

Mega Christmas raffle

Talk about a stocking stuffer! The winners of the inaugural Hospice Christmas Raffle will have them bulging!

With tickets available from November 1, entrants go in the draw to win a trailer full of goodies. (You win the trailer too!)

First prize is a caged 7x4 trailer while second prize is an Air New Zealand Deluxe Mystery Break. The total prize package is valued at \$5,000!

Tickets will be available from Invercargill Mega Mitre 10, our hospice shops, our website and hospice reception. Entries close on December 19 and will be drawn under police supervision on December 20. The winners will be notified.

We're needing volunteers to help sell the raffle tickets at the Mitre 10 Mega store in Invercargill. Do you have a couple of hours free anytime? Bring a friend and have a good chat while you are sitting and selling tickets.

Phone us here at hospice on (03) 211 3081 or check out our Facebook page for the link to apply.



Donating by eft-pos

Riverton identity **Alex Jenkins** gets to grips with donating by eft-pos card at our Kew Rd offices in Invercargill. Like many of our elderly supporters Alex, who recently turned 91, is an avowed cheque writer and that's how he's donated to hospice for the last 20 years.

His latest posted cheque for \$200 was put into hospice's bank Westpac but dishonoured by Alex's ANZ bank when it was presented for processing a day after their cut-off date. Banks have ditched cheques as a form of payment, citing low usage.

When we contacted Alex to explain the bounced cheque he was so nice and offered to pop in and pay by eft-pos next time he was in Invercargill.

Alex, a former Gropers Bush sheep and beef farmer and life member of the Riverton Trotting Club, said he and his late wife Elrine always donated to charities by cheque until now.

Thanks very much, Alex. People who wish to donate to hospice have a number of alternative payment options, including eft-pos. Read the panel, below.

WAYS TO DONATE

There are several ways you can donate to Hospice Southland after cheques were stopped in June.

Here are five payment alternatives:

- 1. Internet Banking** Pay directly by internet banking into our Westpac bank account 03-1745-0005791-00 giving your name and phone number as reference details.
- 2. By post:** List your credit card (or visa debit card) details and amount to donate in the cut-out panel on page 5 and post it in an envelope to us at PO Box 7020, Invercargill 9844.
- 3. Our website:** Search the internet for hospicesouthland.org.nz, click on 'About Us', then click on 'Make a Donation' and enter your credit card details.
- 4. By cash:** Drop off cash or swipe your eft-pos debit card at one of our seven hospice shops
- 5. Givealittle:** Go to our Givealittle page on the internet at www.givealittle.co.nz/org/hospicesouthland
If you require any assistance with making a switch to an alternative payment method, please feel free to give either Kathryn or Lynn a call on (03) 211 3081 and they will talk you through the options.

Yes, I would like to support Hospice Southland.

Title: Dr. Mr. Mrs. Ms.

Name

Address

Phone

Email

Please send me information on:

- Hospice Southland services
 Becoming a volunteer
 Including Hospice Southland in my will

Please find enclosed my credit card donation of \$

Please debit my Visa Mastercard

No.

Expiry date /

Name on card

Signature

Thank you for your generous support. We receive only half our funding from government. Your monies help keep palliative care free to patients with life-limiting illnesses in Southland and Queenstown/Wakatipu.



Donations

This list of donations, grants and bequests over \$1,000 covers the period July to September 2021. We also receive many donations less than this. We thank you all.

DONOR	AMOUNT
Allan Baxter	\$1,000.00
Anonymous	\$2,000.00
Anonymous	\$5,000.00
Anonymous	\$1,200.00
E Maloney	\$5,000.00
Estate D A Hector	\$55,196.90
Estate E A Soper	\$1,000.00
Estate M L Murphy	\$100,000.00
Estate W T Oliver	\$10,000.00
Estate W T Wilson	\$50,000.00
G M & J M Boyle Family Trust	\$2,500.00
J B W McKenzie Trust	\$5,000.00
Lions Club of Tuatapere & Districts	\$10,000.00
Mr C Williams	\$1,000.00
Mrs L Winsloe	\$2,500.00
Neville Stronach	\$1,000.00
Southern Indoor Charity Dog Trials	\$12,000.00
Southland Trailer Yacht Squadron	\$2,000.00
Steven Bevins	\$1,000.00
Sthld Farmers Co-op Assoc. Reunion	\$1,345.00
Te Anau Trout Fishing Competition	\$1,085.00
Terranota Ltd	\$4,600.00
Tuatapere Golf Club	\$7,640.00

