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This 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 maturation 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.



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

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 groups was a key element in this 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 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, photocopied and touched up by pen highlighting different aspects and colours. These illustrations are soon to be displayed on the walls of the Accord Hospice.

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



Voice of a participant:

"It was good to come up from Gleniffer Outreach for the opening to see how it linked into the community and to be part of the process. I hadn't been to the hospice"

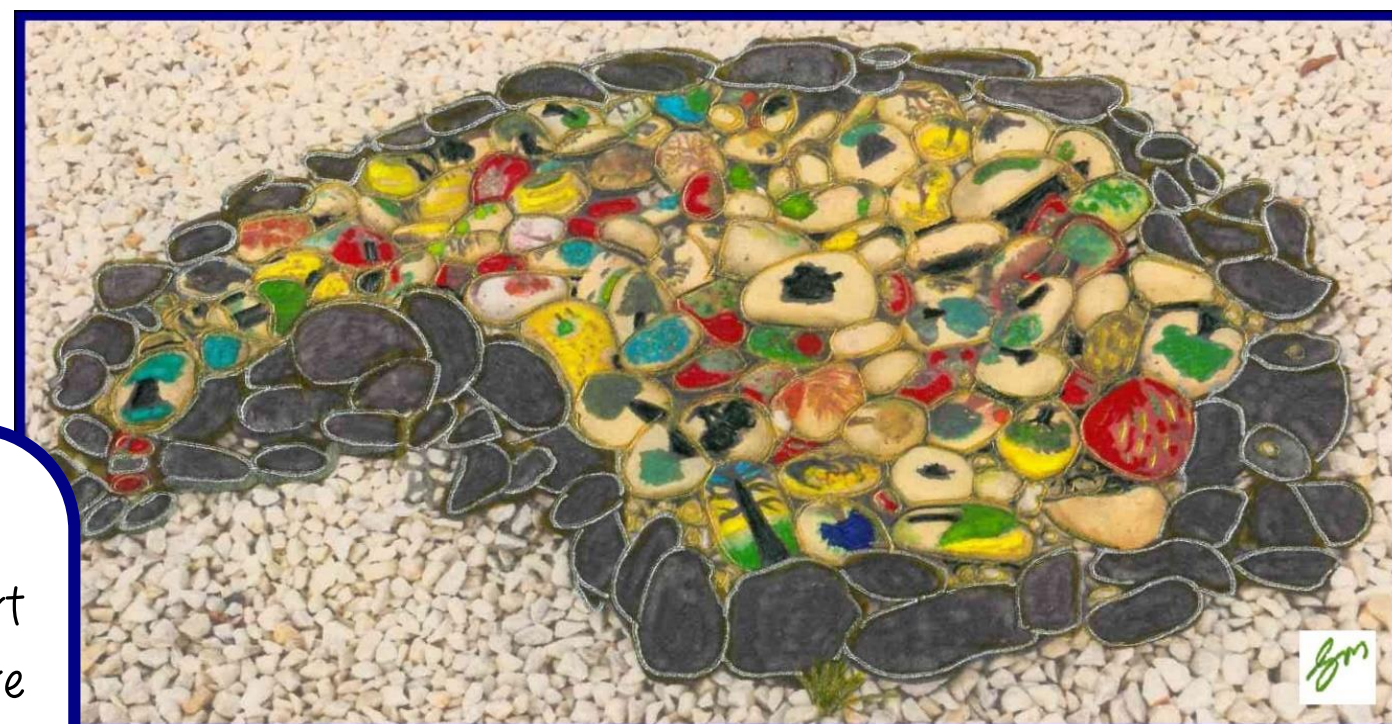
Community Nurses:

Sunflowers are the recognised emblem of hospice care. Just as sunflowers track the sun and light, our Community Nurses track comfort where there is pain.



Gleniffer 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, fatigue management and activity groups.



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 life stories.

