

LOVING HOSPICE

SUMMER 2022-23

Huge volunteer service recognised

The importance of volunteers to hospice was highlighted when 32 volunteers with a combined 175 years of service were recognised with Long Service Awards recently.

The volunteers from our seven shops, our gardening and Inpatient Unit cleaning teams and Living Legacies biographer team were each presented with a special badge and certificate at ceremonies in November and December.

More than 100 volunteers gathered for a dinner at the Ascot Park Hotel on November 30 to celebrate those receiving awards who help in our Yarrow Street shop and at our base in Kew Road. Others received their awards at smaller ceremonies at Gore, Winton and Te Anau.

Volunteer coordinator Jody Forbes said hospice could not function without the support of its 400+ volunteers, and those presented with Long Service awards deserved special recognition.

"I would like to say a huge thank you to all the recipients," she said. "Your many selfless hours of service are very much appreciated; I really can't thank you enough. Your efforts enable our staff continue to provide a full palliative care service to all our patients and their families."

In the last financial year hospice volunteers amassed 42,433 hours with their (unpaid) contribution valued at \$965,351.

Hospice CEO Dr Flora Gilkison said there is a lovely saying about our volunteers: "Volunteers do not get paid - not because they are worthless but because they are priceless. That's so true of all our generous volunteers.

The recipients were:

Yarrow St Hospice Shop: Brenda Church, Carol Christmas, Robyn Connolly, Adrian Irving, Maureen Kelly, Suzette Richardson (all five years' service).

Invercargill base: Pru Field (15 years), Patrick Blair, Dianne Blair, Pat Cheyne, Vicki Drain, Bridget McStay, Shannon McStay (all five years).

Gore Hospice Shop: Wilma Buckingham and Gary Mills (ten years), Carol Ashworth, Glenys Dickson, Denise Ellery, Margaret Murphy, Valerie Ross (five years).

Winton Hospice Shop: Ellen Ballantyne, Geoff Dykes, Rachael Kinraid, Paul McKay, Fiona Saunders (all five years).



Te Anau Hospice Shop: Margaret Denny, Miriam Dudfield, Marion Hollows, Wendy Jenks, Sandy Scott, Marg Tustin, Nancy Wood (all five years).

Gore Hospice Shop volunteers Valerie Ross and Denise Ellery with their long service award certificates.

Street Appeal



Hospice Southland's Annual Street Appeal will be held on Friday, February 10.

This is an important fund raiser for us as we have had more patients this year and costs have also risen.

There will be 28 sites around Invercargill, Southland and Queenstown. Our volunteers will be sitting behind tables with donations buckets wearing clearly identifiable hospice vests.

Please make sure you have some cash (coins, notes) available, although you will be also able to pledge money through our special donation envelopes and we can follow up later with you.

All the money stays locally, so please give generously.

You can also donate online anytime through our website <https://www.hospicesouthland.org.nz/pages/donation> or our Givealittle page <https://givealittle.co.nz/donate/org/hospicesth>.

Thank you so much!

Hospice Southland Charitable Trust
 PO Box 7020, Invercargill South 9844
 Southland Hospital Grounds
 Gate 1, Elles Road
 Invercargill 9810



☎ 03 211 3081
 ✉ office@hospicesouthland.org.nz



From the CEO

Reflecting on 2022 as I sit sweltering in the Invercargill January sun brings highlights and sadness.

We welcomed some wonderful new clinical staff in 2022 as our patient numbers increased by over 20%.

Katie Weatherstone and Neil Cremasco joined as new doctors, while Sharon Buick and Chris Gilkison were added to the Patient and Family Support team. Our nursing team continues to grow to meet demand and we are pleased to welcome new nursing graduates, trainee nurses, and enrolled nurses.

Sad times come with the increased number of patients who have passed away. This is a time of grief and mourning for their families and for us as we get to know our patients and walk alongside them on their palliative care journey.

