



The Sioux Line Dancer's 12-hour dance-a-thon!

The Sioux Line Dancers have been dancing together across the top of the south since 1994; the group helps connect communities whilst mixing fitness and fun and through the years have raised a truly amazing \$45,500 for Nelson Tasman Hospice.

They have fundraised for vital equipment which makes a difference to patients and their whānau day-to-day either within the community or in our Specialist Palliative Care Unit (SPCU) in Stoke. Equipment ranges from transport beds to syringe drivers to wheelchairs, each

with a necessary function in providing comfort to patients whilst coming with a price tag.

Most recently the Sioux Line Dancers kept rhythm for 12 hours straight, raising a truly phenomenal \$16,000 which has been used to purchase essential items including;

- Syringe drivers – these devices can be fitted to patients and slowly release medication at a steady rate. This helps to ensure pain relief is constant and those with a heavy pill burden can feel it alleviated.

- Wheelchairs – these enable a patient's comfort and mobility, empowering them to visit the places and people they care about.

Sue Wilson and Danuta Newport, who have led the group for almost 30 years said: "Sioux Line Dance NZ has the greatest privilege and honour to be part of Nelson Tasman Hospice. Every dollar raised comes from the heart knowing that it provides comfort to both patient and families; physically, emotionally, and spiritually."

Health Reforms

As you may be aware the Health Service is going through reforms that are designed to implement the most significant changes in healthcare over the last 30 years. Gone are the 20 DHB's; and in their place Te Whatu Ora (Health NZ) and Te Aka Whai Ora (Maori Health Authority) are charged with implementing and delivering the key components of the reforms i.e. i) equity in health outcomes, ii) embedding Te Tiriti O Waitangi, iii) keeping people well in their communities, iv) developing the health workforce, and v) ensuring a financially sustainable health sector.

The aspiration of the reforms is not difficult to agree with, who wouldn't want to see equity creating true fairness for greater access, greater service delivery and improved outcomes as a goal, to achieve pae ora (healthy futures) for all New Zealanders.

So where in this reformed world does specialist palliative care appear,

well the truth is, it doesn't – or if it does it presently receives only a passing mention. Along with previous Government strategies for health that reference 'living well, staying well, getting well' there is nothing about 'dying well'. 'Does this matter?' well my first 12 months as Chief Executive of Nelson Tasman Hospice has taught me that yes it does matter and to dismiss 'dying' from our thinking, is not only a societal mistake, its a very significant health reform/funding mistake.

NZ's 32 Hospices look after some 20,000 patients a year, that's about 30% of dying New Zealanders. In 2021 running costs for Hospices were circa \$176 million of which approximately \$88 million came from the government, that's approximately 0.5% of the total health budget. What's most concerning is that we know nationally some 15 - 20% of Kiwi's who should be supported at this most vulnerable time in life's journey, are just not receiving the specialist palliative care that they need.

Translate all this into Nelson Tasman Hospice and it equates to 240 patients and their whanau per month receiving

specialist palliative care services via inpatient, community/outpatient services, provided through highly trained medical, nursing, social work, counselling, physiotherapy, bereavement and equipment support, colleagues delivered on government funding of circa \$3.5 million, a shortfall of over \$3 million per year (and growing), leaving an eye-watering \$9000 a day to be raised by the hospice, just to keep existing services available and not even touching the sides of our need to increase rural services, Iwi-whānau care and create better navigation for access to services. Right now it just feels that despite pae ora being the aspiration, dying well is not a priority.

Time will tell what the impact of this work will be, but we encourage you to listen out for these discussions, and to participate in them, as any changes to hospice services will very likely affect you, your loved ones, whānau, the colleagues you employ and your wider community.

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

Know us for when you need us ...

Introducing Dr Amanda Fitzgerald

What does a day look like for you?

It starts with a meeting of our interdisciplinary community team, discussing patient/whānau needs. Then I meet with our SPCU team to discuss who might need an inpatient admission. Following that, I see patients in our outpatient clinic and their own homes, usually with one of our amazing community nurses. Some days I cover the inpatient Specialist Palliative Care Unit (SPCU.) I also take phone calls from District Nurses and other doctors/health professionals in need of specialist palliative care advice. No two days are exactly the same!

What is it like working with patients and their whānau in their homes?

It's an absolute privilege, to be invited into peoples' homes in order to assist with their care. I feel very honoured to be able to spend this time with my patients and their loved ones.

What's a myth about hospice services that you would like to dispel?

That Hospice 'is where people go to die'. I do look after people in their last few days of life, both in the SPCU and in the community, but the majority of the work is about providing symptom management and holistic care earlier in the journey, in a huge variety of settings (home, inpatient Hospice, aged residential care, hospital.) Hospice care is about living life as fully as possible, in the ways that matter most to the person and their whānau.