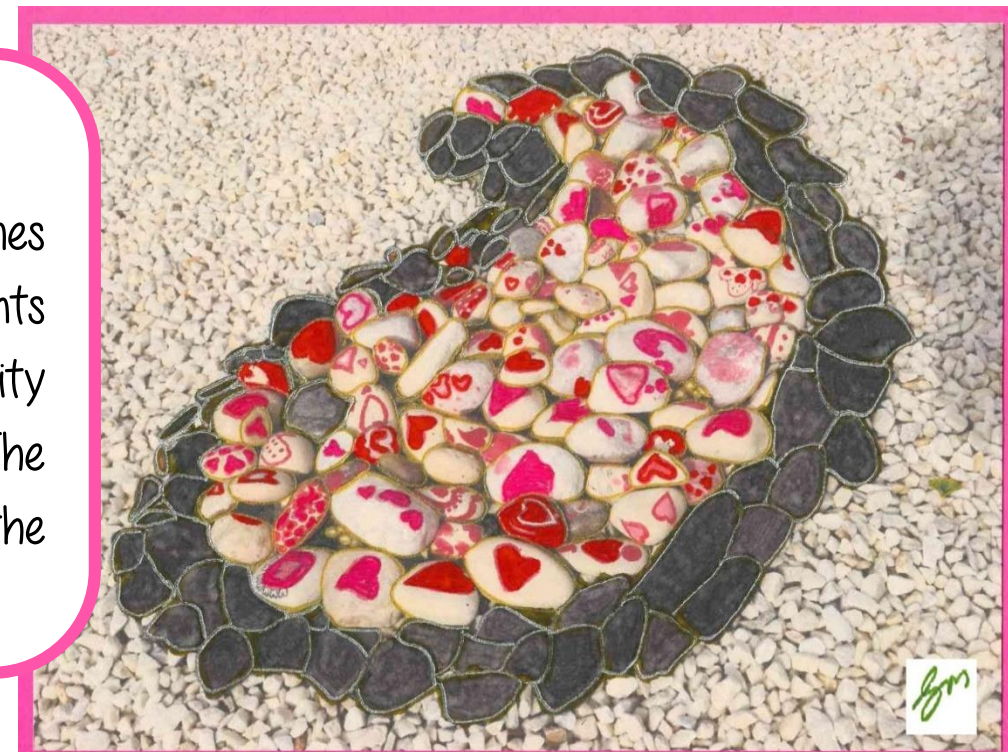


Volunteers

Faces in the theme of **emojis** define all our volunteers, they bring personalities, talents, fun, laughter, knowledge and expression. Their time is invaluable to the running of Accord.

Inpatient Unit

This is the **heart** of Accord, where at times families are left heart broken, 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.

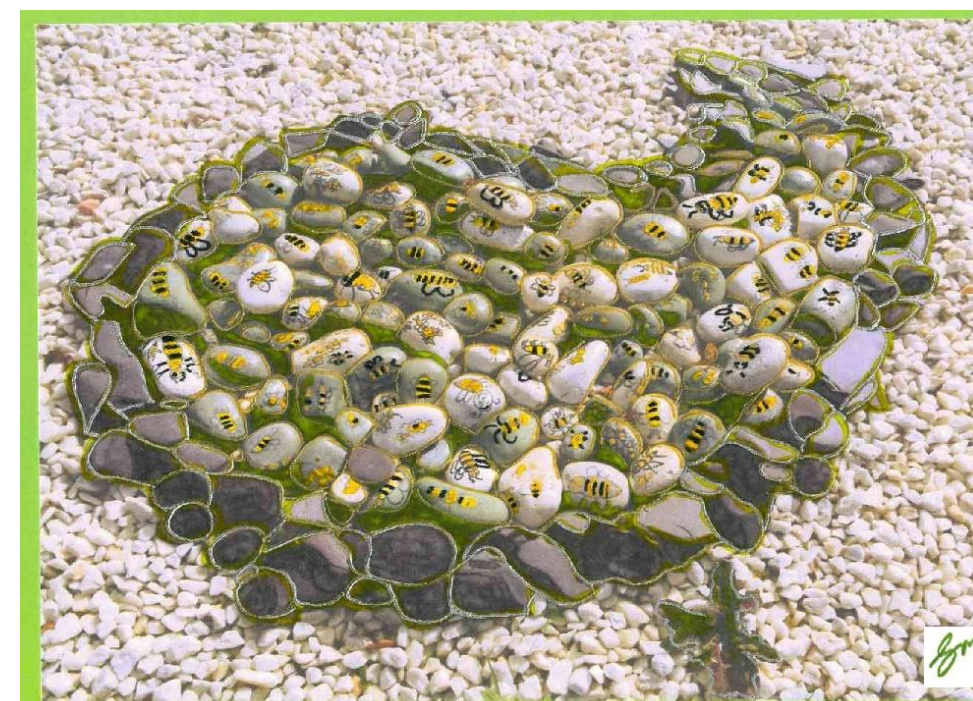


Quoted from the illustrator:

It has been very therapeutic and has given me a sense of achievement. It worked as a distraction and helps 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!"

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, Complimentary Therapy and Hairdressing. The words chosen are positive reinforcements of all their endeavours. 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.



Housekeeping and Catering

Very **Busy bees** are our housekeeping and catering staff. They work continually and productively and just like bees are vital to a healthy environment.

Getting together to celebrate...

Once the pebbles were painted and set in the garden, individuals involved in this project got 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 tenfold on social media.



This is our story so far, there is power in life story work, to communicate and share...

And the story goes on, as long as there is someone to tell and listen...

