

Newsletter



April 08

www.nelsonhospice.org.nz



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(P O Box 283)
Nelson

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Recently, we at hospice held our annual volunteer recognition ceremony – our Garden Party. I invited ex All Black/Crusaders captain Todd Blackadder to present the long service awards. I actually invited him because several years ago, his personal visit to one of our patients – an inspirational and feisty woman who was a fanatical Toddy fan – was the highlight of her year.



His generosity impressed me at the time and I never forgot it.

I was charged with making a special request of Toddy to please give us his signature for our IPU Rogues Gallery (Tony Blain, Billy Connolly et al!). The nurse who made the request, asked me to also get Toddy to personalize the signature for her. He was happy to oblige, even when I explained that the person who so desired this personal acknowledgement was not only a mature adult woman but also a nurse to boot. If you want to see what Toddy wrote for NOREEN, go and have a look on the wall in the IPU next time you are passing.

Welcome to this newsletter if you are new to our service over the last couple of months. We post the newsletter out

to all current patients and families, paid and unpaid staff members and to bereaved families and other supporters in the community. The newsletter has a circulation of around 1000. You aren't obliged to receive it however! If you want to remove your name from our mailing list, just phone us 546 3910, or (for rural patients), your nearest District Nurses office.

Since we were talking about wild women, some quotes from *Wild Words from Wild Women (and as it is also election year both here and in America, that's the topic....)*

*I suppose I could have stayed home
and baked cookies and had teas.*
Hilary Clinton

Comings and Goings

Welcome to volunteers **Louise, Sharon & Eileen** (IPU), **Pauline** (Creative Living), **Ben** (Beds), **Barbara** (Admin), **Ron** (Family Support and back up handyman/ramps), **Sandra** (Family Support and **Billa & Eileen** (Mapua Raffles). We are so fortunate to continue to attract skilled

people who offer to volunteer their time so generously.

Farewell to Bernadine (IPU), Maxine, Pat, Rien, Mavis, Dave & Lenora (all raffles – bit of a brain drain there!!). Thank you all for your time over the years.

Chairman's Report *with Elspeth Kennedy*

Hello Everyone

It's a joy to see the East Wing nearing completion. The builders and associated tradesmen have done a fine job. I am sure Bev will give you further details in her column.

The Board has decided to pressure government to support 75% of nurses salaries, therefore making fundraising more manageable. One thing that all hospices have in common is the constant struggle to meet salaries. The nurses are our strength and we

greatly value their hard work and dedication to the service. It is important that we are able to offer them equitable remuneration.

Any help you can give would be much appreciated.

Take care.

Elspeth Kennedy, MBE
Chairman

CEO's Column *with Bev Parkes*

Hello Everyone

The East Wing upgrade and refurbishment continues to be a major for us these past few months and I am delighted to say is nearing completion. Immediately after we move into the East Wing there will be some upgrade of the existing hospice area and hopefully all will be complete late May maybe early June. The extra beds will be a great asset as will the additional sitting areas family room and staff utility areas. Keep an eye out in the public notices for the date for the opening which will include an open day for the public and interested people to have a look through the upgraded rooms before they go into daily use. Thank to all those who have supported this in donations or in kind we couldn't have achieved this without your help.

It's budget planning time again and with escalating costs in many areas always a challenge. We always appreciate any support for hospice being better funded as a core health service so if you know any people in high places with influence we don't mind if you bend their ear on this. We are negotiating

with our nurses at present and hope to close the gap between District Health Board pay rates and what we currently pay. Our staff is our greatest asset and as such we value their commitment to the hospice service and want to see them receive appropriate remuneration.

Strategically we are involved with the Nelson Marlborough District Health Board working on projects related to cancer services, improving access to palliative care services in the region and people with chronic conditions. So a busy time but good to see consideration being given to these important issues and how health services can work collaboratively to ensure appropriate palliative care is available to people in our wider community.

We really value feedback and suggestions from the customer surveys we give out to people using the hospice service. Thank you for taking the time and your suggestions are much appreciated.

