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hospice matters

SPRING 2016



From the CEO - Andrew Leys



There are many things that keep me humble in my role as CEO of Hospice Southland. For starters, I get to go to work each day and witness a fantastic, diverse team of health professionals and support staff combining their experience and skills to ensure each and every individual patient, as well as the whanau who surround them, received the very best in personalised care and attention. This includes our nurses, doctors, grief and spiritual support councillors, social worker, our house manager, volunteers, and support staff, and also our GP's, Hospital Specialists and nursing staff, staff at rest-homes and District Nurses. All focused on delivering our core purpose of "Living Every Moment" for each and every patient.

As Southlands Specialist Palliative Team, we at Hospice face the most complex and challenging issues at end-of-life. However, we never believe what we face is anything like what our patients and their family do. This drives the team to be the very best they can be at what they do, growing their knowledge and skills each and every day.

Unfortunately in order to be the best, it's not a cheap undertaking. One of the most humbling aspects of my role is the fact that as a community, we raise over \$2,000,000 per year to ensure patients and families facing a terminal diagnosis receive the best possible care.

This fundraising is done by many hundreds of passionate individual's, including more than 300 volunteers who regularly turn up to either pitch in at Hospice or at one of our stores. There are the many, many community groups who fundraise on behalf of Hospice, the hundreds of individuals who either donate to or buy from our four Hospice Shops, the thousands of individuals who make regular cash donations, and all those who attend our many fundraising events during the year. And we should not forget those individuals who leave a legacy to their community by including a bequest to Hospice in their will.

Phew, raising \$2m is no easy task. As a community we can be justifiably proud that "we do it together." At Hospice, I have three staff focused solely on achieving the \$2m goal each year. Sonia Manaena is our Regional Retail Manager and our stores generate more than half the funds we raise each year. New recruits to the team are Suzanne Prentice, our part-time events coordinator, who will be helping organise Hospice events. Suzanne will be well known to you after more than 40 years as an international entertainer. And finally, but not least, we have Georgia Weaver who is our Promotions Officer, responsible for grants, donations, and communications including this newsletter. Georgia recently joined us from the Southland Times where she was a reporter.

The team at Hospice Southland thank you for your continued support, you are helping to make Southland and the Wakatipu area one of the greatest places to live by supporting us in our cause of "Living Every Moment."

Sponsor a nurse for a day....

From the CEO's column above, you will see Hospice is very dependent on your generosity to bridge the gap between DHB partial funding and the actual cost of providing the service our community deserves. Raising \$2m per year is challenging and we all appreciate that it is the "people" that make Hospice Southland such a great community service. The highly trained and experienced nurses, the doctors and specialist, our Loss and Grief support team, social worker and other support staff make up around 80% of the annual expenditure at Hospice.



We are fortunate Southland and the Wakatipu has such a highly skilled and dedicated team caring for those in need of specialist palliative care. Working alongside other health professionals involved in the patients care, our team makes a huge difference each and every day.

Helping support the cost of staff and other operational costs is one of the many ways you or your community group can ensure Hospice will be able to respond to those in need within our community. We are seeking sponsorship of our team to help fund our service. A list of just a few ways you can "invest" in the care provided by Hospice with a specific donation of funds include:

Sponsor a Community Nurse for a day (includes wages, travel costs, education and training)	\$420 per day
Cost to provide Inpatient Meals (includes wages & food)	\$190 per day
Community Vehicle Running Costs (to allow Doctors and Nurses to visit patients home).	\$500 per month

Any contribution you can make to the operational funding of Hospice Southland will be gratefully received. Thank you.

Donate now to Hospice Southland Bank account 03-1745-0005791-00.
Please use your name/organisation and phone number as a reference.

Last Night of the Proms



Southlanders are in for a night of entertainment with Last Night of the Proms in October! Members of the Inner Wheel of Invercargill North came up with the idea over a cup of tea last year and set the wheels in motion for the musical extravaganza on **October 29.**

Many of the more than 60 members of the organisation are involved in the musical arts in Invercargill and were keen to get behind the event and support it.

Guests will be treated to performances from Invercargill's own Rebecca Ryan, international opera singer Michelle Walker, who played Carlotta in The Phantom of the Opera last year, and David McMeeking, who played the Phantom.

Also providing entertainment will be more than 120 choir members made up of local choirs under the direction of Sarah Rae, The Invercargill Symphonia under the direction of Wayne Perniskie, the Invercargill Ascot Park Brass Band under the direction of Matthew Dick and the MC for the night, well-known entertainer Barry McDonald.

The official accompanist on the night will be Inner Wheel District NZ298 chairman Sheryl Walker, who looks after clubs from Timaru to Invercargill. It is a real pleasure for her to take part in the evening as a fundraiser for Hospice, she says.

