



From left: Dr Lea Galvin, Fiona Thomas, Bruce Thomas, Dr Jodie Battley, Donna Ching-Tregidga, and Tony Gray.

Change for a Sustainable Future

As hospice grows and develops to cater for the increasing demand for specialist palliative care in the region, whilst ensuring that it is achieved in a way that provides sustainability into the future, the need to plan and manage change is a priority across the organisation.

During the early part of this year, we launched a series of change initiatives that, over the next 12 to 18 months, will focus on; developing future-focused technology infrastructure and accompanying systems, applications and processes in core areas including data management, human resources and health and safety and wellbeing; discovery activities to properly understand the key people engagement opportunities including leadership development and looking at new models of practice; introducing a new organisation structure that brings together key operational and clinical functions. These are all designed to build on the outstanding work that is happening within our organisation, and provide a 'future focused' NTH that will

be able to ensure a sustainable level of service for the diverse needs of Tangata Whenua and Tangata Tiriti communities of the Nelson Tasman region.

A recent addition to the leadership team at NTH has been Donna Ching-Tregidga, who joins NTH in the new role of Head of Supporter Engagement and Income Development. Previously Head of Marketing with the World of WearableArt (WOW), both Donna's commercial experience and her understanding of the importance of maintaining and developing strong supporter relationships for Hospice will be invaluable. This is especially important as we begin to meet the challenges of resourcing and funding, over the next few years. Donna joins a revamped senior leadership team 'Te Kāhui Manikura' which includes – Dr Jodie Battley – Medical Director; Dr Lea Galvin – Clinical Services Manager; Bruce Thomas – Head of Finance and Operations; Fiona Thomas – Head of People, Capability and Wellbeing; and me as Chief Executive.

*Tony Gray, Nelson Tasman Hospice.
Te Tumu Whakarae - Chief Executive*

Hands up for Hospice

Nelson Tasman Hospice is a free service for the people of Nelson Tasman, but it comes at a cost. While we receive 52% of our operating costs via funding from our DHB, we have an annual shortfall of around \$3 million to be fundraised.

We rely on the community to make donations, bequests, shop at our Hospice Shops, and help us fundraise. Hands up for Hospice is a new appeal campaign, beginning 16th May and running into June that encourages supporters to organise their own fundraising events, big or small, or to make a donation.

"The vision for Hands up for Hospice is to be an annual appeal that shines a spotlight on the amazing specialised service that we provide throughout the Nelson Region and to get as many people involved as possible. We would love to see it grow to where there are schools, book clubs, quiz nights and workplace fundraisers. Each month between 220-260 people throughout the community are looked after by our service, and so our reach throughout the region is extensive" Donna Ching-Tregidga explains.

You can get involved, see who is supporting the campaign, keep updated and inform us of your fundraisers by checking out our website

www.nelsonhospice.org.nz



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mediaworks. **NBS** Community
We connect. We support.

246
People in
Hospice Care

606
Face-to-Face
Contacts with Nurses*

*includes nurses that are based in the community, our inpatient unit, aged residential care and at Nelson Hospital.

42%
of Patients have a
Non-Cancer Diagnosis

Statistics from March 2022

Wind behind the flags

Francesca (Fran) McGuigan is ready to return to nature and shares the journey of how she got there.

Lung cancer is often diagnosed late, but you battle it as long as you can. Fran had been battling this disease for almost two years, trying different treatment methods, including a cutting-edge treatment trial. When she was told that the type of cancer she had wasn't treatable, and that the new trial hadn't successfully reduced the cancer, Fran decided to opt for assisted dying.

Fran explains that it is important to access support networks like those at hospice, the Lung Cancer Connect Support Group Nelson, and The Cancer Society Nelson, as when you start the journey you feel very much dropped into a void where you don't know anything. You are told you have a terminal illness, followed by a treatment plan, but you can't leave it there. These groups help you to meet people and learn more about your diagnosis so that you can join the frontline in that battle.

Fran and her whānau threw an 'End of Life Celebration' at their family bach in March, to 'celebrate Fran's love for food, family, life and fun, and with anticipation for the next great adventure.'

Fran and her husband Russell started building their bach before Fran was diagnosed. Unfortunately, the diagnosis slowed down the completion of their dream home, but with the help of friends, family, neighbours, and local gardeners the space was ready for Fran's celebration. Volunteers at Nelson Tasman Hospice helped to sew bunting flags together for Fran's party, which were an important and symbolic addition to the event. Musician Billy Benson played, followed by the Nelson Sambassadors with their Brazilian drumming parade, which stirred up the crowd to dance, and then Trudy Wilson played in the afternoon. The celebration was a magical event, filled with love and good energy, just as Fran had hoped.