On behalf of the clinical teams take care
Bev Parkes
Chief Executive

Happenings *with Hamish Kennedy, Project Manager*

Nelson Hospice Website:

Details of the services provided, upcoming events (both from the Hospice and Nelson wide) and how you can help (secure online donation service) are now on the web. We also have a range of interesting links to other sites. The newsletter, both current and archived are there too.

www.nelsonhospice.org.nz.

Recent Events

Nelson Golf Club Pro-am

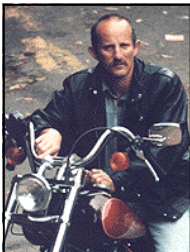
What a weekend, with Sir Bob Charles in the field, the event attracted a lot of spectators. The Gala evening and auction raised about \$12,000 and Nelson Golf Club supported the funds to make the total \$15,000. This will be an annual event with 90% of this years teams confirmed for next.

Classic Motoring Society Car Rally

Cars for miles, traveling through Richmond and Stoke, on Waitangi Day. The work and planning that goes into this annual event is enormous. This year the weather did not ruin all the efforts put in by the Society and it's members.

Upcoming Events

Gareth Morgan Seminar



May 7, Gareth will again be holding his popular seminars in Nelson, we are coordinating and providing organizational support. The venue is the Trafalgar Centre holding 2100 people. The Morgan Family Trust will match the net proceeds of the evening 1 for 1.

Gareth will speak about:

- Outlook for investment markets
- How low will your house price go
- KiwiSaver a year on

And with fellow motorcyclist Joanne:

- Motoring up Africa
- Antarctica – no place to linger

The show starts at 5.30pm, but be early or you may miss some of the action, there are a lot of seats to fill. Please check our website www.nelsonhospice.org.nz regarding booking details and online purchasing. **Tickets are just \$15.**

Ngairie Galloway Recipe Book Launch

Late December a recipe book written by Ngairie “**Memories From My Kitchen**” was released. Dedicated to her late husband Ken with all profits coming to the Hospice. It is a collection of recipes from over 65 years. It is cleverly produced as it is

free standing and almost 100 pages of great recipes. This work has proven to be extremely popular and at \$15 a true bargain. Available from Bookshops, Freshchoice, Bay Nurseries, Hospice Shops and Office, and others.

Charity Bed Sale

During April The Linen Press are holding a charity bed sale as well as 20% of all Serta beds \$100 for each sale will go to the Hospice.

Annual Art Auction

The auction due to be held on the 9th of March 2008 has been **postponed** so as not to conflict with “Relay for Life”. However it will take place later in the year. **If you or someone you know would like to donate a piece of art, it is not too soon.**

Calendars

The 2008 calendars have; due to their popularity, been reprinted. At writing only 40 remain, great value at \$5 if only for the artworks.

They are available from the Hospice Trust Office. Please call the Office (03 546 3923) for details.

Hospice Trust Office & Gallery

The Hospice Trust Office, is located at 18 Buxton Square next to Di Pierri's Café.

We still have good stocks of greeting cards, books and pens available at reasonable prices.

If you have suggestions for fund raising events please contact me:

Work 03 5463923

Home 03 5483797

Email Project.manager@nrht.co.nz

Fax 03 5463913

WANT TO KNOW MORE ABOUT THE HOSPICE & COMMUNITY PALLIATIVE CARE SERVICES.....

The Trust Ambassadors are available now to speak to your community group or organisation



Dulcie Carson
Ph: 03 546 5240



Jeremy Matthews
Ph: 0274 379 485

Greeting Cards



\$8 per pack

These cards & others are available from the Hospice Trust office & hospice raffle stalls

Hospice Shops

Motueka

195 High St, Motueka (Ph 03 528 1178)

Hello Everyone. I had an enjoyable holiday, now back to doing what I like best, helping customers find a treasure or two in our newly painted shop. We recently had a staff get together and Mary Garner presented five year awards to some of our volunteers. We could not manage our shops without volunteers, so many thanks to them all.

Our shop is well stocked with winter woolies which we will be needing soon. We do need more bedding and kitchenware. All clean donations gratefully accepted at our back door.

Thanks to all who help in any way.

