

Caring for patients, an experience from both sides

Being a doctor or nurse is not just about prescribing medicine and treating medical conditions.

At the heart of the work done by medical professionals is caring for the patient in times of trauma. Dr Alistair Marshall, a retired anaesthetist knows all about this after spending 37 years working at the Royal London Hospital in paediatrics and cardiology. He says it's a unique specialty, centred around patient and family interaction.

After many years of caring for patients and training junior doctors, Dr Marshall is now receiving Hospice care. In February he was admitted to the inpatient unit at Nelson Tasman Hospice for pain control and management. Dr Marshall says what stands out for him is the quality of the staff. "They are all dedicated and care about you. I don't feel locked in a hospital room, I feel part of a whole group of

All of them talk to you about what they're going to do and how you want to do it."

people all working for the same goal. All of them talk to you about what they're going to do and how you want to do it."

An incident in 1974 gave him an experience where he learnt the value of good patient care first-hand. "In my misspent youth I went

on an around the world yacht trip, and in northern Australia, I met a wild buffalo that charged me, gored me and shattered my right femur and I spent six months in hospital. I remember my mother coming to visit me from New Zealand and saying, "that will make you a much better doctor, Alistair," and I

think that's true."

Dr Marshall says these experiences have made it easier for him to be a patient. He says having a facility like Hospice where you can come in for assistance is helpful. "What's most important to me now is to be able to continue to look after myself without being a burden to my wife because she is the one

who takes all the pressure. I don't want to make my cancer the whole of my life. It is in a way, but it shouldn't be, so having pain control and having access to them is a good answer."



Retired anaesthetist Dr Alistair Marshall says patient care is at the heart of providing good medical treatment.



Farewell Frans

Just after the return from the Christmas holidays, the Board received and, with regret, accepted the resignation of our CEO, Frans Dellebeke.

Frans has led the Nelson Tasman Hospice for nine of the nearly 32 years of our existence. During that time, he has overseen and led the organisation through some of its most significant events - rapid growth in demand for the services we provide, more than doubling of the staff numbers, the building of our new home in Stoke, and the Covid-19 lockdowns. The Hospice has not only survived through this period, but has thrived, and that is in no small way due to Frans's leadership. Replacing him will not be easy, but we are confident of finding someone to whom he can hand over the baton knowing it is in good hands. As a Board, we respect his decision to move on at this time, thank him sincerely for his commitment and service to Nelson Tasman Hospice, and warmly wish him and Jude well for the future.

John Peters, Board Chairperson, Nelson Tasman Hospice

As many of you will have heard, it is with sadness, a sense of accomplishment, and excitement that I have decided to move on and pursue new challenges and interests. As the Hospice's CEO over the past nine years, I have had the privilege to work alongside an amazing team of passionate, professional, and dedicated staff. In addition, our 500 volunteers, who are always there for us, and the community support we get through donations, events, bequests, and sponsorships is amazing and very humbling. We at the Hospice cannot provide the service we do without your hands-on contributions and your significant financial support, and I can only ask that you continue to support this amazing team and service going forward.

Whoever steps into this role will soon realise what a privilege it is to work for the Nelson Tasman Hospice, and I wish my successor and the Hospice Team all the very best.

Frans Dellebeke, Outgoing CEO, Nelson Tasman Hospice

Support Nelson Tasman Hospice this Autumn

With summer fading to autumn, it's a good time to reflect on the past year. While it's been an extremely challenging year for the world, we can be thankful that New Zealand as a whole, and the Nelson Tasman region specifically, have been spared the full brunt of the Covid virus crisis thus far.

Looking ahead we are keeping a positive outlook while recognising the challenges will continue for the foreseeable future, as the economic impacts of the responses to the virus unfold over time. As individuals, families, businesses, and funders all adjust their own budgets and portfolios to these realities, the community, charity, and health sectors will likely increasingly need the community's support.

Many generous people and businesses make a financial donation or set up automatically recurring monthly donations, to help sustain our services. We are so grateful to all our financial supporters – thank you!

If you'd like to make a donation, or start a recurring donation, you can do so on our website www.nelsonhospice.org.nz – just click the blue 'donate' button to get started. Or you're welcome to contact one of us directly:

- Fundraising & Marketing Office:
03 539 0717
- Hudson Dodd, Fundraising & Marketing Manager: 021 546 252, hudson.dodd@nelsonhospice.org.nz
- Dr Georgia Ciaran PhD, Philanthropy Coordinator: 027 548 1845, georgia.ciaran@nelsonhospice.org.nz

Many generous people and businesses make a financial donation or set up automatically recurring monthly donations.