facebook.com/hospicesouthland
www.hospicesouthland.org.nz

DONATE NOW

To make a direct credit by internet banking, please make donations to:
HOSPICE SOUTHLAND 03-1745-0005791-00
 Please use your name or organisation along with your phone number as a reference.



Tuatapere donation double

Tuatapereans are a special breed of people, we reckon.

They loyally donate \$10,000 each year to hospice from a hay drive organised by the local Lions club. (For the record, Lions also donated monies to worthy causes in western Southland from funds raised at the event).

Dozens of farmers compete to find who's got the best quality hay and bales of silage, then let their donated bales go to the highest bidder in a charity auction. Some even buy their own bales back!

Then the local golf club decides to donate some money from their Waitangi Day tournament to hospice. Bonus! We are blessed to have such committed regular givers. Take a bow, Tuatapere Lions Club and Tuatapere Golf Club.

Pictured thanking Lions Club members Quinton Donald (left) and Sammy Sanford at a celebratory dinner recently are hospice nurse Brenda Scully (left) and chief executive Flora Gilkinson.

Wishlist

You don't need to be rich to make a difference. Many of us wish we could give back to the community, but we often just don't have the means. That's why we have our wish list! Big or small, your contribution counts.

By donating these items, you help us reduce our costs and keep hospice's palliative care free 24/7 to patients and support their families.

- 9-volt batteries
- Toilet Paper
- Paper tissues
- Moccona or Jeds Coffee
- Ginger ale cans
- L&P cans
- Coca Cola cans
- Biscuits
- Eggs
- Laundry soap powder
- Whitener (Vanish)
- Condensed milk
- Reduced cream
- Tinned salmon

Nurse farewelled after 29 years

A nurse with a passion for palliative care spanning four decades was recently farewelled from Hospice Southland.

Kirsty Robertson was honoured by about 50 colleagues and family members who gathered for her farewell on October 12 after 29 years' service at hospice.

"I'm so humbled to see so many people here today," she said. "I am thankful for all the opportunities to grow in this job, and I will cherish all the experiences I've had here."

She was thanked by Clinical Manager Steph Ash. "Kirsty has been my rock, she's an amazing leader and a great friend."

"I'm so humbled to see so many people here today," she said. "I am thankful for all the opportunities to grow in this job, and I will cherish all the experiences I've had here."

Kirsty Robertson

Community nurse Rohan Blackler said he would miss Kirsty's always happy and smiling demeanor first thing in the morning.

Hospice Board of Trustees chair Helen McCurdy thanked Kirsty for her years of dedication and educating the board in matters that assisted their decision making.

Kirsty was presented with a bouquet of flowers by fellow long-time nurse Corina Calvert and given several leaving gifts including an engraved watch.

Kirsty has had many roles at hospice since starting on 6 July 1992, the day the in-patient unit opened. Initially employed as a part-time permanent enrolled nurse on night shift in the IPU, she finished on October 14 as Nursing Team Leader responsible for 26 nurses.

After completing enrolled nurse training Kirsty worked in Wards 3 and 6 in the old Southland Hospital before stints at the former Lorne Geriatric Hospital and Bainfield Park Residential Home. But it was her experiences working in Ward 3 which housed the Oncology Unit that developed her passion for palliative care.

She joined a group of 16 nurses, nurse manager, doctor and administrator in the newly renovated ground floor of the former Nurses Home that served as hospice's base from 1992 to 2002.

In 2001 she was seconded to the quality improvement role with the introduction of the health and disability sector standards. This required her to implement policies and procedures to meet the HDSS and develop an audit programme required by the Ministry of Health and certification to provide health services.

