

Hospice Mid Canterbury — Activities and Training

- Workshop on Positive Communication with clients with dementia presented by Philippa Cosgrove, Dementia Canterbury (7 August, volunteer training)
- Advance Care Planning workshop presented by Jane Goodwin, National ACP Facilitator (17 September, volunteer training)
- Helen Brown, Dietician from Nurse Maude, on nutrition in palliative care (8 October, volunteer training)
- St John First Aid refresher course (23 October, volunteer training)
- Men's Health Breakfast presented by Dr Murray Wackrow on men's health and wellbeing (30 October)
- Palliative Care Breakfasts – monthly education sessions from Hospice NZ for example, grief and bereavement for children and adolescents (4 October), sexuality, intimacy and palliative care (1 November)



Bequest to Hospice Mid Canterbury

Hospice Mid Canterbury recently received a generous bequest from the estate of Hugh Haslett.

Hugh was a fiercely independent man who lived life his own way – holidays and luxuries weren't for him, but he gained immense satisfaction from getting the best from his land, caring for his stock and quietly helping others.

As age and health problems limited his strength and mobility, Hugh's solution was to work longer hours and park his trusty 4-wheel motorbike nearer the door. Life became even more difficult following a terminal diagnosis. However dedicated care from

district nurses and support from extended family and the Hinds community allowed him to stay in his own home and continue farming until his death; something that was immensely important to him.

Hugh knew he was fortunate to be able to stay in his own home to the end of his life and he wanted that option to be available to other rural folk. The philosophy of hospice, for people to live every moment in whatever way is important to them, and to be cared for in any place they call home, matched his beliefs. Hugh's bequest to Hospice Mid Canterbury is enabling us to provide support to people throughout the Ashburton district, between the Rakaia and Rangitata Rivers, from the mountains to the sea.

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A Week in the life of Hospice Mid Canterbury



Rebecca, our massage therapist, (above) heading out for a home visit to one of our clients.

Barbara and Hospice Shop Manager, Tracey Fuller, (below) keeping up with the paperwork.



Service volunteer Colin (above) alongside his Mitsubishi, about to pick up a client for one of his intrepid road trips.



Shop volunteer Barbara (above) putting the final touches on the mannequin's latest outfit.



Volunteers (above) listening intently to Helen Brown, dietician from Nurse Maude Hospice, at one of our bi-monthly volunteer training sessions.



Raylene, one of our assessors, and Christine, Manager of Volunteer Services, (above) checking a new client referral to Hospice.



(Above) Hospice Board Members Karen Hall (left) and Jane Wright (right) share a laugh with secretary Karen Hungerford.



Struan, Hospice Counsellor, (above) talking to a client.



(Above) Jane Wright (centre), Hospice General Manager and Trustee, catching up with Hospice Business Ambassadors, Marg Lilley and Tony Todd.



Funding committee volunteers Kay, Jo and Karen (above) planning the next big event.



Professional photographer Tegan (above) in volunteer mode for Hospice clients.



Hospice Trustees, Jane Wright and Rodger Bradford, (above) at a strategic planning meeting.



Volunteer Diane, (above) librarian and promotions co-ordinator, hard at work.



Volunteers Tony and Steve, (above) lend a helping hand at the Hospice Shop.



Burning the midnight oil. Hospice mascot Smokey (above) supervises the Hospice laptop at home.

Coping with Christmas

Holidays and special days such as Christmas are not always easy for those who have suffered the loss of a loved one. For some people, times like this are likely to trigger strong thoughts, feelings and memories that may be difficult to handle. Not everyone feels like joining in and getting into the spirit of things. With the flood of advertising and cheery greetings, people can begin to feel quite isolated and lonely.

Here are some tips for those wanting to manage times such as Christmas, birthdays and family reunions.

Decide ahead of time:

What do you want and need from the day? Do you want to keep up traditions or try something new?

Keep plans simple—ambitious plans can make everything harder.

Think about who you could talk to about the day or event.

Think about who you would like to have with you.

Communicate your plans: Let others know what you'll be doing to help avoid misunderstandings or confusion.

During the event:

Remember in your own way: You might want to choose to mark your loss in a personal way, for example, visit a special place, plant a tree, play special music or make a holiday toast. This can be done on your own, or with others – whatever suits you best.

Remind yourself that grief is often unpredictable. Be patient with yourself and with others who may also be grieving.

Look after yourself: Eat sensibly, drink water, get some exercise and get enough sleep and rest.

- adapted from The Many Colours of Grief Book 2 by Ewart and Hendry

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Thanks to everyone who has given us their support through cash donations and providing their services. We are very grateful.

- Lottery Grants Board
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- DPI Design and Print plus the many businesses, trusts and individuals who are supporting us in a number of ways.

Donations to Hospice Mid Canterbury

If you wish to donate to Hospice Mid Canterbury, you may do so in a number of ways.

- Internet banking at ANZ 06-0837-0319291-00
- Cheque or cash to Hospice Mid-Canterbury c/- Brophy Knight Ltd, PO Box 314 Ashburton 7740
- Drop off at the Hospice Office, Community House, 44 Cass St.

All donations over \$5 are tax-deductible.

The Privacy Act of 1993 requires us to advise you that we keep contact information of supporters on file to help us with fund-raising. If you do not wish us to keep your information, please advise us.

**Check out our website
www.hospicemc.nz**

If you would prefer Hospice Mid Canterbury newsletters to be emailed to you, please email manager@hospicemc.nz and we'll put you on our data base.