The End of Life Act, which was introduced in November 2021, has meant some people are choosing to use this act and while we don't have their deaths in the hospice, we do recognise that some of them are our patients and that their families and whanau still need our support after the death. We willingly give this.

Our shops have been busy. The Windsor Hospice Shop will close shortly and we will reopen at 113 North Road in Waikiwi. We really need more volunteers so if you are thinking about joining us please let our volunteer coordinator Jody know. You can contact her by phone at (03) 211 3081 or email her at jody.forbes@hospice.org.nz. It doesn't have to be onerous; three or four hours a week or even a fortnight would be gratefully received.

We also need donations of both money and saleable items so please think of us as you sort through your household items. Donating financially is easy – either through our Givealittle page [givealittle.co.nz/donate/org/hospicesouthland](https://www.givealittle.co.nz/donate/org/hospicesouthland) where you get a receipt immediately or through our website [hospicesouthland.org.nz/pages/donation](https://www.hospicesouthland.org.nz/pages/donation).

Enjoy the rest of your summer break and I look forward to seeing you throughout 2023.

Flora Gilkison, CEO
Hospice Southland

Events

These are the upcoming events hospice is organising or involved in:

February 10
Hospice Street Appeal

May 15-21
Hospice Awareness Week



Beautiful tree for garden



Pictured (from left) with the donated Cornus Greenvale tree are Southern Rhododendza Group members Diane Hamlin of Gore, Nola Falconer of Invercargill and Sharon Paterson of Waikaka with Suzanne.

Patients staying in our IPU in Invercargill will be able to gaze out at a beautiful new addition to our gardens thanks to a recent donation.

Members of the Southern Rhododendza Group presented hospice with a Cornus Greenvale dogwood sapling on January 25 in conjunction with a donation of \$3,000 raised from their recent conference.

The Cornus Greenvale was gifted to the group by Blue Mountain Nurseries and is a special tree having originated in Greenvale in northern Southland. An evergreen, it grows to 4m in height and produces white flowers in summer and pinkish red flowers in autumn. The sapling will be planted in a prominent sunny spot surrounded by hydrangeas.

The tree and funds were accepted gratefully by events coordinator Suzanne Prentice, who said the tree would be a thing of beauty to admire in years to come.

Farmers store raises \$12,000

Farmers Department Store in Invercargill raised \$12,193 for Hospice Southland during its Christmas campaign last year.

As part of the event the store supports hospices around the country with sales of baubles. Hundreds of the limited edition \$10 baubles were sold over the counter at the relocated store in Invercargill's new central development between November 17 and December 24, and many customers chose to add a few extra dollars as a donation onto their purchases through eft-pos when prompted by store staff.

Each year the theme of the limited edition baubles changes and in 2022 the shooting star on the gold bauble could symbolise loved ones who have died and light up our sky with their love. The stars inside could be little tokens of peace that they are not alone and represent comfort by others that have gone before them.

The store once again placed a large remembrance tree in its main entrance during the event, and many people chose to write the names of deceased loved ones who had been cared for by hospice on cards hung on the tree.

Thanks again, Farmers!

New medical director brings fresh approach



Medical director Dr Katie Weatherstone

New medical director Katie Weatherstone says she feels right at home in her new surroundings.

Katie, who started at Hospice Southland in October, grew up in a small town in Kent in the UK in a non-clinical family.

She graduated as a doctor in 2007 after studying at St Georges Hospital Medical School in London UK. She worked at the Royal Free Hospital in Hampstead and the Marie Curie Hospice, both in London, and began specialising in palliative care in 2013.

"When I studied to be a doctor, I wanted

to work in oncology but I really struggled with not having enough time to spend with cancer patients who were going through very difficult treatments, and sometimes receiving bad news.

"Palliative care training was like a different world. It was really refreshing and I was surrounded by people with the same passion as me; I found my home."

She met her Spanish partner David Cofino Gonzalez, a nurse, while working at Camden and Islington Palliative Care service in London, but both found working in the British NHS (National Health Service) hard with high levels of stress and burnout.

