

ASOCIACIÓN GIRASOL NEWSLETTER



El cuidado paliativo
inmenso amor por la vida

THE JOURNEY CONTINUES.



has happened during that time.

We cannot believe it is six months since our last newsletter, and, as you would expect from a young, developing, dynamic charity, a lot has happened during that time. As you know, our aims for 2012 were: to develop our home-care service, continue to raise awareness of palliative care and AG amongst our communities, to increase our membership and volunteer bases, to improve our working structure, to continue to fundraise, to enhance community relations, to start training volunteers, and to open the office as an information point/drop-in centre, all with the objective of offering a quality service to our terminally ill patients, families and carers.

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop".

Mother Teresa of Calcutta

We are delighted to report that all of these things have been, or are in the process of being done. But, of course, developing a charity is always work-in-progress. Our work is never-ending, and we have a long, long way to go to fulfill our vision of providing a quality home care service by 2014. The help we need is also never-ending. We are learning,

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2012

What's inside:

- **The journey continues**
- **Information point/Meeting place**
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modifying, adapting, adjusting, developing and delivering all the time, and we can now say, that through a network of dedicated volunteers and professionals we can offer:

+ home care support (non-medical) + transport + assessment and follow up (non-medical) + legal advice, + psycho-social counselling + bereavement counselling + volunteer/professional training + medical equipment loan + information point/meeting place + charity market stall.

You can read more about all these things further on.

Of course, none of this is possible without your hard work, your initiatives, and your help: as a volunteer, member, supporter, sympathizer, follower, sponsor, and community you all play your part:

THANK YOU.

Information point/



meeting place

Being diagnosed with cancer is devastating for anyone, and many people are in shock, feel alone, isolated, and frightened and, often, do not know where to go for information, and advice. Although AG is dedicated to supporting and improving the quality of life of terminally ill patients, their

families and carers, over the last two years we have gained a lot of knowledge and information, and we know that many concerns are related to negotiating and understanding the system. To address these concerns we have now opened an information point/meeting place in AG's office in the Basement, Casa de Cultura, Alameda, the first Monday of every month (excluding holidays) commencing from 5th November 2012 from 10.00am to 13.00pm. Although we cannot give medical advice, we can listen to you in confidence, and advise you on practical matters. You can also call us on 687089951. Whatever stage of your cancer journey you are at, we are:

HERE TO HELP



Friends and supporters of AG are continually organizing events to raise funds, and without this support we cannot do what we do. Some past events included: World Palliative Care Day was celebrated globally on



Saturday 13th October and Friends of AG organized a fun afternoon in FdeP, and here is a lovely photo of the dream team who did all the hard work, and ensured that kids and adults all had a good time.

Since our last newsletter events have included:

Date	Event	Place	Organized by
9/6	Eventos de Asociaciones	FdeP	Ayuntamiento FdeP

22/6	Children's Olympics	FdeP	Amigos de AG
14/7	Coffee Morning	FdeP	Marg Fenton
1/9	Cheese/Wine	FdeP	Marion/Clive Smith
22/9	Picnic in the Park	Santillán	AG
13/10	World PC Fun Evening	FdeP	Amigos de AG
31/10	Halloween	FdeP	AG
15/11	Coffee Morning	FdeP	Tess Littler
1/12	Playback Party	Alameda	La Posada
15/12	Live Nativity	Alameda	Town Hall

Keep up-to-date by referring to our web page calendar, and facebook, and if you would like to hold an open event please let us know and we will advertise the event for you through our webpage, facebook, and our contacts list, and after the event please send us your photos.



**PHOTOS –
PHOTOS –
PHOTOS**

We are in the process of adding all of our photos to our gallery on the web page, so take a look and see what has been happening: www.asociaciongirasol.com

SCHOLARSHIP



Recognising the scarcity of palliative care doctors and nurses, and in keeping with our objective to train professionals AG is pleased to announce that it has awarded a scholarship to Augusto Alquilerera Lopez, a local practicing nurse from Humilladero, to attend a part-time, 1 year, non-residential training programme in

Palliative Care at Seville University. Apart from studying, and working, Augusto will be a committed volunteer to AG for 2 years: providing the medical perspective needed, advising on homecare, helping with training, and helping to guide us towards a sustainable future. Your generosity has made this possible.

SAYDO STALL EVERY WEDNESDAY

We have to give a big thanks to all our volunteers, about 30 of you in all, who run the stall on a rota basis, help collect



goods, ensure they are clean and in good condition, transport, set up, and run the stall every Wednesday at Saydo.

