

# Gleniffer Outreach

Newsletter Edition 10 - March 2018



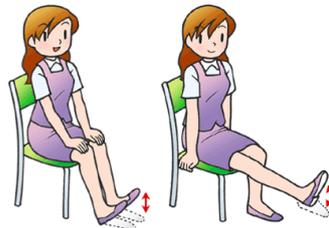
## Fatigue Management



Gleniffer Outreach's fatigue management classes are proving to be highly successful. Is this an issue for you? If so please get in touch with Tracey or Amy who may be able to signpost you to the classes. The dates of the classes can be seen on the back page.

## Chair Exercise

ACCORD's physiotherapist, Ailsa Currie, offers some gentle exercise to help promote health and wellbeing. This group runs weekly on a Wednesday morning 11am - 12 noon. If you are interested in taking part please contact either Tracey or Amy at Gleniffer Outreach.



## Look Good Feel Better



The most recent Look Good Feel Better Masterclass took place on Friday 9 February. We were delighted to welcome the instructors, Caroline Sutherland & Donna Skea, who ran this workshop. The girls gave our attendees some excellent hints and tips on how to apply makeup. This was very well received by all the ladies who were also thrilled to receive their LGFB Goodie Bags.

This course is run four times a year and the next one will take place on Friday 11th May. Other dates can be seen on the back page. This always proves to be extremely popular therefore, if you are interested in taking part, please contact Gleniffer Outreach on 0141 887 5968 to secure your place.

## Chatty Crafters

At ACCORD's Christmas Fayre in December this amazing group of crafters raised the quite magnificent sum of £687.85. Following a well earned rest, the Chatty Crafters Group started back in February. They are already busy working on their new project for the Summer Fayre (yet to be revealed)! The Chatty Crafters benefit greatly from their weekly meetings and enjoy being creative as well as having the opportunity to 'chat' and meet with friends.



## Open Day

11 - 17 June

The staff at Gleniffer Outreach are planning to hold an Open Day during this year's Carer's



Week. This will take place on Wednesday 13th June to which all visitors will be made most welcome. We will also use this as an opportunity to show visitors the excellent facilities which exist at Gleniffer Outreach.

**Everyone will be made most welcome.**

## Walking with Grief Group



This group continues to meet throughout the year on alternate Fridays. The walking routes followed consist of three tried and tested ones, with each route taking roughly 1 hour to complete. This ensures that the members of the Walking with Grief Group enjoy the companionship of their fellow walkers combined with some gentle exercise.

## Can You Help?

### Sleep Study

Had difficulty sleeping for 3 months or more? Are you living with a life limiting condition? If so we would like to hear from you. Contact Gleniffer Outreach 0141 887 5968 for more information

### Slow Stitching Class

Do you enjoy knitting, crocheting or sewing? The staff at Gleniffer Outreach are keen to start up a new group. Contact Gleniffer Outreach 0141 887 5968 If you are interested in attending

## Care to participate?

### Acceptance & Commitment Therapy

Components of this programme include \*physical symptoms following cancer \* when to seek medical advice for suspected recurrence \* strategies for reducing the risk of recurrent cancer

## Available Elsewhere

### CAN - do

Activity class for people living with cancer. Family, friends & carers also welcome  
Friday 2.30 - 4.00pm  
Bargarran Community Centre  
For more info please call Frances Tait on 07878 631199 or  
Email: [frantait@yahoo.co.uk](mailto:frantait@yahoo.co.uk)

### Feel Good Ferguslie

Gentle exercise & activities  
Tea/Coffee & healthy breakfast  
Free to all people who live, work or volunteer in Ferguslie Park.  
For more info please call 0141 258 9923  
Or email [Lorraine@activecommunities.co.uk](mailto:Lorraine@activecommunities.co.uk)

## Turning Heads



The Turning Heads workshop takes place as and when required (approximately every 3 weeks) at Gleniffer Outreach. This is led by ACCORD's hairdresser, Margaret Braceland, who is on hand to offer advice and answer any questions which participants may have about the use of head scarves, and wig and scalp care. Margaret is super at showing new ways to wear and style your headwear.

## RAH Foyer

Look out for Amy Crawford, Outreach Coordinator, who will be available in the foyer of the RAH to answer any questions about Gleniffer Outreach and the services offered there.

Amy will be in the RAH foyer on the last Tuesday of each month.

## Dates to Remember!

### Fatigue Management

Running monthly  
♦ 1 March  
♦ 5 April  
♦ 3 May  
♦ 7 June

### Turning Heads

Workshops taking place approximately every 3 weeks as required.

### Look Good Feel Better

2018 dates below for this very popular workshop  
♦ 11 May  
♦ 17 August  
♦ 9 November

### Chair Exercise

Running every Wednesday morning (10 week block)  
11am—12 midday

### Acceptance & Commitment Therapy

♦ 19 April  
♦ 26 April  
♦ 3 May  
♦ 10 May  
♦ 17 May  
♦ 24 May

Contact Tracey or Amy  
on **0141 887 5968**

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