


St Columba's Hospice



# Life

**MAKING  
EVERY  
MINUTE  
COUNT**

## **Full steam ahead for Education Centre**



**Rebuild project news  
Spring cleaning ideas  
10 minutes with our Medical Director  
Wits Dinner  
Art Friends Exhibition  
Running challenges**

**Spring 2011**

# Spring has sprung...



...and welcome to the first issue of St Columba's *Life* for 2011. This is going to be a very busy year for us indeed. The building of our new Education Centre is now in full swing, and we are eagerly preparing to start rebuilding our main site towards the end of the year. I'm sure you'll agree that after many years of planning, it's very exciting to see the 'first sod cut' and our project become a reality.

Our Care Commission results have recently come through and we are delighted to once again be awarded the

highest possible grade of 'excellent' for the quality of patient care and support we provide. This result is testament to our wonderful team who go out of their way to make our patients and visitors feel at home, and I can't thank them enough for all that they do.

Inside there's also lots of other St Columba's news, as well as a full calendar of events, some interesting ideas for 'spring cleaning', a look behind the scenes at what it's like to be our Medical Director for the day, and much more.

**Thank you for your continued and valued support, which enables us to care for the people in our community who need us most.**

*With best wishes,*  
**Margaret Dunbar**  
Chief Executive

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## St Columba's on Facebook and Twitter

Keep in touch with us online for our latest news. Become a fan of St Columba's Hospice by searching for our page on Facebook, or follow us on **Twitter@StColumbas**



**St Columba's Hospice**  
Challenger Lodge, 15 Boswall Road, Edinburgh EH5 3RW

**T: 0131 551 1381 F: 0131 551 2771 E: fund@stcolumbashospice.org.uk**

**[www.stcolumbashospice.org.uk](http://www.stcolumbashospice.org.uk)**

Scottish Charity No. SC003634. Registered in Scotland No 48700



# News from the Hospice

## Burns Supper celebration

**WE HAD** an excellent turn out for our Burns Supper on 21 January at the Corn Exchange, in spite of the dire state of our economy, with over 450 guests coming along to *Toast the Bard*. Guests beat the winter blues with a lively ceilidh, games and hearty Scottish food. Thanks to all of the businesses who



contributed tombola and raffle prizes, all of our volunteers for helping on the night and all of our guests for coming along!

## Big pub quiz raises £14.5k!

**OUR INAUGURAL** Big Pub Quiz on 28 October was a sell-out success, raising over £14,500 and attracting 600 quizzers! 99 teams battled it out at the Corn Exchange to scoop the £1,000 prize, which was won by *Not a Clue*, a team from the Law Society of Scotland. A huge thank you to the Edinburgh Businesswomen's Club for organising the event.



From left to right, Margaret Dunbar, Shirley-Anne Somerville MSP, Alison Allan and Tom Little

## Special reception at Parliament

**WE HELD** a special reception at The Scottish Parliament on 26 October to raise awareness of our rebuild project among MSPs and business leaders. Shirley-Anne Somerville was our sponsoring MSP, and she spoke warmly of our

work along with Tom Little, the Editor of the Edinburgh Evening News. The night was also a chance to celebrate the success of our partnership with the newspaper for our Buy a Brick Appeal.

## Buy a Brick hits £280k



**OUR BUY A BRICK APPEAL** has now raised over £287,000 for our rebuild project! Over 3,100 virtual bricks have been bought, each one representing an important piece of our new building. Thanks to everyone for donating so far. If you'd like to buy and personalise a brick with your own message and photo, go to:

[www.bluedove.org.uk](http://www.bluedove.org.uk)

## Light a Light cancellation

**WE WERE** very disappointed that we had to cancel our annual Light a Light ceremony on 6 December due to severe winter weather. While we still lit the *Tree of Remembrance* with over 5,000 lights dedicated in memory, we were not able to hold an official ceremony due to the level of snow in Charlotte Square Gardens and the appalling road conditions, which made travelling very dangerous. Thanks to everyone who donated and helped us raise over £110,000. Fingers crossed the snow stays away this year!

# Work starts on our Education Centre

While we were shivering in record snowfall and freezing temperatures, building work on our new Education Centre got off to a fantastic (if a little bit chilly) start on 29 November 2010.

OUR EDUCATION CENTRE is being built at 17 Boswall Road, the property next door to the Hospice, and is the first phase of our project to rebuild St Columba's.

So far our contractors have been busy clearing the lower gardens for our new car park and clearing the inside of the property. They have also set up their site compound in the lower gardens and removed part of the wall in the east lane so their construction vehicles can access the site.

