



"to care always"

Contacts



Nelson Region Hospice Trust
P O Box 283, Nelson 7040

Trust Office and Fundraising/Marketing

Buxton Square
Ph 03 546 3923

Volunteer Services

Ph 03 546 3912

Hospice and Palliative Care Community Services

46 Manuka St
Ph 03 546 3910 ext 2

Inpatient Unit

40 Manuka St
Ph 03 546 3950 ext 1

Website

www.nelsonhospice.org.nz

Nelson Region Hospice Trust Newsletter **ISSUE #3 OCT 09**

Nelson Quilters Guild: Quilts with love for Nelson Hospice 2009

At the February 2009 meeting of the Nelson Quilters Guild, an appeal went out to members to make some replacement quilts for Nelson Hospice. The plan was to have the quilts completed and given to the Hospice at their June Guild meeting.

The Nelson Quilters Guild has about 130 members from around the District. They meet each month at Stoke Primary School to learn new skills and show their work.

In between times, groups of members come together in smaller "Mini Groups" of friends, or those with similar interests to chat and sew. In most cases these quilts came from mini groups with names like: Cake Friday; Monaco Madams; Founders Tuesday; Stitch-mates; Tasman Quilters; Founders Friday; Gibbs Valley Quilters; Undercover Gals, Wakefield Quilters; Sally Quilters; Mapua Quilters and In-stitches. In addition a number of individual members donated quilts that they had made.

Special thanks to Margo Lukes and Kay Palmer who donated their time and machines



Nelson Quilters Guild members.

to quilt on their individual long arm quilting machines. Margo quilted nine quilts and Kay - three. A great effort! The other quilts were quilted by the groups themselves or by an individual.

In all, 21 quilts were made and donated to the Hospice. The quilts came in all sizes and colours and are wonderful to see.

The Nelson Quilters Guild hopes the quilts will bring joy and comfort to those who see them and have them on their beds.

Inside this issue

Chairman's Report	1
From the CEO	2
Upcoming Events	3
Patient support services	3
Wish list & other ways to support Hospice	4
Raffles	4

Chairman's Report

Isn't it delightful to see the early signs of spring, especially after such a cold winter? The tulips at Eden Villa are starting to bloom and the garden is full of colour.

The hospice services have been busy in recent months with staff at times taxed by some of the challenges.

A number of exciting events were held over the last three to four weeks to help the coffers. We are very grateful to all contributors - every little bit helps.

It was lovely to see the Jack Inglis Friendship Hospital open recently with one of the

beds allocated for hospice care. It will be of great benefit to the Motueka community. Congratulations to everyone involved, it must be so rewarding to see your efforts come to fruition.



Elspeth Kennedy

All the best for Spring.

Elspeth Kennedy QSO, MBE

From the CEO

Once again, this has been a very busy time and the newsletter comes round fairly quickly.

We have been very busy with fundraising events and the support from Farmers has been incredible. They have promised to double any funds raised for Nelson Hospice up until the middle of September. We were able to run another quiz night fundraiser at the Sprig and Fern. A big thank you to Kath and Stu for supporting us with this. The Gareth Morgan evening was once again a very popular and successful night out.

Keep an eye out for an energetic young man called Tomo who is currently in training for a planned skateboarding trip across New Zealand to raise funds for the Cancer Society and the Nelson Hospice. He is the one on the skateboard!! Please visit our website, as there is lots of news about Hospice events. You will also be able to link through to the section on general entertainment in Nelson/Tasman Region. We are all looking forward to the opening of a Hospice shop in Richmond. Those of you who are going past the Hospice will notice some activity behind

and around the trellis. The garden area is being upgraded to give us a bit more room to enjoy the fresh air and beautiful Nelson weather. Thanks to the Freemasons who have been very keen to get started on this project.



Pat Curry CEO.

Pat Curry, Chief Executive Officer

Hospice Shop reports

Nelson

Hello everyone. Lovely to finally see Spring flowers and warmer weather. It's now one of our busiest times with the changeover from winter to summer. All the volunteers are working nineteen to the dozen to get it all sorted, with many doing extra shifts.

