



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

### **TWELFTH YEAR OF SUNFLOWER ASSOCIATION**

This year, we have installed a ramp in our van, which allows us to transport patients with limited mobility.

Also we have completed the first investigative research Project carried out by A.G. In conjunction with the University of Málaga and Antequera Hospital (especially the Palliative Care Team). Isaru de la Piedra was awarded a doctorate for this work.

Throughout 2023, we have assisted 38 people including new users and their families, also 5 miscellaneous users (people who are given help, provided with some material or referred to some other resource from time to time), plus 22 users and their families from the previous year. We assisted a total of 65 people throughout 2023 (comprehensive care for users, family members and caregivers).

We continue to provide assistance from Monday to Friday, from 10:00 a.m. to 1:30 p.m. and with a telephone service five days a week (Including WhatsApp). Also, we can be reached outside weekday office hours and at weekends on 687089951.

We continue to work with social organizations (City Councils, Health Centers, Social Services, the Antequera Hospital Palliative Team, Case Management Nurses, etc.). We are constantly improving our contacts and expanding our relationships with these and other private organizations.

With respect to fundraising, volunteer work continues to be the biggest part of it all. Without the dedication and commitment of our volunteers, AG would not be able to continue helping all our users and their families free of charge.

This past year we have continued to have stalls at markets and car boot sales and hope to expand to other towns.

## RAMP IN THE VAN

This year we have finally been able to install the much needed RAMP in our van.

Thanks to perseverance and hard work, we have obtained all the funding for the installation of the ramp, so we can now transport people who are in wheelchairs or who have any other needs or limitations.



## WORKING AREAS

This year, we continue to cover the same areas as last year, we have not added any new ones. Our district in the Antequera región covers: Alameda, Fuente de Piedra, Humilladero, Molina, Villanueva de Algaidas, Cuevas Bajas, Cuevas de San Marcos, Sierra de Yeguas, Bobadilla, Antequera, Archidona, Cartaojal, Campillos and La Roda de Andalucía (Seville province).



## RESEARCH

Research in palliative care is unfortunately scarce, which means that the investigation carried out by Isaru de la Piedra has provided a great advance in relation to what we know empirically about information in palliative care, and in relation to bereavement. Soon, our website will have a section containing the thesis and different works carried out by members of our association. We hope that these will be the first of future investigations, which will help us to continue our work in the best way possible.

## HONORARY MEMBERS

This year at our General Assembly, we surprised two great ex-volunteers / members of our association. Steve and Kate Perkes were made Honorary Members of our Association. They are very committed people who have done a lot for A.G over many years, therefore the Board of Directors decided that they deserved a special place in the association.

Thank you, Steve and Kate, for your commitment and for all the work done during all this time. We wish you good luck in all your future ventures



## FUNDRAISING

Fundraising is a strong point in our association, because without it we could not continue helping so many users and their families, nor continue to acquire new material and recycle all the old ones.

Our funds come mainly from the charity markets at Saydo, Alameda and Humilladero, followed by the various charity events organized by our British and Spanish community and some public and private grants we have received.

This year the subsidies we have received have been from La Caixa, as a private subsidy, and a subsidy from Antequera Town Hall and one from the Diputación de Málaga (Third Sector, Public Subsidies).





### CALENDARS

In this 2023, the theme was the same as the previous year. We used pictures of professionals, different events, charity markets and various people who belong to and work in our association.

On each page of the month, you will find a photo of a different theme, along with a brief description in both English and Spanish and the various logos of the sponsors and pharmacies that have also sponsored this calendar.



### MEETING POINT

This is the eighth year of our Day Centre. We are working on improving the services offered.

You already know that it is a space in our headquarters where we provide physiotherapy, cognitive therapy, relaxation and respite for users and their families. It takes place once a week for a whole morning and we adapt to the needs of those attending.

All therapies, workshops, respite, etc. that take place in our day centre are free and are supervised by a professional.



### DAY OF PALLIATIVE CARE

As we have been doing for several years, Asociación Girasol organised candlelight ceremonies to mark International Palliative Care Day in the towns where we work

This event is held to raise awareness. People can place a candle in memory of a loved one who is no longer with us or who is struggling with a serious illness such as cancer. This year we were fortunate once again to have some of these events with live music by Kate Perkes and Jim Haig (violin and piano).

The ceremonies this year were held in Alameda, Humilladero and Villanueva de Algaidas.

In Molina they decided to do a solidarity march, with the proceeds going to Asociación Girasol and AECC. We appreciate the work done by Molina Town Council in organizing this first march. We hope it will be repeated every year and that even more people will take part.



### SUNFLOWER ASSOCIATION EVENTS

Throughout 2023, various events were held for Girasol, such as the Great Fencaza Raffle, the Big Spring Raffle, a Fashion Show, the Charity Market at La Veronica Shopping Center, Quizzes, Christmas and Volunteer Charity Markets, and many more.



### ATTENTION AND ASSISTANCE OFFERED/DEMANDED

We have been offering assistance to users, along with their families and caregivers for 12 years now; we have assisted a total of 298 people with advanced and incurable diseases.

Among these users and relatives, the most attended towns have been Alameda, Mollina, Fuente de Piedra, Humilladero, Antequera and Campillos. Of these, 31 Spanish users plus their families and 12 British users plus their families have been attended to.

All users have been offered an orientation/ referral. Most of the users have been provided with health material, and more than 70% of the users have obtained help from a Psychologist and

Social Worker. Some of the users served have been offered care, volunteering, transportation, Day Centre visits and physiotherapy on occasion.

As we have said already, these services are provided free of charge, by a professional team made up of a Psychologist, Social Worker, Nursing Assistant and Administrative Assistant. We also recognise the important work of both British and Spanish volunteers.

### ACKNOWLEDGMENTS

We thank again all sponsors especially Antequera City Council, Diputación de Málaga and Obra Social La Caixa. They have helped us with subsidies for the maintenance of the association such as payroll, social security, payment of telephone, etc. and to pay for part of the ramp for the van. We obtained this subsidies in 2023, and although they are a small part of all that is involved in financing Girasol, without these grants, things would be much more difficult.

This year, we especially mention our British volunteers who have passed away- Valda Smith (a very committed volunteer who passed away last March), Pamela Warwick (a member who passed away last February) and also Phil Pranes, (a very generous supporter and friend of Girasol). Thanks also to Chris Turner who very generously donated an articulated bed and other equipment when her husband passed away. In addition, thanks to all the active British and Spanish volunteers who are committed to doing very important volunteer work and fundraising to make improvements throughout our association. Also thank you to the Friends of La Posada group, who work to keep raising money all year round and to a private donor for the van ramp.

Thanks also to the founders, workers, Board of Directors, Friends of GA, volunteers, supporters, sponsors, other local businesses and associations that support us, etc.. And push us more and more every day to improve all our services and support.



Obra Social "la Caixa"



 Diputación Provincial  
de Málaga









**BECOME A MEMBER/VOLUNTEER OF GIRASOL ASSOCIATION**

If you want to become a member, do some kind of volunteering or need help at any time, you can contact us through:

- Tel: 687.089.951 (calls or WhatsApp)

- E-mail: [info@asociaciongirasol.com](mailto:info@asociaciongirasol.com)

- Headquarters: Plaza de la Constitución, s/n. Lucas Maireles Building. Alameda 29530 (Málaga)

CIF: G- 93098721

Bank Account at UNICAJA: ES21 2103 0222 1300 1003 6991

Bank Account in LA CAIXA: ES47 2100 5442 8802 0002 8998



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