The two were keen to explore other opportunities and started looking at Australia and New Zealand. In 2019 they both started working at North Shore Hospital in Auckland.

"I've always loved the South Island. I took a year's leave in 2008 and visited Milford Sound and other parts of Fiordland – it's a very beautiful part of the country."

"It was a culture shock but a good one; we started to have a work-life balance for the first time in our lives and we enjoy the Kiwi lifestyle."

After three years there they desired a quieter life outside the city. Katie took part in a Zoom interview for the medical director's position at Hospice Southland and, following a brief visit in May, was accepted.

"It had everything I wanted; to work in a hospice with a community focus connected to a hospital to give continuity of care. David and I had a really nice feeling about the hospice and how relaxed it felt."

Katie believes palliative care is more about the person, what their goals and wishes are, and not about treating their condition or disease.

Asked what she hopes to achieve at Hospice Southland, Katie says, "to give really good palliative care to the people of Southland" and to improve access to all those who need it.

She is heartened to see more supportive signs emanating from government regarding hospices' role in providing specialist palliative care. "The government is listening and making progress but we need an overarching strategy for palliative care nationally."

Her role as medical director allows her to lecture in palliative care at Otago University Medical School and offer palliative care teaching and training to doctors throughout Southland.

During their relocation to Southland the two had a baby daughter, Noa, their first child. With both being avid trampers and climbers, that's put a temporary pause on their outdoor recreational pursuits.

Hospice Southland CEO Flora Gilkison says they were very fortunate to be able to attract a medical director with Katie's experience.

"We were sad to farewell Dr Amanda Sommerfeldt last year and were nervous about finding a replacement. But Katie has been a great recruit and we look forward to her ongoing clinical leadership."

An amazing 30 years' service

A nurse who started working the day Hospice Southland opened 30 years ago retired late last year.

Corina Calvert, who worked primarily in the Inpatient Unit in Invercargill, thanked staff for their wonderful support after announcing her retirement on November 25. She was honoured with a long service award for 30 years' service.

"I would like to say a huge thank you to all present and past hospice family members for your friendship and support over the last 30 years. It has been a pleasure working with you all.

Corina added she had seen many changes during her time and it had been a privilege working at the hospice.

"I have met so many wonderful people from all walks of life and have learnt a lot from them and take away a lot of memories.

"You are a special bunch of people, from the volunteers who give up their own time to support hospice, to the board of trustees, management and staff."



Retired nurse Corina Calvert.

Southern Scooter Challenge raises \$72,000

We were just blown away by the generosity of riders on the Southern Scooter Challenge late last year.

The biennial motoring event, which was cancelled during the covid pandemic, raised a whopping \$72,536.30 for hospice – way more than the amounts raised in previous years.

Organised by the PlaceMakers Foundation, the funding division of the hardware store chain, 130 riders rode their outrageously decorated scooters 220km from Bluff to Queenstown on a rainy, windswept day on September 3 to raise funds for both Hospice Southland and the Southland Charity Hospital.

"Although the weather was challenging, it is all part of the event," said co-organiser Tasha Clay, trade sales supervisor at PlaceMakers Invercargill. "It still doesn't compare to what people go through if they are dealing with an illness."

More than \$107,000 was raised in total and each individual rider chose which charity they raised funds for. Tasha and Ron Jeffcoat, PlaceMakers Southland branch operator, presented \$72,526.80 to Hospice Southland and \$34,639.62 to the Charity Hospital in December.

The eighth Southern Scooter Challenge will be held in September 2024.



Tasha Clay (left) and Ron Jeffcoat from PlaceMakers present hospice CEO Flora Gilkison and senior administration officer Kathryn Bell with a cheque for more than \$72,000 raised from the 2022 Southern Scooter Challenge.

“Hospice Southland is a very worthy cause and we were honoured to support this amazing organisation with all the hard work and support they put into our community,” said Tasha. It was a great opportunity for PlaceMakers Southland to give back and keep it local.”