## Follow our blog!

We've set up a special blog for our rebuild project so you can keep updated regularly with our progress. Visit our blog at [www.wordpress.com/stcolumbas](http://www.wordpress.com/stcolumbas). You can also connect with us on Facebook and Twitter (@StColumbas), too.



This will reduce the need for construction parking and traffic on the street. The next steps will be building a new lecture theatre for our palliative care students and refurbishing the interior of the property.

St Columba's Hospice will continue to operate as normal while we are building our Education Centre and we do not expect that patients or visitors will be affected. We are on schedule to finish this first phase of work towards the end of 2011, before building work starts on the redevelopment of our main site. Thanks to all visitors for their consideration of our neighbours when parking their vehicles.

## Our rebuild by numbers

**40,000** – the number of people who will be cared for in our new building.

**£6.2m** – the amount we still need to raise for our rebuild project.

**3180** – the number of virtual bricks we've sold so far.

**8** – the number of single patient rooms we currently have.

**18** – the number of single patient rooms our new Hospice will have.

**33 years** – since the Hospice first opened.

# Our plans to relocate

St Columba's Hospice has formally announced plans to relocate to a temporary facility at Kirklands House in Gogarbank early next year, while building work is taking place on the main Hospice site.

**WE'VE MADE THIS** decision to ensure that we can continue to provide the best possible care and support for patients and families, and to protect patients from construction noise and disruption. The relocation will also ensure that we are able to continue providing a full hospice service to patients and their families. All Hospice users will receive full updates about the temporary relocation in the coming months.

Our temporary home will be Kirklands House (*pictured*), which is on Gogarbank Road, Gogarbank, near the Royal Bank of Scotland headquarters. Kirklands House is set in beautiful, scenic and quiet grounds, making it a very appropriate location for St Columba's



Hospice's temporary home. We will be adapting and redeveloping the facilities at Kirklands House to bring it up to St Columba's Hospice standards, and we will endeavour to provide the same services that we do

**"Relocating will help ensure that our patients and their families are not disrupted by construction noise, which could obviously have a very negative impact."**

in our current building. We expect to be based there for at least two years.

Margaret Dunbar, Chief Executive of St Columba's Hospice said: "Providing the best possible care to our

patients and their families is our highest priority, which is why it's imperative that we move to a temporary facility while construction is taking place on our main buildings. Relocating will help ensure that our patients and their families are not disrupted by construction noise, which could obviously have a very negative impact. We are grateful to the Trefoil Charity for making this lease possible."

"We are very pleased to be taking the first steps towards building our new St Columba's Hospice. We will continue to do all that we can to ensure that our building project is a positive experience for our patients, visitors, our neighbours and our staff and volunteers."

# 10 minutes with...

## Our Medical Director, Dr Duncan Brown

Dr Duncan Brown became our new Medical Director in August 2010, after working at St Columba's Hospice as a Consultant for nearly eight years. We caught up with him during his busy day to find out more about his role.

### What does a typical day as Medical Director involve?

› There is no typical day, but my time is broadly divided between clinical, teaching and management responsibilities. I see patients on the ward to review their medical treatment and along with the rest of the team make plans for their ongoing care or discharge home. I also speak to families, do outpatient consultations or review patients at home.

I teach medical students, GPs and other health care colleagues. A lot of the rest of my time is taken up with phone calls and meetings about varied issues, such as the rebuild, wider palliative care issues in Lothian and beyond, as well as the day-to-day running of the Hospice.

### Why did you decide to pursue a career in palliative care?

› I wanted to work in a medical field where good

communication was a priority, and where the focus was on patients and their families. I also enjoyed the challenge of working out the best way to manage the clinical problems of patients to improve their quality of life.

### Why is palliative care so important?

› Good palliative care can make a huge difference to the quality of a patient's life, and to their families' and friends' lives too. It's about managing

## Did you know?

### In a year:

- St Columba's Hospice provides specialist palliative care and support to over **500** patients in our In-patient unit.
- Our community palliative care specialist nurses carry out over **3,000** home visits to patients in the community.
- There are over **1,000** visits to our Day Hospice by patients for holistic support and symptom management.
- Over **30,000** delicious and healthy meals are cooked for our patients by our team of chefs and kitchen staff.
- Almost **1,200** physiotherapy sessions are attended by our patients.



- Over **350** hairdressing appointments are provided to patients by our qualified hairdresser.
- Almost **44** tonnes of laundry are washed, dried, ironed and folded by our domestic team.
- It costs approximately **£6 million** per annum to keep our Hospice running.



