

Inverclyde Directory of Palliative Care Services

November 2010

**Inverclyde Palliative Care Planning
and Implementation Group**

*“To cure sometimes, to relieve often,
to comfort always”.*

Hippocrates



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INVERCLYDE DIRECTORY OF PALLIATIVE CARE SERVICES



Introduction

As more and more people are living longer, and living with advanced and potentially life-limiting illnesses, awareness has increased about the many and varied needs which this group of people have.

These include the need to receive good care and support at every stage of their disease. This directory lists and describes the services which are available in the Inverclyde area and beyond to help meet those needs.

What is palliative care?

According to the World Health Organisation, Palliative Care:

- ⇒ **Is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness**
- ⇒ **Concentrates on the assessment and treatment of pain and other problems, physical, psychosocial and spiritual**
- ⇒ **Offers a support system to help patients live as actively as possible until death, and to help the family cope during the patient's illness and in their own bereavement**
- ⇒ **Uses a team approach to address the needs of patients and their families, including bereavement counselling if required**
- ⇒ **Is applicable early in the course of the disease in conjunction with curative treatments**

So who is palliative care intended for?

Anyone with a life-threatening or life-limiting illness such as advanced cancer, advanced heart failure or lung, kidney or liver disease, progressive neurological disease such as Motor Neurone Disease or Parkinson's Disease and dementia. Sometimes palliative care is also helpful in the earlier stages of disease.

What can palliative care do for a person with a life-limiting illness and their family?

- ⇒ **Help to relieve suffering and improve quality of life**
- ⇒ **Support active and independent living wherever possible**
- ⇒ **Provide opportunities to talk through difficult issues**
- ⇒ **Provide relief from pain and other symptoms**
- ⇒ **Help with decision making and plans for the future**
- ⇒ **Support families and other loved ones**



Who provides palliative care in the Inverclyde area?

Palliative care is not just available in certain settings or for people with a certain illness. It should be available wherever people are and whenever their needs require it.



Many service providers deliver palliative care alongside the other things they do. These include social work services, primary health care services, pharmacies, information and counselling services, care homes, various voluntary bodies and carers' groups.

In addition, there are some providers which specialise in palliative care. These include the various services provided by Ardgowan Hospice, the Ardgowan Community Nurse Specialists (formerly known as Macmillan Nurses), the Marie Curie Nursing Service and the Specialist Palliative Care Team based at the IRH.



What palliative care services are available?

Palliative Care at the very end of life

Although it is applicable throughout the course of advanced and life-limiting illnesses, some people will particularly require palliative care in the very last stages of life. It is important that this end of life care is provided in a sensitive way, focusing closely on the needs of the dying person and their family members. All care settings in Inverclyde are endeavoring to improve this aspect of the care they provide. One way in which this is currently being done is through the implementation of the Liverpool Care Pathway (LCP) for the dying patient. The LCP is an internationally recognised clinical tool outlining best practice for care of the dying irrespective of diagnosis or place of death.

How to use this directory

The directory contains details of all the palliative care services available in the Inverclyde area, including locally delivered services and those available through the health board, national charities and other providers. It also covers services which are not exclusively designed for people with palliative care needs, but which still may be of use.

Entries are listed under four headings:

- (1) Information,**
- (2) Support,**
- (3) Services**
- (4) National Organisations and Support Groups**

Contact details of each provider are given, with contact phone number, e mail address and web address where available.

The directory focuses on services available in Inverclyde. However it also includes some services which are available to people living in Dunoon, Rothesay and surrounding areas.

While every effort has been made to ensure the accuracy of this information, it is possible that some entries are incorrect or out of date. Regular reviews of the directory are planned to minimise this problem.