Dr Amanda Fitzgerald

Introducing Irvina Koeford (Physiotherapist)

What is your role at Nelson Tasman Hospice?

I am the Hospice Physiotherapist and I help people continue to live their lives as independently as they can despite their diagnosis, with the aim to maximise their movement and function based on their individual circumstances.

How does your work benefit patients?

My work helps provide patients with assistance on how to safely mobilise whether it be taking a few steps, walking to the loo or just helping them achieve goals like being able to sit out into a chair.

I also provide education and strategies to family/carers on how best to physically assist to maximise safety of the patient and themselves, this includes training on equipment if required, to carry out cares or maintain independence.

What do you find the most rewarding about the work that you do?

The look of joy on people's faces when they achieve a small task, they thought they could no longer do!

Sometimes it's just the simple things you can do to help achieve a "small" goal, which is actually a "huge" goal for a patient.

This just fills my cup and makes me so thankful for the rewarding job I have here at Hospice.



Irvina Koeford



L to R: Sam Nicholls, Sonya Thomson, Emma Silke-French, Sandra Maxwell, Robbie Burns & Sally Thomas (absent)

2023 event have been announced (follow our social pages to find out more – spoiler alert our very own Dr Juliet Fleming is a contestant in 2023!) and judging by the feedback it is going to be another event not to miss. We want to pay tribute to the people behind the scenes that make this event happen and that is the Dancing for a Cause Trust who put their passion and expertise, alongside a huge amount of work, to make this happen. Not only have they made this a must see bi-annual event for Nelson, in 2018 the event raised \$111,000 and in 2021 a whopping \$248,000 was raised for Nelson Tasman Hospice. That's a running total of \$359,000! Thank you to the team for all that they do for hospice services in the community.

2023 will see the return of an iconic bi-annual event for Nelson, NBS Dancing for A Cause, which is a vital fundraiser for hospice services in our community.

The incredible celebrity dancers that have put their hands up to be a part of the

Follow us on YouTube

We have started a podcast made possible by the incredibly talented team Todd Starr and Hannah Tunstall of Nelson based business In A Nut Shell.

Please follow us on YouTube under Nelson Tasman Hospice to find out more about the service and the people behind it.





Photos: David Chadwick



Regional Weather Event

We would like to acknowledge the recent weather events in the region and let our wider Nelson Tasman Hospice Community know that we are thinking of you all in these hard times.

Car for Hospice

Dayman Motors supported by Suzuki New Zealand have provided the loan of three new Community vehicles.

Our Community Nurses, Doctors and Allied Health teams provide specialist palliative care throughout the community to wherever our patients need them. Thank you to Dayman Motors for this support. A big thank you also to Cutting Edge Signs & Graphics for their incredible sign writing.



Volunteer and be a part of our community

There are many ways you can support hospice services in the Nelson Tasman community and volunteering you, or your businesses time and expertise is one of them.

Whether you want to get involved weekly, monthly, occasionally or as a one-off project – there will be a role for you.

Specific roles that are in urgent need of volunteer support include all four Hospice Shops, particularly Motueka and Takaka. Please drop into your local Hospice Shop and speak with the Manager if you would

like to find out more about what's involved. We are also looking for an equipment cleaner and a hairdressing volunteer in Nelson and a volunteer in Motueka and in Takaka to manage our fundraising donation boxes.

In addition, if you have a specific skill set or experience that you think would benefit the Nelson Tasman Hospice, please do get in touch with our Volunteer Programme Manager Krisca Gould on 546 3912 or Krisca.gould@nelsonhospice.org.nz.

Taking on Everest Base Camp at age 60 wasn't enough for Simon Starr!

Simon Starr and family, know how much Nelson Tasman Hospice services mean to patients and their whānau having had wife and mother Alison cared for by the service in 2018.

As avid supporters and advocates of specialist palliative care in the Nelson Tasman region, Simon and son Dean ventured to Everest Base Camp in October 2019, raising an amazing \$19,000! And this year they took on their next big adventure; the goal being to climb Mont Blanc in the Alps to the summit at a staggering 4807m.

Unfortunately, with Mont Blanc a "No-Go" due to conditions, plans had to change, but they managed to tackle

their alternate summit, Weissmies in Switzerland. The tough 12-hour day involved climbing from the hut up to the ridge then roping up over some high-grade scrambles to reach the summit before the knee crunching descent the full 2364m back to Chamonix.

This incredible family are amazing ambassadors for the work that Hospice do and real leaders in our compassionate community. You can still show your support through their Give a Little page, every cent raised stays in the Nelson Tasman community.

