LIFETIME IN PEBBLES

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The Lifetime in Pebbles is a reflection of the individuals that the Accord Hospice has met, treated and shared their journey with since its start in 1982. From the patients needing, to volunteers starting, families caring, friends supporting, staff enabling, and communities financing their palliative care service. It represents the energy of ‘Paisley Buddies’ who are the fabric of their hospice in caring for people with life limiting conditions. In order to celebrate this important milestone of the Accord we ran a creative project marking each service development in a timeline, it is our life story so far set in the garden of the hospice in the form of a large painted pebble mosaic.

Individual Aspect
Each pebble was painted by an individual person who was receiving the services of the Accord or part of the Accord community. The stamp of the individual is the mark of effort and involvement for all levels of skill and age. At the hospice, talents of the individuals are recognised, encouraged, enabled and celebrated.

Community Aspect
Both the local community and Accord groups were involved with pebble painting. The local community included children from four primary schools. Community relations and engagement plays a key role in breaking the barriers for the hospice.

Therapeutic Aspect
The therapeutic use of group was a key element in the project. Many of these teardrop designs were completed with people seated together enjoying conversations as they painted their pebbles. Engaging in a meaningful activity while being in groups creates a bond and builds a sense of community. It serves as a platform for people to support one another.

The therapeutic use of art and creative expression is a valuable non-pharmacological intervention in enabling patients to self-manage symptoms of pain, fatigue and emotional distress. It provides opportunities for self-expression, relaxation, diversion and positive affirmation to patients living with a life limiting condition.

Creative expression in painting the pebbles was further embedded by involving the artistic skills of a patient from our Day Therapy Unit. Each illustration in this poster is a photograph taken, photographed and touched up by pen highlighting different aspects and colours. These illustrations are soon to be displayed on the walls of the Accord Hospice.

Quotes from the illustrator:
"It has been very therapeutic and has given me a sense of achievement. It worked as a distraction and helped me forget about my back pain. I was excited about how it is progressing. And feels like a job I’m working on. Loved every second of it!"

The White Cart river runs through Paisley and it provided the power that drove the mills and put Paisley’s manufacturing industry on the world map. We therefore created the design of a flowing river with islands in the stream in the shape of the iconic teardrop paisley pattern and inset with painted pebbles. Each island depicts the development of a service in the Accord’s life story.

Significance of each design
There are a total of 7 teardrop pebble designs. Each teardrop was completed in groups and the design carries its own significance.

Glennfieth Outreach
Trees. This is our support and information centre that branches out to our local community from its roots in the Accord with bereavement support, finance management and activity groups.

Paisley’s
Teardrop: This represents each design.

Day Therapy
Our DTU patients are stars as they are all unique bringing different qualities and talents. Within DTU our patients’ achievements shine bright and their personalities sparkle through the use of different activity mediums such as gardening, art or stone.

Support Services
Rainbows, Butterflies and Words. All 3 images can be intertwined throughout all our support services, which include Physiotherapy, Occupational Therapy, Social Work, Patient and Family Support, Complementary Therapy and Hairdressing. The words chosen as positive reinforcements of all their endeavors. Rainbows represent brightness in times of darkness. Butterflies develop in stages, each stage has a goal and our support services steer patients towards the goals that matter to them.

Inpatient Unit
This is the heart of Accord, where at times families are left heartbroken, where patients are treated at the end of their lives with dignity and respect by warm hearted staff. The Inpatient Unit and its staff are etched in the hearts of many in our local community.

Getting together to celebrate...
Once the pebbles were painted and set in the garden, individuals involved in this project get together to share the opening of the Accord Pebble Timeline.

This brought community groups into the hospice where children shared a joint movement with patients and volunteers. And of course this good news was shared terrifically on social media.