Any comments or suggestions for changes can be sent to:

**Stuart Milligan
Chair, Inverclyde Palliative Care Planning and Implementation Group
Ardgowan Hospice, 12 Nelson Street, Greenock PA15 1TS**

Tel: 01475 726 830

E mail: stuart.milligan@ardhosp.co.uk

THE DIRECTORY

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- **Motor Neurone Disease Scotland**
- **Multiple Sclerosis Society Scotland**
- **Parkinson's UK**
- **Scottish Huntington's Association**

INFORMATION

[ACCESS at Ardgowan / Information and Support Service](#)

ACCESS at Ardgowan is an information and support service open to people and their families living with cancer or another potentially life-limiting illness in Inverclyde. Services available include drop-in, day support, psychological support, creative activities, exercise classes and complementary therapies. For more information, just drop in or contact:



ACCESS at Ardgowan

12 Nelson Street, Greenock, PA15 1TS

Tel. (01475) 726830

Email: sharon.hendry@ardhosp.co.uk



[Benefits Advice \(Inverclyde Council\) Benefits Agency](#)

6 Scarlow Street,
Port Glasgow PA14 5EY
Tel. (01475) 881500



2 Cross Shore Street,
Greenock PA15 1DU
Tel. (01475) 881500

[Benefits Advice \(at Inverclyde Royal Hospital\)](#)

Jacqueline Coyle/Sandra Murphy

Macmillan Cancer Support

Welfare Rights Officers

Inverclyde Royal Hospital,

Larkfield Road, Greenock PA16 0XN

Contact via IRH switchboard

Tel. (01475 633777)



Independent Advice and Support

IASS

Independent Advice and Support Service

Supporting you with your health care concerns

**Advice and Support
for all NHS users**
Provided by the Independent Advice
and Support Service

Independent Advice & Support Service (IASS)

Helen Gourlay

Tel. 0141 8813660

E mail: helengourlay@eastrenfrewshirecab.casonline.org.uk

Macmillan Cancer Support

Macmillan Cancer Support provides high quality, up-to-date cancer information for cancer patients, their families and carers. All the information provided is written and reviewed by specialists.

The Cancer information pages can be accessed at:

<http://www.macmillan.org.uk/Cancerinformation/Cancerinformation.aspx>

Telephone advice is available (9am to 8pm)

on

0808 808 0000



NHS 24

NHS24 is a telephone-based service providing comprehensive up-to-date health information and self care advice for people in Scotland.

To contact the service:

Tel: **08454 242424**

Website: www.nhs24.com



Out of Hours Advice for Doctors and other Health Care Professionals



There is a palliative care consultant on call to provide out of hours, specialist advice for the Clyde area. This service is available Monday – Friday, 5pm- 9am and weekends from 5pm on Friday to 9am on Monday. The consultant can be contacted by;

Senior medical staff through the hospital switchboards at;

IRH 01475 633777
RAH, Paisley 0141 8879111

or

Community staff (GPs and AHPs) via one of the local hospices at;

Ardgowan 01475726830
ACCORD 01415822000
St Vincent's 01505705635

Specialist nursing advice can be sought from Ardgowan Hospice at any time:
Ardgowan Hospice, 12 Nelson Street,
Greenock, PA15 1TS
Tel. (01475) 726830

Patients and carers may also phone Ardgowan Hospice for advice, but NHS24 is recommended as the first point of contact unless the query relates specifically to a hospice patient.



Social Work Information Officers

The Social Work Information Officers can offer advice on a range of social work services and support. They are located at Social Work offices and can be contacted by telephone or on an appointment basis.

Contact details are as follows:

Central Office, 195 Dalrymple Street,
Greenock PA15 1UN
Tel. (01475) 714400



Dunoon Team, Ellis Lodge, Argyll Road,
Dunoon PA23 8ES
Tel. (01369) 707300

Bute Area Team, Union Street,
Rothesay PA20 0HD
Tel. (01700) 501300

Short Breaks Bureau

The short Breaks Bureau can advise on short breaks available to give carers a break from the caring role or to allow service user to have a break.



For more information contact:
Julie Greig
Tel. (01475) 715954

SUPPORT



Befriending Service (at Ardgowan Hospice)

The Befriending Service provides the opportunity for people already registered with Ardgowan Hospice to receive further support in the form of a Volunteer Befriender.

