

OUR VOLUNTEERS ARE

THE HEART OF HOSPICE SOUTHLAND

We are here to help - a father able to celebrate his daughter's wedding

A hospice is usually not the first place people associate with weddings but for bride Courtney Withington it was a joyous, albeit tearful, occasion.

Her marriage to Bailey Patterson on January 13 coincided unfortunately with her father Alastair Withington's stay in our Inpatient Unit in Invercargill.

But Courtney had determined her sick dad would not miss out on her big day and the whole wedding party turned up on his doorstep at hospice prior to the actual ceremony at the Ascot Park Hotel.

"It was very emotional but we wanted to make it happen," said Courtney. "He had wanted to walk me down the aisle, and I wanted him to see me and be part of it."

Courtney and her mum Lisa Withington were over the moon at the assistance given to them by hospice staff. "The nurses helped Alastair to stand and put a suit on, all ready for his baby girl," said Lisa. "We're just so grateful

to hospice for allowing us to do it, we're a very happy family."

Hospice management even let the classic wedding cars – Bailey's Holden HQ and a cousin's Falcon XY GT – be parked on the grass outside his room.

Assisting with a patient's wishes, including weddings, is all part of hospice's ethos of going the extra mile in caring for our patients and their families, whenever we can.



The Withington-Patterson wedding party at hospice.



Credit: Kiwi Captures Photography

Hospice patient Alastair Withington with his daughter Courtney at hospice.

Finesse Hair and Beauty Salon Gore 24 hour Cut-a-thon for Hospice



Finesse owner Anna Hillis (left) hands over money raised in the hair salon's 24-hour cut-a-thon on March 24-25 to Gore Hospice Shop manager Sue Neiman.

If shearers can do it, so can hairdressers.

That was all the inspiration needed for the owner of a Gore hair salon to stage a 24-hour charity cut-a-thon on March 24-25 that raised \$6,191 for hospice.

Anna Hillis of Finesse Hair and Beauty Salon was intrigued by the efforts of Southland shearer Matt Hunt, who cut the wool off sheep for 24 hours at Wohelo Station on February 4 in aid of a local early learning centre.

"I thought 'Let's give this a wee nudge' and do it for hospice," she said. "It went really well. We had a really good turnout – more than 120 people – it was just amazing" said Anna.

"I truly can't thank each and every person that came through the door enough. The support from our family and friends really didn't go unnoticed, especially those that came in through those hideous hours in the night."

Anna and nine staff – Taryn Ramage, Nicosha O'Sullivan, Victoria Green, Jade-Emma Walker, Tyler Dowling, Carolyn Leonard, Chantelle Logan, Kara Miller and Sara Robinson – cut hair working in eight-hour shifts from 4pm on Friday, March 24.

They also encouraged people to donate and other businesses to sponsor a gift.

"That was very much appreciated," added Anna.

Anna said she chose hospice because the free service was not 100% government funded and she thought it would be a good way to help. "Everyone in their life has been touched by hospice or knows someone who hospice has looked after."

Hospice Southland Charitable Trust
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Southland Hospital Grounds
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Invercargill 9810



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From the CEO

Times are tough; just about everyone I talk to comments on the squeeze from inflation and rising costs – would you believe a cauliflower costs \$13?

As a team, some of us sat down and said what could we do to help. Our first aim is to provide exceptional palliative care for those with a life-limiting condition at no cost. To be able to do this we must raise considerable funds from the public. You are very generous, and I know times are tight.

The team had the idea of giving back to the community while also raising funds. The idea of a monthly raffle emerged. Raffle tickets will cost \$10 each and the prizes are designed to help you as a family, pensioner, business, or club.

The first prize every month will be \$1,000 groceries, second prize \$500 fuel, and third prize ten \$20 vouchers from either Farmers, The Warehouse or Mitre 10. This should set up a symbiotic relationship where you help us and we help you.

Tickets go on sale the first day of each month starting May 1 and can be purchased from any of our hospice shops, our website, or by ringing our reception. We are going to trial this for three months and we hope we are on to a winner.

On other matters, our new hospice shop at 113 North Road in Waikiwi and the new furniture and tools shop next to our hospice shop in Yarrow Street, Invercargill, have opened and are very busy. If you have furniture to donate – it must be clean and tidy – then let us know and we can pick it up. Ring the Yarrow St shop. For smaller goods or good clothing, drop these off at either 113 North Road, 117 Yarrow St or our South City shop.

