

"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 #5 FEB 2010**

Raising community awareness

The role of a Nelson Region Hospice Trust Ambassador isn't about fundraising, it's about broadening the community's understanding of hospice/palliative care and strengthening associations with the many community groups and businesses throughout the region.

The six Trust Ambassadors (all of whom volunteer their time) are available to speak to groups about the work of hospice and answer any questions that may arise.

"I'm always deeply impressed with the response we get from the community," says Jeremy Matthews (pictured).

"I get a lot of satisfaction from this role and supporting a cause I feel strongly about."

If you wish to contact one of our ambassadors a list of their details is provided:

Dulcie Carson
Phone: 03 546 5240
Fax: 03 546 5290
Email: dulcie@ts.co.nz

Brian Hetzel
Phone: 03 546 7623
Mobile: 027 2468 959
Email: brianhetzel@xtra.co.nz

Paul Kelly
Phone: 03 548 1320, Mobile: 021 495 555
Email: pnkelly@clear.net.nz

Jeremy Matthews
Mobile: 0274 379 485
Email: jeremy.matthews@harcourts.co.nz

Christine Tzanetis
Phone: 03 548 0112, Mobile: 021 181 0824

Gillian Williams
Phone: 03 548 3110, Mobile: 0274 310 349
Email: gillianwilliams@xtra.co.nz



Jeremy Matthews

Photo: The Nelson Mail

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Cape Reinga to Bluff

Longboarder Tomo Chisnall recently completed his epic journey from one end of the country to the other. Now back home in Nelson after 64 days, four pairs of shoes and in excess of 2,000 kilometres, Tomo is planning his next big adventure - to longboard across the United States.

Tomo's New Zealand journey was in memory of a good friend who passed away from cancer a couple of years ago. It was following this experience that he came up with the idea to board the length of the country and raise funds for the Nelson Region Hospice and Nelson Cancer Society. So far Tomo has raised approximately \$4,000 but is looking to raise more.



Photo: The Nelson Mail

From the CEO

It's hard to believe that 2010 is here already. We have started the New Year with the Tug of Peace event again, and you can read about the day in this newsletter.

The Nelson and Tasman districts have a population of approximately 95,000 people and our service is here to support all of those in the community that need us.

The Nelson Region Hospice provides a comprehensive service for people and their families who are living with a life-limiting illness. The services include both community and inpatient facilities. The inpatient unit is there to support people who need more intensive symptom management than can be handled at home. We can also offer short term respite for patients and their families. We all aim to empower people to be able to choose how and where their care and support is delivered. This care

is provided within the Inpatient Unit at Nelson Hospice on Manuka Street, but mostly in the community in people's own homes or at age residential care facilities. We also support people who are inpatients at Nelson hospital. Our main aim is to support people in the place where they choose to be, and most people choose to be looked after in their own home. We provide support for the patient, their family, friends and whoever else is in their own support team. It is a common misconception that our service only looks after people who have cancer. However, at times almost half of the people receiving our services and our care have illnesses other than cancer, including motor neurone disease, heart disease, and lung disease. Most of the people on our service are older; however, we also have an increasing number of younger adults needing our care and at times, we also

support children and their families. The main aim of our service is to ensure patients enjoy as good a quality of life as they possibly can. It's about living and making the most of opportunities and ensuring people are well enough to continue their place in family and society. We also provide a bereavement support service and our team includes, doctors, nurses, social workers, volunteers, a spiritual counsellor, administration and many more. We remain partially funded and still need the support of our community to continue to deliver high quality care to those who need us.



Pat Curry CEO.

Pat Curry, Chief Executive Officer

Students donate

Nelson College students Sam Deaker (right) and Daniel Blacktopp (centre) hand over a generous cheque for \$1,000 to Pat Curry, CEO of the Nelson Region Hospice. Also present on the day was

Bernard Downey a tutor at the College. The students were granted the money by the British High Commission to pass on to a charity of their choice. It is heartwarming that younger members of

our community deem the Hospice a cause worthy of their support and we thank them for their generosity.



From left: Pat Curry accepts a cheque from Nelson College students Daniel Blacktopp and Sam Deaker and tutor Bernard Downey.

Events

Recent Events

It's been a quiet period over Christmas the only event organised by the Hospice was the "Tug of Peace". Attendance was great with more teams than ever before.

Upcoming events in the next few months will be limited as other charity organisations hold their key events, most notably The Cancer Society's "Relay for Life" and The Heart Foundation's "Bike for Life".

