



**El cuidado paliativo
inmenso amor por la vida**

10 YEARS AND COUNTING!

For the first time this year, we have accomplished the impossible by offering uninterrupted assistance from Monday to Friday, 10am till 1pm. This is backed up by our telephone availability ([687089951](tel:687089951)), also 5 days a week, plus email contact (info@asociaciongirasol.com).

Our relationship with the other social organisations (Town Halls, Health Centres, Social Services, hospitals etc) has been interrupted by the pandemic, but as the situation improves, so does our contact and collaboration with them. We continue to be in close collaboration with the Royal British Legion (Mollina Branch) and the Palliative Care Team from Antequera Hospital. At the beginning this meant fewer referrals, but now we are getting back to normal figures.

The work of volunteers continues to be our main source of funding, and without it, Girasol could not survive. We raise most of the money through the market stalls, and when the markets and other public events were stopped, it was a major blow for the Association. During the hardest times, different ideas for raising money were tried out, for instance our recipe e-book, where friends worldwide contributed recipes and donated via Paypal for their e-copies. We also did online raffles and sales. In recent days, activity is cautiously being stepped up.

THE VAN



The van is probably the greatest achievement of the Association so far.

Up till now, we have always had huge problems when it came to transporting health aids, particularly the larger items, such as articulated beds or lifting devices, but also the simple transportation of goods to our charity market stalls. We had to rely on the use of our volunteers' own personal cars and a second-hand van which recently gave up the ghost. Thanks to the enormous efforts of our volunteers and some most generous donations from supporters on mobile home Parks and individual donors, the help of the town councils of Alameda, Fuente de Piedra, Humilladero and Mollina, plus a bank loan from Unicaja, we have managed to buy a new van which is big enough to carry all kinds of equipment , as well as the staff and patients who need to use it.

AREAS WE WORK IN

Just a reminder of where we are active: almost all areas within Antequera, i.e. Alameda, Fuente de Piedra, Humilladero, Mollina, Villanueva de Algaidas, Cuevas Bajas, Cuevas de San Marcos, Sierra de Yeguas, Bobadilla, Antequera, Archidona, Cartaojal, Campillos.



FUNDRAISING

Fundraising is, as always, basic to our needs. We still raise most of our funds at the markets. Our most successful stall is, as before, in the Saydo Wednesday market, with Alameda on Tuesday and Humilladero on Thursday. Although we are in receipt of some subsidies, most of our money comes from the creativity and commitment of our British volunteers, who are always coming up with new ideas and looking for new ways to raise money within the Covid restrictions. For example, we raised money this year through an e-recipe book, which was really successful. One really important development has been the acquisition of the new stall and shed at the Saydo hotel. Having the use of the shed saves our volunteers the work of transporting heavy tables and clothes rails to the stall every week!



Here we can see photos of some of our fundraisers, donating to AG. Some are individuals, like Tom, who regularly raises money by running a Saydo Residents' football card, or Cristina, who organized a breakfast in Bar Panyma. Soundshine raised money through their Queen tribute show.



Tom



Cristina



Soundshine

Other donations come from groups, like Saydo singers, who raised money through their Christmas Concert, La Vid y La Vida Choir or the Art Café members, who ran a craft fair. Martes Golf Society also donated to AG and the Saydo resident's games afternoon also donated.



Saydo Singers



Art Café Members



Saydo Bowling club



Martes Golf Society



The residents of La Viña and La Posada raised generous amounts through their coffee mornings



And here are some of our lovely volunteers running the Christmas Fair in Bar Flores, who also hosted the Grand Spring Draw



CALENDARS



As in previous years, we once again ran a picture competition for children. This year, the boys and girls were able to enter through their school and the towns of Alameda, Fuente de Piedra and Humilladero took part. The pictures made up the calendar for 2022. We are very grateful to all those who took part. Here we see some of the winners.

THE DAY CENTRE

This is the sixth year that our Day Centre has been working. This room is a space for the use of patients and their families, where they are invited to come and can have breakfast, a coffee, take part in therapy sessions, breathe, relax or just switch off in the peaceful atmosphere. Normally, it is open one morning a week (usually a Wednesday) and therapies or treatments such as physiotherapy, massage, psychological support, holistic therapies or even a manicure or pedicure are on offer. Like all our therapies, these sessions are completely free of charge, and are under the supervision of a professional.