She was a union rep with the NZ Nurses Organisation and her other roles at hospice included in-service education officer, administration support to the community education team and to the nursing director.

Asked what the biggest challenge was she faced during her time at hospice, Kirsty says in the early years they had to watch every penny donated as they received no government grant. "We have a feeling of responsibility to the community that raises the money for us to spend it wisely and prudently."

There have been many funny encounters at hospice, including a new mum who brought her baby to work to cover a shift as there wasn't a casual nursing pool. "There are too many to mention. Suffice to say in the early days we were a cottage industry where we did things our way – a much different world now with legislative requirements."

But it is the knowledge that she made a difference in the lives of patients and their families and knowing they had the support of the Southland community that are the most satisfying aspects of her time at hospice.



Nurse Kirsty Robertson.

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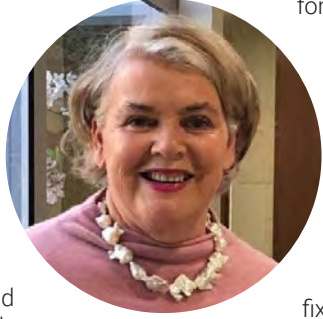


From the CEO

I've been the Chief Executive of Hospice Southland for over a year now. I arrived in spring last year and the spring this year is just as splendid. It's so lovely to see all the blossoms mixed in with the rhododendrons and spring bulbs. As I drive around Southland catching up with staff at our seven shops the lambs, green grass and trees coming into leaf is really glorious to see.

What has not been so glorious was having to be in Covid lockdown for such a long time. I must congratulate all our shoppers, people who donate goods to our shops and the many hundreds of volunteers who help us keep the funds rolling in. We could not offer our palliative care and support services to everyone free of charge if you were not so helpful in so many ways.

Other things going on at hospice include the arrival of two new overseas doctors, Dr Merrill Drew and Dr Ian Koh.



We are also looking at a strategic plan for the Queenstown and Wakatipu region which we also serve. This will be interesting as over the next 20 years the population of Queenstown is expected to grow significantly, especially the over 65s by 75%.

Flora Gilkison, Chief Executive Officer, Hospice Southland

Two new doctors

Hospice Southland recently welcomed two overseas doctors to its ranks, **Merril Drew** and **Ian Koh**.

Both are employed as medical officers under the supervision of medical director Dr Amanda Sommerfeldt and are based at hospice's Invercargill headquarters in Kew Rd.

Dr Drew grew up in South Africa and spent most of her working life in the UK, while Dr Koh is Malaysian and gained his medical degree in Scotland. Dr Drew has 20-plus years' experience of palliative medicine while Dr Koh graduated two years ago and has decided to specialise in palliative care.

An avid tramper and cyclist, Merrill said the decision to move to New Zealand from the UK was relatively easy. "As I enjoy the outdoors, love to travel, am fascinated by different cultures and enjoy meeting new people I decided to work abroad before I retire. I liked visiting New Zealand in the past so it was my first choice.

"The South Island appealed most to me as I hadn't visited any place south of Christchurch and thought a rural setting would be novel for me. As medicine and palliative medicine in New Zealand have, in many ways, developed from the British systems I feel comfortable working here."

Merril also has a Master of Psychology degree and believes that, plus her post-graduate training, has contributed to her being an holistic practitioner who values working within a multidisciplinary team.

Her husband Peter and daughters Talia, 26, and Lucy, 23, remain in the UK. "The pandemic has made it difficult for my family to travel, but hopefully they will join me next year. I have many friends in NZ including some close school friends."

While working in Windsor in the UK, Merrill was fortunate to have met the Queen and Prince Phillip, with both visiting the hospice near Windsor Castle on several occasions.

Dr Koh, who trained at Aberdeen Medical School in Scotland, says after living in the UK for seven years he wanted to work somewhere closer to his family in Malaysia and Australia. Ian said he was also attracted to the outpatient or community work aspect of the position at Hospice Southland. "So, for our patients and their families, I make it my responsibility to make sure they are able to express themselves and be heard. This also applies to the team here at hospice!"



