



# Gleniffer Outreach Information & Support Centre A Palliative Care Community Resource

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# ACCORD Hospice

REGISTERED CHARITY NO. SC013682

## Promoting A Compassionate & Resilient Community

**Turning Heads** - Is for anyone going through or anticipating hair loss. An informative afternoon of learning about hair, scalp and wig care along with tutorials on using headscarves. A light hearted workshop with happy customers all round! One lady said, 'Good to met local people, would recommend Turning Heads'. While another told of how the workshop had 'increased her confidence.'

**Words for Wellbeing** - A creative writing class with the aim of producing a book using work from the creative writing sessions at the centre and the Day Therapy Unit of ACCORD. The book contains fictional and non-fictional stories, poetry and other styles of writing. It also exhibits the art work of the patients from the Day Therapy Unit. One of our writers said 'You don't have to be a Byron to write... everyone has a story. Life is a story'



## Practical Support, Advice and Signposting

**Conserve, Reserve & Preserve** - A six month self-help workshop to provide a deeper understanding of living with a life long or life limiting illness. Meeting monthly, participants form a personal action plan with the assistance of healthcare professionals. The goal is to achieve better self-management of energy levels to try to improve quality of life.

**Look Good Feel Better** - A makeup workshop run by trained beauty consultants for any woman affected by cancer and the visible side effects of its treatments. The aim is to help improve self image offering free skincare and make up advice, to help restore and boost confidence.



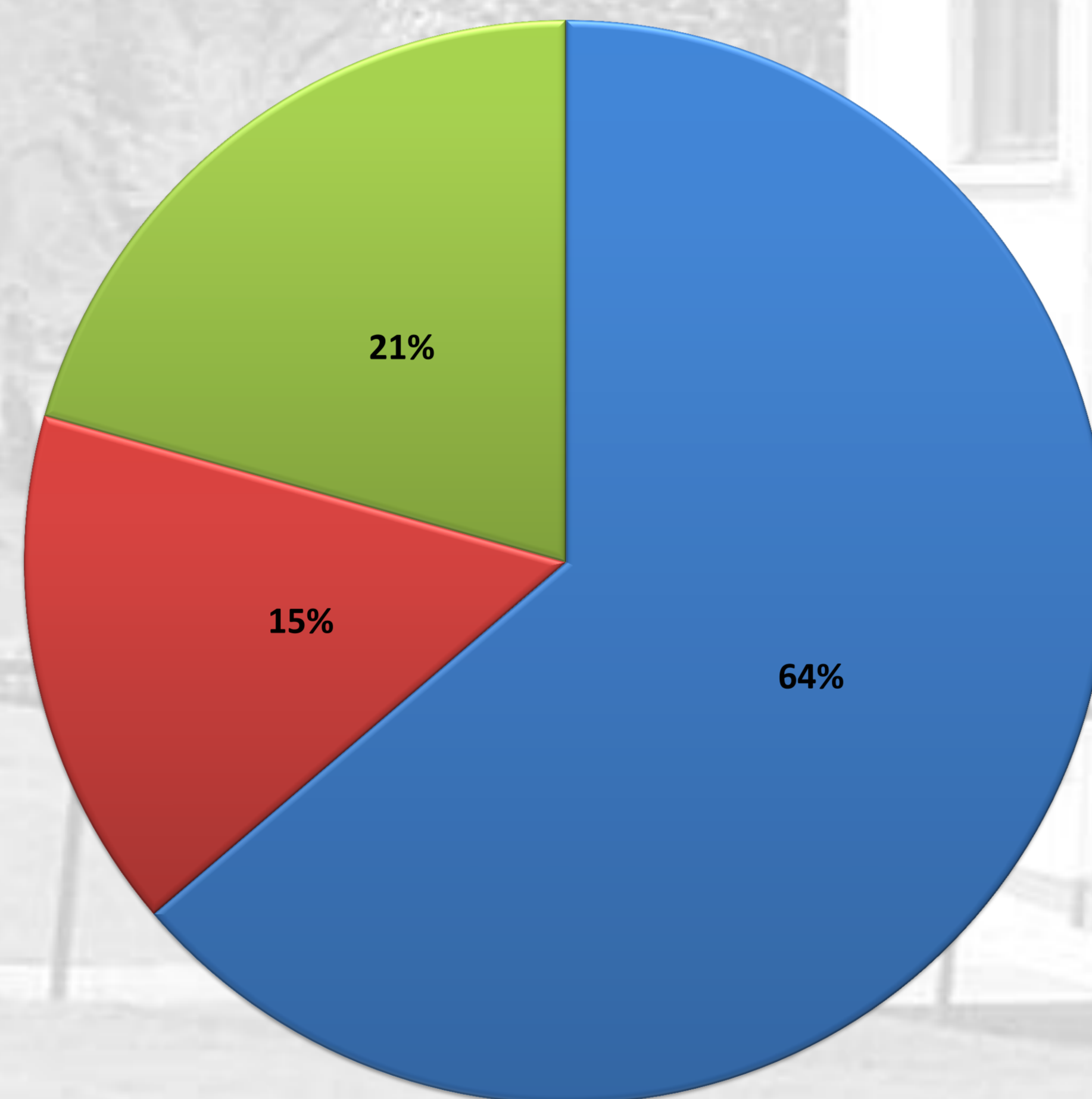
## Introduction

Our current Gleniffer Outreach facility relocated and opened in 2012 within the grounds of the Royal Alexandra Hospital in Paisley, a location that has proven significantly beneficial.

Our aim was to provide a facility where patients, carers, Health/Social professionals and the general public could drop in or telephone for advice, guidance or be signposted to more suited services relating to any aspect of malignant or non-malignant care need(s). The centre also provides an alternative location to the hospice, as it was suggested that some individuals had difficulty with attending/returning to the hospice, especially for post bereavement support and counselling.