Dr Duncan Brown

pain and other symptoms, helping people come to terms with what's happening to them, and supporting their families through that journey. It can help take

much of the distress out of dying, which is vital because we've only got one chance to get it right.

### **What do you like most about working at St Columba's Hospice?**

› **One great thing** about St Columba's Hospice is the priority it gives to families and friends – we can be more flexible about visiting arrangements, and we can give the space to allow the family to be the family, not the carers and nurses they were trying to be before the patient was admitted.

I personally get a real sense of satisfaction from seeing patients' pain and symptoms improve, and helping patients work through their issues. The team I get to work with is also fantastic.

### **Are there any challenging aspects to your job?**

› **It can be very** emotionally challenging to see young patients with young families come into the Hospice. It's also challenging to keep up with the constant changes in palliative care locally and nationally.

## **St Columba's Hospice online**

To find out more about the work of



St Columba's Hospice, visit our website at **[www.stcolumbas-hospice.org.uk](http://www.stcolumbas-hospice.org.uk)**

You can also find us on Facebook and Twitter.

# Put your running shoes on for us!

If you've gone for a stroll around one of Edinburgh's many parks on a Saturday, you're sure to have noticed that just about everyone seems to have taken up running. Even on the iciest of winter mornings, runners in their hundreds can be seen ascending Arthur's Seat, darting through the Meadows or loping along the Water of Leith.

**IF YOU'RE after a fitness challenge** to take on this year then we need you! We're looking for runners to enter the Edinburgh Half Marathon on 10 April or the Edinburgh Marathon on 22 May as part of the St Columba's Hospice team.

However, if the thought of completing a 13 or 26 mile run leaves you quivering in your running shoes, you can always enter as a relay team. One group of colleagues doing just that are from St Columba's Hospice.

The St Columba's Hospice Jogging Club was set up in 2009 by Yvonne Whitehouse, Physiotherapist, as a way for staff to keep fit in a fun and friendly environment. A small group trained around

Inverleith Park throughout the summer and completed the 5km Fun Run, and for some people who had not run before or had had a long break from fitness, this was a great achievement. 2010 was an even better year – a much bigger group ran

**'Whether you're a keen runner already or a complete newbie, if you're after a challenge to take on this year then we need you!'**

the Fun Run, and in May, Yvonne and Pauline Gibb, Counsellor, ran the Edinburgh 10k for the Hospice. The Club decided they needed a new challenge for 2011, so Dr Brown, Medical Director, came up with the idea of the Edinburgh

Marathon Hairy Haggis Relay. The team now has 16 staff members (4 teams) entering and there is a healthy amount of support and inter-team competition going on!

Yvonne said: "I'm thrilled to have so many staff who are motivated to keep fit and active and The Hairy Haggis Relay is a great way to do this whilst supporting the Hospice too. It's great to have staff members from so many different departments in the Hospice coming together to undertake this challenge and I wish all the other team members well in the coming months of training." To sign up for the Edinburgh Marathon or Half Marathon too, contact fundraising on **0131 551 1381** or **fund@stcolumbas hospice.org.uk**.



**Team 1:** Duncan Brown (Medical Director), Rona Thornton (Staff Nurse), Sarah Barber (Nursing Auxillary), Irene Barclay (Nursing Sister). **Team 2:** Mairi Rosko (Senior Fundraising Manager), Chris Bobby (Database Administrator), Julie MacKay (Staff Nurse), Carla Galinsky (Staff Nurse). **Team 3:** Linda McDermid (Staff Nurse), John Thomson (Senior Steward), Angela Brown (Staff Nurse), Helen Gray (Staff Nurse). **Team 4:** Yvonne Whitehouse (Clinical Specialist Physiotherapist), Nick Dey (HR manager), Pauline Gibb (Counsellor), Gill Morrice (Day Hospice Staff Nurse).

We'll give you a free entry and a running vest for joining our team and raising a minimum of £500 in sponsorship. We'll be on hand to help you achieve your training and fundraising goals, and, you can count on us to be there on race day, cheering you on until our voices are hoarse. Or, if running is not for you, you can always sponsor our Hospice teams at <http://stcolumbas.workwithus.org>

*Every step you take and blister you get will help make every minute count for our patients and their families.*

### **Edinburgh Half Marathon**

– 10 April 2011

**Starting at Meadowbank Stadium,** the 13 mile route will lead you from central Edinburgh to the Firth of Forth coast at Portobello, finishing at Musselburgh Racecourse.

