

# ASOCIACIÓN GIRASOL NEWSLETTER



El cuidado paliativo  
inmenso amor por la vida

## A Tribute to Our Volunteers



Our 4<sup>th</sup> newsletter is dedicated to all of us. We are all volunteers - a wonderful group of people who selflessly give our time, effort, energy and experience to

our cause: improving the quality of life of people with advanced, life-threatening, incurable illnesses, their families and carers.

**Trini Marin**, helps in our office doing admin every Monday morning, and **Linda Robinson** helps on our stall at Saydo, as well as transporting family members to the hospital. This is what they say about their work with AG:

### Why did you decide to volunteer for AG?

**T.M.** "To help people who most need help at very difficult times of their lives".

**L.R.** "I decided to work as a volunteer with AG because I believe it is such an important and worthwhile cause: where at a certain time in a person's life they need the friendship, the help and the backup of caring people. AG is there for them at a very hard and difficult time"

*"You matter because you are you, and you matter until the last moment of your life. We will do all we can to help you, not only to die peacefully, but to live until you die".*

*Cecily Saunders, nurse, physician and writer, and founder of the hospice movement 1918-2005*

Edition 4, Autumn/Winter, 2013

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### What has been your most rewarding volunteering experience?

**T.M.** "Meeting other volunteers and making scarves and hats to be sold to raise funds for AG".

**L.R.** "There have been many rewarding experiences for me: listening, learning and realizing how good, kind and considerate people are. I find being part of the AG team very rewarding".

### Describe what you do for AG.

**T.M.** "I work in the information centre, which is open every Monday morning in the Casa de Cultura, Alameda from 10.30 – 13.00. We have been working on the volunteer's data base which was kindly donated by La Caixa bank. At the moment I am phoning around all the other associations in our 4 towns to get their addresses so that we can send them information about our activity. I also attend fundraising events and walks, and collect toys, and other items to be sold on the stall at Saydo".

**L.R.** "I work on the stall at Saydo market. We have a rota system, and we arrive at about 8.15am. There are usually 3 volunteers on the stall and 2 delivery volunteers. We set everything up and the customers begin to arrive about 9.30am. We get a constant flow until about 1.00pm. We have a great mix of customers from all different nationalities, and they buy and donate goods throughout the morning. We make sure customers get our leaflet. We wear T-shirts and sweatshirts with

the AG logo on, and the word “volunteer” on the back. When we have a break and walk around the market we often get asked who we volunteer for, and it is a great feeling to explain about AG. They listen and say what a great thing it is to be doing. It makes me feel very proud to be part of AG.

#### **How much time do you dedicate to AG?**

**T.M.** "I dedicate about 3 hours a week to AG"

**L.R.** "About 20 hours a month on the stall and maybe another 10 if I am helping with transport"

#### **Have you attended any training sessions?**

**T.M.** "I attended the initial orientation session which all volunteers must attend, and I also attended the Bereavement Awareness Course. They were both interesting.

**L.R.** "The initial orientation session introduced me to a voluntary group who work so hard, and put so much into the care of sick people and their families, from fundraising to raising awareness. It was an excellent course: very



informative and constructive. The bereavement awareness course was excellent and made me realize the thoughts, feelings and behavior of a bereaved person, and how to empathize with them. I was recently bereaved and the course helped me immensely. I realized the way I have been feeling is normal and that support is there if and when I need it.

#### **During your time as a volunteer have you seen AG evolve?**

**T.M.** "This year has gone really quickly. I have seen the Board of Trustees consolidate, and ideas clarify. There's more involvement by everyone: members and volunteers. Regarding the volunteers more training is needed for those who will help cancer patients, and I know that this is planned for the future"

**L.R.** "AG is receiving more donations on the stall. There are more fundraising events, training of volunteers, and raising awareness"

#### **What do you think the future holds?**

**T.M.** "I don't want there to be many cases, but if there are I want them to receive all the help they can from AG. AG is growing and becoming stronger as a charity, and I hope AG continues to develop along the same lines as now, and continues to get more people involved"

**L.R.** "I think the future of AG is very strong and positive. People are becoming more aware of the excellent work everybody involved with AG is doing and achieving. The charity is being taken seriously. We are getting the word out about AG. Onwards and upwards!"

Thank you to Trini and Linda. Without you and all our other volunteers AG simply would not exist.

AG has both professional and non-professional volunteers.

Our non-professional volunteers help in many ways: offering home assistance, companionship, running errands, transporting family members to and from the hospital, running the stall at Saydo, doing office administration, holding events etc. Our professional volunteers carry out the initial home assessment, offer psycho-social and bereavement counselling, offer advice and resolve legal issues, assist with volunteer training, and write articles about C.P.

All volunteers play a vital part in AG...a simple thank you is not enough. We salute you all.

We all have something to offer. If you would like to become part of a large family and help others, please contact us:  
[info@asociaciongirasol.com](mailto:info@asociaciongirasol.com)

### **Medical Equipment Bank**



We now have a growing bank of medical equipment available for our patients. In the case of large items such as hydraulic beds and hoists being required, these are supplied free of charge by AG via a rental system.