CORRECTION: We gave an incorrect surname to a person who appeared in photo attached to a story about Tony Laker in the Spring 2022 newsletter. Our apologies to Helen Walker (not Hawker).

Patients remembered by staff

Staff at hospice remembered those patients in their care who died during 2022 at a special service on December 7.

Spiritual care coordinator Sharon Buick led a sombre yet uplifting service attended by staff and volunteers to remember the 333 people who died while in hospice care in 2022.

"We join them as they travel on a rocky path; it's their journey, not ours, but we can't fail to be touched by it," she said. "We must find peace in our living and dying."

The names of each patient who had died were read out by individual staff, and candles lit.

Several staff spoke of their reflections on remembrance, of finding meaning in adversity and the challenges of continuing to offer a palliative care service during Covid lockdowns.

"May this time serve to support and strengthen us," concluded Sharon.

** Hospice Southland also holds quarterly remembrance services for family members of patients who died.*



Spiritual care coordinator Sharon Buick leads the in-house service remembering patients who died during 2022.



Maree Boulter at the Calves for Hospice auction at Lorneville Saleyards.

Calf sale raises \$30,000

Thank you, farmers and lifestyle blockers, you helped raise nearly \$30,000 for hospice!

The Calves for Hospice charity calf sale at Lorneville saleyards near Invercargill on December 2 raised \$27,820 from the 62 weaner calves auctioned, with ten more virtual calves sold and a couple more sold in January.

The Lorneville sale averaged \$464 each, up \$76 per calf on last year's sale, according to auctioneer Murray Mitchell of Hazlett Livestock.

Just under 80 farmers donated a 100kg beef cross calf for this year's sale. Co-organiser Maree Boulter (pictured) of Winton Hospice Shop was rapt with the response from the rural community.

We would also like to thank all the trucking companies who transported the calves to the yards for free: Andrews Transport, Callaghan Transport, DT Kings Transport, Herberts Transport, HRT, Sinclair Transport, Smiths Transport and TSL.

Thanks must also go to our generous sponsors Allflex, Dairy Women's Network Southland, Farm Source, Hazlett Livestock, Lakers House of Travel and Sgt Dan Stockfoods.

Ex-banker a prize volunteer



Barry Withington at the Wakatipu Hospice Shop in Queenstown.

A volunteer that can do it all is a highly prized person in any organisation. So, it is for our volunteer of the summer, Barry Withington of Queenstown.

Barry has been helping at our Queenstown Hospice Shop in Gorge Road for seven years and is keenly valued by shop manager John "Boggy" McDowell.

"Barry is an extremely enthusiastic and positive volunteer," says Boggy. "There is nothing Barry can't do in the shop from managing to electrical testing, fixing broken items, computer work, banking, serving behind the counter and pricing."

"Barry is a great sounding board when we are kicking around ideas to improve the shop," says Boggy. "An added benefit Barry brings is that he, along with his wife Anne, who also volunteers, provide fantastic musical entertainment at our annual Christmas parties."

Barry was raised in Invercargill and spent 27 years in various roles with the former Southland Savings Bank. He is also a talented musician, winning talent quests around the province as a youngster

and forming a five-piece band based in Invercargill through the late 1980s. Now, he and Anne perform at gigs as The Double U's.

After retiring from banking in Christchurch and moving to Queenstown seven years ago, Barry says he became involved in hospice after his wife Anne bumped into a former bank colleague in a local supermarket who worked at hospice in Invercargill. The colleague said they were looking for more hospice shop volunteers in Queenstown and Barry and Anne decided to check it out.

"I like the feeling of giving back to the community and the association with the many volunteers and staff," says Barry. "Also, being able to assist the wide variety of customers from all over the globe. And then there's the good feeling of helping raise funds for such a wonderful cause."

Like many volunteers, Barry has a familial connection to hospice. His mother was cared for at our Inpatient Unit in the early 1990s before her death. "The staff were wonderful; she enjoyed getting her hair done up and a pianist would come and entertain on the odd day."