Cathy Raey-Mackey (*Shop Manager*)

And where did some of those volunteers go after their get together on that stinking hot Saturday afternoon? To Nola's swimming pool to go skinny dipping. "Keeps us young" they told me (M)

Takaka

29 Commercial St, Takaka (Ph 03 525 7639)

Debbie's turn for a holiday this month but she had a couple of requests. The Takaka shop too, would love to receive more kitchenware and would also welcome any winter clothing. They are also very keen to increase stocks of men's clothing.

Apart from that, they are ticking along, busy as usual thanks to good customers and as ever, willing volunteer staff.

pp Debbie Baker (*Shop Manager*)

Nelson

124 Bridge St, Nelson (Ph 548 1823)

Irene is also on holiday but I nabbed her before she went. The Nelson shop has a great selection of win-

ter clothes which are replenished *daily* Irene says. As with Motueka and Takaka, the Nelson shop is a great place to visit for a bargain remembering that one person's rubbish is another's treasure.

Irene also asked us to mention their need for more volunteer shop staff. There are big attractions in volunteering in our hospice shop: Income from Hospice shops allows us to fund a *significant* amount of services and equipment and I'm not talking about the odd wheelchair or bath stool but funds to cover salaries and large expensive items of equipment like beds.

- ◆ Hospice shops are a win win proposition for everyone:
 - Hospice gets valuable funding
 - Perfect re-cycling – an ideal option for people in the community needing to dispose of household and personal effects
 - Genuine bargains and certainly "treasures" to be had for customers
- ◆ Happy volunteer staff. Shops are a great way to "do your bit" easily without fuss:
 - Times to suit yourself
 - No special training or meeting commitments
 - Busy work yet very satisfying to be part of a closely knit team
 - Many roles to choose from – out the back if you like a quieter life or in the shop if you like to chat to people – blokes also welcome as there is always lifting to do and deliveries/pick ups to be managed.

If interested, just pop in or contact Irene as below (she'll be back by the time you read this).

pp Irene Dunning (*Shop Manager*)

Raffles

February ("A Day out in Mapua"). This was won by Gavin Amey of Nelson, with the winning ticket sold at New World, Stoke. The raffle alone raised \$942. \$207.50 was raised from the sale of greeting cards, calendars and pens, \$336.70 was given in donations and the grand total from all raffle venues in Nov/Dec was **\$1486.20**.

The **March** raffle has been a bathroom gift basket and the **April** raffle will be the pig. (Actually a pig – deceased but you know what I mean)

I don't notice that I'm a woman. I regard myself as the Prime Minister.
Margaret Thatcher

Volunteers, what do they do?

Profiling some of the diverse roles undertaken by Hospice volunteers. This month: “Art, Craft and other creations. The most special gift to give anyone is something you made yourself (with the possible exclusion of hand knitted underpants perhaps). In the IPU (In Patient Unit), there is an art and craft trolley containing most items needed to create a personal work of art whether it be a hand made greeting card, painting, mosaic, illustrated story or a craft item. This is great for patients who already spend some of their leisure time creating something and will happily rummage about but what about the rest of us? We have Kay - our Art & Craft volunteer who loves working with patients who have some time on their hands but don't know where to start.

Kay also makes up card kits for children visiting the IPU – something to keep them occupied. She

also works with the Creative Living group from time to time making hand made cards for me to send out to volunteers on special occasions. In fact, any patients to IPU who don't want to make cards for themselves, could make some for the volunteer service – I go through quite a few of them. (Just talk to one of the IPU staff using the words ‘Kay’ and “hand crafted cards” in the same sentence!)

In December/January there were 162 patient related volunteer referrals.

This included bed/equipment deliveries, direct patient referrals such as driving, family support, massage etc, bereavement mailings/contact with families and biographies. None of those services would even be available were it not for volunteers.

Patient Support Services

Creative Living. This is a day programme for patients to come into Eden Villa for some good company, good conversation and useful activity (no hand knitted underpants here!) – to give themselves a day out or give their caregivers a small break. Creative Living runs fortnightly and dates over the next two months are: **25th March** and **8th & 22nd April**. Annie will be in contact with those of you who are interested in attending. If you haven't heard but would like to attend, don't hesitate to call us – 546 3910 or speak to your nurse.