The Befriending Service will visit people in their own homes but can also provide support during hospital or hospice admissions. Volunteers are selected on the basis of being good listeners, having excellent communication skills and having respect for client confidentiality. All are fully trained and carefully matched to each individual patient.

To find out more, contact:

Jill McInnes/Eleanor Leitch

Befriending Service, ACCESS at Ardgowan,
12 Nelson Street, Greenock
PA15 1TS

Tel. (01475) 726830

Email: jill.mcinnnes@ardhosp.org.uk



Bereavement Service (at Ardgowan Hospice)

Ardgowan Hospice provides a bereavement service for family members and friends of anyone who has died either in the hospice or while in receipt of hospice services.

Bereavement care is tailored to the needs of the individual and can take the form of one-to-one counselling or group support. The bereavement service also organises an annual Service of Remembrance and a Christmas "Light up a Life" ceremony.

For more information contact:

Avril Pearson

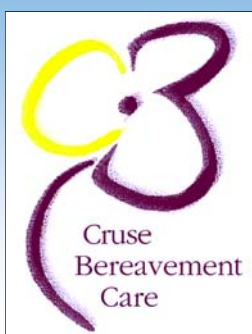
Ardgowan Hospice,

12 Nelson Street,
Greenock, PA15 1TS

Tel. (01475) 726830

Email: avril.pearson@ardhosp.co.uk

Bereavement Care



Cruse Bereavement Care Scotland

1st Floor, Central Chambers,
11 Bothwell Street, Glasgow G2 6LY

Tel: 0845 600 2227

Email: glasgow@crusescotland.org.uk

Website: www.crusescotland.org.uk

Butterfly Project

Ardgowan Hospice (in conjunction with St Vincent's Hospice, Howwood and the Prince and Princess of Wales Hospice, Glasgow) provides a bereavement service for any child affected by the loss of a loved one who has had a life-limiting illness. Fully trained workers use age-appropriate activities to support each child through their individual grieving process.



The Prince & Princess
of Wales Hospice

For more information contact:

Debbie Brownlee

Butterfly
Project

Ardgowan Hospice,
12 Nelson Street,
Greenock, PA15 1TS

Tel. (01475) 726830

Email: debbie@hospicebutterflies.org.uk

Carers Centre (Inverclyde)

Inverclyde Carers Centre helps support carers by providing services designed specifically to help them in their caring role. Services available include: Counselling for carers, Stress Management for carers, Healthy Living advice and advice on Adapting to being a carer. For more information contact:

Inverclyde Carers Centre

68 -70 Cathcart Street, Greenock PA15 1DD

Tel. (01475) 735180

E mail: enquiries@inverclydecarerscentre.org.uk

Website: <http://www.inverclydecarerscentre.org.uk/>



Chaplaincy (at IRH)

Carol Campbell (Mon – Fri)

Hospital Chaplain

Level E51, Inverclyde Royal Hospital,

Larkfield Road, Greenock, PA16 0XN

Contact via IRH switchboard (01475 633777)



Support for people with Alzheimer's Disease and their carers

Inverclyde-based services provided in conjunction with Alzheimer Scotland include;



Day Care (Monday to Sunday)

Evening Care (Wednesday and Thursday)

Information & Advice service, and a Carer Support Group (first Tuesday of every month)

For local information, contact:

Alzheimer Scotland Inverclyde Services

Larkfield View, 207 Burns Road,

Greenock PA16 0PR

Tel: (01475) 650633

Email: InverclydeProject@alzscot.org

Support for people with Parkinson's Disease and their carers

The Inverclyde Support Group of Parkinson's UK meets from 1.30pm to 3pm on the last Friday of each month at the Salvation Army Hall, 57 Regent Street, Greenock, PA15 4NP.

For further information, contact:

Billy Murray

Tel: 01475 632863

E mail: williammurray19@btinternet.com

Or

Gina Allen (Branch and Volunteer Support Officer)

Tel: 0844 225 3725



Your Voice Inverclyde Community Care Forum (ICCF)

Your Voice seeks to bring together all the voluntary / community groups in Inverclyde to create a collective voice in relation to community care and enable the voice of service users and carers to be heard in the planning and provision of community care services. The Your Voice Network ensures that the widest range of local people have the opportunity to be involved in community engagement / consultation processes.