We recently welcomed a new doctor, Rachel Trevathan. Some of you may know her as she has been a GP at both Bluff and Gore. She is currently part-time with us and the rest of her time as a GP in Gore. We are so fortunate to have such a talented team of doctors. This is good as we are busy with a lot of newly enrolled patients.

All the best and remember it's all about Living Every Moment.

Flora Gilkison
Hospice Southland
Flora@hospicesouthland.org.nz

Events

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

- | | |
|-------------------|--|
| May | Winton Art Space shop (new) |
| May-July | Monthly community raffles, win \$1000 grocery voucher, or \$500 fuel and only \$10 a ticket |
| May 15-21 | Hospice Awareness Week |
| May 27 | Linda's Variety Show, Ascot Park Hotel |
| June 18-24 | National Volunteer Week |
| June 24 | Gore Fashion Show |



Beautiful quilts gifted



Quilt maker Jillian Woodside (left) presents her quilts to hospice's Flora Gilkison.

A beautiful series of quilts have been gifted to hospice.

Former Southlander Jillian Woodside of Christchurch made three cot quilts, two single quilts and four cushions over a ten-week period recently.

Jillian (nee Grimwood) left Winton more than 30 years ago to attend Otago University and settled further north.

The colourfully decorated quilts and cushions feature animals, dancers and flowers and were machine stitched with binding at the edges. "You've very welcome to them, I love to be of assistance," said Jillian.

They were accepted by Hospice Southland chief executive Flora Gilkison during a visit on March 9.

Flora said "It was great to welcome Jill back to Southland and her quilts will be showcased in our new Hospice Gallery opening in Winton in May. Jill is a very creative quilter and I'm sure these artworks will be keenly sought after"

Virtual calf donations

An Eastern Southland farmer is encouraging more people to donate a virtual calf as part of our annual Calves for Hospice fundraiser. This starts in July.

Leanne Grant of Chatton North is encouraging friends on her Facebook page to sign up to our Calves for Hospice scheme where people can pay \$500 for a virtual calf through the hospice website if they're unable to raise and donate a weaned calf for sale.

Grant donated \$1,000 by direct credit through our website in February, in addition to virtual calf donations from 10 other people. On December 2 last year an auction of 62 weaned calves at the Lorneville Saleyards near Invercargill raised \$27,820.

Thank you very much, Leanne. Virtual calves are a great way for non-farmers and farmers without cattle to support hospice!



Calves for Hospice



Nick Driver – on a cycling mission for hospice.

Nick Driver pedals for hospice, raises \$10,000

An overweight truck driver's change to an active lifestyle supported by friends who challenged him to ride for hospice has resulted in a \$10,000 donation.

Nick Driver of Winton pedalled 12km in the recent Surf to City community fitness event initially as a challenge to himself but was convinced to also do it as a fundraiser for hospice with his friends and work colleagues sponsoring him.

"I'm just blown away by the response, it's spectacular," said Nick, who works as transport operations manager for R Jack Contracting in Tisbury.

"I asked a mate to sponsor me, he said 'OK but let's do it for hospice, not your boat fund'. I then contacted all the people I knew personally, and it just snowballed from there. It was a very easy sell."

Nick – who topped out at 164 kg, currently weighs 148kg and aims to get down to under 120kg – said the recent Hospice Street Appeal triggered some memories of relations who had been cared for by hospice,

including his auntie Marion Ellis who died there.

He added he had never done a long cycle ride before, but wanted a whole lifestyle change, after 20 years of "terrible diets" as a truckie and former smoker. "I did it for my family too, my wife Kelly and our three kids."

Taking up cycling only a month before, Nick rode the 12km section in 32 minutes, hoping to do it in less than 45 minutes. "The legs found a gear and I just kept going." He was supported by fellow cyclists Paul Luoni and Adam Wilson.

Friend and former work colleague Joy Dowling, an early advocate for him to lose weight, offered to handle the emails and sponsorship duties for the Driver Pedals for Hospice campaign, including sourcing bright t-shirts emblazoned with the hospice logo for him and his team.

