



"to care always"

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www.nelsonhospice.org.nz

Nelson Region Hospice Trust Newsletter **ISSUE #4 Nov 09**

Chairman's Report

Hello everyone,

Christmas is only eight weeks away! The Board wishes to express their appreciation of the tremendous tenacity and willingness shown by the nursing staff during the past year. We are extremely proud of your dedication.

The same goes to the administration team, who are also dedicated to making the system work under the watchful eye of CEO Pat Curry. We are very proud of our Hospice shops, of which we now have four under the guidance of Des Slow. The

project manager has done a stalwart job this year, surrounded by our ambassadors and those who have the best interests of the Hospice at heart.



Elspeth Kennedy

In these difficult times we take this opportunity to thank you all for your hard work during 2009 and wish you a happy Christmas and a successful 2010.

Elspeth Kennedy QSO, MBE

Upcoming Events

Trees of Remembrance. This year the Nelson Hospice Trees of Remembrance will be in several key locations in your area. Please see full list below if all dates and locations.

For a small donation to honour a loved one who is no longer there to share Christmas with you, you can write a personal message on a shining star and place it on the Christmas tree. Your donation will help the hospice to continue its work in the Nelson/Tasman region.

Nelson	House of Travel	14 - 21 Dec
Nelson	Farmers	14 - 21 Dec
Nelson	Fresh Choice	14 - 21 Dec
Richmond	Richmond Mall	14 - 21 Dec
Stoke	New World	14 - 17, 19 - 21 Dec
Motueka	Westpac Bank	18 Dec
Motueka	House of Travel window	18 - 29 Dec

FreedomSkate. Young long boarder Tomo Chisnall is about to start 19 months on the road as he long boards from Cape Reinga to Bluff to raise funds for the Nelson Cancer Society and Nelson Region Hospice Trust.

November 15 saw Tomo leaving Auckland for Cape Reinga. Check his progress at www.freedomskate.co.nz.

Dimitri's Tastes of Greece. Fans of Greek food will love this new cookbook from Nelson chef Dimitri Tzanetis. Not only does it feature over 90 traditional recipes but also has some lovely photos and sketches of Greece. The cookbook costs only \$15 with proceeds to the Nelson Region Hospice.

2010 Calendar. A different format this year that combines calendar, postcards and recipes (\$12).

Christmas Card.

You must see our new 'sit up' Christmas Card. These quirky cards are \$2.50 each or 5 for \$10.



Tug of Peace. The 11th annual Tug of Peace will be held on January 27.

Inside this issue

Upcoming Events	1
From the CEO	2
Hospice Shop reports	2
Volunteers' clipboard	3
Patient support services	4
Raffles	4

From the CEO

Hello everyone,

The plan is always to get in early and organise functions before the Christmas rush. However, everyone else seems to have the same idea. A lot of things are happening between now and the next newsletter, so watch local publications and listen to the radio to make sure you don't miss out.

So much information has to be put in the newsletter that we usually run out of space. Therefore the donation slip now comes as a separate piece of paper tucked inside.

We are waiting to see whether the proposed Government changes will have a direct impact on our Hospice. We are pretty adept in the health sector at adapting to new environments.

The palliative care bed at the Jack Inglis Friendship Hospital has been open for a few weeks now. It is a beautiful room with an adjacent area for family, and outside access.

The Hospice Service of Remembrance was well-attended. We followed it with a light supper and then released the floral tribute into the Maitai River.

The local Freemasons group is working hard outside the front of the Hospice unit to extend the garden area. Also, look out for Christmas decorations on the windows - they will start to appear at the end of November.

It will be 12 months in January 2010 since I began working at the Hospice, and what a privilege it has been. Everyone has worked very hard to ensure that we continue to

deliver a service that is second to none. The clinical team have "gone the extra mile" and the administrative team have supported them incredibly ably.

The Hospice team is made up of a wide variety of people who look after patients and their families, the business, the grounds and buildings, and the very generous local community whose donations ensure our continuation. My sincere thanks to all of you and I wish you and your families a safe and trouble-free Christmas and New Year.



Pat Curry CEO.

Pat Curry, Chief Executive Officer

Hospice Shop reports

Motueka

It's so nice to have the sun streaming into our new shop. We are putting out new stock of clothing every day. Also in store we have Christmas decorations, camp beds and just about anything one could want for the holidays. We also have a "Wanted" book for people wanting certain items not currently in stock. Always required are good bedding and kitchenware i.e. glasses, pots and pans. A BIG thank you to all who donate items, no matter how small, and also to the "Girls" who volunteer to work in the shop and do the washing. Have a good New Year everyone.

