



FOYLE HOSPICE NEWS

Summer 2011 Issue 20

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Celebrating 25 Years of Hospice Care in Our Community



Yet another landmark in the history of Foyle Hospice is realised this year with the celebration of 25 years of Hospice Care in the North West. Commenting on the forthcoming occasion Dr Tom McGinley, Hospice founder said,

"I would like to take this opportunity to once again acknowledge the magnificent contribution that this community of ours has played in ensuring the success of the Hospice. In particular I would like to thank all of the staff and all of our many volunteers who have worked so hard here over these years and have contributed to the success of our hospice.

Without such wonderful support and generosity we would not have been able to provide the essential care for

patients with cancer and other life limiting illnesses. The holistic care provided includes symptom control as well as caring for emotional and spiritual needs.

We also provide ongoing support for family, carers and loved ones. The services provided by Foyle Hospice include In-Patient care, Daycare, Homecare, Bereavement care and a range of other support groups. None of this would have been possible without your help and for that we THANK YOU".

There will be many activities taking place right throughout this year to mark the 25th anniversary - for further information please contact us on:
028 71 351010

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Focus on... Community Palliative Care Team

Established in 1985 the Hospice community palliative care team is a group of specially trained nurses who provide professional palliative care expertise and support to patients and families in their own homes.

Many patients facing a life limiting illness prefer to remain at home in familiar surroundings being cared for by family and loved ones. The relief from symptoms and pain is very much a key element in enabling many patients to remain at home.

The Community Palliative Care Team is available to patients from the time of diagnosis and throughout the illness. They work closely with the GP's and district nurses to provide symptom control and promote quality of life. Their role extends to meeting the emotional and social needs of patients and families.



Community Palliative Care Team members: Back (L-R) Rosie Green, Monica Cunningham and Annette Gamble, Front (L-R) Una Gavin and Ann-Marie Casey

25th ANNIVERSARY GALA BALL

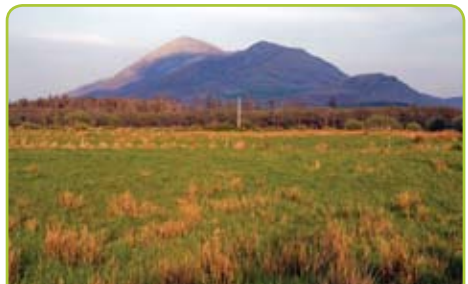
As part of the celebrations to mark 25years of Hospice care in the North West, Foyle Hospice are holding a

Gala Ball

Saturday 18th June 2011

Best Western White Horse Hotel,
Campsie.

The evening will start with a champagne reception followed by a 5 course meal and music will be provided by "Odyssey". Tickets are priced at £30/ table of 10 £300. We hope you will be able to join us for a night to remember. To reserve tickets please phone Terri on (028) 71 351010.



CROAGH PATRICK AND FAMINE WAY WALK CHALLENGE

This year's famine Way walk and Croagh Patrick climb will take place on Sat & Sun 17th/18th September. If you are interested in taking part in this weekend please contact Terri on (028)71 351010 or alternatively e-mail terri@foylehospice.com

Hospice Ready For Female Walk/Run

Are you ready to join the expected 5000+ participants for this year's Female Walk/Run. Last year a record breaking 4,500 took to our streets on behalf of the Hospice and what a magnificent spectacle it turned out to be. To help with ongoing celebrations for the Hospice 25th Anniversary we are looking to smash the record again this year – can you help us reach the magical 5000 figure??

So many people walk for so many reasons; to keep fit, a change of lifestyle and most of all fun, we at the Hospice hope that all of you out there walking, running, jogging will join us on Sunday 5th June. Our female walk is the flagship event in the Hospice fundraising calendar each year – the atmosphere is truly electric and we are certainly hoping for another great turnout again this year.



Entry forms/sponsorship packs are now available by contacting the fundraising office on (028) 71359888 or call at our Hospice shop, 17 Waterloo Place. PLEASE NOTE NO REGISTRATIONS FOR THIS EVENT WILL BE TAKEN ON THE DAY – REGISTER EARLY!!

DATE SET FOR STRABANE MIDNIGHT WALK

Following on from the huge success of last year's inaugural Midnight Walk in Strabane Friday 10th June has now been set as the date this year's event. Geraldine McElroy, Community Fundraiser said, "What a magnificent turnout we had last year for our first Midnight Walk in Strabane and we are hoping to attract an even bigger crowd to this year's event. So to everyone who participated last year please encourage all of your friends and work colleagues to come along. Entry forms/sponsorship packs are now available by calling at the Foyle Hospice Shop, 5A Church Street, Strabane or contacting the Hospice Fundraising Centre on (028) 71359888.