The family has created a space in this garden, for Russell to reflect and share memories of Nana Fran with their grandchildren; a koru spiral of Weeping Matipo, with a wooden garden swing in the centre. Ashes will be spread here so that Fran's energy will remain in the garden, where she hopes her family will spend many more special moments.

The team at Nelson Tasman Hospice has been able to be a part of the spiritual journey for Fran and Russell, in particular the Spiritual & Pastoral Care Coordinator, Erika Olsen. Fran explains "Although euthanasia is not something that fits with Hospice's philosophy, Erika has done the most beautiful job. It was hard for me to choose this path, as one of the earlier people to make this choice without having a support

network. Currently, the process is all about protocols and legalities."

"Erika was able to come to our house, to help me and my husband deal with the concerns around realising you're going to leave this world." Fran describes a comforting evening outdoors, where they put all the upsetting things that were weighing on Fran's mind, on paper and burnt them. Afterwards, Fran truly felt she had dealt with them;

"We had talked about them, written them, we had burnt them, and they were gone." Erika followed with a ceremony, inviting positive energies to follow Francesca's transition into this next stage of life.

Fran and Russell recently enjoyed their 10th wedding

anniversary. Fran sewed together big flags to represent the day, that will follow a theme from their wedding and mark the significant anniversary. Fran explains "for us, the transition from this world into the next, is just a transference of energy. My body has given up, but my heart and soul and spirit will fly on in those flags. Energy never dies, is our philosophy, and mine is going back into nature. I may not be religious, but I am spiritual."

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64 Sewing Machines – and Counting!

Catherine is a collector of vintage sewing machines, who recently added another Singer to her collection from our Bridge Street Hospice Shop.

A keen sewer, the collection started after beginning the hunt for a machine like her grandmother's; an Elna Grasshopper. She found a Grasshopper eventually, but it was a Singer 12 that caught her eye, and it was like love at first sight. The machine was seized up, but Catherine eventually got it stitching again and her love for collecting and restoring vintage sewing machines blossomed.

Catherine is in awe of the mechanics of the machines and loves the "delicate chain stitch from an old machine." The oldest machine in the collection is from 1863. You can just imagine the dresses that were made, the christening gowns, and all the various garments of the 19th century.

One of the machines in Catherine's collection is a 'Moldacot' Pocket Sewing Machine of the late 1800s; the smallest lockstitch model ever made, a strange-looking upright machine with a bit of a funny story. To make the machines sound far more popular than they were, the company would print serial numbers on them that would suggest they had sold a much higher number of machines. In reality, they were incredibly unpopular for their impracticality. There were very few machines that could successfully sew.

Each machine holds the history of the time it was made, along with an untold story of clothes that were sewn. Painting

a picture of clothing and textiles making their way through the Industrial Revolution, the background of the companies that engineered these machines, the mechanics and the mystery of these otherwise static objects. You can begin to understand Catherine's passion for this unlikely collection.

The sewing machine that was donated to the Hospice Shops is a Singer from 1893, in gorgeous condition, complete with its original wooden case. The machine will need some adjusting of tension, and tinkering with the shuttle, but that's just the way she likes them. Catherine's neighbour spotted it on the shop's Facebook page and immediately thought of her – Catherine had to have it. Straight away, she called the store and asked them to put it aside for her. On pick up, Catherine also took it as a chance to donate a duplicate from her collection. Grabbing a bargain, clearing the clutter, and supporting her local Hospice.

Catherine explains her connection with supporting the Hospice Shops is deeper than just getting a bargain. Having her husband pass away while in Hospice care in England, Catherine sees shopping and donating to Nelson Tasman Hospice Shops as the best way she can support the charity now. She explains "I have two teenagers and work full time, I can't afford to donate regularly or volunteer, but I can support Hospice through shopping at their second-hand stores."

What's New at Hospice?

○ **The team at Nelson Tasman Hospice is excited to share their new website with you.**

We hope this will be a fantastic resource for patients and their whānau, a place to share the many stories of Hospice and to communicate the services available to the community.

This website also hosts an updated version of the Wish List and many other ways you can support Nelson Tasman Hospice to help raise the \$3million annual funding shortfall. Visit www.nelsonhospice.org.nz to take a tour.

○ **We're celebrating a very successful Trees of Remembrance in 2021, which raised a total of \$36,620 for Nelson Tasman Hospice.**

Thanks to our supporters, NBS for their \$4,000 sponsorship to advertise the events.

