

## From the CEO

Welcome to the winter 2014 edition of Hospice Matters. It is fitting that this newsletter is produced during National Volunteers week which runs from the 15th to the 21st of June. Hospice benefits hugely from the efforts of many volunteers; from those who pitch in every month to clean the windows, to the team preparing meals for patients, to the many working tirelessly in our shops helping to raise funds, and to our Board of Trustees guiding our future direction; Hospice Southland is very much built on the voluntary efforts of Southlanders.

Recently we celebrated National Hospice Awareness Week where we were able to share a small handful of stories from families of patients who had benefited from our Family Support Services. Sharing their stories, the families who participated in this feature provided us all with a precious gift, helping all volunteers, staff, donors and funders appreciate why we all come together for a common cause called "Hospice".

All too often the impression of Hospice is limited to the final days of life. Something I've learned since joining Hospice Southland is that there is so much more to what we provide. I love sharing real stories where ever possible and found this letter of feedback which dates back to 1994. The interesting thing is that while we have built a fabulous building since this time, and added to the services and support offered, the "heart" of Hospice remains very much the same. And with the ongoing support of our volunteers, staff, donors and funders, we will all maintain a collective sense of pride in what we achieve together. **Andrew Leys – Chief Executive.**

## A Patient's Thoughts

What did he say? Go into the Hospice for a short time? You're joking, I'm not ready to die yet!

When my Oncologist suggested a short stay at the Southland Hospice to relieve my cancer symptoms, I was horrified.

I had already looked over the Hospice when I was well and, yes, it was a lovely place and the staff seemed very nice, BUT it was a Hospice and that's where you went to die. It's hard to put into words the feeling of dread and terror that suggestion aroused. And, quite apart from the fact that I had somehow convinced myself that a hospice was the "end of the road", I didn't trust that phrase "a short stay". I wasn't ready to give up my fight with cancer yet and had somehow equated giving in to this idea with giving up, which of course it doesn't, but then I wasn't thinking too clearly.

My mind was a huge blank – as far as the term "Hospice" went anyway. There may as well have been a sign above the doorway saying 'Abandon hope all ye who enter here'. Also I felt too sick to be bothered with the sight and sounds of other cancer sufferers. Someone would probably die around me all the time. How could I cope with that? I didn't want to give up my privacy, have all my choices taken away from me, become just a bed or room number again, and not be able to sleep at nights with the clattering and clanging of heaven knows what.

After a running battle of ten days duration, the distress caused by my symptoms won out – I would give up and go in. I'm sure our welcome was all it should have been. I was feeling so down I didn't really notice. I remember looking around from the bed once I was in it and thinking to myself, "these are the last things I will ever see". A rather nice room, more like a hotel single than a hospital room, a colour TV with remote

control, a comfortable looking armchair, desk and set of shelves, fresh flowers and colour co-ordinated patchwork bed cover – but the bed itself was still a hospital bed. Surprise – no uniformed staff; instead they were neatly but casually dressed with big round Christian name badges. One by one the staff appeared to introduce themselves, even the cook, and to ask whether I preferred to be called Mrs .... or by my Christian name. I was told I could have something to eat if I wished, whenever I felt like it and whatever I choose! I ordered scrambled eggs I think and sat back, momentarily marveling at the fact that contrary to having choices removed, I was being given them. It is so essential to human dignity I think, don't you?

Well, as the days went on my estimation of the place just went upwards. Choices were always there, (bath, shower, spa, tea, coffee or whatever. When would it suit me to do either this or that etc). Due to the fact that the floors were carpeted, nights were so peaceful, I even slept in on more than one occasion. Treatments and options were always discussed with me and, joy of joys, I was allowed to be either as social or as solitary as I chose. Not once did I feel intruded upon and never did I feel like a room number, rather I felt like a valued guest.

And yes, I did get out. Minus only one thing. The symptoms of my illness which had necessitated me being there in the first place. In fact, I cannot speak too highly of the place, nor of all staff, and will be happy to go back again if it's ever necessary. - August 1994

**If you have a story about your experience with Hospice Southland that you'd like to share with us, please send it to [renee.goldup@hospicesouthland.org.nz](mailto:renee.goldup@hospicesouthland.org.nz)**

## Gore focus of new appointment

Hospice Southland's Family Support Team welcomed a new member in May, Ally Bohlsen.

Ally joins Cathy Hanson-Friend, Megan Dixon and Neroli McRae in working with families of patients who have passed away under Hospice Southland's care. She says her role will focus on working with families in Gore and the surrounding regions.

"My background includes working as a counsellor in Australia. It's a privilege to be able to help people with grief and recovery, and to assist them in getting through such a difficult time," Mrs Bohlsen said.

Hospice Southland's Family Support services include bereavement support, support for children and young people, support groups, and remembrance services for families. Support is also provided to families prior to the patient's death where required.