LIMAVADY TO HOST ITS' FIRST HOSPICE MIDNIGHT WALK

On Friday 17th June Limavady will host its first Midnight Walk to help raise funds for the work of the Hospice. Community Fundraiser Rachel Bruce said, "Following on from the success of our inaugural Midnight Walk in Strabane last year we have decided to organise a similar event in Limavady this year and we would like to encourage as many of the local females as possible to come along and support the event. The uniqueness will be the midnight start and everyone will be treated to some warm refreshments when they finish." Entry packs are now available from the Foyle Hospice Shop, 47 Main Street, Limavady or by calling the Hospice Fundraising Centre on (028) 71359888.

Foyle Hospice Child Bereavement Support Group

Family Support nights at the Hospice are for children who have lost a significant adult within recent times. Michelle Kosky, Child Bereavement Support Group facilitator said 'Through creative memory work children are encouraged to integrate their lost loved one into their lives. Children revisit their grief at different milestones in their lives with a different degree of understanding. Memory work has proven to be an invaluable source of comfort at a difficult time in their lives. During the sessions children are also encouraged to express their emotions through creative art. Surviving parents are also supported through their own grief journey within the support group'

Andy Logue whose wife passed away a year ago spoke of the great benefits that the support group has been to him and his 3 young children 'Parenting in bereavement can feel challenging and although much of your concern will be for your child, you too need support. I have really found these sessions to be extremely helpful, not only for me but also for the children. The friendliness and expertise shown by Michelle and her team have been of great comfort to



Michelle Kosky, Child Bereavement Support Group facilitator pictured with Andy Logue, and his three children, Stephanie, Andrew and Patrick.

all of us during a very difficult time and it has also allowed us to meet with others in similar situations. It is a great sense of peace knowing that every few weeks we will have the opportunity to speak with trained professionals about how we are feeling and to know that we will come away feeling a whole lot better'

The support nights run once a month for six months for children aged 4-16. No referral is necessary.
For further information please contact Michelle Kosky on (028)71 351010 or e-mail michellekosky@foylehospice.com

WIN WIN WIN THIS CAR FOR JUST £1!

It's that time of year again folks when we embark on our annual draw and one lucky person will become the proud owner of a brand new Kia Proceed - could it be you??

Included in this newsletter is a book of 10 tickets and we would be very grateful if you could help us by selling them amongst your family, friends or work colleagues. In keeping with last year for every book of 10 tickets sold there is a free ticket for the seller which will be entered in a special promoter draw.

A prepaid envelope is provided for you to send your sold tickets back to us – Good Luck



May we apologise in advance to anyone for whom these tickets are not welcome.



Back (L-R) Rory Kennedy, Kevin Kelly, Front (L-R) Stephen Canavan, Paul McMenamin, Caroline McMenamin, Bregeen Canavan presenting a cheque to Community Fundraiser Rachel Bruce.

BASSETT COLLEAGUES UNITE TO RAISE MONEY FOR LOCAL HOSPICES

Three colleagues from branches of Bassetts Plumbing and Heating in Omagh, Derry and Letterkenny joined forces on Saturday 30th April to take part in the Omagh half marathon. Accompanied by family & friends, the 7 runners raced the 13.1 miles in aid of the local Hospices, raising a staggering £2,600 for their efforts. This figure brings the overall total money raised by Bassetts province wide to £16,265 enabling the Hospices to continue their excellent work in the local communities. Fundraising throughout all twelve of Bassetts branches has varied from coffee mornings to beard shaves to abseiling down the side of the Europa Hotel.

Nationwide, the companies branches throughout the UK and Ireland have raised in excess of £300,000 for their "Help the Hospice" campaign through the "Together" charity fundraising program.

It was a "Marathon Effort' but worth every minute!!



Running, walking or jogging 26.2 miles is no mean feat!! On Sunday 17th April, Foyle Hospice was represented by 59 hardy souls in this year's London Marathon. A big thanks to all who participated and represented our Hospice with such great pride.

Did you watch the magnificent spectacle on TV?? Did you say "I would love to do that"?? Well if your answer was "Yes" then we want to hear from you.

Names are now being taken for London 2012 – contact Community Fundraising Manager Noel McMonagle on (028) 71359888 or e-mail noel@foylehospice.com for more information.

ANOTHER "STRICTLY" AMAZING SHOW

Glitz, glamour and dancing were all present at Christmas last year for our Annual Strictly Come Dancing Extravaganza in the City Hotel. 20 couples completed a 13 week training programme to learn 5 dances which were performed to over 800 people over 3 nights. A total of £10,000 was raised from the event and we would like to thank all of the couples who

dedicated their time to prepare for the event, the City Hotel, the Black Tie Company and Colum Cooke Hair Salon for their support. Special thanks to dance teachers Anthony Devenney, Rosemarie Mullen, Sarah Jane Mullen & Genevieve Devine and compere Paul Mullen for all of their hard work.

I am so pleased to volunteer for Foyle Hospice

JOHN KERR – HOSPICE SHOP LIMAVADY

I previously had some voluntary experience with the Limavady Community Development Initiative where I helped out in their Day Care Centre. My hobbies are singing, music, drama and I also enjoy playing the guitar. I have organised charity nights through singing and playing the guitar to raise funds in aid of various different charities over the years.