There are various other ways to support your hospice!

NBS Dancing for a Cause:

Saturday 1st May, 7 PM – 10 PM, Trafalgar Centre, Paru Paru Road.

The all-volunteer team organising this exciting gala event invites you to experience an unforgettable evening with a fantastic line-up of local celebrities competing on the dance floor and in fundraising for Hospice. There will be some fantastic items donated by local businesses and individuals on auction on the night so don't forget to bring your credit card.

Check out this year's line-up: dancingforacause.co.nz

Get your general admission tickets: www.eventfinda.co.nz/2020/nbs-dancing-for-cause/nelson

Donation Boxes & Electronic Donation Stations

Over 50 businesses across the region host a donation box or electronic donation station for Hospice. A big thank you to all of you!

Keep your eye out for our branded donation opportunities and if you can, please drop some cash into a donation box, or use your payWave card at an electronic station.

If you'd like to host a donation box or station, please contact Hudson on the details above.

Givealittle Campaigns

You can also support your hospice by donating to a campaign on Givealittle.co.nz. Just visit this website and use the search tool by typing in "Nelson Tasman Hospice." You will find our long-standing general support campaign, as well as campaigns created by Kat Campbell & Co Real Estate (to support both Hospice and Helping Families Nelson), and by Glenville, Alex, and Benjamin who are training to run a marathon in support of Nelson Tasman Hospice! Thank you to these inspiring community members!

Tour Aotearoa 2021

Many thanks to Tim Kelly who is currently cycling the length of the country as part of the annual Tour Aotearoa challenge, and has chosen Nelson Tasman Hospice as his preferred charity. You can support Tim's effort to raise funds for hospice by making a donation via our website and leaving a message with your donation referencing Tim's cycling campaign. Just go to: <https://www.nelsonhospice.org.nz/donate>

You can follow Tim's progress on his blog: <https://aotearoa-by-bike.com/2021/02/10/tour-aotearoa-2021-tim-kellys-blog/>

Nelson Tasman Hospice's online bank account

To make a direct credit donation using online banking, please use NBS bank account # 03 1354 0532930 00 and include your last name and phone number on the two reference lines.

Thank you to the BNI chapters of Nelson for all their support!

Members of the Hospice clinical team with a cheque presented by BNI Business Boosters.



Our Wish List

People often ask us what they can do to help provide for our patients and whānau.

This month we urgently need 4 Axtair Automorpho Plus air mattresses that will be used by patients in Hospice's inpatient unit and in the community. They cost \$5,361 each, \$21,444 total.

Other wishlist items needed:

- 1 Euro Lift Chair LC101 leather (for use by patients in the community) \$2,100
- 1 Microsoft Surface Go Tablet (for use by the hospital inreach team) \$2,153
- 1 CUBRO Solar 185 mobile hoist (for use by patients in the inpatient unit) \$5,435
- 30 Single size duvet cover sets neutral tone (for use in the inpatient unit) \$40 each, \$1200 total

- 4 CUBRO Mattress extenders (for use by patients in the community) \$194 each, \$777 total
- 1 Wall mounted hose and reel (for washing the Hospice vehicles) \$255
- 3 Palco nurse resource kit backpacks \$510 each, \$1,530 total

If you would like to support Nelson Tasman Hospice by donating funds for any items on this list please contact our Philanthropy Coordinator Dr Georgia Ciaran, PhD. on 027 548 1845 or georgia.ciaran@nelsonhospice.org.nz.

Our thanks to recent wish list donors who supported Hospice in acquiring much needed equipment:

- Anonymous: \$2,200 for lift chair
- Anonymous: \$12,500 toward the cost of a shops delivery truck

- Anonymous: \$5,678 for two portable beds
- Anonymous: \$244 for a chair raiser
- \$5,000 from the estate of the Reverend Graeme Brady for portable bed, mattress and cushion, Day of Care
- Jo Coman: \$2,700 for laptop and tablet
- Roger Duncan: \$1,050 for syringe driver lock boxes
- Virginia Gray: \$1,000 for bed wedges, headphones, social work collateral
- Cherie and Steve Marshall: \$5,678 for two portable beds
- Kellie and Mick Warren: \$1560 for mattresses

Thank you all!

Volunteer with Nelson Tasman Hospice

Nelson Tasman Hospice is supported by an amazing team of over 500 dedicated volunteers. Enjoy some fresh air and join garden volunteer coordinator Lin Roberts and her team on a Monday morning at Nelson Tasman Hospice helping tend the beautiful grounds.

