

# Gleniffer Outreach

Newsletter Edition 11 - June 2018



## Chatty Crafters



The Chatty Crafters Group continue to meet every Thursday afternoon when they enjoy a time of 'chatting' and fellowship together. One of the group, Sadie Barry, is constantly coming up with new ideas of things for the group to make and you will see samples of these above.

Sadie's latest idea of decorative bags, which are very modestly priced, will be available to purchase at the forthcoming ACCORD Summer Fayre on 9 June. Don't miss out on these unique gift bags for that extra special present!

## Look Good Feel Better



The most recent Look Good Feel Better Masterclass took place on Friday 11 May. We were delighted to welcome the instructor, Caroline Sutherland, who ran this workshop. Caroline 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 17 August. 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.

## Fear of Recurrence

This group which is being run by Natalie Rooney & Fiona Sinclair, completed another 6 week course at the end of May. 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, however, that these worries are starting to affect your day to day life, you may benefit from attending this group which is taking place at Gleniffer Outreach. Please contact Amy or Tracey for more information.

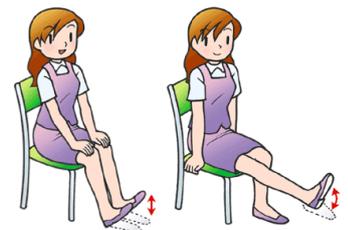
## Doughnut Winners!

Did you hear one of our supporters, Janet Donaldson, on George Bowie's Clyde One Breakfast Show on Thursday 17th May? Janet very kindly nominated Gleniffer Outreach if she won the morning quiz. This resulted in ACCORD being the recipient of 80 donuts! They certainly didn't last long and were so yummy.



## 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.



## Open Day

Wed 13th June

The staff at Gleniffer Outreach are holding an Open Day during this year's Carer's Week.



This will take place on Wednesday 13th June, from 10 - 3.30, 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 has been running for some 2 years now on alternate Fridays. The participants follow three tried and tested routes which take approximately 1 hour to complete. This is then followed with a welcome cuppa in the Garden Room at Outreach. The members of the Walking with Grief Group enjoy the companionship of their fellow walkers, this, combined with some gentle exercise, makes for a very enjoyable time together.



## ASeRT



Renfrewshire  
Health & Social Care  
Partnership

Please note that the phone number for Renfrewshire HSCP Adult Services Referral / Single Point of Access Team has a new contact number.

T: 0300 300 1380  
E: [adultservicesreferral.sw@renfrewshire.gov.uk](mailto:adultservicesreferral.sw@renfrewshire.gov.uk)

## RAH Foyer

We normally have an information stall the last Tuesday of the month up at the main entrance. Unfortunately we are unable to have this space as the use of this space is under review.

You can still drop in to see us anytime!

## Turning Heads



The Turning Heads workshop takes place as and when required (approximately every 3 weeks) at Gleniffer Outreach.

This workshop 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. Please contact Tracey or Amy if this is something which you would be interested in.

## Fatigue Management

Gleniffer Outreach's fatigue management classes are proving to be highly successful. **\*\*\*NEW BLOCK\*\*\***

Starting this JULY 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

- ◆ 5 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

- ◆ 17 August
- ◆ 9 November

### Chair Exercise

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

### Fear of Recurrence

- ◆ 8 August
- ◆ 15 August
- ◆ 22 August
- ◆ 29 August
- ◆ 5 September
- ◆ 12 September

## Move More Renfrewshire

Move more Renfrewshire classes, provided free by Macmillan, are open to everyone, whether you're going through treatment or have long finished. You can even bring along a friend, relative or carer. If you are interested in finding out more please phone the Move More Team on 0141 618 4082.

### Cancer Support Scotland Community Outreach in Renfrewshire

Free complementary therapies  
In Johnstone Library  
Book via 0800 652 4531

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

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