Motueka Monday Club. This group meets in Motueka on the third Monday in the month and is for anyone coping with cancer, terminal illness or bereavement. Friends and family welcome. The

Motueka Monday Club is a combined Hospice and Cancer Society support group. Next meeting is on Monday 21st April when the group will visit Talley's garden. Meet in car park at 2pm.

Cancer Support Services and Groups. Just a reminder: The Cancer Society offers an extensive range of support services and groups for people with cancer. If you would like information about any of their services, just phone Kelly at the Cancer Society 546 3920.

*You can fool all of the people some of the time,
and some of the people all of the time. And that's
sufficient.*

Rose King (a rather realistic political consultant)

Snippets

Volunteer Garden Party

Thanks to volunteer Louise, we have two CDs of lovely photos taken at our Garden Party. In the next few weeks, we will be doing our best to send individual photos to those volunteers who received awards (see below). We would however, still like copies for our scrapbook and wonder (in the interests of sharing work around), if there is anyone willing to print out selected photos from our CDs. If

interested, please phone or email Mary 546 3912 mary.garner@nrht.org.nz.

Well, I've got you the presidency, what are you going to do with it

Florence Harding (Fooled you there! - M)
Wife of the 29th President of the USA

Volunteer Opportunities

Raffle coordinator (shared) Elizabeth currently prepares the roster, makes up rural raffle boxes and does some troubleshooting for our raffle programme. It takes her around four hours a month. Sometimes Elizabeth is sick or away (as are we all!). When that happens the load passes temporarily to me (Mary) and it all falls apart spectacularly, so someone to spare the raffle volunteers my administrations and be a back up with Elizabeth would be great. Access to a computer for the roster would help but it could be done by hand.

IPU. Violet was a patient who came into IPU because she lived alone and couldn't manage by herself. Her family lived away from Nelson so she didn't get a lot of visitors. The IPU volunteers used to spend extra time with Violet, playing cards, going for walks and having spirited discussions about local body politics and events. When Violet became sicker, the same volunteers would sit more quietly with her to help break up the time (although Violet still stayed pretty feisty and opinionated with lots of laughs coming from her room).

IPU Volunteers work with nurses and do a fortnightly, two hour shift each and also fill in for each other now and again. The role is a mix of patient related and some general housekeeping type work (tidying up, flowers, dishwasher etc). You don't need nursing skills, just good communication/listening skills and to be comfortable around illness.

Raffle sellers. "Sally" is a busy person. She has a part time job, teenage children and an elderly

father. Sally was very keen to re-pay for the support she received when Hospice helped her family nurse her late mother. She didn't want to work with other patients and didn't have the time to attend training courses or go to meetings. She decided that even though it wasn't "her thing", she would offer to help sell raffle tickets. It was easy, uncomplicated, took only two hours a month and for those two hours she got to sit and relax. We were delighted to have a younger person to help and Sally was surprised at the number of friends she bumped into when out selling tickets.

If you are interested in any of these roles, please call me, Mary 546 3912 or email marv.garner@nrht.org.nz

Newsletter by email. We do now have the computer capability to send out this newsletter by email. If you would like to receive your newsletter by email (thus saving postage and paper), please send us an email with your details to: jen.sims@nrht.org.nz and put "newsletters by email" in the subject line.

You don't have to signal a social conscience by looking like a frump. Lace knickers won't hasten the holocaust, you can ban the bomb in a feather boa just as well as without, and a mild interest in hemlines doesn't necessarily disqualify you from reading Das Kapital and agreeing with every word.

British journalist Jill Tweedie

Wish List

Apart from donations of time, and thanks to peoples' generosity, we are very well served at the moment with individual equipment items. Our main current need now is for funds for the building project currently underway (finally!) to extend the hospice IPU into the long ago vacated, Manuka St Hospital East Wing. Although financial donations for this would be extremely helpful, it will not always be possible to "tag" them to anything specific apart from the building fund.