The organisation encourages everyone attending to dress up, bring flags to wave, and to get into the spirit of the night. There will be a prize for the best dressed couple and a photographer prior to the show for those who would like a keepsake from the event.

The club has received amazing support from many Invercargill sponsors and is looking forward to a fun and very enjoyable night. All proceeds from the event will go to Hospice Southland. Inner Wheel is primarily a friendship club, but members actively work towards supporting groups in the community in a variety of ways. It is one of the largest women's service voluntary organisations in the world and are active in more than 103 countries.

Tickets for the event are \$30 for adults and \$25 for seniors and students with ID. They can be purchased from Ticket Direct, booking fees applies.

Jo Seagar

The fine china was carefully brought out and taken down to the Invercargill Workingmen's Club for the Hospice High Tea with Jo Seagar on September 11. More than 500 ladies (and a few gents) went along to spend an afternoon with Jo, sipping tea and devouring delicious treats. The Hospice High Tea was held in conjunction with the release of Jo's latest cookbook, *Elbows off the Table, Please*.

Jo shared some of her handiest tricks and tips with the crowd as well as talking about food, gift ideas and how to lay a table. The celebrity chef also took to the time to have a giggle with some of the guests, as well as pose for photos and sign books.

Jo, a former nurse, got involved with hospice when her father became a patient of South Auckland Hospice. She found the most joyous people tend to work at hospice. Like many others, Jo did not have a close association with hospice until she had a loved one in its care.

People are often shocked to hear about 80 per cent of the care is carried out in patients' homes, she says. Jo has been

a volunteer hospice ambassador since 1999 and is now a patron.

Hospice Southland chief executive Andrew Leys says the event sold out very quickly and it was a good excuse for people to get out their rarely used fine china. He believes more than \$6000 was raised from the event and is looking at organizing a similar event near Mother's Day next year.

Set up at the event was the tea set used by the Queen during her visit to Invercargill in 1954. While here, the Queen and Duke of Edinburgh stayed in the Grand Hotel where they used the tea set that was loaned to the hotel at the time, by former Invercargill City Council Mayoress Mabel Wachner.

It was offered to the High Tea event by Rachelle Blatch from the Otago Southland Employers Association. There was also a chair with a purple velvet cushion set up that was used by the Queen during her visit in 1954 which was loaned to Hospice Southland by members of the Masonic Lodge. The chair can be seen in photographs when she was speaking in the Band Rotunda at Queens Park.



Winton Hospice Shop celebrates

Winton Hospice Shop volunteers had an afternoon tea in June to celebrate National Volunteers week. Country Manor put on a lovely afternoon tea and everyone got into the spirit of dressing up as a character starting with the first letter of their first name.



Memory Bears in honour of loved ones



Donna with the Memory Bear made from her Aunt Evie's jacket

Volunteers are needed to work on a new project for families of loved ones who have used hospice. Memory Bears are special keepsakes that have been lovingly handcrafted from a favourite item of clothing.

The idea was passed on to Hospice Southland by American Donna Goomes, who now resides on Stewart Island. Many of the hospices in America already offer the Memory Bears, but Donna wanted to extend the idea to New Zealand to honour the memory of her Aunt Evie.

She has a Memory Bear with her on Stewart Island made from a blazer her aunt used to wear.

Donna also requested the bear wear a dress with a small pocket on the front so a tissue could be stuffed into it, as it was a habit of her aunt to have a tissue on her at all times.



Donna's late Aunt Evie.

All hospices in the States use different patterns for the bears and Hospice Southland will be making theirs from the one used in Donna's home area, Moorhead, Minnesota. Families using Hospice Southland can request bears up to six months after the death of their loved one and an item of clothing is used to make the bear from.

Each bear requires about half a metre of fabric. The recommended fabrics are corduroy, fleece, flannel, sweatshirt, terry cloth and 100 per cent cotton as fabrics such as silk, lace, and denim are not suitable.

The bears will become part of the Living Legacies service. A team of volunteer sewers are being put together to make the bears from a simple project.

Anyone interested in joining the project should contact Living Legacies Coordinator Shirley Smith by emailing Shirley.smith@hospicesouthland.org.nz.

Social Worker Jess Brown loves her new role



Hospice Southland social worker Jess Brown loves coming to work. She has been part of the team for about a year and can't imagine working anywhere else.

As part of her role, Jess assists the medical staff and provides services such as psycho-social assessments, advocating and liaising with government departments such

as the IRD and Work and Income, assisting in challenging family dynamics during times of vulnerability and providing resources and information to families and whanau around social issues before, during and after the end of life process.

In her previous role, Jess worked with children and families. She has experience working with whanau and crisis intervention in a Kaupapa Maori organisation and is a qualified Restorative Justice facilitator, which is a court-ordered process that provides mediation between victims of crime and the offender.

