

Gleniffer Outreach

Newsletter Edition 12 - September 2018



Look Good Feel Better

The latest Look Good Feel Better Masterclass took place on Friday 17 August. This course, which runs four times a year, is, as always, enjoyed by all the attendees. We were delighted to welcome the instructors, Alix, Jackson & Kim who ran the workshop. They gave our attendees some excellent hints and tips on how to apply makeup and they were really pleased to receive their 'goodie bag'. The course runs four times a year and the next one takes place on Friday 3 November. If you are interested in attending please contact Gleniffer Outreach on 0141 887 5968 to secure your place.



Chatty Crafters

ACCORD's Summer Fayre took place on Saturday 9th June at a new venue, the Lagoon Leisure Centre in Paisley. Our Chatty Crafters were busy preparing for this event for months prior to the big day.

You can see from the photograph below how laden the table was with gift bags of all shapes and sizes! These went down a treat with the members of the public and sold like hotcakes.

We also were raffling a number of hampers and tickets for these were sold both prior to and on the day of the Fayre itself. The sum of money raised by our stall was a whopping £474. Thank you to all the volunteers who helped out on the day and to the members of the public who always come out to support us.



Open Day



To celebrate Carers Week Gleniffer Outreach opened its doors to a number of visitors throughout the day on Wednesday 13th June. A significant number of people took the opportunity to visit our excellent facilities and enjoyed getting a guided tour!

We were also fortunate to have both our hairdresser & complementary therapist on hand to provide some advice and gentle hand massages.



Fear of Recurrence

This group, which is run by Natalie Rooney & Fiona Sinclair, begins a new 6 week course on Tuesday 11 September. Most people worry about the recurrence of breast cancer. These worries are normal and the fear and anxiety usually lessens with time. If you find that these worries are starting to affect your day to day life, you may benefit from attending this group which meets at Gleniffer Outreach. Please contact Amy or Tracey if you would like to know more about this.

Walking with Grief Group



This group is now one of the longest established groups enjoying the facilities of Gleniffer Outreach. They meet on alternate Fridays and participants follow three tried and tested routes which take approximately 1 hour to complete. On return the group enjoy a cuppa in the Garden Room at Outreach.

The members of the Walking with Grief Group enjoy this fortnightly activity with their fellow walkers, combining some gentle exercise and companionship.



The Cinnamon Trust

The Cinnamon Trust is the National Charity for elderly and terminally ill people and their pets whose aim is providing peace of mind and practical help for people - love, care and safety for pets.

If this is something that concerns you please contact Lauren Adger (details below)
Email: lauren.adger@yahoo.co.uk
Tel: 07769 580689

Chair Exercise

Running on a weekly basis ACCORD's physiotherapist, Ailsa Currie, offers some gentle exercise to help promote health & wellbeing. This group runs every Wednesday morning 11am - 12 noon for a 10 week block. We are looking for new participants to join. Please contact Tracey or Amy at Gleniffer Outreach if you are interested in taking part.



Fatigue Management

Gleniffer Outreach's fatigue management classes continue to provide a varied and interesting self educational programme. The course runs monthly, over a 6 month period, and takes place on the first Thursday of each month. It is facilitated by Tamsin Duff assisted ably by volunteer Caroline Roger. This course covers a wide range of interesting information about nutrition, gentle exercise, relaxation, sleep & stress.



If you are interested in attending please get in touch with Tracey or Amy who may be able to signpost you to the classes. The dates of the classes are listed below.

Dates to Remember!

Fatigue Management	Running monthly
	♦ 12 July
	♦ 2 August
	♦ 6 September
	♦ 4 October
♦ 1 November	
♦ 6 December	
Turning Heads	Workshops taking place approximately every 3 weeks as required.
Look Good Feel Better	2018 dates below for this very popular workshop
♦ 9 November	
Chair Exercise	Running every Wednesday morning (10 week block) 11am - 12 midday
Fear of Recurrence	Starts on Tuesday 11 September for 6 week course

Chatty Crafters

This group meets on a Thursday afternoon and, as the name suggests, the participants like to chat as well as make things! We are always looking for new people to join the group. Please contact Tracey or Amy if this is something which interests you.

Contact Tracey or Amy
on 0141 887 5968

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