In April of this year, we were donated the use of a storage room in the Alberque Juvenil by the Ayuntamiento de Fuente de Piedra to store market goods, and medical equipment. This soon became too small, and we requested another room. Again, Ayuntamiento, FdeP obliged and volunteers put up clothes rails, and have organised both rooms so that items can be accessed easily and in an orderly fashion.

We have to say thank you to all of you for donating good quality clothing, and bric-a-brac. Sr Amancio, Chairman of Zara would be proud!

TRAINING

Charities are regulated by various laws, one of which is the Ley del Voluntariado which states that we must offer general and/or specific training to all our volunteers. With this in mind, June and July saw us busy delivering our first



induction programmes. The sessions took place over 5 Saturdays each one lasting about 2 hours and in all 35 volunteers attended. We shared AG's history and objectives, and spoke about palliative care in our context. Scenarios were acted out, demonstrating both good and bad practice which helped attendees to define and confirm AG's philosophy and values. Our

volunteer handbook was distributed which details our modus operandi. Hilary spoke about fundraising, and working with our local communities and our vision for 2014 was set out. Sessions will start again soon.

AG – the ripple effect – working with our communities



AG has been delighted to receive a number of requests to attend, and participate in various local events, all of which have been important in their own way, and mean that we are being recognized for the work we are doing.

In May, Fuente de Piedra held a Feria de Asociaciones, and invited AG to have a stand. It was a wonderful opportunity to be seen with other charities, and we were pleased to welcome five new members and two new volunteers. One of the new volunteers is a lawyer, which now means we can now offer free advice about paperwork issues to our patients, families and carers.

Caritas, Alameda donated many good quality items which had been left over from their own Romeria tombola. AG reciprocated their generosity by giving a donation to Caritas to help the hungry, homeless and disadvantaged in Alameda.

FdeP have an English book section in their library and AG has donated several English books, and we have received a lovely letter of thanks from the town hall.

In September we were invited to a Palliative Care awareness morning, in Antequera, run by SACPA, (Sociedad Andaluza de Cuidados Paliativos), and 4 of our volunteers represented AG. Themes covered included: the history of PC, the multi-discipline team approach, patient and family psychology, and finally a round-table of family members talking about their experiences with PC. It was also a good opportunity for us to meet the 2 members of the PC team from Antequera Hospital who look after the terminally ill in the 70.000 population which comprises the Antequera region.

Our communities are very closely knit, and charities are supportive of each other. We

were invited to celebrate the 16th Anniversary of Alcoholics Anonamous, Alameda. We were also invited by, Fuente de Piedra Town Hall, to attend the anniversary homage to Miguel Angel Blanco who was assassinated by the terrorist group ETA.

The Lions Club of Antequera recently corresponded with us and we are in contact with the Volunteer Platform, Antequera who keep us informed of other charitable events.

All the above help the AG ripple to extend a little further.

Congratulations- CUDECA

Our very best wishes to Cudeca who celebrated their 20th year anniversary in October by holding a conference over two days .Three AG volunteers attended and it was great to catch up with Susan Hannam who never fails to help us when we need advice, and to see the wonderful Joan Hunt, and Dr Marisa, all founder members.

One of our volunteers couldn't contain her delight when talking to one of Cudeca's volunteers and the Cudeca volunteer said:

"Oh, AG,..... we've heard all about you!"

Cudeca is very close to our hearts. We have had two meetings with them over the last 2 years, and our psychologist, Antonio, attended a training programme some months ago, and we hope that shortly he will be able to spend a few days with their psychology team learning how they work with patients, families, and carers.

Our sincere thanks, and congratulations to all at CUDECA.

Social media:

www.asociaciongirasol.com



Social media is now part of our everyday lives, and Facebook has been a wonderful tool for raising our profile, and in helping to tell people about us. We now have nearly 700 followers, We try to make our uploads informative,

reflective, positive, and philosophical always conscious that our supporters have a personal, direct or indirect interest in palliative care. If you have anything you would like to announce, just let us know.

We hope you have enjoyed our second newsletter, and if you would like to contribute in anyway please contact us on:

687089951 or info@asociaciongirasol.com

We aim to use our resources carefully, please let us know if you DO NOT wish to receive this newsletter.

AG simply would not exist if it wasn't for you, so:

THANK YOU again to our volunteers our members, our followers, our supporters, our sponsors, and our communities:



Remember: From small sunflower seeds big sunflowers grow!



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Charity registration number: 9341

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Bank Account: 2100 5442 88 02000 28998