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

Takaka

It's almost Christmas again, which means an extremely busy time in the shop. We have lots of lovely summer clothes out and our racks are replenished with new stock each day. We have a great selection of ornaments, dinnerware and glassware for that extra little gift. There is also great demand for blankets, towels and duvet inners - in fact any saleable items in good condition would be much appreciated. To our loyal customers, thank you for your support. Hope you found a bargain or two. I would like to thank everyone who donated goods to the shop and also to my hard-working team of shop volunteers. The staff and I would like to wish you all the best for Christmas and a happy New Year.

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

Nelson

The big day is almost upon us! Where did the year go to? I ask myself this question every year. The shop has been very busy this year and it is only because of the generosity of Nelsonians.

We're very keen to receive donations of good sundries, bric-a-brac, china, small furniture items, linen, good clothing, and jewellery - in fact any item in good saleable condition will be welcomed.

I would like to thank our hard-working team of shop volunteers - where would we be without you all? Thank you for putting up with my quirky ways and for always going over and above the call of duty.

We all hope your Christmas celebrations go well and wish you all a safe and peaceful Christmas.

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

Richmond

My name is Karen and I have been fortunate enough to have been given the job of manager at the new Hospice shop in Richmond.

The phenomenal support we have received from our community has been truly overwhelming.

We already have an incredible team of shop volunteers whose collective talent and enthusiasm are not only wearing holes in the carpet, but making this all possible!

I would also like to say thank you to my colleague Irene, who found me standing

outside her shop doorstep on my first day, nervous and afraid. I have learnt so much from Irene and her team of volunteers. Seasons greetings to one and all, and to Irene ... BLING BLING ... over and out!

Karen Mackenzie (Shop Manager)
281 Queen St, Richmond (Ph 543-7017)

The Up-Close & Classical Company of
Dance!Nelson
Presents

A Magical Production Of The Full Length Ballet

"Coppelia"

Proudly sponsored by **Nelson Pine Industries**
In Support of the **Nelson Region Hospice Trust**

16 December 7.00pm & 17 December 5.30pm & 8.00pm
Suter Theatre Bridge Street Nelson

Tickets \$22.00
17 December 5.30 pm show only under fives free on knee.

Book at DanceNelson Studio,
9 Trafalgar Street, Nelson
every weekday 3.00pm onwards &
Saturdays 10.00am - 3.00pm.
Sorry No eftpos or credit cards.

Phone reservations available 03-5432559

Events

Nelson Hospice has its own website, www.nelsonhospice.org.nz

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 available) are now on the web. The newsletters, both current and archived, are there too.

Recent Events

I would like to thank all of our supporters, both individuals and corporate, for their help.

Without highlighting anyone, the team at Farmers must rate a mention – \$55,520 was a great result (No 5 in the country).

Fundraising Committee

I realise now after 11 years that to input fresh ideas you need a group of people. So we now have a dedicated committee. Rachel McRae-Woods, Paul Lamb, Martin Byrne and Kevin Johnson will be joining me. The skills and talents they bring to the table I'm sure will bring ongoing success to Hospice event management.

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. 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 03 546-7254

Home 03 548-3797

Email

Project.manager@nelsonhospice.org.nz

Fax 03 546 3913

Volunteers' clipboard - Volunteer Opportunities

TREES OF REMEMBRANCE "TREE VOLUNTEERS"

Description: Individuals or groups to man the individual Trees in pairs

Time: A two-hour duty (or more) during 14-21 December at venues in Nelson, Stoke or Richmond.

Detail: Volunteers or groups help "man" the trees, accept donations and assist people to hang stars on the trees. Volunteers provide a friendly face and sympathetic ear to people giving donations in memory of someone special.

Contact: Mary Garner, 546-3912 or mary.garner@nelsonhospice.org.nz

TREES OF REMEMBRANCE "GO-FOR"

Description: Fetching and carrying TOR resources and putting up posters during November and December. Suits an active person with their own transport.

Time: Approximately one hour a week, increasing to 2-3 hours per week in December

Detail: Trees of Remembrance are a traditional Hospice appeal throughout the country (14-21 December 2009). They are situated in public places during the month of December. The public are invited to support their local Hospice service by giving a donation and in return, hanging a star on the tree in memory of someone who will not be with them this Christmas.

SHOP VOLUNTEERS

Description: A variety of roles ranging from customer service, general shop tidying and stock management or work "out the back" sorting and ironing etc.

Time: Most shifts are 2-3 hours a week or fortnight but all offers of time can be accommodated.

