

Gleniffer Outreach

Newsletter Edition 13 - December 2018



Chatty Crafters

ACCORD's Christmas Fayre took place on Saturday 8th December in 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 photographs 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.

The Chatty Crafters stall raised an amazing £568 and overall the sum raised for the hospice was £11,000, a great achievement by all concerned.



The Chatty Crafters are very grateful to all for their support at this year's Christmas Fayre. The general public made a beeline for our stall and we greatly appreciated this.



The staff at Gleniffer Outreach wish all our supporters a Happy New Year

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 currently looking for new participants to join. Please contact Tracey or Amy at Gleniffer Outreach if you are interested in taking part. Tel:- 0141 887 5968

Chatty Crafters

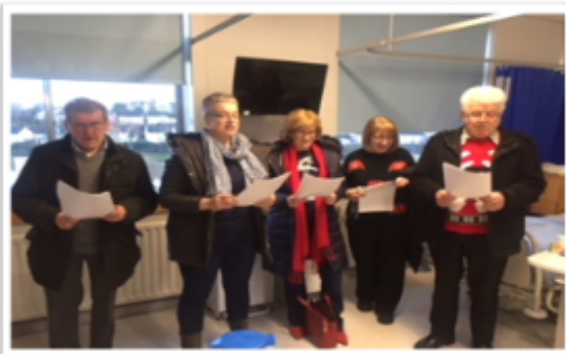
This group meets on a Thursday afternoon and, as the name suggests, the participants like to chat as well as make things! We are always looking for new people to join the group. Please contact Tracey or Amy if this is something which interests you.



Fear of Recurrence

This group, which is run by Fiona Sinclair, begins a new 6 week course on Wednesday 17th April for 6 weeks. 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. Good luck to Natalie Rooney in her new job.

Sing for Lung Health



Do you experience breathlessness? Believe it or not singing can help your condition! A new group has started at Gleniffer Outreach and we want you to be part of it. This new initiative is supported by the British Lung Foundation and is open to all those living with COPD and other life limiting conditions. The group meets every Wednesday from 2 - 4pm. If you would like more information or are interested in taking part, please call Amy or Tracey on 0141 887 5968.

The members of the recently formed Singing Group attended Ward 11 and 14 on Wednesday 19th December to entertain the patients and staff with an afternoon of carol singing. This is the first public appearance of this group which has been set up to highlight the advantages of singing for people suffering from lung conditions.

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. A new course is starting in April and volunteer Caroline Roger is a valuable aid to the smooth running of it. 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 new class begins in April.

Walking with Grief



This group is now one of the longest established groups enjoying the facilities of Gleniffer Outreach. They meet every Friday 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 weekly activity with their fellow walkers, combining some gentle exercise and companionship.

Dates to Remember!

Fatigue Management

Running monthly starting in April - further updates in next Newsletter

Look Good Feel Better

If anyone is interested in this service we can signpost to Maggies.

Chair Exercise

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

Fear of Recurrence

17th April running weekly for 6 weeks

Contact Tracey or Amy
on 0141 887 5968

A warm welcome to ACCORD's new hairdresser, Elaine Muir. We look forward to her input at Gleniffer Outreach in the near future.

Don't forget to 'like' us on Facebook and 'follow us' on Twitter



Find us on
Facebook



Follow us on
twitter

@glenoutreach