### **Edinburgh Marathon**

– 22 May 2011

**This 26 mile course** starts in the city centre taking in Holyrood Park, Leith Links and Portobello Promenade, then goes through East Lothian before a grandstand finish in Musselburgh Racecourse.

# Spring clean for St Columba's Hospice

Spring has sprung which means it's time to clean our houses, organise our affairs and take stock of what we want from the year ahead. There are lots of ways that doing some spring cleaning can help St Columba's Hospice too. Here are some of our ideas...

## Clear out your closet



Spring is a great time to go through your wardrobes and storage and get rid of things you no longer need. But instead of throwing things away, please donate your good quality items of clothing, bric-a-brac, accessories, books and small furniture to our charity shops. Our shops are the ideal repository for the fruits of your spring cleaning labours! Find a charity shop near you by checking the list on page 12.

## Put your hand up for volunteering

Volunteering for St Columba's not only helps us, but it can also be a great way to meet new people, learn new skills, gain experience and feel good about yourself. We're always looking for volunteers to help at St Columba's. In fact, we rely on a team of over 500 of them! We have volunteer drivers,



event helpers, fundraisers, shop assistants and more. If you're interested in getting involved, call our volunteer team on **0131 551 1381**.

## Do something you've always wanted



Make 2011 the year you do something you've always wanted to do, like skydiving, walking across hot coals or completing an endurance trek in a far off land. You can raise money for St Columba's Hospice too by getting your friends and family to sponsor your adventure! The fundraising team are happy to help, so get in touch on **0131 551 1381**.

## Did you know?

The custom of spring cleaning dates back to the Persian New Year celebration, called *Nouroz*, which occurs at the onset of spring. Everything in the house is thoroughly cleaned, from the curtains to the furniture. This practice is referred to as *khooneh takouni*, or 'shaking the house.' Another possibility for the origin of spring cleaning can be traced back to the ancient Jewish custom of completely cleansing the home before *Pesach*, or Passover.



# Regular giving

The difference £12 can make

One of the most positive ways you can help St Columba's Hospice is by making a regular donation by Direct Debit. Knowing that you have made a commitment to us in this way can help us plan for the future with confidence.

**DONATING** an affordable amount by Direct Debit on a monthly, quarterly or annual basis is simple to set up, and the payments are collected automatically, which cuts down on our



administration costs. Making a monthly gift can also make it easier for you to support us, as you can spread the cost over the year into affordable monthly

amounts. Your gifts will make a real difference, helping guarantee the future of St Columba's Hospice for future generations to come.

## How you can make a difference

- We still need to raise **£6.2 million** to rebuild St Columba's Hospice.
- Over the next **40 years** our new Hospice will care for around **40,000** patients – that's just **£175** per patient.
- **£175** per patient doesn't sound like a lot does it?
- That equates to less than **£12 per month** (plus Gift Aid) for one year.
- If **10,000** of our supporters commit to give just **£12** a month (plus Gift Aid) over the next four years we will have enough money to complete our rebuild, which will ensure that a comfortable and tranquil space will be available for our patients and their families.
- With your help we can give our future patients and their families the dignity, privacy and comfort they deserve at their most vulnerable time.

As we rebuild St Columba's Hospice over the next four years, your help will be more important than ever. Please help us realise our vision for our new Hospice by setting up a regular gift by Direct Debit today. Help us make every second count for our patients and their families.

*To sign up for Direct Debit and support the rebuild of St Columba's Hospice, complete the Direct Debit section of the form enclosed with this edition of Life.*

# Spring into our shops!

Beat the VAT increase by shopping with us



If you're looking for a particular item or even a unique gift, our charity shops could be the shopping destination you need. Our Stockbridge shop specialises in high quality bric-a-brac, our Leith store in haberdashery and linen, Morningside in fashion, the West End in vintage clothing, and our shop in Fauldhouse stocks a fabulous range of greeting cards. But of course, all of our shops carry a wide range of items, from the everyday to the inspired! Come in for a browse to one of our shops soon.

## Charity shops

### Leith Walk

352 Leith Walk  
Edinburgh

### Morningside

195/7 Morningside Rd  
Edinburgh

### Stockbridge

9 Comely Bank Rd  
Edinburgh

### West End

4 Drumsheugh Place  
Edinburgh

### Fauldhouse

65b Main St  
Fauldhouse

## Bookshops

### Morningside

233 Morningside Road  
Edinburgh

### Goldenacre

15 Montagu Terrace  
Edinburgh

## Donated goods at the Hospice

Unfortunately, due to a lack of space and storage facilities, donated goods for our shops can no longer be accepted at the Hospice from 6 June 2011. We are still welcoming donations directly at our Hospice shops for the benefit of St Columba's Hospice, so please drop off any good quality items there in the future. *We very much appreciate all of the donations we receive and thank you for your continued help and support.*

# Events calendar 2011

## Edinburgh Half Marathon

10 April



Put your running shoes on for St Columba's Hospice and enter the Edinburgh Half Marathon.