For more information contact:

Your Voice

Inverclyde Community Care Forum, 12 Clyde Square, Greenock, PA15 1NB

Tel. (01475) 728628

Email: enquiries@yourvoice.org.uk

Website: <http://www.yourvoice.org.uk/index.php>



SERVICES

Care and Repair Inverclyde

The Care and Repair service provides advice and assistance to people who are older or have disabilities to assist them in maintaining, improving or adapting their homes in order that they can remain at home in comfort within their own community.

Inverclyde Care and Repair

For more information contact: 6 Regent St. Greenock, PA15 4QX

Tel. (01475) 787975



Website: <http://www.inverclyde.gov.uk/housing/private-sector-assistance/adapting-home>

Care Homes

Many people with palliative care needs may be cared for in care homes. Education and support for care homes staff is an important way of ensuring those palliative care needs are met. To this end, an LCP Care Homes Champions Group has been established in the Inverclyde area. The Champions Group meets monthly for education and networking. For more information contact:



Anna Forde

Practice Development Facilitator (Liverpool Care Pathway)
Ardgowan Hospice, 12 Nelson Street, Greenock, PA15 1TS

Tel: (01475) 726830

The Scottish Commission for the Regulation of Care (The Care Commission) is currently responsible for setting and monitoring standards in the care home sector.

The Care Commission

Compass House, 11 Riverside Drive, Dundee, DD1 4NY

Tel. 01382 207100

Website: <http://www.carecommission.com/>



Centre for Independent Living

The Inverclyde Centre for Independent Living offers people with a physical or sensory disability the opportunity to achieve maximum independence at home and in the community. Services provided include Occupational Therapy Assessment, Community Rehabilitation and Independent Living Services.



For more information, contact:

Inverclyde Centre for Independent Living

St. Mungo RC Presbytery, 10-16 Gibshill Rd, Greenock, PA15 2UP

Tel. (01475) 714350

Website: <http://www.inverclyde.gov.uk/social-care-health/disabilities/>

Community Alarms



Inverclyde Council Social Work Services offers a Community Alarms / TELECARE service which provides vulnerable people and their carers with a link from their own home to a 24 hour Call Centre. For more information contact Inverclyde Social Work Services (See full list under Services section for contact details).

Website: <http://www.inverclyde.gov.uk/social-care-health/community-safety/community-alarms>

Complementary Therapies

Increasing numbers of people living with advanced illnesses, both patients and family members, are accessing complementary therapies as a way of assisting with coping and maintaining wellbeing. These therapies are not intended to replace conventional treatments but to complement them.



For more information contact:

ACCESS at Ardgowan



Ardgowan Hospice,
12 Nelson Street,
Greenock, PA15 1TS

Tel. (01475) 726830

Email: sharon.hendry@ardhosp.co.uk

Examples include massage, relaxation, aromatherapy, reflexology, Indian head massage and reiki. Anyone living in Inverclyde who either has a life-limiting illness or is caring for someone with one may access the service at Ardgowan Hospice.

Community Palliative Care Nurse Specialists

The bulk of the palliative care people receive is actually provided not in hospitals or hospices but in their own homes.

This is primarily provided by community services such as district nurses, GPs and community carers. However, where specialist needs exist, a Community Palliative Care Nurse Specialist (sometimes referred to as Macmillan Nurses) may be called in.

These nurses have advanced skills and knowledge in the areas of symptom management, complex communication and psychosocial support.

They can also liaise with local hospices to enable access to additional services. There is a network of Community Palliative Care Nurse Specialists covering the Inverclyde area (and beyond).