Hospice Southland warmly thanks Nick, his helpers and 25 sponsors for such a generous gesture. His fundraising works out to \$833 per kilometre – an amazing result!

Suzanne Prentice to star again

A special show featuring our own Suzanne Prentice with world-renowned pianist Carl Doy is being held in Invercargill on May 13 in aid of hospice.

The two friends have performed together occasionally over the years but the 'That's what Friends are for' show at the Ascot Park Hotel will be the first time Suzanne, who works as hospice's events coordinator, has headlined a show in Southland for nearly three decades.

"I think a lot of people remember me as the little girl that used to sing country songs," said Suzanne. "There's going to be some country songs, but also some new songs that people will never have heard me sing."

Suzanne has won three Golden Guitar country music awards and her most successful song is 1982's "When I Dream". She has dabbled in other music genres to expand her repertoire and has performed on cruise ships in recent years.

She has performed alongside international stars Dolly Parton, Kenny Rogers and the Beach Boys and in 1994 was awarded an OBE for services to music.

Aucklander Carl Doy, who was awarded an ONZM in 2009, is a pianist and instrumentalist and has performed alongside stars including Ronan Keating, BB King, Shirley Bassey and on Oprah Winfrey's Christmas Special.

"It's going to be lovely to have Carl here because I didn't think Invercargill would get the opportunity to see him again," said Suzanne.

The show at the Ascot is a fundraiser for Hospice Southland and is the first in a series of shows raising funds for other hospices around the country.



Tickets for the 'That's what Friends are for' show on May 13, including a three-course dinner, are \$90 per person and can be booked at the Ascot by emailing functions@ascotparkhotel.co.nz or phoning (03) 219 9076.



Suzanne Prentice and Carl Doy are performing for hospice.

Two new shops open

Hospice Southland has opened two new shops in Invercargill recently to meet the growing need for funds to support the hospice service, which is provided at no cost to all those who need it.

The first was opened at 113 North Road in Waikiwi on February 15, replacing the closed Windsor shop. The former Fusion Fitness premise was chosen for its position on the State Highway 6 entry to Invercargill with its high traffic count. The new North Road shop has plenty of off street parking which is great for customers.

The shop opened with a half-price special on china and crystal items, and North Road shop manager Heather Moore said it was very successful with twice as much expected turnover on the day.



The new shop at 113 North Road in Waikiwi, Invercargill.



The new furniture shop at 123 Yarrow St, Invercargill.

The second new shop Hospice has also opened is a furniture and tools shop in Invercargill, right next door to our main shop in Yarrow Street. Formerly Colour Plus, customers were welcomed into the new shop at 123 Yarrow Street on March 21.

The spacious new premise complements the hospice shop at 117 Yarrow St that opened in 2011. It is stocked full of furniture, tools, sporting goods, fabrics and drapes.

Manager Debbie Finnerty, who oversees both shops, says hospice supporters have been very generous with donations of furniture in recent times and they needed more floor space to display the beds, tables and sofas plus some other large items.

All three shops are open Monday to Friday 10am-4pm and Saturdays 10am-3pm.

The new premises brings to eight the number of hospice shops in Southland and the Wakatipu basin – four in Invercargill, one in Winton, Te Anau, Gore and Queenstown.

The shops contributed \$2.2 million to hospice's revenues last year, providing a much-needed boost with government funding covering only 42% of operating costs.

Showering in comfort

Patients will be showering a lot more comfortably thanks to donations from two local organisations.

The Harcourts Foundation funded one shower commode while the Invercargill South Inner Wheel Club gave \$2,000 towards a second.

The Etacs tiltable shower commodes, which cost \$3343 each, are specialised chairs that support patients with poor mobility when showering. They replace two old commodes that have worn out.



Invercargill South Inner Wheel club members (from left) Colleen Pay, Jackie Hunter, Diana Cade, Elaine Nicholson-Winter and Norma Anderson (seated) present a shower commode to IPU nurse Mike de Luna (centre).

Wayne Ellis, the manager of real estate firm Harcourts Invercargill, said they were more than happy to fund a piece of equipment that provides comfort and dignity for the care of patients. Harcourts is a national sponsor of Hospice NZ.

Members of the Inner Wheel club, which is affiliated with Rotary, said they raised their funds from event catering and a garage sale.