Fundraising Committee

I realise now, after 11 years, that to create fresh ideas you need a group of people. I will now be joined by Rachel McRea-Woods, Paul Lamb, Martin Byrne and Kevin Johnson on a committee dedicated to fundraising. The skills and talents they bring to the table will, I'm sure, bring ongoing success to hospice event management.

Just a reminder that other smaller promotions are held on a regular basis so look to our website www.nelsonhospice.org.nz and the media for updates.

Hospice Trust Office & Gallery

The Hospice Trust Office, is located at 18 Buxton Square, Nelson (next to Di Pierris 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 fund raising events please contact me:

Hamish Kennedy
Work: 03 546 7254
Home: 03 548 3797
Fax: 03 546 3913
Email:

project.manager@nelsonhospice.org.nz

Volunteers' clipboard - Volunteer Opportunities

TEAM MEETINGS AND OTHER EVENTS

Volunteers' Annual Garden Party

Friday 12 March, 4.30pm Melrose House.
Our annual Long Service Awards and thank you to all of our volunteers.

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

Wednesdays 17 March, 18 August & 15 December.
Please bring a small plate of food to share.

Raffle volunteers

Wednesday 10 March, 10.00am, Eden Villa, 46 Manuka St..

Unit volunteers meeting (2nd Tuesdays bi-monthly normally 12.30pm)

Tuesday 13 April, 8 June, 10 August, 12 October & 14 December.

Inservice education (General - open to ALL volunteers)

Tuesday 23 March 9.30am - 11.30am
Topic: Funerals, part of life. A talk and visit to Marsden House.

Inservice education - IPU volunteers (particularly those who are NEW in the last year)

Saturday 27 March 9.15am - midday.
Other IPU volunteers are also most welcome to attend. There is always something to learn or brush up on. It is also a chance to meet other IPU volunteers.

RSVP to Mary 546 3912 or mary.gamer@nelsonhospice.org.nz

Tug of Peace starts the Hospice year

27 January saw the 11th annual Tug of Peace held in Nelson. Fourteen keen and eager teams battled it out, with NelMac taking the trophy. Teams from Fit for Life and Nelson Marlborough District Health Board took second and third places respectively.

A large, vocal crowd gathered at the top of Trafalgar Street to enjoy the proceedings and offer encouragement to their favourite teams. Special mention must be made about the two teams

of young (and even younger) participants who gave the Nelson Fire Service and Tasman Makos a run for their money.



Photo: The Nelson Mail

Raffles

The March raffle will be a collectable, limited edition Barbie Doll (larger than usual size).

November/December (Quilt & hand embroidered table linen). This was won by Mrs. Cooper with the winning ticket sold at Countdown, St Vincent Street. The raffle alone raised \$978. \$704.50 was raised from the sale of merchandise, \$475.70 was given in donations and the grand total from all raffle venues in Nov/Dec was \$2158.20.

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 for adults and 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.

Creative Living: This is a day programme for patients to come into the inpatient unit for some good company, good conversation and activity - to give yourself a day out or give your caregiver a small break. Creative Living runs fortnightly and dates for the next few months are: Tuesdays 2, 16 & 30 March, 13 & 27 April and 11 & 25 May. Val 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 - Ph 03 546 3910 extn 2 or speak to your nurse.

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 also attend. Next meetings will be on Mondays 15 March, 19 April & 17 May. The first is a planning session and the rest of the programme is to be confirmed.

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.

Wish List

As well as donations of time and occasional donations of individual equipment items, there are other small ways in which people can support Hospice.

- **Photocopying paper**
(Ongoing staple but it needs to be 80gsm 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.
- **Lawn Mower**
- Second-hand, petrol powered lawn mower in good condition.
- **Recovering Chairs**
- Donation or part donations towards recovering chairs in patient rooms. We need five chairs recovered at a cost of \$500 each.

Yes, I would like to support the work of the Nelson Region Hospice Trust in our community.

\$10 \$20 \$30 \$50 \$100 My choice \$ _____

I am paying by:

Cheque (please make out to the Nelson Region Hospice Trust)

Mastercard Visa Credit Card No.

Expiry Date: _____ Cardholders Name: _____

Name: _____ Phone: _____

Address: _____

Names and addresses are held in accordance with the Privacy Act 1993 and are only for Nelson Region Hospice Trust purposes. If you do not want to be informed about the work of the Nelson Region Hospice Trust, please contact the Hospice Trust Office, Ph: 03 546 3923, P O Box 283, Nelson.



Nelson Region Hospice Trust