We are on the lookout for a new volunteer manager, to help with the next community Trees of Remembrance. If you're interested to know more, please get in touch with Krisca Gould krisca.gould@nelsonhospice.org.nz

○ **A team of colleagues, donors and volunteers helped to create a wonderful tree for the Nelson City Cathedral Christmas Tree Festival in December 2021 and January 2022.**

We are proud to announce that our tree gained third-place in the festival.

Volunteering for Work Experience - an Alternative to Study

When Nicole isn't offering her time to volunteer for community organisations, such as Nelson Tasman Hospice, she is a flight attendant who works for Air New Zealand.

During Covid-19, Nicole found herself with more spare time, as there were fewer flights to work on. It felt like her job suddenly became unstable, and she was battling with thinking she may have to find a new job. Nicole explains that this realisation was a real rough patch for her, and she needed to find something useful to fill in her time. "I decided I wanted to freshen up on my teamwork skills and I wanted to learn anything I could." Helping the community by volunteering is a value shared by Nicole's family. Her grandma is a monk, and the family would always volunteer to help the community. Offering her time almost feels like second nature.

"When I moved to New Zealand, I discovered you need to gain experience to get certain jobs. Unlike Vietnam, where it's all about your academic record and social status. It was hard for me there, as someone who doesn't like school. So, I found that this is a much easier, and

fulfilling way for me to learn on the job and gain work experience to develop my career."

Offering your time to gain work experience isn't an opportunity that many young New Zealanders are aware of.

"Employers like mine favour those with experience. Volunteering gave me experience talking to clients, answering emails, professionally writing a CV and making heaps of connections that could help in this direction. At the end of the day, a school can teach you the basic skills of the job, but only your employer can teach you to do what they want."

Volunteering is also a great way to test a new career path. Nicole explains

"It's a great way to find something new if you feel stuck in your current job. While you're working, it's often too difficult to think about the possibilities outside of the job you're doing as you can't see past the fact you have responsibilities. You're focused on paying rent and buying groceries, and you often don't have extra money for more study. Volunteering offers a chance to upskill in any area, while still staying employed. Eventually, you can find



what makes you excited to go to work once again. It's a win-win. While you're gaining experience, being productive, making connections and learning new skills, you're helping an organisation to continue providing important services to the community."

When asked about how she fits volunteering in her schedule, she explains "...you don't need to give much time; an hour a week is better than nothing."

Wish List

People often ask if there is anything they can do to help provide for our patients and whānau. Our current 'Wish List' shows the equipment needed for Hospice and for the Hospice Shops that contribute significantly to our shortfall each year.

- 3 Vicar air cushions, \$610 each
- 2 Invacare transport beds, \$3,599 each
- 4 Cubro commodes, \$322 each
- 4 Cubro walking frames, \$387 each
- 9 Cubro bed handset holders, \$233 each
- Bosch dishwasher and installation, \$1,640
- Roger Armstrong portacot and bedding, \$201
- 2 Warehouse racks, \$375 each
- Trolley, \$109
- Trailer and cage \$2,850

- Recliner chair, \$6,578
- Container and hyab hire \$6,135
- Support a 'Day of Care' at Hospice, \$1,000

A special thanks to recent Wish List donors for supporting Hospice.

- Sheree Lauchlan donated \$105 for 3 boxes of printer paper
- Dave and David Waine donated \$10,562 for 5 standalone sun umbrellas
- BNI Nelson donated \$293 for a portable microphone
- Sioux Line Dancers donated \$1,978 for 2 Sapphire Pump Cradles, 2 Sapphire Power Supplies and 4 Sapphire Bolus Handles
- Brian Dowling donated \$5,289 for 3

Invacare shower chairs and \$603 for 4 Cubro Over Toilet seats

- Jocelyn Smith donated \$106 for essential oils, \$445 for 12 donation boxes and \$791 for NZ Post prepaid envelopes (500)
- Roger Duncan donated \$1,210 for 4 Cubro overbed tables
- Anonymous donors gave \$13,291 for a Biocon Bladder scanner system, \$12,561 for 2 cubro portable hoists, \$610 for a Vicair Air Cushion, \$150 for 4 books, \$427 for copy paper, \$2,378 for a tablet, \$437 for two stepladders.

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 on 027 548 1845 or georgia.ciaran@nelsonhospice.org.nz

Learn more about how you can help Hospice services in your community
www.nelsonhospice.org.nz