<https://givealittle.co.nz/fundraiser/mont-blanc-for-hospice>

Tax Credit

Nelson Tasman Hospice is an Inland Revenue-approved donee organisation.

Did you know you can claim back one third of any money (over \$5) you donate to the Trust?

For example, if you donate \$100, you can claim back \$33.33. This is a Donation Tax Credit and IRD have made it easier to claim them. You can find out more information at <https://philanthropy.org.nz/tax-benefits-for-charitable-giving>

Wish List – Support a Compassionate Community

Our Wish List has traditionally featured equipment needed by our clinical team to support patients either in the Specialist Palliative Care Unit (SPCU) or in the community. This month we have listed clinical equipment, in order of urgency, but we have also listed other ways in which you can donate to enable us to continue to care for people in our community, when they need us most.

Thank you for being a part of a compassionate community – the positive impact you can make is enormous:

- Vicair Air Cushion for Community 3 @ \$695 each
- Invacare Transport Bed for Community 4 @ \$3,800 each (current beds date back to 1992!)
- Multi-C-Air chair for SPCU 1 @ \$6,578
- BodyGuard Syringe Driver for Community 3 @ \$3,000 each
- Cubro Bed Handset Holder for SPCU 7 @ \$233 each
- NZ Post Prepaid 500 envelopes 3 @ \$893 each
- Cubro Wheelchair for Community 4 @ 364.97 each
- Cubro Commode for Community 4 @ 321.75 each
- Cubro Walking Frame for Community 4 @ \$386.87 each

- MultiFit Bed Lever for Community @ \$170
- Rippledish for SPCU @\$1500

Or help our community by supporting them to ensure they, and their families, children and whānau have the necessary support they need. You can make a one-off or a regular gift to support their care.

Gift Comfort:

Gift a family reassurance they have the equipment they need at home to support their loved one \$240/\$20 a month

Gift Peace of Mind:

Gift a family reassurance that they are never alone, with 24-hour/7 day a week advice just a phone call away \$360/\$30 a month

Gift Relief:

Help prevent and relieve suffering for a patient by treating pain and other troubling symptoms \$480/\$40 a month

Gift Strength:

Help patients, families and children find strength through free counselling when they are afraid. \$600/\$50 a month

Gift Care:

Ensure patients can be cared for at home or in our Specialist Palliative Care Unit, with the specialist support of hospice care \$1,200 or \$100 a month

Gift Care:

Ensure patients and their family/whānau can be cared for at home or in our Specialist Palliative Care Unit, with the specialist support of hospice care including counselling, spiritual and pastoral care, and bereavement services \$1,700/\$141 a month.

If you would like to support your community by purchasing from our Wish List, please contact Rachel Lake on 027 222 1344 or Rachel.lake@nelsonhospice.org.nz. We would love to hear from you.

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

- Roger Duncan donated a dishwasher including installation for our Education Room
- Sioux Line Dancers donated 4 x Wheelchairs and 2 x Airvo machines
- David and Mary McLaren donated 4 x Bed Handset Holders
- Sue and Eric Taylor donated 1x Transport Bed
- Anonymous donors gave a Roger Armstrong Portacot, Trolley and 1 x Bed Handset Holders.

It takes a community to make a hospice happen and there are many businesses, individuals, groups, and Trusts that have supported us in the last three months to enable us to continue to provide the service to the community.

Thank you to all the businesses and groups that supported hospice services as well as the individuals that made one off or recurring donations, left a bequest to the service, donated goods to one of our four Hospice shops, purchased goods

from a Hospice Shop, hosted a donation box at their premises and participated in events. A special thanks to The Lion Foundation, Pub Charity & the Rata Foundation. Thank you, your support has made a difference to your community.

September is Wills Month

New Zealand marks 'Wills Month' in September, an annual prompt to create or update this important record.

Having an up-to-date Will provides reassurance that you have considered everything you need to and made the best

plans possible for the people and causes you care about.

The specialist work of Nelson Tasman Hospice touches many individuals and whānau throughout our region, and this continued free service is only possible because of the generosity of our compassionate community. A bequest is a gift from your estate made through your will. It can be a specified gift of property or savings or a percentage of your

entire estate. We are sincerely grateful to those caring people who have made or are considering making, a bequest to Hospice in their will. Their legacy matters enormously and makes a difference to our community each and every day.

Please contact us if you would like to know more about our service and the impact making a bequest would make. However, you approach your bequest, it is best to talk to a lawyer first.

How do you like to hear from Nelson Tasman Hospice?

With the support of our sponsors, we have brought you this newsletter to keep you up to date on what Nelson Tasman Hospice is doing in your region. We know our supporters are all different and so we are keen to hear from you about how you like to hear from us? If you would like to switch to an online version of your newsletter going forward, please let us know.

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