One of our male volunteers finally tied the knot. We had all been watching with great interest and anticipation, the "meeting", the courting, the engagement and now the marriage of one of our favourite volunteers. We would like wish Alan and Jane every happiness for their future together.

It's been a tough winter for us in the shop, with many volunteers down with flu, colds and everything else. However it's all coming right now and hopefully it won't be too much longer before everyone is on deck again and fit and healthy.

The great news is that Richmond will shortly have a hospice shop (under the clock) opening in October. See volunteers clipboard for details.

Irene Dunning (Shop Manager)
124 Bridge St, Nelson Ph 548 1823

Takaka

Hello everyone. Looks like spring has arrived. The shop continues to be as busy as ever. We have a great demand for pots, teapots, fry pans, coffee mugs, towels and warm jackets and coats.

There is always a great need for good

furniture - indeed, any items in good condition are always very gratefully received. We would also love donations of lovely loud Bling jewellery and puzzles are always a great seller.

If you are looking for a bargain or two, please pop in and browse. The volunteers are very friendly and helpful and you are assured of a warm welcome.

If anyone wishes to become a shop volunteer, please come in and talk to us. We are also looking for some more "washing volunteers" so if you can help, please contact me. We look forward to seeing you.

Debbie Baker (Shop Manager)
29 Commercial St, Takaka Ph 525 7639

Motueka

Hi from our bright Motueka shop. I've been on sick leave but Judy and Julie have been doing a great job running the shop. Thanks also to our willing volunteers.

We have lots of lovely clothing and are restocking racks every day so keep calling in for those spring tops etc.

We welcome donations of kitchenware, glassware, bedding, wool and material. We don't however, accept televisions or computer gear.

I'm sure we are all looking forward to sunnier days so that you can come to town and browse through our shop.

Cathy Raey-Mackey (Shop Manager)
195 High St, Motueka Ph 528 1178

Who are we?

Introducing staff and volunteers who work for hospice. This month: Our longest standing raffle volunteer Mary Dick.



Mary Dick has been in her volunteer role with hospice for over 18 years. She

started helping a friend and neighbour who was a raffle volunteer and after her neighbour resigned, Mary carried on because she enjoyed the raffle role and felt she was helping hospice.

In the early days, life was very busy for Mary as she used to balance her volunteer role with helping her son on his leased sheep farm. Mary would often entertain us all with her tales of rounding up the sheep and various farming tales - usually involving dogs, lots of athletic sounding activity and some very randomly behaved animals. Mary always seemed to be such an unlikely sheep farmer....

However, she certainly has "done her bit" because over those 18 years, Mary and her various raffle partners, have raised around \$10,000 for Hospice.

Events

Please visit our website:

www.nelsonhospice.org.nz for details of the services provided, upcoming events (both from the Hospice and Nelson wide) and how you can help. A secure online donation service is now available on the web. We also have a range of interesting links to other websites. The newsletters (both current and archived) are there too.

Recent Events

Farmers sponsorship: Since June, Farmers have sponsored some of our fundraising events as well as running their own. On the 20th of October, the proceeds of these activities will be doubled. At the date of writing we had raised \$26,000, so at least \$52,000 will be received! I can't say enough about the support I have had from Deon, Jenni and the team.

Launch of the 2010 Calendar: This year the calendar incorporates a recipe book and a postcard as well as a calendar. I hope the new format will be as popular as the previous one.

Other events included:

- **The Gareth Morgan Lecture**
- **Mini Mania (celebrating 50 years of the mini car)**
- **4WD Ramble**
- **Quiz nights at the Sprig & Fern.**

Upcoming events

FloraFest and Designer of the Year

Saturday 10 October, 10am to 4pm. Floral Art created by designers from the top of the South Island, will be showcased inside and in the grounds of interesting properties in the Stoke/Richmond area. This event is proudly presented by the members of the Nelson Marlborough Floral Art Society of New Zealand. Tickets cost \$25 and are available from Bay Nurseries, McMillan's Ceramics of Richmond and the Hospice Trust Office, Nelson.