## Raising awareness

Apart from having various articles published, since our last newsletter in May, AG has had information stalls in the markets of: Alameda,



Fuente de Piedra, Humilladero and Molina where we handed out leaflets, and sunflowers and where local people donated generously to our collection tins.

## TRAINING – Active Listening

On 1<sup>st</sup> June 2013, AG's psychologist and trustee, Antonio Torres de la Piedra ran a course on active listening, a vital skill necessary when attending to patients, family members and carers. As with most short courses time for role-play was limited, and due to interest there will be a follow-up practical session in January 2014. We also hope to deliver this course in English early next year.



Antonio also ran our Bereavement Awareness course in English, and in July an initial training session was delivered to our new volunteers.



## Becoming more professional

Change and professionalism is created through education and training. AG is committed to the continuous development of its volunteers.

This year, 2013 will see our volunteer home care advisor, trustee, and nurse: Augusto

Alguilera obtain his MA in palliative care. Augusto was the recipient of our first scholarship. This year, our psychologist Antonio Torres de la Piedra has embarked on the 111 Expert in Palliative Care run in conjunction with the University of Malaga and Cudeca.

## EVENTS



Since May there have been many fundraising events held by supporters, and AG has been involved in several awareness raising

events. Thank you to all for thinking about AG.

Date	Event	Place	Organisers
19/5	Market Stall	Alameda	La Posada (Fundraiser)
27/5	Charity Day	FdeP	AG (Awareness)
26/5	Tea	FdeP	Cristina/Ma Paz
20/6	Concert	Mollina	Saydo Male Voice Choir
20/6	Coffee Morning	Mollina	Pueblo Fiesta
29/6	Cheese/Wine	FdeP	Marion/Clive
21/6	Picnic in the Park	Santillan	AG (Awareness)
4/10	Children's Day	FdeP	Friends of AG
20/11	Calendar Sale	Saydo Market	AG
28/11	XmasMarket/ Coffee Morning	FdeP	Tess
14/12	Gala	FdeP	Friends of AG
21/12	Xmas Carols	FdeP	Friends of AG

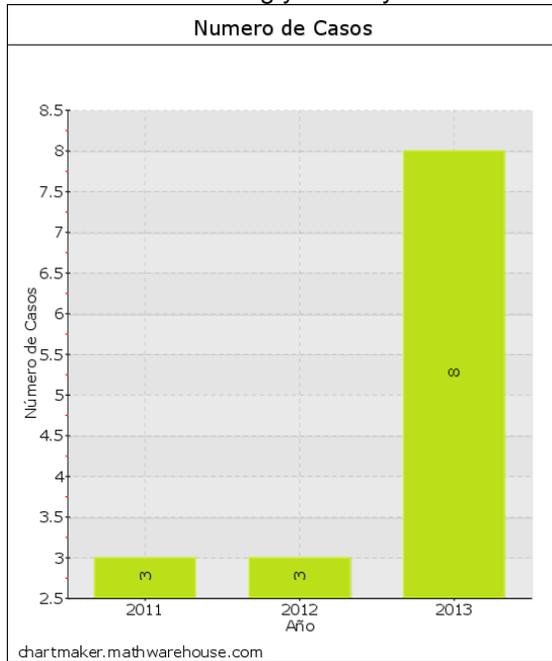


If you would like to organise an event and need help, or if you would like

to set up a Friends of AG group in: Alameda, Humilladero or Molina, contact Hilary on 952736156.

## CASES.

AG is dedicated to helping people with advanced, life-threatening, incurable illnesses, their families and carers: practically, materially, emotionally, spiritually, and psychologically, and due to the fact that we are becoming better known, working more with our communities and medical professionals our case load is increasing year-on-year.



AG sometimes receives enquiries which fall outside our remit. In these cases we try to help by giving information and guiding the enquirer to an organization which is better qualified to help, such as the Breast Cancer Association and the Alzheimer's Association in Antequera.

## Our library

The amount of information available on our webpage library has increased substantially over the last year, due to the increased publication of articles/booklets by professionals. This tells us that palliative care is gathering momentum....what wonderful news!

Titles include:

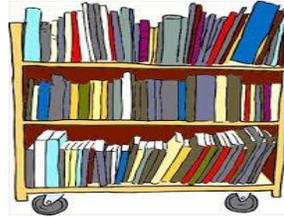
Guía para el Cuidado a Domicilio del Paciente con Cáncer Terminal

Guía de Práctica Clínica sobre Cuidados Paliativos

Guía de información sobre Cuidados Paliativos

Guía para ayudar a los adultos a hablar de la muerte y el duelo con los niños

Guía práctica para personas cuidadoras de personas dependientes



La espiritualidad en el final de la vida

Atención religiosa al final de la vida

On our English webpage there are links to Help the

Hospices and Macmillan UK.

So, take a look.

We also have several booklets about cancer for loan available in our office.

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

687089951 or [info@asociaciongirasol.com](mailto: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:



Registered office: c/Castillejo 11, Alameda 29530, Malaga.

Charity registration number: 9341

Inland Revenue reference: G93098721

Bank Account: 2100 5442 88 02000 28998

