



together we
can make a
difference

St Nicholas
Hospice Care

‘One hour a week is not a lot to give up’

Hospice Neighbours visit people facing long-term or life-threatening illnesses in their own homes each week to give companionship and help out with light everyday tasks, such as housework or shopping.

Hospice Neighbour Rachel Taylor, 34, has been visiting John Meehan, 80, since September. Their Monday evening appointments involve plenty of chatter and laughter, as they share what they have been up to.

John, who was diagnosed with advanced prostate cancer a year ago, says Rachel’s visits are one of the high points of his week.

“I really look forward to Rachel coming around. We talk and we have a laugh - we argue and everything,” he said. “The first time she visited was like a blind date as we had never seen each other before. I’m just over the moon that a girl like Rachel will volunteer to give her time to come and spend it with me.”

Rachel, who works full-time, said: “I definitely enjoy it and I see John as my friend now.

“Being a Hospice Neighbour is a small commitment. It only asks for one hour a week, which I don’t think is a lot to give up. I get lots out of it and I can’t believe I didn’t do it before.”

John added: “I think it’s such a wonderful thing that people give up their time to volunteer. Having a Hospice Neighbour is great for me. It’s lovely to have someone who already feels like family – but isn’t family – to talk to. It really boosts me and gets me going for the next week.”

PICTURE CAPTION:

John Meehan with Hospice Neighbour Rachel Taylor