Patient support services

Library: The hospice library is in two locations: Items about illness and caregiving are kept in the small sitting room of the East Wing of the IPU. Items about bereavement and books for children are in the office out the back of Eden Villa (Clinical office on the corner of Tasman and Manuka Streets). Anyone is welcome to borrow from our library or just come in and browse.

Freedom Cancer Skate 2009 Challenge

October and November. Tomo Chisnall will be longboarding (skateboarding but bigger) the length of New Zealand, raising money for the Cancer Society and Hospice. Details of his progress will be updated on "Classic Hits".

Voices for Hospice

7 November at the Nelson School of Music. Every second year, choirs and other groups get together worldwide to sing the praises of Hospice.

InFashion

24 November at The Boatshed. Again popular fashion shops, coordinators and models get together to provide an exciting evening of fashion.

Trees of Remembrance

14 - 21 December. The Trees of Remembrance will be in several key locations in your area.

Just to remind you, other smaller promotions are held on a regular basis so look to our website and the media for updates.

Hospice Trust Office & Gallery

The Hospice Trust Office, is located at 18 Buxton Square next to Di Pierri's Café. Each month a featured artist displays their work. Please come in and enjoy the fruits of their labours.

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

If you have suggestions for fundraising events please contact me:

Hamish Kennedy
Work 03 5467254
Home 03 5483797
Project.manager@nelsonhospice.org.nz
Fax 03 5463913

Creative Living: This is a day programme for patients to come into our IPU for some good company, good conversation and activity - to give yourselves a day out or to give your caregiver a small break. Creative Living runs fortnightly and dates for the next few months are: Tuesdays 6th & 20th October, 3rd & 17th November. Val or Michelle will be in contact with those

(continued over page)

Volunteers' clipboard

Team Meetings and other events

Golden Bay (12.30pm 3rd Wednesday quarterly with volunteers) Next meeting: Wednesday 16th December. Please bring a small plate of food to share.

Bereavement Support Volunteers. By negotiation with Sharon.

Raffle volunteers. We have one more meeting in Nelson and one in Mapua.

Nelson: Wednesday 18th November 11.30am. Pot luck lunch.

Mapua: Wednesday 4th November 10am probably at Hamish's (for the coffee!)

Any raffle volunteer is most welcome to attend any of these meetings.

Unit volunteers meeting (2nd Tuesday bi-monthly normally 12.30pm). Next meetings: 13 Oct, 15 Dec.

Training/Inservice. Client care training refresher on Wednesday 7th October 8.50am. Three sessions with Sharon, Tony and Francie. For more info contact Mary at mary.garner@nelsonhospice.org.nz

Service of Remembrance. Our annual Service of Remembrance will be held on Tuesday 3rd November, 5.30pm at St Stephen's, Tahunanui Drive. We are looking for volunteers to do some baking (preferably savoury) for the supper that will follow the service. If you can help please phone Mary (03 546 3914).

Volunteers Invited for New Hospice Shop in Richmond. We are excited to announce our plans to open a Hospice shop in Richmond. A shop manager has been appointed and we are now seeking volunteers. We hope the shop will open in October.

Anyone interested in volunteering at the Richmond shop can phone Des Slow (contact details below) and leave your name and number.
281 Queen St (opposite the library) Richmond
Queries to (03) 546 7254 (leave a message)

Wish list & other ways to support Hospice

IPU Rostered volunteers doing fortnightly shift work with nurses in a role which is a mix of patient and non patient support. Volunteers need good listening and communication skills, empathy, sensitivity and to be comfortable around illness. An ideal role for nursing students or for those wanting to support hospice. Current fortnightly shift vacancies: Saturday and Sunday mornings 10.30 - 12.30pm or Saturday afternoons 4.30 - 6.30pm

Raffles. It may not be seen as the most exciting volunteer job around but it's incredibly valuable for Hospice. Our wonderful raffle volunteers raise around \$15,000 - \$18,000 for Hospice each year. An ideal job for two people who want to volunteer together. Time required: approximately 3 hours a month.

Baking IPU (a new trial volunteer service). We are looking for three home bakers to bake for the hospice Inpatient Unit (IPU) - probably on an informal rostered basis. Baking needs to be freezable or keep well.