## Wits Dinner

28 April



Join us for a fabulous evening of fine food, wine and fabulous wit at Prestonfield House, as speakers compete with their funny tales and clever anecdotes.

## Water of Leith Walk

8 May

Wear something blue and walk the Water of Leith to help us build a new Hospice.

## The Celtic Challenge

18-22 May

Cycle 200 miles from Edinburgh to the Isle of Iona and put your fitness and stamina to the test.



## Edinburgh Marathon

22 May

Set yourself the ultimate fitness challenge and run the Edinburgh Marathon for us.

## Art Friends Exhibition

2-4 June

The Art Exhibition is held annually at the Freemasons' Hall, George Street. It is a wonderful chance to purchase original art and support the Hospice.

## Bark in the Park

24 July

Bring your pampered pooch to our annual sponsored dog walk in Inverleith Park.

## Antiques Valuation Day

11 November



Have you got hidden treasure in your house? Bring along your antiques for a special 'Antiques Roadshow' style event.

## Fun Run

18 September

Come to our annual Fun Run around Victoria Park, with lots of extra activities for the whole family.

## Light a Light

5 December

Join us as we light the lights of our *Tree of Remembrance* in Charlotte Square Gardens.

To find out more about our events or supporting St Columba's Hospice, call us on **0131 551 1381** email: [fund@stcolumbushospice.org.uk](mailto:fund@stcolumbushospice.org.uk) or visit [www.stcolumbushospicefundraising.org.uk](http://www.stcolumbushospicefundraising.org.uk)

# Walk your dog for St Columba's!

## Bark in the Park

Give your pampered pooch a treat by coming along to Bark in the Park, our annual doggy fundraising walk.



**24 July 2011 at Inverleith Park**

To find out more call **0131 551 1381** or go to:

**[www.stcolumbushospicefundraising.org.uk](http://www.stcolumbushospicefundraising.org.uk)**



## Art friends of St Columba's Hospice Exhibition **2-4 June 2011**

2011 is the 25<sup>th</sup> year of the Art Friends of St Columba's exhibition and, as always, we are looking forward to welcoming professional artists, sculptors and jewellers from across Scotland.

The exhibition will be held at the Freemasons' Hall, George Street, Edinburgh. Whatever your taste we're sure you'll find something to delight and we look forward to welcoming friends old and new to this fabulous sale of original art.





# Wits Dinner

28<sup>th</sup> April 2011  
Prestonfield House, Edinburgh



## Booking form

Please reserve \_\_\_\_\_ tables of 8 @ £600  10 @ £750  12 @ £900

Please reserve \_\_\_\_\_ tickets @ £75

Number of vegetarian options required \_\_\_\_\_

Booking name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Contact no: \_\_\_\_\_

Email: \_\_\_\_\_

To book online visit our website [www.stcolumbashospice.org.uk](http://www.stcolumbashospice.org.uk)

I enclose a cheque payable to 'St Columba's Hospice' for £ \_\_\_\_\_

I would like to pay by VISA/MASTERCARD/SWITCH and authorise you to debit my card  
for the amount of £ \_\_\_\_\_

Card no.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Expiry date

Issue no.

Valid from date

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

From time to time we may take photographs of our events which will be used in  
future publicity or fundraising materials. Please tick if you **do not agree** to consent:

**Please return completed forms to:**

**St Columba's Hospice**

**Challenger Lodge**

**15 Boswall Road, Edinburgh EH5 3RW**

Scottish Charity No. SC003634  
Registered in Scotland No 48700

# *Wits Dinner Diamond Nights*

It's a glittering gala with sparkling speakers,  
fabulous funnies and a champagne cabaret.

Thursday 28 April 2011 at 7.30 p.m.

Prestonfield House, Edinburgh

*Hosted by the multi faceted*

**Bill Copeland**

*Sparkling wit provided by*

**Susan Morrison**

**Peter Brown**

**Len Murray**

**A.N. Other Diamond Geezer**



Enjoy  
a glitzy cabaret  
with a  
famous face!

£75 a head, £900 per table of 12  
Call 0131 551 1381 or email  
[fund@stcolumbashospice.org.uk](mailto:fund@stcolumbashospice.org.uk)  
*or see the reverse side!*

