



El cuidado paliativo inmenso amor por la vida

AG (ASOCIACIÓN GIRASOL) ENTERS ITS EIGHTH YEAR.

Time moves on in the blink of an eye! We have now been attending to patients on a regular basis for six of the eight years since AG was founded, and have information and leaflets distributed throughout the area. In addition we have a dedicated telephone help line and customer service three days a week, as well as several email addresses, a website and a Facebook page, hence providing many means of access.

In addition, news of our activities is published in local press: la Crónica, el Sur, Vía Libre, Onda Digital de Antequera etc. We maintain good relations with Cudeca, local Town Halls, Area Social Workers, Antequera Hospital, Health Centres, High Schools, Parish Churches, the Royal British Legion, Associations and other groups active in our villages.

This year we have taken a major step in extending our area of activity to include the Regional Health Areas of Campillos, Archidona and Antequera. In so doing we now serve not only Alameda, Fuente de Piedra, Humilladero and Mollina, but also the towns and villages of Villanueva de Algaidas, Cuevas Bajas, Sierra de Yeguas, Bobadilla, Antequera, Archidona, Villanueva de la Concepción, Cuevas de San Marcos and Campillos. We now have members and volunteers in these areas and are beginning to establish good relationships with all social organisations.

Fundraising continues to be of fundamental importance. Chief sources of funding are our Wednesday market stall at Saydo and our car boot sale in Fuente de Piedra (second Sunday of each month except August) as well as events organised by our volunteers and supporters, collection tins, private donations and the occasional subsidy. At this time we especially thank the choir, "Tierra Mía" and carol singers from Villanueva de Algaidas, UNICAJA Foundation and the group Corazones Solidarios, for their substantial donations to AG.

Contents:

- AG enters its eighth year.
- Recent Developments
- Photos/ Events
- Training
- Patient Care
- Thanks

RECENT DEVELOPMENTS

- Calendars:

As an exception, the 2018 calendar was illustrated with photographs chosen from a competition for local primary school children and also adults. For our 2019 calendar we reverted to children's drawings on the theme "Love for Life".



Competition winners
and Association
Members 2018



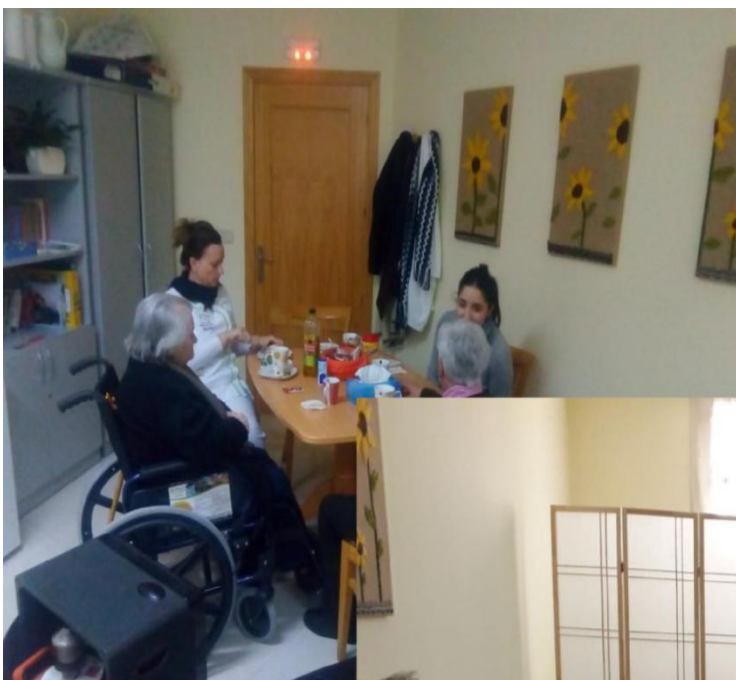
Winners 2019

- Day Hospice:

It's now our third anniversary of running the Day Hospice, at our premises within the former Casa de la Cultura of Alameda, where patients and their families are invited once a week, perhaps for breakfast, to receive physiotherapy sessions and/or complementary therapies, or simply for a break. This is entirely free of charge (as are all our services) and under the supervision of a specialist nurse and carer.



Chiropody session and manicure in the Day Hospice.



Breakfast in the Day Hospice.



Relaxation therapy.

- **High Schools:**

We have continued visiting local High Schools to chat to fourth form students and raise their awareness of palliative care. In addition we have given a training session in Pedro Espinosa High School (Antequera) to future home carers.

- **Meetings and good relations with medical professionals:**

As always, we have attended several meetings and/or training sessions with the Antequera Hospital Palliative Care team, spiritual representatives from the villages, Cudeca, Town Halls and many more. We must, however, give a special mention to the organisation Corazones Solidarios, for their collaboration during the course of 2018 and 2019 in promoting palliative care and the work of AG, as well as raising funds towards the running of Girasol.



- **Palliative Care Day:**

To commemorate International Palliative Care Day we have staged events in Alameda, Fuente de Piedra, Humilladero and Molina, where candles were lit in memory of loved ones no longer with us, or for those fighting a serious illness. Some of these occasions were accompanied by live violin music. We thank our local parish priests for their collaboration in these events. Subsequently there was a daytime event in Antequera Hospital to give an overview of palliative care. This was attended by medical staff from different areas, as well as volunteers, patients and family members.



Photos from
Palliative Care
Week



- **Photos/Events:**

There have been numerous fundraising events for AG this past year, including celebrations of World Book Day, Andalucía Day, Associations Fairs, tombola stalls, raffles, romerías, charity breakfasts, coffee and cake mornings, afternoon tea, concerts, shows and many, many more. Our heartfelt thanks go to everyone involved.





Saydo Stall and various events



TRAINING

In recent years we have been delighted to award six grants for training healthcare professionals in the field of palliative care. Four nurses, a psychologist and a social worker have qualified at Expert and Master's levels and thereafter become actively involved with the Association.



Up to now we have run eight courses in bereavement counselling (two in English), six in active listening, three in assertiveness and several induction sessions for new volunteers. In addition we have for the first time offered a course on "burnt out syndrome" for carers and a course on specific care.

PATIENT CARE

Up to the end of 2018 we have been privileged to attend to 103 patients with advanced, incurable illnesses, as well as their families and carers. This last year has been exceptionally busy for us, having assisted a substantial number of families. Naturally, we hope to carry on expanding our services and to offer help to everyone in need.

THANKS

None of this would be possible without the invaluable work of our members, volunteers, collaborators and supporters, to each of whom we extend our grateful thanks.



Thanks also to our founders, professional team, Governing Board, organisations, other local businesses and associations for your continued help and support.

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