Two weeks later though, and after further deterioration, Louise felt the time was right.

"I said to the doctor that I didn't think I had long left, and I thought I should maybe head to the Hospice".

When she arrived at Boswall Road to begin her stay as an inpatient, Louise and Fraser both expected the worst, with some family members already having voiced that they thought they might not see her again. With the agreement of her oncologist, Louise had even resigned herself to the heart-breaking conclusion that she'd be unable to see her youngest son Martin get married in a few weeks' time.

Happily though, her condition stabilised, she was able to get some sleep, and day by day Louise regained some strength. Seeing this change, the couple redoubled their efforts to get Louise to the wedding and they began making plans with her care team and the family about how this would be possible. Plans were progressing well, but with the wedding in Biggar, and Louise now relying on a wheelchair to get around, transport remained an issue, or so they thought. Her care team got in touch with Marion, the Patient Transport Vehicle coordinator, who was only too happy to help.

When the big day came, Louise and Fraser travelled in style in the jewel in the Hospice fleet, arriving in time to sit in pride of place at the front of the ceremony. Martin was waiting when she arrived, giving his Mum a corsage, which now takes pride of place in her room in the Hospice. 'I'd have been heartbroken to miss it. I'd have been absolutely crying my eyes out. My goal was to make it to the wedding, and I can't say how thankful I am to have achieved it".

The good news didn't stop there for Louise and Fraser, with their new grandchild being born the day after the wedding and meeting their Grandma soon after! "I was absolutely thrilled to be able to hold them, and I got such a nice surprise when the hospitality team paid me a visit to drop off a wee shawl they'd knitted for the baby too".

'I've never wanted for anything, not since the moment I arrived here" said Louise. "When my mum came to visit on her 88th birthday, the kitchen made her a cake and we were allowed the family in to celebrate. Honestly, the staff, they think of everything. Sometimes you run out of words to describe what a difference they make".

stcolumbashospice.org.uk/donate

Keep in touch with us online
for our latest news:
www.stcolumbashospice.org.uk

→ St Columba's Hospice Care
15 Boswall Road
Edinburgh
EH5 3RW

T: 0131 551 1381
E: **fund@stcolumbashospice.org.uk**

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please let us know by contacting
fund@stcolumbashospice.org.uk

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