PALLIATIVE CARE DAY

Once again round about the International Palliative Care Day, we organised commemorative events in Alameda, Fuente de Piedra, Humilladero, Molina, Villanueva de Algaidas and Antequera. At these events, each person was able to light a candle in memory of a dear one who is no longer here, or who is fighting a serious illness like cancer.

Those attending find these events very moving, especially with the addition of live music on violin and piano, thanks to the talents of Kate Perkes and Jim Haig. We are very grateful to them, and also to the catholic priest for the Molina /Humilladero area, Don Dani Martin, who is very mindful of the ill people in our localities.

The events in Fuente de Piedra and Villanueva de Algaidas



Here we see our candle stall.



ASOCIACIÓN GIRASOL OUT AND ABOUT

Here we see AG at the Feria de Asociaciones in Antequera and also in the Shopping Centrel La Veronica in December, where they stayed chatting to the public and answering queries all day.



2021: OUR WORK IN ASOCIACIÓN GIRASOL

We are delighted to say that over the last ten years we have had the satisfaction of helping out 208 people with advanced or incurable illnesses, and also their families and carers. In 2021, we continued to attend to 20 patients from 2020 and in this year we have also helped 30 new patients, and their families and carers. In addition, we have given guidance and redirected people to appropriate bodies, as well as responding to one off enquiries.

Among the types of help we offer are:

Loan of materials

Psychological help

Transport

Social assistance

Assessment (non medical)

Care advice

Physiotherapy

The Day Centre

All of the above is thanks to the work of a professional and voluntary team of workers, including a psychologist, a social worker and an auxiliary nurse.



THANKS

Once again we offer heartfelt thanks, especially to the Town Council of Antequera and La Caixa Banks. They have helped us enormously with subsidies to keep up our service and to buy the necessary health equipment. In the same way, we thank the Diputación de Malaga for its subsidies to buy Covid personal protection (masks, gels etc) to keep us, and those who visit us, safe. In addition, we received subsidies to update information about our headquarters. These are the only subsidies received in 2021, and were vital in the situation we found ourselves in.

A special thanks to the mobile home parks, who raise money all year round, and to the volunteers in Saydo market and the other markets, who constantly work to help us, also to la Obra Social, La Caixa and Unicaja. We must also make special mention and thanks to two of our volunteers, sadly no longer with us, that is Vic from Bar Flores and Carmen Acedo. The work we do is far-ranging and is only possible due to the people who associate with us, and to all the volunteers and associates and the town councils. Without them, we would not exist.

Thanks also to all the founders, workers, the Junta Directiva, followers, local businesses and associations which support us.



Ayuntamiento
de Antequera



Vic and Carmen, wonderful volunteers and supporters for many years. Sadly missed

BECOME A SUPPORTER!

If you would like to become a member, supporter or volunteer, or if you need help, you can contact us (telephone or What´s App) on:786 089 951, WhatsApp or email us at info@asociaciongirasol.com

Headquarters: C/Nueva, Casa de Cultura, Alameda 29539 (Malaga)

CIF: G93098721.

Cuenta bancaria en Unicaja: ES21 2103 0222 13 0010036991

Cuenta bancaria en Caixa: ES47 2100 5442 88 0200028998

Here is a letter which came from a grateful family. It sums up what we do:

“Do you know who Asociacion Girasol are? They are the guardian angels for many families going through a hard time. In our case, that was me. When they diagnose your illness, but tell you there is nothing they can do for you, or for a member of your family, it is really hard to take it in and you need tremendous reservoirs of both physical and psychological strength to face up to it. They take this burden on for you, and do everything they can to help you, and more. But this association only survives thanks to donations and right now they need all the help we can give.

You can contribute in several ways: through the collection boxes which are in different places, making donations, becoming a supporter and contributing something each month, taking part in the activities they organize. ..for example they are running a coffee morning , where you can go for a coffee, (only 3 euro), or you can donate a cake or simply come along and put 20 cents in the box.

Don´t miss it! Help those who help others, you never know when you might need them. Thank you!”

“A special mention must go to two volunteers who are sadly no longer with us, Vic Davies from Bar Flores and Carmen Acedo”