New doctors Merrill Drew and Ian Koh.

In his short time here to date Ian has noticed some differences to palliative care in the UK.

"For the most part, it is pretty similar in terms of patient demographics, presentations and management but we were more intensive in Scotland. In my previous workplace, we did more invasive investigations such as taking blood and imaging, while management could involve intravenous medication and blood transfusions. This might be due to a higher ratio of symptomatic and long-term management patients as opposed to end-of-life care."

On a lighter note, Ian says he's a huge cat person and office moggy Tess is making hospice an even better workplace.

"I have only heard good things about this country, the lifestyle and work-life balance."

"I am a pretty easy-going and laid-back person, so the opportunity to come to New Zealand for the Kiwi culture seemed like a no brainer."

Dr Koh, Medical Officer, Invercargill Hospice

They both managed to get MIQ spots. We are very fortunate to have them here.

We have had some senior staff resignations. Our clinical manager Steph Ash is going back north to her family. We will miss Steph as she has added some seriously good clinical management aspects into hospice plus being a fun and interesting senior colleague.

Kirsty Robertson is also leaving after 29 years, and this will be a big hole as Kirsty is one of those people who see a problem and just gets on and fixes it. Her input into quality processes and clinical development has been extraordinary.

Clinical and spiritual support both important



Spiritual support coordinator Raewyn Knight

(IPU) at hospice's Invercargill base. She replaces Judith Stewart, who retired after 17 years in the position.

"Judith was like a mentor, everybody respected her," she says. With Judith's encouragement, Raewyn undertook a clinical pastoral training course, which has helped her immensely in the role which includes bereavement support.

Raewyn forms a kind of personal bond with a terminally-ill patient, being present by lending a listening ear to their end-of-life issues and offering spiritual support if requested. The role encourages open communication and an exploration of beliefs, while helping

A good nurse knows all the clinical details, but a great nurse is one who connects with a patient.

That's according to **Raewyn Knight**, a registered nurse with more than 20 years' experience recently appointed Spiritual Support Coordinator at Hospice Southland.

Raewyn is relishing her new role after serving seven years in the Inpatient Unit

the patient, the family or whanau complete unfinished business. "Just as we address our physical pain, when we address our spiritual wellbeing it enables us to feel a sense of peace, hope, meaning and purpose," she says. "It can give patients greater inner strength, plus time to explore and express their connectedness to others, including the sacred."

Her nursing passion was ignited from helping older brother Stephen who suffered from kidney failure and is on dialysis. She became a nurse in 1991 and would return to the profession after raising a family of four children on a dairy farm in Makarewa.

Raewyn has familial experience of death, with her mother dying in the IPU from cancer in 2006 and a brother committing suicide at just 21. Her Christian belief helped her through both traumatic experiences.

However, spiritual support includes non-Christian beliefs such as Islam. Raewyn is able to refer a patient or family to an imam or other spiritual leader for support if that is their desire.

Irrespective of whether the patient is a spiritual believer or not, Raewyn says she is a people-person first and foremost and enjoys nothing more than connecting with patients and supporting them during their last days on earth.

"I love being able to spend quality time with patients and their families. And I love being able to work with a brilliant team of colleagues who are passionate about their jobs and their patients."

Raewyn Knight, Spiritual Support Coordinator

Doggone thankful

Hospice has benefitted to the tune of \$12,000 thanks to the 2021 Southern Charity Indoor Dog Trials held recently.

A total of 130 competitors took part in this year's event that's raised more than \$73,000 for local charities including hospice since its inception in 2016.

The trials are held inside the big shed at the Southern Field Days site at Waimumu near Gore and are a popular winter event for dog trialists in the lower South Island.

Dog trials committee chairman **Mike Joyce** said they were able to raise "a couple of grand more than last year" for hospice. Hospice staff were present, hosting a food and drinks tent onsite.

The donation raised from entry fees was gratefully received by hospice events coordinator Suzanne Prentice, who said it was a wonderful rural event for hospice to be involved with once again.