They can be contacted at:



Victoria Hospital,
High Street,
Rothesay, PA20 9JJ
Tel. 07769 886505



Ardgowan Hospice,
12 Nelson Street,
Greenock, PA15 1TS
Tel. (01475) 726830



Cowal Hospice,
Dunoon General Hospital,
360 Argyll Street,
Dunoon, PA23 7RL
Tel. 07920723872

Dementia Care



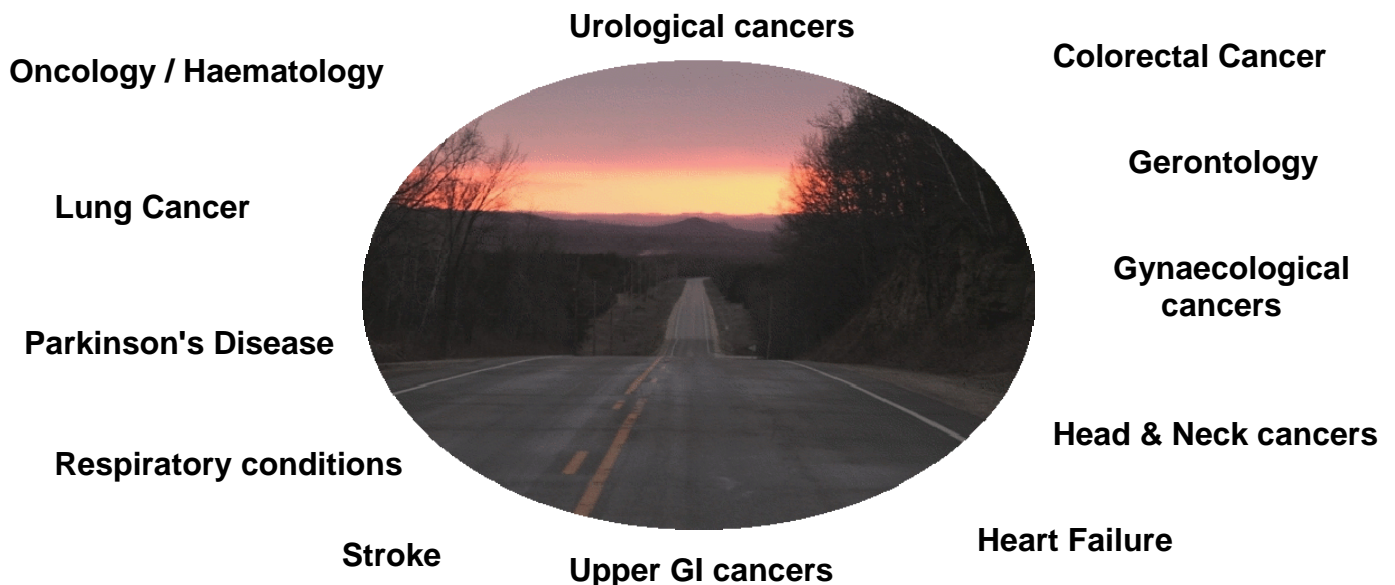
Inverclyde Dementia Care Project
Westburn Centre
175 Dalrymple Street
Greenock, PA15 1JZ
Tel. 01475 553304

Disease-specific Clinical Nurse Specialist Services (at IRH)

A number of disease-specific Clinical Nurse Specialist services are based at the IRH. These usually consist of a Clinical Nurse Specialist for the particular disease, supported by medical consultants and other members of the multi-disciplinary team.

These services can be contacted via:
Inverclyde Royal Hospital, Larkfield
Road, Greenock, PA16 0XN
Tel: 01475 633777

The diseases covered in this way include:



District Nursing Service



District Nursing Team

Greenock Health Centre,
20 Duncan Street,
Greenock, PA15 4LY

Tel. (01475) 720995 (answer machine)

The community-based district nursing team provides a day, evening and night service for those requiring nursing care in their own homes or in supported accommodation. Referral to the district nurses is usually via the patient's family doctor. Within community nursing, the Prevention and Support Team provide additional help and support to carers and care home staff.

Elderly Mental Health Service



The Elderly Mental Health Service, currently based at Ravenscraig Hospital, provides care for older people with a range of conditions including dementia. Members of the team have undertaken additional training in palliative care and endeavour to identify and manage the complex end of life care needs which are often present in this client group.