If you would prefer to volunteer in a different role we would love to hear from you. Please contact our Volunteer Programme Manager, Krisca Gould on 03 546 3912 or Krisca.gould@nelsonhospice.org.nz



Support Nelson Tasman Hospice - Gift a Day of Care

By gifting a Day of Care for \$1000 you can support a patient in Hospice's Specialist Palliative Care Unit for a day.

It's a wonderful way to commemorate a loved one. Some people choose more than one Day of Care and it can be an annual remembrance gift. Choose a date that's meaningful to you. Please contact Dr Georgia Ciaran, PhD on 027 548 1845 or georgia.ciaran@nelsonhospice.org.nz to gift a Day of Care or for more information.

For more information, please visit <https://www.nelsonhospice.org.nz/days-of-care-2>

Photo Credit: Steve Hussey

Our People: Welcome Erika Olsen, Spiritual and Pastoral Care Coordinator

Trees of Remembrance campaign donations up from 2019!



A warm welcome to Erika Olsen, the new Spiritual and Pastoral Care Coordinator at Nelson Tasman Hospice. Erika joined the Allied Health team in January and is ready to meet with patients and their families and whānau to provide spiritual care when requested.

After completing a Postgraduate Certificate in Chaplaincy, Erika decided she wanted to work specifically in palliative care. She has a background in law which has given her a grounding in communication and a good understanding of patients' rights and confidentiality.

Erika says she is pleased to join Nelson Tasman Hospice, "They are an expert, holistic team that treasures the individual."



Left to right: Hudson Dodd Fundraising and Marketing Manager Nelson Tasman Hospice, Howie Timms NBS Commercial & Marketing General Manager, Veronica Cairns-Dickson Community Trees of Remembrance Manager, Frans Dellebeke CEO Nelson Tasman Hospice, Dr Georgia Ciaran, PhD Philanthropy Coordinator, Nelson Tasman Hospice; Deon de Clercq Farmers Richmond Manager; Diane Goulding volunteer, Anupama Radhakrishnan Farmers Nelson; Denise Bird Farmers Nelson Manager, Tania Lang, and Mark Dalrymple, Farmers Nelson. Unavailable for this photo were Carol McArtney volunteer, Jan Riley Motueka Trees of Remembrance volunteer campaign manager and Linda Kroupa House of Travel Motueka Manager.

Dr Georgia Ciaran, PhD, Hospice's Philanthropy Coordinator, is delighted that the Hospice Trees of Remembrance 2020 result is up by \$2,274 on the previous year. She was the project manager on the 2020 Trees campaign and liaised with both Farmers stores and Veronica Cairns-Dixon, the volunteer Community Trees of Remembrance Manager. Veronica and

Georgia redesigned the considerable logistics and planning involved for the community Trees and upgraded the collateral used, thanks to a generous donation of \$800 from June Beattie and an anonymous donor. Many thanks go to all the volunteers who staffed stalls, Farmers staff, House of Travel Richmond and Motueka staff, NBS staff, and everyone who participated.

Coming up: Support Nelson Tasman Hospice while enjoying a great night out!

Eight local celebrities
Eight ballroom dancers
One night of fun, all for a good cause.

BUY GENERAL ADMISSION TICKETS

1 MAY 2021
TRAFALGAR CENTRE
7PM - 10PM
COST: \$35 or \$25 (restricted view)

NBS dancing for a cause nelson hospice

[HTTPS://DANCINGFORACAUSE.CO.NZ/](https://DANCINGFORACAUSE.CO.NZ/)

Yes! I would like to support Nelson Tasman Hospice maintain its range of care and support services.

I would like to make a donation of: \$10 \$20 \$30 \$50 \$100 \$.....

I am paying by: Cheque (Please make payable to Nelson Tasman Region Hospice Trust) Mastercard Visa

Credit card No: Expiry:...../...../..... CSC (3 digit code on back of card)

Please make my donation a credit card recurring monthly payment. This is a one-time donation.

Name: Address:

Phone: Email address:

Signature:

Please post completed form with donation to: Nelson Tasman Region Hospice Trust, PO Box 283, Nelson 7040.

Names and addresses are held in accordance with the Privacy Act 1993 and are only used for Nelson Tasman Hospice purposes.

Please contact me by email rather than post. I prefer not to be contacted. Please remove me from your mailing list.

Registered charity CC8048

To make a direct credit donation using online banking, please use NBS bank account # 03 1354 0532930 00 and include your last name and phone number on the two reference lines.



Dr Alistair Marshall