Hospice Southland's newest Family Support Team member, Ally Bohlsen

To mark National Hospice Awareness Week, we ran a photography competition on our Facebook page encouraging people to capture what "living every moment" means to them in a photo and post it to our page. Congratulations to Claire Monique, who won her photo printed on stretched canvas and an \$80 Subway voucher!



Hospice Southland Promotions Officer Renee presenting photography competition winner Claire Monique with her photo on canvas

## Rocking with the Stars is back!

The fantastic fundraiser, embraced by Southlanders back in 2011, will this year feature five female and five male stars who will dance to raise funds for both Hospice Southland and the Invercargill Rock 'n Roll Club.

The "Southland Stars" competing this year are: Southland Mayor Gary Tong, local entertainer Stephen Wilcox, More FM breakfast host Simon Edwards, local rugby legend Jeremy Winders, three times Southland Entertainer of the year Shannon Cooper Garland, Invercargill City Councillor Karen Arnold, World

Masters Cycling Gold medallist Erin Criglington, Invercargill Musical Theatre Company performer Melanie Bradley, Cue TV host Julie McEwan and well-known Southland real estate agent Geoff Mason.

The event will be held on Saturday June 28th at ILT Stadium Southland. General admission tickets are \$25 for adults and \$15 for children aged 5-14 years and can be purchased at Hospice Southland, Cue TV and ILT Stadium Southland.

## Thank you CS Roofing

Hospice Southland is grateful for the support it receives from individuals and businesses in the communities in which it operates.

One such business that supports Hospice Southland through regular donations is CS Roofing. In the past 12 months alone, CS Roofing Southland has made monthly donations to Hospice Southland totaling more than \$7,500. The company extended this generosity through donations from its Queenstown branch and since August has donated a further \$1,800.

CS Roofing makes a donation to Hospice Southland for every residential re-roof or new roof. The company also supports Hospice Southland through the sponsorship of events and fundraisers and most recently through our National Awareness Week feature in the Southland Times. Managing Director, Keith Ivey, says CS Roofing is pleased to be able to help out.

"Hospice Southland is very much a part of the Southland and Queenstown communities and we are happy to be able to support the communities in which we operate. The donations are our way of giving back to a service that encompasses everybody in Southland and Queenstown," Mr Ivey said.

We are extremely grateful for the generous support we receive from CS Roofing. This ongoing contribution means that our operational budget can stretch that much further.

**CS Roofing Southland Ltd**      **03 218 4394**

**CS Roofing Queenstown Ltd**      **03 442 2202**

**Residential & Commercial Roofing**



## Our Hospice Shops are staffed by volunteers

If you're interested in helping in either our Invercargill or Gore Hospice Shop, contact us on 03 211 3081 today!

Clive Beer has been volunteering in the Invercargill Hospice Shop for almost three years. Clive says there were two things that motivated him to become a volunteer for Hospice – firstly, he has always enjoyed browsing around in second hand shops and secondly, on a sad note, he had lost two sisters to cancer. When he saw a sign seeking volunteers for the shop, he decided to offer his time.

It is not only Clive's passion for second hand shops that makes him enjoy the role, it's also the satisfaction of turning out good furniture at a good price, seeing satisfied customers and meeting people.

"The community is very generous towards the Hospice; we are frequently going to pick up house loads of donations and there

is a high turnover of items. Items are selling at cheap prices due to the amount of stock being donated.

The volunteer role at the Hospice Shop is great because you're not locked into a schedule. The hours are quite flexible and it's terrific working with the other volunteers," Clive said.

Clive also works part time and at 73 years young, he plans to stick around as a volunteer for the Hospice Shop.

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Facebook!**



Find us on Facebook at

[www.facebook.com/hospicesouthland](http://www.facebook.com/hospicesouthland)

Pop into Hospice Southland to get your Trumpcard today!



# Hospice Southland's Project Knit

There's a record for the world's longest scarf and we're chasing it!

The current Guinness World record for the longest scarf knitted by a team measures 54.29 km (33.74 miles). It was made by volunteers, friends and supporters of a Hospice in Wales.

Our Hospice Southland challenge is even more ambitious. We are going to knit all the way from our base here in Invercargill to Glenorchy, the furthest point that receives Hospice Southland services. That's 240kms!

Hospice Southland's Day Programme and Living Legacies Coordinator, Shirley Smith says Project Knit grew out of the need to find a simple yet meaningful project our patients could pick up and put down as health and wellness permitted.

"Families joined in, then workplaces, care homes and community groups. Project Knit is only two months old and its gone viral!" Shirley said.

There's lots of ways you can help if you are interested. Start knitting, involve your friends and family, tell everyone you meet, donate wool, or unpick old knitting and rewind wool for a new purpose. If you plan to start knitting, please contact us first. The record already exists so the rules for beating it are quite specific; i.e. needle size, number of stitches, width of scarf etc.

After the scarf is officially measured it will be dismantled and reassembled into blankets for those in need.

Finally, huge thanks to Spotlight's Invercargill branch for supporting this project.

