



The Prince & Princess
of Wales Hospice

Hospice News



**Take a look at the difference
you are making!**

Spring/Summer 2025

ppwh.org.uk

The Prince & Princess of Wales Hospice

Scottish registered charity SC012372



The Prince & Princess
of Wales Hospice

Summer FAYRE

CARRARO

1927

Sunday 8 June 2025

The Prince & Princess of Wales Hospice
Bellahouston Park, Glasgow



Tickets: £5 with kids under 12 going FREE

Join us for a fun-filled, family-friendly afternoon at the hospice. Meet the alpacas, browse the stalls, visit the BARGACREE Café, enjoy some BBQ, and much more!

Scan QR Code





Welcome

Thank you for your continued support for the hospice. With your help, we are not only providing vital and compassion care for our patients and families each and every day but we are also expanding the reach of the hospice into local communities.

In this issue of your Hospice News, you will read more about how music is making a real difference to patients and their families and also our local community, through our community choir. We want to break down the barriers of how hospice care is perceived. And with our choir which is filled

with people from all walks of life, focussed on bringing joy through music, we are tackling those perceptions.

We are also moving forward with our award-winning Chelsea garden. In April, it started its move to its new home behind the pond of the hospice and we anticipate it opening in the summer. This will provide a truly wonderful and accessible outside area for our patients and families to enjoy.

None of this would be possible, however, without your incredible support. As costs continue to increase, we are truly grateful for the support you give to Glasgow's Hospice which allows us to keep on caring. Thank you.

Rhona M Baillie OBE, Chief Executive

Help the hospice,
scan the QR
code to donate.



Front page photograph: Calum Frame,
Music Therapist.

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The Healing Notes of Music

The Prince & Princess of Wales Hospice has introduced a new support for patients and their relatives, and carers. At the end of 2024, we welcomed music therapist Calum Frame to the hospice.

What is music therapy? It is a recognised therapeutic approach that uses music to help people improve their mental health and wellbeing. It offers a creative, engaging and flexible form of therapy with individual and group sessions available.

Calum explains: "I studied at Queen Margaret University and gained my degree. As part of my studies, I had a placement at The Prince & Princess of Wales Hospice. Then, I was delighted to be offered a role once my degree was complete.

"I have been working as part of the Family Support Service and have sessions with family members pre and post bereavement. I also provide group sessions with our Young Adult patients who greatly



enjoy making music as part of a group.

"I've also had the privilege of working closely with some patients in the Inpatient Unit. Many already have an interest in music and our sessions manage to help them focus on music rather than their condition. Music really does help lift people's mood and the effect on their mental wellbeing is astounding."

A Family Support Service (FSS) user commented: "I found it very interesting and exploring music as a way of helping me with grief and anxiety. I found using breathing exercises to music very calming and relaxing, listening to music, talking about it and its memories helpful. And with lots of encouragement – improvisation and even songwriting – taking me out



"I found it very interesting and exploring music as a way of helping me with grief and anxiety."

Family Support
Service user

of my initial comfort zone – a good and very different approach to helping my confidence.

"I think the support offered by the FSS is excellent. Calum is doing an excellent job setting up the music therapy. Although there was a wait for the counselling services – it actually came at a good time for me. You provide vital support."

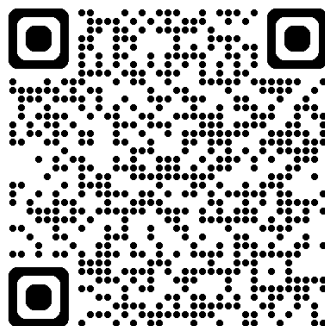
And the parent of one of our Young Adult patients, said: "As you know I normally don't attend the sessions, it's usually our son's support staff. Before Christmas, I attended and was brought to tears seeing the young people's reactions. Each engaged in different ways and Calum led the session adapting to each individual's needs. It truly was magical. Thank you so much to every one of you who go above and beyond. Our son really enjoys these sessions."



Calum adds: "Music therapy may not be for everyone and being referred for the support is each individual's choice. They are offered music therapy as part of a range of support which the hospice provides.