Hospice staff Jody Forbes and Suzanne Prentice receive a \$12,000 donation from dog trials committee chairman Mike Joyce. Photo courtesy Gore Ensign.

Gore shop celebrates 10th anniversary

Our Gore Hospice Shop recently celebrated its 10th birthday. Known as one of the friendliest shops in Gore, shop manager Sue Neiman puts their success down to her great team of volunteers.

Dozens gathered for an afternoon tea with some volunteers – Irene Banks, Margaret Ferris, Cheryl Hughes, Jocelyn Marxen, Anne Mitchell, Suzanne Mulqueen, Diana O'Neill, Ngaire Stephen and Colleen Whitefield – receiving long service awards from our chief executive Flora Gilkison.

Over the last ten years of turning second-hand goods into first class care the Gore shop has raised a phenomenal \$2.7 million for hospice through the efforts of more 100 volunteers over that time. That includes 350,000-plus sales of donated goods from the generous Gore community.

The money raised from the sale of these goods helps fund the Eastern Southland community hospice nurse service and other Hospice Southland team members who frequently visit Gore and districts.

Well done, team!

BoundaryLine donation

A big thankyou to our latest corporate donor, BoundaryLine.

The Invercargill-based fencing and gate manufacturer gave us \$4,600 recently with staff choosing Hospice Southland as one of four charities nationwide to receive a special company donation.

Pictured flanking our chief executive Flora Gilkison is BoundaryLine director **Joe McGaveston** (left) and business development manager **Lachlan McGaveston**.

We welcome your family to our family!



Volunteer celebrates 80th birthday

Winton Hospice Shop volunteer **Jocelyn Hamilton** celebrated her 80th birthday in style recently.

A special get-together of fellow volunteers and managers was held at the shop to celebrate the occasion, complete with tiaras and not one but two cakes!

Jocelyn volunteered at the Winton shop not long after it opened in late 2014 and has lent her hand to pretty much every little job going since.

Shop manager Maree Ronald said she almost lost Jocelyn to St John. "She wanted to volunteer but didn't have a clue about first aid, and then she saw my ad for volunteers and the rest is history.

"Jocelyn is an amazing lady and still very active. She has an awesome cheeky personality, loves having a yarn and is very committed to what she does. She is my 'wool lady' unravelling jumpers and then washing the wool and rewinding it."

Happy birthday, Jocelyn!



Jocelyn Hamilton

Long service awards

Six staff and five trustees were honoured with Long Service Awards at the Hospice Board of Trustees Annual Dinner held this year on July 31 at the Ascot Hotel, Invercargill.

Nurse practitioner **Lisa Henderson** was awarded for 15 years of service. Events coordinator **Suzanne Prentice**, medical director **Amanda Sommerfeldt**, Queenstown shop manager **John McDowell**, nurse **Lynley Todd** and counsellor **Kathryn Hoogevener** were all awarded for five years of service.

The awards to five of our trustees underline their lengthy volunteer dedication to hospice's cause. Treasurer **Peter Heenan** was awarded for 26 years' service, **Graham Lewis** 25 years, secretary **Tony Irvine** 20 years, chair **Helen McCurdy** 17 years, and **Mhari Baty** 13 years.

Staff awardees each received flowers and a gift voucher in addition to a long service certificate. Trustee recipients each received a kowhai tree and a certificate.



Long service award recipients (from left) Lisa Henderson, Suzanne Prentice, Amanda Sommerfeldt and Graham Lewis.

Events

These are the upcoming events that hospice is involved in until the end of the year:

**November 1- December 19:
Mega Christmas Raffle**

**November 27:
Invercargill Santa Parade**

**December 6- December 10:
Remembrance service**

Remembrance service

Hospice will hold an extended remembrance service over a week in December.

Held from December 6th to the 10th from 5pm-6pm daily at the hospice, this will be an opportunity to remember your loved one by lighting a candle and taking away a Christmas decoration for your Christmas tree.

A member of the Patient and Family Support team will be in attendance.

For any enquiries, please contact hospice on (03) 211 3081.