Thank you Barry and Anne, you're great role models for other would-be volunteers. If you live in Queenstown and have a few hours a week spare, give Boggy a phone call on (03) 442 5857, or pop in and see him at the shop at 106 Gorge Road.

You can also contact our volunteer coordinator Jody Forbes at (03) 211 3081, or email jody.forbes@hospicesouthland.org.nz.

WAYS TO DONATE

Here are five payment options:

- 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/hospicesth
- If you require any assistance with making a switch to an alternative payment method, please feel free to give our office 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.

Living Every Moment
hospice
 southland

Charities Commission
 No. CC22695



Tea towels and cheeseboards

We still have few tea towels and round cheeseboards inscribed with Hospice Southland artwork available for sale.



Launched in November as the first in a planned line of merchandise goods, many people and businesses snapped them up as Christmas gifts to give to relatives, friends and clients.

The design of the \$15 tea towel was created in-house. We all have that beautiful person we miss, which was the sentiment behind the design.

The cheeseboards are inscribed with the hospice motto, 'Living every moment'. They are available in a round 30cm size for \$35.

You can place your order through our website hospicesouthland.org.nz/pages/merchandise or email us at office@hospicesouthland.org.nz or phone us on (03) 211 3081.

Pick up is from reception at our base behind the hospital at 75 Kew Road, Invercargill.

Delivery for tea towels only available by NZ Post courier: urban areas \$6.40, RD rural \$11.20.

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 services free 24/7 to patients and support their families.

Drop them off at our Invercargill base in Kew Rd or at your nearest hospice shop.



- Butter 500gm
- Gravy sachets
- Sugar 1.5kg
- Coffee (Moccona or Nescafe)
- Tea Earl Gray
- Fruit juice 1L
- Sprite and Coca Cola cans 250ml
- Ginger beer
- Laundry powder
- Vanish whitener
- Serviettes (patterned)

Donations

These donations, grants and bequests of more than \$1,000 were received in November and December last year. We also receive many donations less than this, including goods and services in kind. We thank you all.



| DONOR | AMOUNT |
|---|----------|
| Allan Baxter | \$1,000 |
| Anonymous | \$5,000 |
| Bishop's Office - Catholic Pastoral Centre | \$1,000 |
| C S Roofing | \$1,100 |
| Clifton Tennis Club | \$20,000 |
| Gore & Town Country Club | \$1,000 |
| Hazlett Ltd (calf sale on behalf of farmers) | \$27,820 |
| Hospice NZ - Harcourts Foundation | \$3,343 |
| Ian Hamilton | \$1,000 |
| Inner Wheel Club of Invercargill South | \$2,000 |
| J & S Ward | \$5,000 |
| Kaan's Catering Supplies | \$2,818 |
| Lindy Dobson | \$20,000 |
| Lions Club of Gore River Valley (Jo Seagar event) | \$23,500 |
| Neville Stronach | \$1,000 |
| Placemakers Foundation (Southern Scooter Challenge) | \$72,527 |
| Rural Women of NZ Southland Branch | \$2,000 |
| Shona Tippet (Santa Grotto) | \$1,691 |
| Trojan Holdings Ltd, Queenstown | \$3,000 |

\$20,000 tennis donation

Hospice was served up a real treat when an Invercargill tennis club donated \$20,000 recently.

Clifton Tennis Club secretary David Ross presented the funds to hospice CEO Flora Gilkison during a Day Programme event for outpatients at hospice on December 7 last year.



Clifton Tennis Club secretary David Ross with Day Programme volunteer Pamela Winsor-Holms (left) and coordinator Kate Anderson.

Mr Ross said the donation came from proceeds from the sale of the club's courts and section in Severn St, Clifton. With a declining membership, the club was wound up last year after 93 years.

In deciding where to distribute the funds raised, club members decided hospice would be one of seven charities in Invercargill to benefit.

Some of the \$20,000 would be used to cover expenses in the InPatient Unit and other equipment or need.

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.