Bed and Equipment Delivery Bed Volunteers work in pairs, using the hospice van to deliver or collect electric beds from patients' homes. Callouts can be at short notice and are during the working week for up to three or four hours. This role suits fit, active adults with a current clean driving licence, who are comfortable around illness. The role calls for a small amount of paperwork and we offer in-service training from time to time.

As well as donations of time, there are other small ways in which people can support

Hospice. Any of the following staples are always extremely well received...

- **Photocopying paper - (A4, 80gm, Cost from \$8 per ream).**
- **Postage Paid Envelopes (Cost depends upon amount purchased).**
- **Tissues. Ordinary boxes of 200 (Costs around \$3 at the supermarket).**

Meantime, thank you very much to Mr and Mrs Smith who kindly purchased and donated a small chest freezer for the IPU. It is being put to very good use.

"Doormat Dropper" Some kind soul, name unknown, regularly drops donations on the doormat at Eden Villa. The latest offering was some tissues and biscuits (for the IPU). If the DD is anyone who reads this newsletter - THANK YOU! We appreciate it.

Raffles

The current September raffle is a wonderfully artistic black and white ceramic mirror donated from Tessa Mae's with Attitude. The October raffle is yet to be confirmed but the November/December prize will be a beautifully hand crafted quilt and some embroidered table linen.

June (Sandwich maker). This was won by Bev Friend of Marahau, with the winning ticket sold at the Motueka Monday

Club. The raffle alone raised \$614. A further \$388.50 was raised from the sale of merchandise, \$441.70 was given in donations and the grand total from all raffle venues in June was **\$1444.20.**

July (Pig). This was won by Dorothy Ericson of Motueka, with the winning ticket also sold at the Motueka Monday Club. The raffle alone raised \$556. A further \$305.50 was raised from the sale of merchandise, \$273.30 was given in donations and the grand total from all

raffle venues in July was **\$1134.80.**

The pig was all too much for Dorothy alone, so after she had given a lot of meat away to friends and family, she and volunteer Jan conceived of an idea to raffle some chops and a roast at the Motueka Monday Club. They made another \$30 for hospice - THANK YOU!

Hospice did not run a raffle in August because that month is the Cancer Society's Daffodil Day month.

(continued from previous page)

Patient support services

of you who are interested in attending. If you haven't heard but would like to attend, don't hesitate to call us - phone 546 3910 extn 2 or speak to your nurse.

One other Creative Living project is the monthly exhibition on the walls at the entrance hallway of the IPU. This often features contributions from patients, families, staff and volunteers. Contributions can be works of art, photographs, poems or other writing or simply statements centred around the theme. For the last few months, we have displayed a selection of the quilts donated to the IPU by The Nelson Quilters Guild.

Motueka Monday Club: Motueka Monday Club meets in Motueka on the third Monday in the month and is a combined Hospice and Cancer Society support group for anyone coping with cancer, terminal

illness or bereavement. Friends and family members are most welcome to attend. Next meetings will be on Mondays 19th October (Jan's house for a cuppa and DVD). 30th November (tbc) and Friday 4th December (Christmas dinner at the RSA).

Biography Letter Writing: Do you want to leave letters or other written mementos for family members but just don't know where to start? Our biographers have developed an information booklet that covers all the basics of how to go about it. The booklet includes such useful suggestions as wording and where to start, how to store written items for posterity and the sort of writing equipment to use. Of course our biographers are available to help any patients who are unsure but many people just need a few hints on getting started.

Our trained biographers are available for patients who wish to compile their own biography or just record some stories of their life. For further information, talk to your nurse or phone Mary at the volunteer office.

Cancer Support Services and Groups: Just a reminder that 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 the Cancer Society on 539 3662 situated at 76A Waimea Rd (one up from the Hampden St/Waimea Rd corner opposite the Boys College).

Service of Remembrance. Our annual Service of Remembrance will be held on Tuesday 3rd November, 5.30pm at St Stephen's, Tahunanui Drive. Please rsvp to Jen (03 546 3910, option 2).