



"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 #6 MAY 2010**

Garden extension completed

April saw the completion of the garden extension at the front of the hospice unit. In the short time since its completion the garden has proved to be a popular place for patients, families and visitors to socialise and enjoy the fresh air. It has also been the venue for a wedding when Nathan and Antonia decided to hold their nuptials at

the hospice so Antonia's mother could be part of their special day.

None of this would have been possible of course, had it not been for the Freemasons who took this project on with such enthusiasm. Thank you to everyone who was involved. It was a true 'labour of love'.



Elspeth Kennedy (Chairman), Roger Chapple (Freemasons) and Pat Curry (CEO) at the opening of the new garden area.

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From the Chairman

It seems hardly possible that we are heading towards winter but the evenings are definitely drawing in. We held a very successful launch of Bobbie Poll's book 'The Last Leaf Falls' at Melrose House just as the leaves started to fall. Copies of this lovely book are available from the Trust Office.

The hospice staff and community palliative care nurses have been extremely busy in recent months, a trend sadly reflected in increased requests for our services and support. I thank the staff for their cooperation and continued dedication to the task at hand - you are the 'heart' of hospice and we greatly appreciate your commitment.

My thanks to all those involved in organising our events for the year - there are a number to look forward to.

As the financial year draws to a close, I also thank the unsung volunteers, the members of the Board, whose knowledge and enthusiasm for the cause is invaluable to the organisation.

The Board is also grateful to the people of Nelson and Tasman for their continued support.



Elspeth Kennedy

From the CEO

The hospice garden extension is now completed and we might be lucky enough to get a few BBQs in before the weather really gets cooler. A most amazing Autumn so far. The garden looks great and we are looking forward to using the area lots to take full advantage. A big thank you must go to the gentlemen from the Freemasons who worked so hard to complete it. Also thanks to the people who supplied the materials.

Thank you also to the volunteers Brian and Mike who have built some shelving in the inpatient unit which will house our new staff library. The hospice

team work very hard to ensure that their knowledge is up to date. This ensures that we continue to deliver an excellent service based on current best practice. We received an exceptionally high number of referrals to our service in March. The hospice team coped incredibly well with the increased workload, and I commend them for their energy and sensitivity. The many volunteers who support us in so many ways have been amazing during this busy time.

Please ask your friends, colleagues and acquaintances if they would like to receive our newsletter and/or to

enquire about volunteering or donating.

The original part of the inpatient unit has been open for some time now and it is time for some refurbishment.

Keep an eye on the website or enquire at the Hospice as to how you could help.

Pat Curry, Chief Executive Officer



Pat Curry CEO.

News from the Hospice Shops

Can you help? Shop volunteers needed.

We have a fabulous group of volunteers in our retail shops – but we need more – particularly in the shops at Nelson and Takaka. Can you help, or do you know of anyone who could?

You will find working in any of the shops a fun experience. No two days are the same – whether you're serving at the

counter, sorting or making the tea – you'll be working with people dedicated to keeping the hospice service going.

Previous retail experience is not needed as on the job training is given.

Volunteers cover a number of shifts on various days and if you have three to four hours a week (or fortnight) to spare and would like to help, please phone any one of the shop managers.

**Irene
- Nelson 03 548 1823**

**Karen
- Richmond 03 543 9017**

**Cathy
- Motueka 03 528 1178**

**Debbie
- Takaka 03 525 7639**

Wish List to support Hospice

As well as donations of time and occasional donations of individual equipment items, there are other small ways in which people can support Hospice. Any of the following items would be extremely well received:

- **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 \$8 per ream.

- **Wireless Broadband T-Sticks** We need two of these. One for the inpatient unit so patients and families can have access to Skype facilities etc and one for our CEO so she can work on the move. Cost of each T-Stick is approximately \$299, so please contact us if you are able to help.
- **Postage Paid Envelopes** (also an ongoing staple). Cost depends upon amount purchased.



Events

Recent Events

3G's Concert
Kitchen Trail
Classic Car Rally

Upcoming Events

Mid winter Christmas Dinner - 25 June,
Trailways

Fashion Show - October

International Hospice Day Picnic
- Saturday, 10 October, Trafalgar Centre
Port Nelson Golf Tournament

Look to our website and local media for
further info closer to the time.