"But even those who may not believe they have any musical talent will often have favourite songs and as part of our session, we talk about how those songs and music make them feel and this can be so beneficial in talking about feelings or memories which are important to them."

You can watch our film about Calum's work at the hospice by scanning this QR code -



Location, Location, Location!



The Prince & Princess of Wales Hospice has opened its newest addition to its network of Retail Shops, right in the heart of Glasgow.

Queen Street Hospice Shop opened its doors on 21 February offering shoppers fashionable and contemporary goods at low cost from a stunning environment.

The shop spans an impressive 120 square metres and includes a boutique area for those desirable items, a large bric-a-brac area designed for easy browsing, a street wear section including a trainer wall, jeans and sportswear. The shop also offers an array of vinyl and books, along with a huge selection of ladies' fashion, current and vintage.

Carla Wilson, Buyer and Merchandising

Manager for the hospice explained her vision for the new shop: "We went for an urban, cool look, almost industrial.

"We aimed to create a relaxed shopping experience with surround sound with a free-flow to allow customers to move easily through the shop.

"Scaffolding which has been re-purposed as clothing racks is used throughout the shop and in the windows. There's even a lounge area where shoppers can have a seat and relax and soak up the atmosphere."

Angela Renton, Retail Operations Manager, added: "We're delighted to be in such a prime location. The front of the shop is eye-catching and we've already had lots of customers in the shop who may not have otherwise visited a charity shop before.

"Our focus is on being as sustainable as possible while showcasing the amazing work of the hospice to our local communities. With the location and size of this shop it has become our flagship store, and we'd love for hospice supporters to visit. We're at 66 Queen Street, Glasgow G1 3DS.





BARGACREE

Farm Shop

Our in-house public café BARGACREE is now offering a Farm Shop with homemade items available for purchase and take home. The café has gone from strength to strength since it opened in the hospice in 2018. It now regularly sits approximately 160 patrons each day, offering breakfasts, snacks, home baking, along with restaurant quality lunches and meal choices.

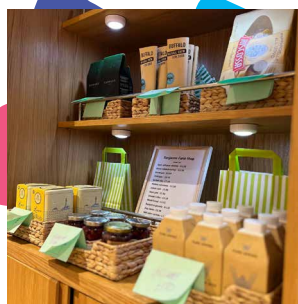
But thanks to popular demand, the café is now offering a range of these homemade goods to purchase and take home. These include:

Apple and pear chutney, house salad dressings, chilli jam, herbed oils, lemon curd and pickled red onions.

Hilary Harris, Café Manager, said: "We're delighted to offer our customers a range of our homemade items, fresh from our kitchen. We get asked so many times for recipes because people love our dishes so much. So, we have tried to accommodate these requests by offering some items which will let you take a little bit of BARGACREE home."

Items are on display at the entrance to the café. Other items on sale include doggy chews, pasta and BARGACREE's very own granola.

Pop in and have a browse. Every purchase from the Farm Shop helps support patient care in the hospice.



This is Hospice Care



At the start of 2025, The Prince & Princess of Wales Hospice joined with 143 hospices across England, Scotland and Wales on a groundbreaking collaboration to highlight the importance of gifts in wills.

New data from Hospice UK reports that 30,000 people in the UK each year wouldn't receive hospice care without gifts in Wills.

The Prince & Princess of Wales Hospice currently cares for 1,200 new patients and their families each year from across Glasgow and as a charity, it relies on public generosity to keep its doors open.

Currently, one in 10 of the local people cared for at The Prince & Princess of Wales Hospice are funded by gifts in Wills. They are a vital source of funding for hospice care. With rising costs and growing demand for hospice services, these gifts are more important than ever.

The 'This is Hospice Care' campaign

appeared on TV and encouraged people to consider leaving a gift in their Will to a hospice close to their heart. By doing so, they can help ensure this vital care continues being available, ensuring that everyone has the support they need for generations to come.

Rhona Baillie OBE, Chief Executive of The Prince & Princess of Wales Hospice, said: "We're proud to have joined with hospices across the nations to protect the future of hospice care. This campaign was vital to help raise the profile of hospices and the incredible work we do. We fully understand that first and foremost our supporters will want to make sure that their loved ones are looked after when they are no longer here. When people are able to leave something to the hospice then we are extremely grateful."