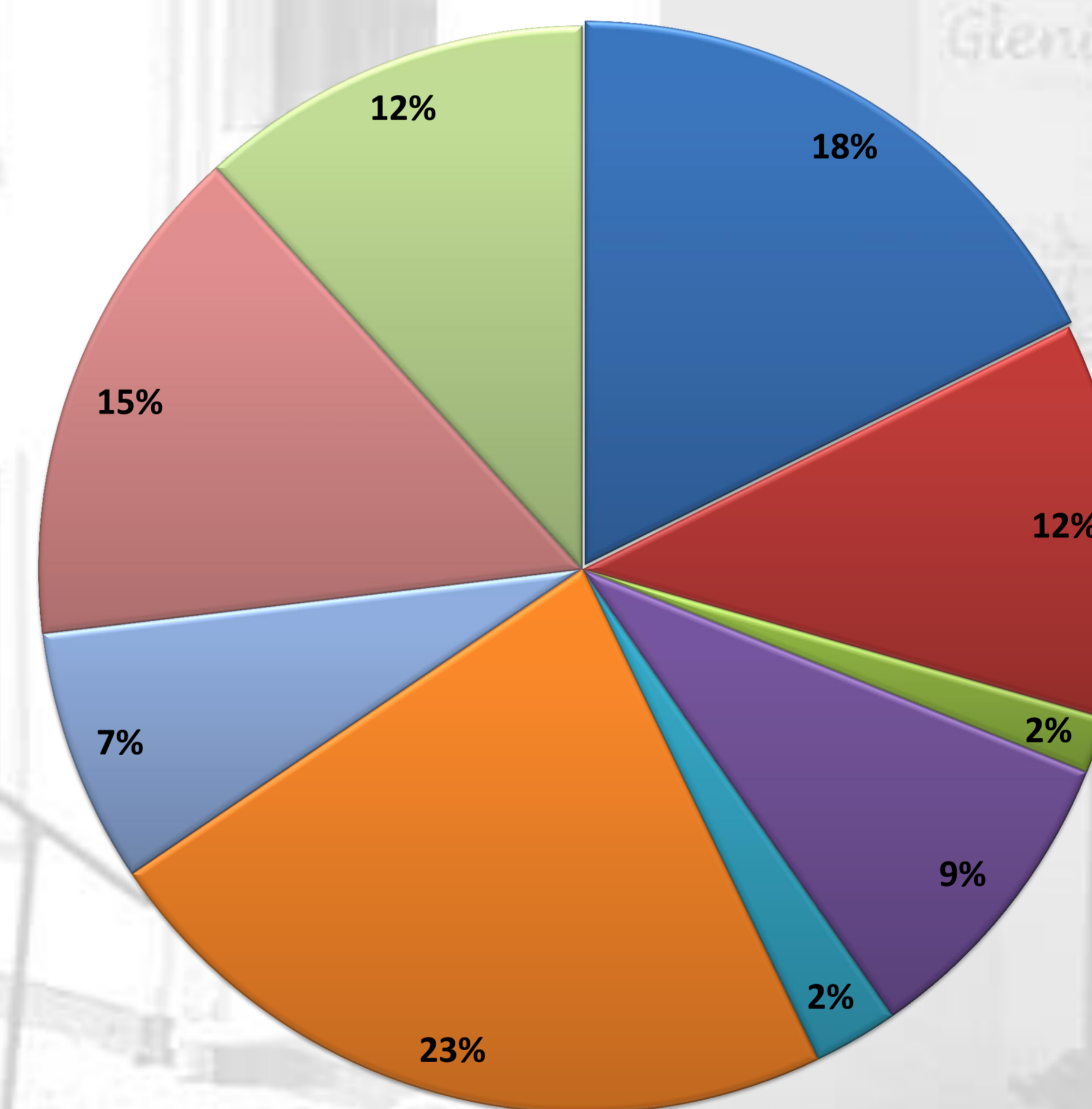
## Facts & Figures

Conditions of those attending Gleniffer



■ CANCER ■ NON MALIGNANT ■ OTHER

Signposting and Uptake of Gleniffer Services



■ LGFB ■ Exercise ■ Words for Wellbeing  
■ Turning Heads ■ Craft ■ Drop in  
■ CRP ■ Leaflets ■ Listening ear

## Conclusion

In 2010-11 our total attendance figures at Gleniffer Outreach were 90, whilst in 2015-16 there were 1489 attendances, an increase of 1554%.

Initially we did not know we were developing a public health approach to palliative care. However this transpired by encouraging a compassionate and resilient community approach, increasing public awareness around death and dying, offering practical support, networking with other local services, whilst furthering volunteer involvement.

## Health Promoting in Palliative Care

**Chair Exercise Class** - We offer a gentle, low impact class to help improve and maintain strength and balance. Whether you are receiving treatment, recovering from illness or living with chronic conditions such as COPD, heart failure or respiratory failure. This class is for those who want to keep active.



## Apples Walking with Grief Group - A Place People Listen, rElate, SHare.

Our Patient and Family Support Team run a fortnightly walking group. The group have been out and about no matter what the weather. They enjoy a hot drink on their return to Gleniffer and a chance to sit and talk together after their 45 minute gentle walk.

## Increasing Public Awareness Of Palliative Care

**Royal Alexandra Hospital Stall** - Held on a regular basis within the Out-patients department, this is a great opportunity to find out what goes on at the centre and ask any questions which people may have about services and support we provide. We can also provide you with information about other support available should Gleniffer Outreach not be appropriate for your needs.