When the opportunity arose at the Hospice, she saw it as a challenge and a chance to work in a field she is passionate about.

Jess has really found her feet here and loves working as part of a multi-disciplinary team. She views her role as a privilege and is thankful for the opportunity she has been given to work with people and patients who are in a difficult stage of their life journey, she says.

"The appreciation I receive from patients who I engage with is very humbling. I really couldn't ask for a better work environment."

The quality, passion and care the staff put into every patient is remarkable, she says.

Always keeping busy, Jess is about to complete her thesis on "Accommodation of intimacy in Palliative Care" in the final leg of a Masters in Social Work. She plans to take a year off before possibly beginning a PHD.

School Christmas Card Art Competition



Hospice Southland needs artwork for the cover of the 2017 Christmas Cards. These cards are sent to supporters of Hospice Southland and are sold through the Hospice Southland newsletter and Hospice Shops as a fundraiser. We look to our young Southland artists for the true meaning of Christmas.

Hospice Southland is asking schools to participate by allowing students to design the front cover of the Hospice Southland Christmas Card for the following year – this may be a fun art class session or students could complete as a school holiday activity.

There are prizes up for grabs for the winner and runner up in each of the four age groups. Every student who participates will receive a participation certificate. Judges will pick a winner from each of the four age groups that will subsequently be on the cover of the Hospice Southland Christmas Cards for the following year.

Entries close Friday 4th November 2016. For more information and an entry form, please email events@hospicesouthland.org.nz

Our 2016 Christmas cards are on sale now! \$10 for a pack of 12 available from Hospice Southland and our Hospice Shops in Invercargill, Gore, Winton and Queenstown.

Thank you to our generous donors!

Vernon Hall Trust Fund	\$1,998.00	Two Beds
COGS	\$11,500.00	Annual Grant for BST & PCET
Lions Club of Te Anau	\$4,000.00	Fundraising Event
Lions Club of Tuatapere & Districts	\$10,000.00	Annual Hay Drive
Waiau Town & Country Club	\$6,381.00	Wild Food Fest - Equipment Maint
Estate N I Ferguson	\$1,500.00	In Memory Donation
Mrs Alayne Hewitson	\$5,000.00	In Memory Donation
Cruickshank Pryde Barristers & Solic	\$3,417.86	Estate Mervyn Ronald Thomson
Te Ora Hou Charitable Trust	\$1,700.00	The Great NZ Tractor Trek
Mr Graham Crews	\$1,000.00	In Memory Donation
Alliance Group Ltd	\$1,954.14	2016 Annual Report Sponsorship
James Hargest College	\$6,000.00	Ball Extravaganza
AWS Legal	\$10,000.00	Estate Elizabeth Jean Millar
Preston Russell Law	\$1,000.00	Estate M B Wilson
Orawia Centre	\$1,796.90	Orawia Centre Proceeds
Southland Hospital Volunteers	\$1,200.00	Donation
Mr James Bonney	\$2,000.00	In Memory Donation
ILT Foundation	\$35,000.00	2016-2017 Grant
Mrs Winnie Williams	\$1,000.00	In Memory Donation
The Riding For Hospice Team	\$8,823.23	Picton/Bluff Cycle
Windsor Brass Ltd	\$1,000	Donation

Hospice Southland AGM is on again

The Hospice Southland 22nd Annual General Meeting will be held on Tuesday October 18 at 7.30pm. Business to be attended to on the night will be the presentation of the 2016 Annual Report and Statement of Accounts and any general news. Hospice Southland is a community facility and all members of the public are warmly invited to attend this meeting. However, seating is limited so if you would like to attend please confirm by Friday October 14 by phoning reception on 03 211 3081 or emailing adminassist@hospicesouthland.org.nz.

Wishlist

- Fairy-down feather blanket size king single x3
- Wand or Tympanic thermometer
- Nebulizers for IPU
- Stethoscopes x 2

At the moment our wonderful nurses are seeking funding to buy a Hovermatt for bariatric patients, worth about \$9000. It is used to help with lateral patient transfers and repositioning. They are particularly useful if a patient has fallen and needs help getting back to bed. The matt can be inflated, providing a cushion of air to safely transfer patients without harming them or staff. But because this piece of equipment is not cheap we would greatly appreciate any contributions towards helping us reach our goal.

The Great Race postponed

Unfortunately we have had to postpone The Great Race that was meant to be held on October 8. But we are planning on holding it early next year; keep an eye out for more details!



Hospice Southland contact details:

03 211 3081

Hospice Southland Gate 1 Southland Hospital Grounds Invercargill

To make a direct credit via the Hospice Southland bank account, please use 03-1745-0005791-00. Please use your name/organisation and phone number as a reference.