For more information contact: Shirley Smith 03 211 3081



*Kathryn Bell, Hospice Southland's Senior Administration Officer, knitting her way back from the Glenorchy end.*

## Z Good in the Hood



Hospice Southland was lucky enough to be chosen as one of the four groups to be supported through Z Energy's Good in the Hood initiative at both Z Gladstone in Invercargill and at Z Gore. This means that we received a share of \$4,000 from each Z station and how much we got was dependent on how many times you voted for us during March.

We received a huge \$1866 from Z Gladstone and an even more impressive \$2002 from Z Gore. Thanks Z Energy, and thanks to everyone who voted for us!



*Z Energy Gore's recipients from the Good in the Hood promotion*

## Hospice Classic - A Great Day

The inaugural Craigs Investment Partners Hospice Classic was held on Friday 4th April at the Invercargill Golf Club in Otatara.

A number of local businesses got on board to support the event through prize donations and hole sponsorship. As a result of this support, the event raised just over \$10,000 for Hospice Southland! The success of the event and the positive feedback we have received has allowed us to make this an annual event for Hospice Southland and planning for the 2015 event is already underway.

Fonterra were the victors on the day, with James Scott from Fonterra also placing the winning bid on a framed and signed Emirates Team New Zealand T Shirt that went for a whopping \$900! Thank you to Geoff Hinton from Focus Technology Group for donating this fantastic auction item.

Thanks to Real Journeys, Jack's Point, the Invercargill Licensing Trust, Gladstone Tyres and Mags, EAT on Windsor and Basketball Southland for donating prizes for the event.

Special thanks to our hole sponsors:

Locations Real Estate	Cruickshank Pryde	Sherlock Homes
Scholefield Cockcroft Lloyd	Plaza Supervalu	Southland Times
Fonterra	Southern Insulation	Rothbury Insurance Brokers
Opus International	Goble and Singh Builders	Cameo Picture Framers
Ward Adam Bryan-Lamb	E Hayes and Sons	EAT on Windsor
Southroads Ltd	Peter Howley Joinery	Southland Real Estate



Last but certainly not least, a huge thanks to Craigs Investment Partners Invercargill and Gore, we could not have run this event without your support! Craigs Investment Partners is a National Hospice partner.

Place Address label here

## New Retail Manager

In April we welcomed Kay Mortimer on board as Retail Manager for our Hospice Shops. Kay was born and bred in Gore but has spent the last 24 years living in Queenstown, where she worked as the Terminal and operations Manager for Queenstown Airport Corporation.

Kay says she is enjoying being back in Southland, and loves her new role. "I have family in Southland so it feels like I'm home. The shop volunteers are amazing, I'm humbled by the work they do and the generosity of the time they put in," Kay said.

Kay is looking forward to showcasing the calibre of clothing available at the Hospice Shops at the Invercargill Environment Centre's Upcycled Fashion Show on Friday 20th June.



Retail Manager Kay (third from left) with Invercargill Hospice Shop volunteers Jean, Helen and Margaret

## Thanks to our generous donors!

Baillie & Lewis	\$5,000	Calendar Sales and Donation
Mr Gavin Jenkins	\$5,000	In memory of Keith Jenkins
Lions Club of Gore Pakeke	\$1,500	Donation
Mrs Joy Nicol	\$7,500	Donation
Rotary Club of Invercargill North	\$11,400	Annual Christmas Raffle
SBS Bank	\$1,200	Annual Golf Tournament Raffle
The Antique Fair Charitable Trust	\$1,000	Arrowtown Fair
Windsor Brass Ltd	\$1,000	Donation
Community Trust of Southland	\$1,250	Study Grant
Southland Medical Foundation	\$1,000	Study Grant
Ward Adams Bryan-Lamb	\$1,361	Estate P Wells
Niagara Café	\$3,000	Proceeds from breakfast at café
Mr & Mrs Bruce & June Matheson	\$1,000	Donation
Lions Club of Waiau Valley	\$3,500	Donation for purchasing a patient bed
Invercargill Working Mens Club	\$10,000	2014 Spud Dig & Donation
J B W McKenzie Trust	\$1,000	Donation
KJ & LM Burns Ltd (Z Energy)	\$2,002	Z Energy Gore - Good In the Hood
Mr Laurie King	\$1,000	Donation
Mrs Vicki Nicholson	\$1,000	In Memory Donation
Mr M W Stearne	\$2,000	In Memory Donation
Mr Neville Stronach	\$1,000	Donation
Tokonui Tavern	\$1,100	Wild Buck Big 3 Hunting Competition
Maha Whanau	\$2,000	In Memory Donation
Craigs Investment Partners Ltd	\$3,000	Principal Sponsor - Golf Tournament

## Wish list

9 Volt Alkaline batteries • red wine • white wine • grocery vouchers • A4 size gift bags – neutral colours & designs

## Thank You

To those who donated through our National Hospice Awareness Week envelope appeal. Your generosity has raised more than **\$13,000!**