Glasgow's Hospice provides free specialist care to patients with terminal and life-limiting illnesses and their families each year both at the hospice at Bellahouston Park and in patients' own homes.



Jean McCauley

Hospice care is everything you would expect and more. As well as providing care at home or in the hospice, we strive to make patients feel comfortable and as independent as possible, help families celebrate occasions together, making precious memories, while also supporting families coming to terms with the loss of a loved one.

Hospice patient Jean McCauley was diagnosed with incurable Multiple Myeloma in September 2021. She says: "I'm happy to say that the hospice has been a lifeline to me.

"The staff and volunteers do an amazing job looking after us all from the pampering sessions to the endless cups of teas and the obligatory cake with other lovely surprises often thrown in between."

"It's a wonderful place where you meet patients in similar situations to yourself. The staff and volunteers do an amazing job looking after us all from the pampering sessions to the endless cups of teas and the

obligatory cake with other lovely surprises often thrown in between.

"I come away feeling much more relaxed and ready to face what the rest of the day has in store for me. The hospice helps you to live with a life-limiting illness in a much more positive way and I will always be grateful for their support."

Whoever, or whatever causes have mattered to a person during their lifetime, a Will is a chance to pass the kindness on; to make a personal legacy of all the things they love and care for. Family, friends, and causes that matter.

"The hospice helps you to live with a life-limiting illness in a much more positive way and I will always be grateful for their support."

When the time is right to leave a charitable gift in your Will, The Prince & Princess of Wales Hospice in Glasgow very much hopes that hospice care will hold a special place in your heart.

For more information about Gifts in Wills, please visit The Prince & Princess of Wales Hospice website www.ppwh.org.uk or get in touch with Michelle, Head of Individual Giving, In Memory and Legacies at the hospice on 0141 429 9835.

Together, we can make sure that hospice care lives on for all, for now, forever.



The Hospice Harmonisers



People from all over Glasgow have been getting involved in a new community choir - The Hospice Harmonisers.

The choir started in February and welcomed patients, carers, staff, volunteers and members of the public along to their inaugural gathering at the hospice.

Led by the hospice's music therapist, Calum Frame, the choir is proving to be a top ten hit. The choir meets every month with participants choosing the style of music they wish to sing.

Calum explains: "We welcomed 33 people along to our first gathering which was fantastic. We had complete novices right up to experienced singers. It is such a friendly and welcoming group who are all so positive about music. In the first few sessions we have been concentrating on songs that are well known and easy to sing so that everyone can join in easily. We are gearing up for our first performance at the hospice.

"Everyone is so enthusiastic about the choir and hearing everyone singing together as one is just incredible. We meet every month, and we are so excited by the possibility of performing live in the future, hopefully at hospice events."



Dawn Newman from the Southside, came along for the first time to the hospice for the choir. She said: "I am loving the choir; it's such a laugh.

Meeting new people and doing vocal exercises. We've all really enjoyed trying lots of different songs. I always leave these sessions with a smile on my face."



Pamela Madden is a volunteer at the hospice and has been attending the choir sessions. She says: "I am not very musical, but the choir

just inspires you to join in. It was a life ambition to join a choir, so this was just perfect, and I brought three friends along and we're loving it. It's such a social thing, you get to meet so many new people."

The Hospice Harmonisers is open to all. It meets on the last Thursday of every month from 5.30pm until 6.30pm at The Prince & Princess of Wales Hospice, 20 Dumbreck Road, Glasgow. G41 5BW. If you would like to take part, please come along – no need to book.

Let's Keep On Caring



The Prince & Princess
of Wales Hospice

Help us to keep on caring
for patients and families
in Glasgow.

Please make a monthly
donation to support patient
and family care.

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code



You can make a difference today.
Set up a monthly donation in a way that suits you.

Visit **ppwh.org.uk**
or complete the form overleaf



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The Prince & Princess
of Wales Hospice

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Scan the QR code to donate online.



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