

A Lasting Legacy: Remembering Jan Cullinane

When Janice 'Jan' Cullinane moved to Nelson in her mid-twenties to take up a position with the Nelson Mail, she could never have known the lasting impact she would one day have on the community she came to call home.

Born and raised in Hastings, Jan trained as a teacher before beginning a career in journalism. She started with the Hawke's Bay Herald-Tribune as a reporter and later became a sub-editor. Her move to Nelson marked the beginning of a remarkable 26-year career with the Nelson Mail, where she eventually became Chief Sub-Editor. Friends believe she may have been the first woman in New Zealand to hold such a position.

Although Jan had no family connections in the South Island, she never regretted making Nelson her home. Through golf, community activities and, later, her involvement with Stoke Baptist Church, she built strong friendships and became part of a community she valued deeply.

'Jan was intelligent, independent and incredibly loyal to her friends. Although she arrived in

Nelson knowing very few people, she built a wonderful life here through the friendships she made, her golf and her church community. She never sought recognition, but she cared deeply about people and valued the community that became her home. Her decision to leave a gift to Hospice feels very much like Jan – quietly helping others and making a difference long into the future.' - Long term friend, Diane Sutherland-Arbuthnot

Jan's decision to leave a gift to Nelson Tasman Hospice in her Will reflects the care she had for the community around her. Her generous bequest will help ensure that local people facing the challenges of a life-limiting illness continue to receive specialist care, support and compassion when they need it most.

Like all gifts left in Wills, Jan's legacy extends far beyond the gift itself. It represents a commitment to future generations and a belief that everyone in our region deserves access to quality hospice care, free of charge.

Today, Jan's kindness and foresight continue to make a difference. Through her legacy, she



will help support local patients and whānau for years to come - a lasting gift to the community that she valued greatly.

Thank you to Diane, for sharing Jan's story. If you'd like to share a story, please get in touch.

Lottery Grants Board invests in equitable hospice care across Nelson Tasman



Sharda Marter and Abbey Benemann, Nelson Tasman Hospice Social Workers

Thank you to New Zealand Lottery Grants Board who have committed \$80,000 over two years to support the annual wage costs of two social workers at Nelson Tasman Hospice.

This significant investment will help ensure people facing a life-limiting illness, and those closest to them, continue to receive compassionate, specialist support when they need it most.

At Nelson Tasman Hospice, social workers are an integral part of the multidisciplinary team, helping patients and whānau navigate the emotional, practical, financial and social impacts of a life-limiting illness.

Whether meeting with people in their homes, in

hospital, in aged residential care facilities or at the Hospice Hub in Stoke, social workers provide person-centred support wherever individuals feel most comfortable. By listening to what matters most to each person and helping them identify and achieve their own goals, they empower patients to maintain dignity, independence and quality of life.

Social workers advocate for people when barriers arise, helping them access the support and services they are entitled to and ensuring their voices are heard, especially when they may feel overwhelmed or unable to speak for themselves.

They work alongside patients and families to address challenges such as financial hardship, housing concerns, mental health issues, addiction, family dynamics and social isolation. Drawing on expertise in areas including youth work, mental health and addiction support, they create a more equitable and inclusive environment where people can live well until the end of life.

"Our social workers help people navigate some of the most complex and difficult times they may ever experience," says Megan Peters, Clinical Services Director at Nelson Tasman Hospice.

"They advocate, empower and connect people with the support they need, ensuring that every person feels seen, heard and valued. This funding

from the Lottery Grants Board helps us continue providing that specialist care when and where it is needed most."

Hospice services are available to anyone facing a life-limiting illness, regardless of age, ethnicity, ability or where they live across the Nelson Tasman region, including rural communities.

While Nelson Tasman Hospice receives government funding for part of its services, increasing demand and rising operating costs mean the organisation must raise around \$12,300 every day from the community to continue providing specialist palliative care free of charge.

Support from the New Zealand Lottery Grants Board plays a vital role in ensuring Hospice can sustain these essential services and continue supporting patients and whānau through every stage of their journey.

We are deeply grateful to the New Zealand Lottery Grants Board for recognising the importance of holistic hospice care and helping ensure that everyone in our community can access the support they need, regardless of their circumstances.

Community grants are integral to the sustainability of our Hospice; if you know of any Trusts or Foundations that may consider supporting our essential service work please let us know.

More ways to give: our new Donation & Distribution Centre

We're excited to share that our new **Nelson Tasman Hospice Donation & Distribution Centre (DDC)** in Stoke is opening on the 21st of September 2026.

Located at 1 Kotua Place, Wakatu Estate the new centre is an important step in strengthening our retail operations and ensuring that your generous donations can go even further in supporting local families.

Our five Hospice Shops collectively contribute around half of our annual \$4.5m operational shortfall.