Detail: To inquire about shop work, please phone Irene ph 03 548 1823 (Nelson shop) or Karen ph 03 543 7017 (Richmond shop).

INPATIENT UNIT VOLUNTEERS

(fortnightly shifts working alongside nurses).

Description: The role is a mix of patient and non-patient support, helping with patient meals and support and also

some general housekeeping tasks (not cleaning).

Time: Fortnightly shifts:

Sunday mornings 10.30 - 12.30pm,

Saturday afternoons 4.30 - 6.30pm

Detail: Volunteers need good listening and communication skills, empathy, sensitivity and to be comfortable around illness. This is an ideal role for students looking for experience in the health arena or for those wanting to support hospice, possibly following their own experiences.

Team Meetings and other events

Golden Bay (12.30pm, 3rd Wednesdays – now quarterly with volunteers)

Wednesday 16th December. Please bring a small plate of food to share.

Bereavement Support Volunteers

By negotiation with Sharon!

Raffle volunteers. Wednesday 18th

November 11.30am. End-of-year pot-luck lunch. Please bring a plate of finger food to share.

Unit volunteers meeting (2nd Tuesdays bi-monthly, normally 12.30pm). Tuesday 15th December 12.30pm, pot-luck lunch and short meeting.

As the year draws to an end, we extend our heartfelt thanks and best wishes to all of the 370 volunteers who give their time to hospice. You are an inspirational group of people who allow us to offer services to patients and families which we would not otherwise be able to. You are the backbone of the hospice shops which raise such significant funds for hospice. You toil away all year selling raffle tickets which also bring in valuable funds. Without you all, hospice would not be the service that it is. I am always in awe of the enthusiasm, commitment and generosity of all of you. We are tremendously fortunate to have you working for hospice. We wish each and every one of you a very peaceful Christmas and an enjoyable New Year.

Mary Garner
Manager, Volunteer Services

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 (the clinical office on the corner of Tasman and Manuka Sts). Anyone is welcome to borrow from our library or just come in and browse.

Creative Living: This is a day programme for patients to come into Eden Villa for some good company, good conversation and activity - to give yourselves a day out or give your caregiver a small break. Creative Living runs fortnightly and dates for the next few months are: Tuesdays 24th November and 8th & 22nd December (tbc). Val or Michelle will be in contact with those of you who are interested in attending. If you haven't heard but would like to attend, call us on 03 546-3910 ext 2, or speak to your nurse.

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

copied with cancer, terminal illness or bereavement. Friends and family members are most welcome to attend. Next meetings will be on Friday 4th December 12.00pm at the RSA. (Our end-of-year Christmas lunch.)

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.

New Hospice Shop Opens

The Richmond Hospice Shop in Queen Street opened its doors on Saturday 7th November. Approximately 40 people attended the opening, including Nelson Region Hospice Trust chairman Elspeth Kennedy and the Tasman Mayor Richard Kempthorne and Mrs Kempthorne.

A hospice shop in Richmond is long overdue and we were very lucky that suitable premises became available when they did. The shop is spacious, light and airy. We wish the new manager Karen and all her wonderful volunteers all the best and thank them for the hard work preparing for the opening.



Richard & Jane Kempthorne cut the cake.

Christmas/New Year Hours

Inpatient Unit, 40 Manuka St

Will continue to operate as normal.

Community Palliative Care Service (Eden Villa), 46 Manuka St

Closes Thursday 24 December, 4.30pm.

Opens Tuesday 5 January, 8am.

Community Nurses will continue their visits over this time. Your nurse will notify you of any changes to usual visiting plan.

Hospice Trust Office, 18 Buxton Square

Closes Thursday 24 December, 4pm

Opens Tuesday 5 January, 8am.

Raffles

The current November/December raffle is a beautiful handcrafted double quilt and some hand-embroidered linen. This raffle will run until mid-December, when Trees of Remembrance starts on 14th.

September (Mirror donated from Tessa Mae's with Attitude). This was won by Helen Bibby of Mapua, with the winning

ticket sold at Mapua. The raffle alone raised \$680, \$357.50 was raised from the sale of merchandise, \$169.90 was given in donations and the grand total from all raffle venues in September was **\$1207.40.**

October (Gift baskets). These were won by Alison Bryan and Chris Walsh, with the winning tickets sold at Farmers and

Putaitai St, Stoke. The raffle alone raised \$716. The sale of merchandise raised \$470, \$436.20 was given in donations and the grand total from all raffle venues in October was **\$1622.20.**

The next Hospice raffle will be in February 2010.