However, for those who might prefer to donate a small item, we could really use:

Indoor Bowling Balls for our Creative Living Group. We would need about 12 bowling balls. If you are able to help please call Jen 5463 910.

In addition to that, any of the following staples are *always* extremely well received!....

Photocopying paper - (ongoing staple but it needs to be 80gm weight to fit our copier.)

Apart from ongoing administration, we also copy and distribute many patient information brochures and information packs, posters for support groups, event invitations etc etc. – Cost from **\$5 - \$6 per ream.**

Postage Paid Envelopes (also an ongoing staple) – Cost depends upon amount purchased.

Tissues. Ordinary boxes of 200- Cost around **\$3** at the supermarket.

Volunteer Clipboard

Team Meetings & Other Events

Golden Bay (12.30pm 3rd Wednesdays – now quarterly with volunteers) **Wednesday 18th June 12.30pm** is the next one. Please bring a small plate of food to share.

Motueka/Mapua Raffle Volunteers. **Monday 7th April, 10am morning tea at Muses** (by the Museum). This is just a get together as many of you thought it would be nice to do this twice a year. We'll have a lunch as usual at the end of the year for which I have 6th October pencilled in.

Bereavement Support Volunteers. By negotiation with Sharon!

Raffle volunteers Meeting. Next one not until **Wednesday 11th June 10.00am. Hospice office, 46 Manuka St.**

Unit Bolunteers meeting (2nd Mondays bi-monthly normally 12.30). **Monday 14th April 12.30 at the Hospice Office.**

Training and Education

Annual Training (for Family/Bereavement Support, IPU and Biography volunteers): Although I have yet to compile the programme, these are the dates in MAY (actual times may vary slightly):

Monday 19th	9.15 – 5pm
Wednesday 21st	9.15 – 5pm
Thursday 22nd	5pm–9pm (core topics). Includes a finger food tea first
Saturday 24th	9-5pm (core topics)
Monday 26th	9.15 – 5pm

Biography Training. Wednesday 4th June 9.15 – 2.30pm (although this might change depending upon who applies to do this role – I am still looking for more volunteers for this job)

Inservice Days:

Bed Vols: Thursday 3rd April 9.15 – 12.15

Biography: Wednesday 9th April 9.15 ditto NB Family/Bereavement support and IPU vols are invited to drop in to this morning to share morning tea from 10.30am – chance to catch up, see what we've all been up to and to meet other volunteers working with patients/families

IPU: Wednesday 14th May & Monday 13th October

Combined: (Family Support, Bereavement Support, Biography & IPU vols) Wednesday 13th August & Wednesday 15th October (training refresher).

Notices

Emails: I am keen to compile email addresses as an additional way to disseminate information and to contact those of you who access your emails regularly. If you want to be contacted this way, please can you send me an email containing your:

- Role/s with hospice (obviously I know this but another volunteer will set up the list)
- Name
- Address
- Phone number
- Email address. To: mary.garner@nrht.org.nz with “Vols email” in subject line.

This applies to **all volunteers except shop**. I will NOT be giving up the phone and newsletter however!

Garden Party Photos: In the next few weeks, we hope to send out the presentation photos from the Garden Party. There may be some of you (who received awards) who would like to receive yours by email. If so, when you send me your details as above, please could you also indicate “Yes Garden Party photo”. If emailed photos are a pain for you (e.g. you have dial up) or you don't have email, we'll send out a printed photo.

If any of you wish to view all the photos from the Garden Party, we are happy to loan out the disks.

Raffle Volunteers: Richmond volunteers - We now have a new venue to replace Paper Plus (which is closing down). The new venue is Style Fashion Boutique and the table/chairs will be stored at the Fruit and Vege shop next door (Freshly Picked).

Queries and problems - if you have any queries or concerns about the roster, do phone the Trust office as there is always someone there during the week. Also PLEASE, if you turn up and find other vols haven't arrived. please phone the Trust office first before going home.

Biography vols. Just in case you missed our planned get together in the fine print above. I want to go over the resource material we have been planning and also just have a general catch up. I have invited Family/Bereavement Support and IPU vols