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

Trust Office & Gallery

The Hospice Trust Office, is located at 18
Buxton Square next to Di Pierris 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 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

Pearly Queen

I would like to make a personal mention
of one of the most dedicated people I
have ever met. Shirley Miles, or as you
know her "The Pearly". Shirley along with
her husband John, work tirelessly for
hospice. In most weathers they are out
with the collection bucket.

I'm often amazed to see her in the
heat of a Nelson summer, wearing the
costume which weighs a ton. Shirley
has also had to battle serious health
issues in recent years. This makes even
more amazing her efforts which have
generated more than \$75,000. She tells
me that she won't stop until she reaches
at least \$100,000.

Thank you Shirley and John.



Volunteers' Clipboard - Meetings and in-service coming up.

Biography In-service

Wednesday, 10.00am, 7 July 2010.
Guest presenter Cher Willisroft.
Full details will come via email.

General In-service

(all interested volunteers) Tuesday,
9.30am, 13 July 2010. Cancer & current
treatments. Speaker: Oncology Nurse

*(Please RSVP for the in-service days).
All meetings and in-service sessions
are held at Eden Villa.*

IPU volunteers meeting

Tuesday, 12.30pm, 1 June 2010.

Raffle volunteers meeting

Wednesday, 10.00am, 14 July 2010.

Raffles

February - vase donated by Tessa Mae's with attitude

This was won by Heather Herron with
the winning ticket sold at Putaitai St.
The raffle alone raised \$688. \$550 was
raised from the sale of merchandise,
\$294.10 was given in donations and the
grand total from all raffle venues in Feb
was \$1,532.10.

March - heritage Barbie doll

This was won by Jan Riley with the
winning ticket sold at Motueka. The
raffle alone raised \$714. \$514 was
raised from the sale of merchandise,
\$310.60 was given in donations and the
grand total from all raffle venues in
March was \$1,538.60.

Volunteers needed

Skills that the volunteer service is looking for:

- Making up small bunches of flowers
and access to a garden.
A non-patient based role.
- Builder - a patient based role,
building ramps.
- Massage - patient based role in
Nelson and Motueka.

If you have these skills and would like
to become a volunteer, contact the
Manager, Volunteer Services,
Ph 03 546 3912 or email
mary.garner@nelsonhospice.org.nz.



Patient support services

Bereavement Support Groups: Hospice runs these groups for anyone in the community who has been bereaved. The groups offer support, fellowship and the chance for people to feel less alone in their grief. They are facilitated by trained hospice staff and group discussions are confidential. This notice will go in our Trust newsletter but some of you may know people who could be interested so just treat this as some advance notice.

Groups in 2010: (5 sessions, once a week): Tuesdays 27 July - 24 August 2010, 1.30pm - 3.00pm. Tuesdays 19 October - 16 November 2010, 2.30pm - 4.00pm. To enrol or for further information contact Jen Ph 03 546 3910 ext 2.

LP/DVD copying service: We have a volunteer Margaret, who has offered a special service for patients. She will copy special LPs on to CDs. There is no cost for the service except the postage of LP and CD/LP return. This is an opportunity to listen to your special LPs that may have become inaccessible now that record players are becoming obsolete.

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 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 8 & 22 June, 6 & 20 July 2010. 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 21 June 2010, (mid year Xmas dinner), 19 July 2010 (soup & something lunch) and 16 August 2010 (Daffodil Yellow Day).

Biography Life Review Service: This service offers patients the opportunity to compile a life review - to tell their story. What Story? It can be whatever you want to say - a full life story or just periods of your life. It might be just anecdotes or stories to accompany special photos or an opportunity to convey messages or visions. Or to have the last word. Why offer this service? It is an enjoyable, diversional activity, something different and interesting to focus on, especially if illness is preventing you from doing your normal leisure activities. The Life Review can also be something special to leave to family. How does it work? The service is offered by trained volunteers who record

your story using a voice recorder or by taking handwritten notes. It normally involves one 30 - 60 minute interview per week. The total time can be anything from a few weeks or sometimes up to several months. The biography is developed into a written account which is typed, bound and photos may be added. If you are interested in doing a Life Review, just speak to your nurse.

*Any bits of warm life, preserved by the pen
are trophies snatched from the dark, are
branches of leaves fished out of the flood,
are tiny arrests of mortality
Laurie Lee, I Can't Stay Long*

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.

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 the Cancer Society 03 539 3662 situated at 76A Waimea Rd one up from the Hampden St/Waimea Rd corner opposite the Boys College.

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