Hospice thanks both Harcourts and the Inner Wheel Club for helping make our patients' lives a little easier.



Wayne Ellis of Harcourts presents a shower commode to IPU nurse Carol Rodgers.

Ginger Bliss Balls

Here's a healthy morning tea snack that's currently wowing the staff and volunteers at Queenstown Hospice Shop, made by volunteer Jan Cockerill (formerly of Gore).

Ingredients

- 180g butter
- Half cup brown sugar
- 2tsp ground ginger
- 400g dates
- 70g dried apricots
- 3 cups rice bubbles (gluten free)
- 150g crystallised ginger
- Desiccated coconut

Method

Pour boiling water over the dates to soften, but don't soak. Then finely cut up the dates and apricots. Gently cook the butter, sugar, dates and ground ginger in a pot for approximately 10 minutes.

Turn off the heat and add rice bubbles and crystallised ginger, mixing well together. When cool enough to handle, roll the mix into balls then roll in the coconut. Refrigerate or freeze.

Makes about 30-40 balls.

Queenstown Community Hospice gains consent from Council



The house at 7 Yewlett Crescent in Frankton that will serve as the Queenstown Community Hospice.

Queenstown hospice services through our two nurses, Rebecca Davey and Mary Millen, social worker Julia Klutz and palliative specialist Dr Amanda Landers have a new community base where they can work from, hold community meetings and have outpatient clinics in Queenstown.

The Queenstown Community Hospice Service at 7 Yewlett Crescent in Frankton was recently granted resource consent by the Queenstown Lakes District Council and was opened in early May.

Purchased by the Hospice Southland last year, the house caps a long search for a suitable premise to base hospice's support operations in the Wakatipu basin. Hospice has served the local community for many years, with the local care team working from their personal homes and visiting patients in their own homes.

The community hospice will provide office space for staff including doctors, nurses, counsellors, and social workers to undertake outpatient work and host meetings for up to 25 people. The house has a lovely view up the lake by Frankton Arm and the surrounding mountains, giving a sense of splendour and hope.

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

Thankyou 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 for sale



We still have a few tea towels 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 up tea towels and cheeseboards 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.

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.

Donations

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



DONOR

AMOUNT

A & M Contracting Ltd	\$1,200
Anonymous x 4	\$19,000
Carla Fry	\$5,000
Clark Barron	\$1,000
Duncan & Joan McKenzie	\$5,000
FA & RA Moore Family Trust	\$5,000
Farmers Invercargill store	\$12,193
Finesse Hair & Beauty	\$6,191
Gary Lonsdale	\$1,000
GJ & JM Boyle Family Trust	\$2,500
ILT Foundation	\$35,000
Invercargill Licensing Trust (ILT)	\$30,000
JBW McKenzie Trust	\$5,000
John & Joan Crawford	\$25,000
K R Edwards Trust estate	\$50,000
Lynette Tee	\$1,500
McLeay Jewellers & Engravers	\$3,000
Millbrook Resort	\$2,700
Neville Stronach	\$2,000
R Jack Contracting Ltd	\$1,200
Rata Park Rest Home	\$1,000
Sandford Farming	\$1,200
Singleton Signs	\$1,500
Southerly46 Trust	\$5,000
Southern Rhodenza Group	\$3,000

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 to patients and support their families.

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

- Gravy sachets
- Sugar 1.5kg
- Coffee (Moccona or Nescafe)
- Tea Earl Gray
- Sprite and Coca Cola cans 250ml
- Ginger beer
- Eggs
- Laundry powder
- Vanish whitener
- Dishwash detergent
- Patterned serviettes
- Diacks fish food vouchers

Beautiful floral displays are there to welcome all who come to hospice



Walk into the foyer of Hospice Southland's base in Invercargill and it's likely your eyes will gravitate to the gorgeous collection of flowers on a nearby table.

The freshly cut flowers are generously provided by a group of Wallacetown gardeners who answered a call on the community's Facebook noticeboard for weekly donations of fresh flowers.

A staff member who lives in Wallacetown collects

the flowers every Friday for floral artist Jill Wadworth to arrange decoratively in a large vase.

The colourful flowers certainly brighten the day for staff, patients and visiting friends and family members.

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.