Every item donated, every bargain found and every purchase made in our shops helps us continue providing care, free of charge, to people in our community when they need it most.

Making it easier to give

The new Donation & Distribution Centre gives you another convenient way to donate. It is open seven days a week and provides a central place for donations to be received, sorted and distributed to our Hospice Shops across the region.

By bringing donations together in one central hub, we can improve the flow of quality items to our shops, giving our shoppers more choice and variety while helping us make the most of every generous donation we receive.

And there's good news for our regular donors – you can absolutely continue to donate at your local Hospice Shop. Supporting Hospice is easy, with three convenient ways to donate.

Choose the option that works best for you.

Three easy ways to donate:



Donate at your local Hospice Shop – our shops continue to welcome your donations.

Hospice Donation Centre

Drop off at our Donation Centre – find us at 1 Kotua Place, Wakatu Estate open seven days a week. Opening 21 September!



Arrange a collection – if you have larger items or need help getting your donation to us, give us a call to see if we can arrange a free collection. Phone 03 927 6622

However you choose to give, your donation helps provide free specialist palliative care for local families.

The new centre is also creating improved spaces and

new opportunities for our dedicated team of colleagues and volunteers, who are so important to the success of our retail operations.

We're always looking for more wonderful people to join our volunteer team.

Whether you can spare a few hours each week or simply want to meet new people and be part of something meaningful, volunteering with Hospice is a great way to make a difference in our community. And, of course, we're always grateful for your generous donations – every quality item you give helps raise vital funds to support local families.

We're incredibly grateful to everyone who donates, shops, volunteers and supports our Hospice Shops. Your generosity makes a real difference – and with your continued support, our new Donation & Distribution Centre will help us build a stronger and more sustainable future for Hospice care in our region.



3 EASY WAYS TO DONATE. 100% LOCAL IMPACT.

DONATE AT YOUR LOCAL HOSPICE SHOP

DROP OFF AT OUR DONATION CENTRE

ARRANGE A COLLECTION PH 03 927 6622

Hospice Donation Centre

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OPENING 21 SEP

OPENING 21 SEP

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THE SPECTACLE

This year, The Spectacle is giving runners the opportunity to fundraise for Nelson Tasman Hospice. You can help to ensure local families continue to receive free Hospice care when they need it most.

CHOOSE YOUR CHALLENGE
Road Mile, Relay, 5km, 10km...

JOIN TEAM HOSPICE

HONOUR SOMEONE SPECIAL

Visit www.thespectacle.co.nz for more info

Planning Ahead Month

September 2026

The conversations that matter

There are some conversations we all know are important, but they're often the easiest ones to put off.

Making a will. Thinking about future healthcare. Talking with our loved ones about what matters most to us.

At Nelson Tasman Hospice, we understand that these conversations can feel difficult. Yet taking the time to plan ahead is one of the greatest gifts we can give the people we love. It can provide clarity, reduce uncertainty and give everyone greater peace of mind.

That's why we're launching Planning Ahead Month this September - a series of free community events designed to make planning for the future a little easier.

Whether you've been meaning to update your will, want to understand more about Advance Care Planning, or are simply curious to learn more about the work of Hospice, there's something for everyone.

Ask a Lawyer at Hospice

Have you been putting off making or updating your will because you're not sure where to start?

Throughout Planning Ahead Month, local legal professionals from Atkinson Crehan Law, Senior Law and C + F Legal will be volunteering their time to answer general questions about wills and estate planning.

These informal sessions are an opportunity to ask questions, understand your options and learn what your next steps might be. They're not formal legal consultations, but they are a great place to start if you've been meaning to get your affairs in order.

Pitt & Moore Lawyers, Atkinson Crehan Law and Senior Law are also generously supporting Hospice by donating \$50 for every new will signed during September.

Advance Care Planning (ACP)

Planning ahead isn't just about your finances or your possessions - it's also about your healthcare.

The free Advance Care Planning workshop offered by Mary-ann Hardcastle (ACP facilitator), will explore how you can think about, record and communicate what matters most to you should there come a time when you're unable to speak for yourself.

Having these conversations early can provide reassurance for you and your loved ones and help ensure your wishes are understood.

Dying to Know

Death and dying are topics many of us find difficult to talk about, yet they are experiences we will all face in some way.

Our Dying to Know about Dying Matters workshop offers a welcoming and supportive space to explore why these conversations matter, challenge some common myths and discover how talking openly can help us better support ourselves, our families and our communities.

You don't need to have all the answers - just a willingness to start the conversation.

Discover Your Hospice

Planning Ahead Month is also an opportunity to step inside your Hospice.

Our Hospice facility was built by the generosity of this community, for this community, and we're proud to open our doors for guided tours throughout the month.

Visitors will have the chance to learn more about the care we provide, meet members of our team and discover that Hospice is much more than a building. Every day, our doctors, nurses, allied health professionals and volunteers support families across Nelson Tasman - in their own homes, in hospital, in aged residential care facilities and within our Specialist Palliative Care Unit.