The service is based at:

Ravenscraig Hospital,

Inverkip Road,
Greenock, PA16 9HA

Tel: 01475 633777

General Practice

For most people with palliative care needs, the first point of contact will be the GP/family doctor. He or she, together with the other members of the primary care team, will have knowledge of the range of services and additional help available.

Hospice Inpatient Care

Contact details for the hospices in and around Inverclyde are as follows:

Ardgowan Hospice

12 Nelson Street, Greenock, PA15 1TS

Tel. (01475) 726830

Fax 01475 888770

ACCORD Hospice

Hawkhead Road, Paisley, PA2 7BL

Tel. (0141) 581 2000

Fax 0141 581 2004

Cowal Hospice

Dunoon General Hospital,
360 Argyll Street, Dunoon, PA23 7RL

Tel. (01369) 708309

St Vincent's Hospice

Old Howwood Road, Howwood, PA19 1AF

Tel. (01505) 705635

Fax 01505 705975



Hospices provide specialist in-patient care for people with complex needs associated with advanced cancer and some other advanced illnesses. Referral is usually via the patient's family doctor, hospital consultant or specialist nurse.

Inverclyde Council Social Work Services

Inverclyde Council Social Work Services provide a range of services for people living with advanced and potentially life-limiting conditions and their carers (including several of the services listed here).



For more information contact:

Social Work Headquarters

Dalrymple House,
195 Dalrymple Street,
Greenock, PA15 1UN
Tel: (01475) 714000

Care & Support at Home

Strone Office,
1 Aberfoyle Road,
Greenock, PA15 3DE
(01475) 714600



Port Glasgow Office

Scarlow Street,
Port Glasgow, PA14 5EY
Tel: (01475) 714900

Social Work Office

Greenock Health Centre,
Duncan Street,
Greenock, PA15 4LY
Tel: (01475) 501296



Social Work Office

Inverclyde Royal Hospital,
Larkfield Road,
Greenock, PA16 0XN
Tel: (01475) 633777

Out of Hours Service

Hillend Centre,
2 East Crawford Street,
Greenock, PA15 2BT
Tel: (01475) 715949



Lymphoedema Service



Secondary Lymphoedema is often a distressing complication of some cancer treatments which can often be successfully managed with specialist care and advice. You will be expected to follow a daily treatment programme which should include skin care, compression garments, self massage and an exercise and healthy eating regime. Referral to the Lymphoedema service at Ardgowan Hospice is usually via the family doctor, hospital consultant or specialist nurse. However the service can also be contacted direct for advice and information. Details as follows:

Elizabeth Jennings (Specialist Lymphoedema Practitioner)

Ardgowan Hospice, 12 Nelson Street, Greenock, PA15 1TS

Tel. (01475) 726830

Email: elizabeth.jennings@ardhosp.co.uk

**A Lymphoedema service is also available at
ACCORD Hospice, Paisley.**

Marie Curie Nursing Service

Marie Curie Nurses provide home-based care and support for people with advanced or terminal illnesses and their families. The service is mainly available overnight, although can also be accessed in the daytime and evenings. The nurses involved provide valuable relief for family members, and can make the difference between the person remaining at home or having to be admitted to hospital.

The Marie Curie nursing service can be accessed via the patient's district nursing team.

For more information go to: www.mariecurie.org.uk



Muirshiel Home Maintenance Project

The Muirshiel Home Maintenance Project is run by the Muirshiel Centre which provides services to frail and vulnerable older people residing in Port Glasgow and throughout Inverclyde. The project can assist older people with small household practical tasks.



For more details contact:

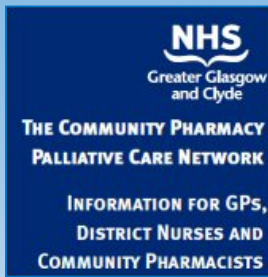
Muirshiel Home Maintenance Project

Block 8, Industrial Estate, Port Glasgow, PA14 5XS

Tel. (01475) 742559

E-mail: maintenance@muirshiel.org.uk

Palliative Care Pharmacy



The Palliative Care Network Pharmacies is an arrangement by which certain pharmacies agree to provide additional services to patients living with a life limiting or terminal disease. These pharmacies will carry additional stocks of medicines likely to be required by patients receiving palliative care. Additional services might include extended opening hours and out-of-hours availability.