I got involved with volunteering opportunities with Foyle Hospice after my father passed away in their care last year. I cannot thank the dedicated team of staff enough for the care and support they gave to my father and our whole family throughout the short time he was in in-patient in their unit.

When I saw the recruitment advertisement for volunteers in our local Parish Bulletin for the new Foyle Hospice charity shop I applied as I wanted to give something back to the hospice for the care my father and my family received. I also felt I could be a link in the chain of the hospice team in helping other patients and families.

Volunteering has many positive opportunities. I was one of the first volunteers to be involved in the new shop in



Limavady, Main Street when it opened on 1st November 2010. I previously had no retail experience but thanks to the hospice I have developed new skills through training. I enjoy meeting the other volunteers, staff and customers and enjoy the “craic”.

As a volunteer, by donating some of my free time, I have a lot to give Foyle Hospice and believe my voluntary work is worthwhile as I know the charity is benefiting from the help of myself and other volunteers. I also am pleased that I can give something back to the community and get a great sense of personal satisfaction from my role as I have made new friends, developed new job skills, escaped boredom and most importantly of all is the fun element of it – volunteering is very much a two way process.

Why not consider donating some of your free time and join our team of volunteers?

For further information on Volunteering opportunities available at Foyle Hospice please contact Volunteer Co-Ordinator, Andrena Arbuckle on (028) 71351010

SHOPS NEWS • SHOPS NEWS • SHOPS NEWS • SHOPS NEWS

Furniture Collection and Delivery Service on Offer

Customers are picking up some magnificent bargains and prospering from the sale of second hand furniture, clothing and bric-a-brac at our 4 shops in Limavady, Derry, Strabane and Castlederg. We now offer an extensive collection and delivery service right across the North West. Jacqueline McGinley, Area Shop Manager said ‘This is a very busy time for our shops as we continue to offer more and more bargains for our customers. All of our shops are doing well

and I would like to thank our shop managers, van drivers and all of our dedicated volunteers for their ongoing hard work!

If you have any good quality furniture or clothing that you would like to donate please contact one of our Hospice shops below



Contact

Derry Shop

Tel: (028) 7136 2927

Strabane

Tel: (028) 7188 6241

Castlederg

Tel: (028) 8167 1900

Caring for my Mum

By Liam Roberts

Liam Roberts, whose mother Bernadette attends the Foyle Hospice Day Therapy Unit, recently received the Derry Credit Union Carers Award. The 17 yr old St. Brigid's College student shares with us his thoughts on the positive impact that the Hospice has had on him and his family

"My mother has terminal cancer and I care for her on a daily basis and because of this my teacher at St. Brigid's nominated me for this award and I was delighted to have been chosen as the winner. Whilst it was indeed a huge surprise I feel very honoured and privileged to have won – it was a very heart-warming experience. Mum attends the Day Hospice on a Thursday. It gives her time away from home and allows her the opportunity to spend some time sharing her experiences with other patients and staff. She really enjoys her trips there and has made some great friends. When my mother is at the Hospice I feel safe knowing she is well looked after and even gets pampered!! She returns home each Thursday fresh and relaxed. Last week the hairdresser managed to style her

newly grown hair – trimmed, gelled and spiked – she was well pleased!! One of her favourite treats is reflexology given by Ann – according to mum she has the midas touch!! Beth takes the group for relaxation and Claire & Edel look after her nails. Then there's the food – absolutely nothing like it – Maggie & Ann create the most wonderful dishes. The nursing staff are there to make her comfortable and look after her every need.

Monica the Homecare nurse is always available and calls out each week to ask about the family and addresses any of our needs or concerns – making our lives living with cancer so much more bearable. The Hospice is a wonderful part of our society and I am personally so thankful for their great support to my family at present".

Everyone at Foyle Hospice would like to congratulate Liam on receiving the Derry Credit Union Carers Award.



Liam pictured with his mum Bernadette (right) and Day Care Manager Julia McIvor

COLMCILLE CHALLENGE TO AID FOYLE HOSPICE

The Colmcille Challenge is a rowing race from Port Ellen on the Isle of Islay, Scotland to Moville, Co Donegal and will take place on the 9th July. The inaugural race will consist of boats and rowers from Foyle Rowing Club in Moville. Covering a distance of 44 miles, each crew will consist of 10 rowers. At present each crew is in full swing training for the event Committee member Don McGinley explained "A group of rowers in Moville had a dream to do something for themselves, their area and for others. The Colmcille Challenge sets to challenge themselves both physically and mentally for the arduous row from Scotland to Ireland, builds on teamwork among their community and to help establish Lough Foyle as a maritime destination for oarsmen and sailors alike. That the

Foyle Hospice might benefit from the effort will be the final reward given the tremendous work they do for all the Community."

We wish them well in their journey



Dr. Don McGinley breaks open the champagne to launch Foyle Rowing Club's new Celtic Long Boat at Moville Pier