We hope that by seeing your Hospice firsthand, you'll gain a deeper understanding of the difference community support makes and the vital role Hospice plays across our region.

One conversation today can make tomorrow a little easier.

Planning Ahead Month is about making it easier to have the conversations we've been meaning to have and take the practical steps that can make life easier for the people we love.

Whether you choose to ask a lawyer, attend a workshop, take a tour or simply learn something new, we'd love to welcome you.

Together, let's start the conversations that matter.

Planning Ahead Month Events - All located at 331 Suffolk Road, Stoke

Ask a Lawyer at Hospice

- Atkinson Crehan Law - Mon 7th Sep, 1pm - 2:30pm
- C + F Legal - Wed 16th Sep, 1pm - 2:30pm
- Senior Law - Mon 28th Sep, 1pm - 2:30pm

Advance Care Planning Workshop

Thurs 10 Sept, 1pm - 2:30pm

Free course RSVP essential:
Mary-ann Hardcastle (ACP facilitator)

Phone: 021 790 967
Email: acp@nbph.org.nz

Dying to Know Workshop

Thurs 10 Sept, 9am - 1:30pm

Free workshop
Registration essential:
Scan here -



Discover Your Hospice

Tour our facilities
Mon 7th Sep, 12pm
Wed 16 Sep, 12pm
Mon 28th Sep, 12pm

Registration essential:
Email - communications@nelsonhospice.org.nz

Thank you, Nelson Pine Industries

Nelson Tasman Hospice is grateful for the long-standing support of Nelson Pine Industries and the genuine commitment they continue to show to our patients and their whānau across our region.

Through their annual sponsorship of Nelson Tasman Hospice, Nelson Pine Industries helps ensure specialist palliative care remains available free of charge for everyone in the Nelson Tasman region who needs it. Their ongoing investment supports care for local patients and whānau, reflecting a shared belief in looking after people during some of life's most challenging times.

In addition to their annual sponsorship, Nelson Pine Industries has supported our Nelson Airport Trees of Remembrance activation every year it has taken place. As a founding Gold Sponsor of this much-loved Christmas initiative, they have helped create a meaningful tradition that brings our community together to celebrate, remember

and honour loved ones while raising vital funds for hospice care. Their continued involvement has contributed to the growth and success of the event, helping ensure it remains a special part of Christmas for many people travelling through Nelson Airport.

Every partnership with local businesses strengthens our ability to provide compassionate care and support, wherever people call home. Thanks to the generosity of supporters like Nelson Pine Industries, our specialist teams can continue caring for patients and whānau across the region, whether in people's homes, in the community, or in our Inpatient Unit.

We are proud to stand alongside an organisation that shares our belief in making a positive difference for local people. The continued support of Nelson Pine Industries demonstrates the power of community, and the impact businesses can have when they invest in the wellbeing of those around them.

From everyone at Nelson Tasman Hospice, thank you to the team at Nelson Pine Industries for your generosity and continued support of hospice care.



Kai Kruse, Nelson Pine CEO & Executive Director with Tony Gray, Nelson Tasman Hospice Chief Executive



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Treat yourself or someone special to a Whitehorse Cheese Gift Box for just \$50, featuring a beautifully presented, hand-selected assortment of premium cheeses.

\$10 from every box purchased is donated directly to Nelson Tasman Hospice, supporting the vital care and services they provide throughout our community.

Wish List

People often ask if there is anything they can do to help provide for Hospice patients and whānau. The Wish List is a great way to see what is needed throughout Nelson Tasman Hospice, and how you might be able to help fill the gaps.

- \$89 - purchase a bamboo mattress topper providing extra comfort and support to our patients who are being cared for in our SPCU. (2 required)
- \$550 - covers the cost of a month of patient pain relief and comfort; such as infusion sets for medication and mouth spray bottle.
- \$1,200 - Day of Care - ensure patients can be cared for at home or in our Specialist Palliative Care Unit, with the specialist support of hospice care.

You can also make a one-off or regular gift to support hospice services in Nelson Tasman.

If you would like to make a positive impact in your community by donating for an item on our Wish List, please contact Rachel Lake on 0272221344 or rachel.lake@nelsonhospice.org.nz. We would love to hear from you. Thank you to the amazing recent supporters of our Wish List for being part of our compassionate community.

Yes! I would like to support the future of Hospice services in our region.

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

I am paying by: ☐ Mastercard ☐ Visa

Credit card #

Expiry: ____/____ 3 digit security code: _____

Name: _____ Address: _____

Phone: _____ Email address: _____

Signature: _____

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

Registered charity CC58048

Please post completed form with donation to: Nelson Tasman Hospice, 331 Suffolk Rd, Stoke Nelson 7011

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

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