For more information contact:

Macmillan Pharmacist Facilitator

Inverclyde CHCP, Rm 75, Port Glasgow Health Centre, 2 Bay Street, Port Glasgow, PA14 5EW
Tel. (01475) 745321



Patient Transport Service (Ardgowan Hospice)

People living with cancer in Inverclyde who have to attend hospital for treatment but have no access to private transport may benefit from the Patient Transport Service provided by Ardgowan Hospice.



For more information contact:

Transport Service Co-ordinator,

Ardgowan Hospice,
12 Nelson Street,
Greenock, PA15 1TS
Tel. (01475) 726830

Social Work Care Services

The Social Work Departments based in Inverclyde, Dunoon and Rothesay provide care services for people living in their own homes and in supported accommodation.

Central Office

195 Dalrymple Street, Greenock, PA15 1UN

Tel. (01475) 714400

Emergency Out of Hours Tel No. 0800 811505



Dunoon Team

Ellis Lodge, Argyll Road, Dunoon, PA23 8ES

Tel. (01369) 707300

Fax. 01369 705156

Bute Area Team

Union Street, Rothesay, PA20 0HD

Tel. (01700) 501300

Fax. 01700 505408

Specialist Palliative Care Team (at IRH)

The Specialist Palliative Care Team at the IRH consists of a full time palliative care clinical nurse specialist, sessional input from Dr Rachel Thorp, Consultant in Palliative Medicine and pharmacy support as necessary. If a person's palliative care needs cannot be met by the ward staff, the Hospital Palliative Care Team can be called upon for advice or longer involvement.

The service can be contacted as follows:

Ian C Marshall

Palliative Care Clinical Nurse Specialist

Level E Rm18a, Inverclyde Royal Hospital,

Larkfield Road, Greenock, PA16 0XN

Contact via IRH switchboard (01475 633777)

Specific areas where they might be able to help include complex pain and other symptoms, complex physical, psychological, spiritual or family needs and complex end of life care needs. The team can also advise on discharge planning and referral to other specialist palliative care services.

Specialist Palliative Care Outpatients Clinic (at Ardgowan Hospice)

Dr Sandra McConnell

Ardgowan Hospice, 12 Nelson Street,

Greenock, PA15 1TS

Tel. (01475) 726830



NATIONAL ORGANISATIONS AND SUPPORT GROUPS

Alzheimer Scotland



Alzheimer Scotland provides support and help for people with dementia, their carers and families. Members include carers, relatives, people with dementia, professionals, groups and organisations. The organisation provides a free, 24 hour Dementia Helpline which is available for people with dementia, those who care for them and anyone with a concern or query regarding dementia. **The number is 0808 808 3000.**

Additional information can be obtained from:

Alzheimer Scotland

National Office, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN

Tel: 0131 243 1453

Website: <http://www.alzscot.org/pages/index.htm>

Macmillan Cancer Support

Macmillan Cancer Support helps people affected by cancer (and some other diseases) by providing practical, medical, emotional and financial support.

For more information contact:

Macmillan Cancer Support

Erskine House, Clydebank Business Park, Kilbowie Road,
Clydebank, West Dunbartonshire, G81 2DR

Tel: 0141 952 0085

Website: www.macmillan.org.uk/



Marie Curie Cancer Care

The Marie Curie Nursing Service has already been mentioned in the services section of this directory. Nursing Care and support can be provided to patients over 16 years of age who are suffering from a life threatening illness such as cancer, heart failure, motor neurone disease or multiple sclerosis. It is also available to carers of these patient groups. Referrals are normally made via the district nursing teams. However there is also a Marie Curie Direct helpline available on **0800 6344 520**. For additional information contact:



Marie Curie Nursing Service

Marie Curie Hospice Glasgow, 133 Balornock Road, Glasgow, G21 3US

Tel: 0141 557 7512

Email: margaret.lambie@mariecurie.org.uk

Website: www.mariecurie.org.uk

Motor Neurone Disease Scotland

MND Scotland is a national charity supporting people affected by Motor Neurone Disease (MND) in Scotland. At present, it is estimated that 375 people are living with MND in Scotland, and more than 130 people are expected to be diagnosed with MND each year.



*Supporting people
affected by
Motor Neurone Disease*

MND Scotland provides care and support for people with MND and their carers, while also funding research into the disease. Sufferers can receive direct care from Care Specialists and can also benefit from equipment loans, access to counselling and access to information and support services.

There is also a Motor Neurone Care Centre based at the Southern General Hospital, Glasgow as follows:

Motor Neurone Care Centre

Southern General Hospital
1st Floor Block B, 1345 Govan Road,
Glasgow, G51 4TF
Tel: 0141 201 2380
Email: Carole.Ferguson@ggc.scot.nhs.uk
Website: www.mndscotland.org.uk

More information can be obtained from:

MND Scotland

76 Firhill Road, Glasgow, G20 7BA
Tel: 0141 945 1077
Email: info@mndscotland.org.uk

Multiple Sclerosis Society Scotland

The Multiple Sclerosis (MS) Society Scotland provides help and support for the estimated 10,500 people in Scotland who have MS. The society's mission is 'To enable everyone affected by MS to live life to their full potential and secure the care and support they need, until we ultimately find a cure.' For more information contact:

MS Society Scotland

Ratho Park, 88 Glasgow Road, Newbridge, EH28 8PP
Tel: 0131 335 4050
Email: enquiries@mssocietyscotland.org.uk
Website: www.mssocietyscotland.org.uk/index.html



A network of local branches exist across Scotland (there are branches in Dunoon and Paisley). In addition, there are MS Centres (including MS Nursing Services) in Glasgow and Irvine. Contact details are as follows:

**Southern General Hospital,
Department of Neurology,
1345 Govan Road,
Glasgow GS1 4TF**

**Ayrshire Central Hospital,
Rehab Unit,
Kilwinning Road,
Irvine KA12 8SS**

Parkinson's UK

Parkinson's UK is the principal UK charity supporting care for and research into Parkinson's Disease. The organisation maintains a network of information and support workers who can be accessed via a free, confidential helpline: 0808 800 0303.

Further information is also available from:

Parkinson's UK (Scotland Office)

Forsythe House, Lomond Court,
Castle Business Park, Stirling, FK9 4TU

Tel: 0178 643 3811

Email: scotland@parkinsons.org.uk

Website: www.parkinsons.org.uk



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Scottish Huntington's Association



The Scottish Huntington's Association (SHA) supports a network of specialist services designed to meet the needs of people with Huntington's Disease and their families living in Scotland.

There are currently nine specialist HD centres, the nearest being in Glasgow. There is also a specialist youth advisor and a family group based in Glasgow.

For more information, contact:

Scottish Huntington's Association

Suite 135, St James Business Centre,
Linwood Road, Paisley, PA3 3AT

Tel: 0141 848 0308

Email: sha-admin@hdscotland.org

Website: <http://www.hdscotland.org/>



The Inverclyde Palliative Care Planning and Implementation Group was set up in 2009 to co-ordinate the planning and implementation of palliative care provision in Inverclyde. The following organisations and groups are currently represented in the membership of the group:

- * Ardgowan Hospice
- * Community District Nursing Team
- * Community Learning Disabilities Nursing Service
- * Elderly Mental Health Service
- * Inverclyde Community Health Partnership
- * Inverclyde Council Social Work Department
- * Inverclyde Liverpool Care Pathway Implementation Project
- * Marie Curie Nursing Service
- * NHSGG&C Rehabilitation and Assessment Directorate
- * NHSGG&C Specialist Palliative Care Pharmacist Service
- * Specialist Palliative Care Team at Inverclyde Royal Hospital
- * Your Voice Inverclyde Community Forum

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

Dame Cicely Saunders,
founder of St Christopher's Hospice

