

### Hospice MC Milestones

#### 2013

- Hospice discussions begin

#### 2014

- Hospice MC Trust established
- Board chosen and appointed

#### 2015

- Manager appointed
- Service providers chosen
- First clients receive support

#### 2016

- Community House office opens

#### 2017

- Shop opens

#### 2019

- Hospice Mid Canterbury base opens its doors

### Be part of our future

When you give to Hospice MC, your gift will be providing services that look after this community, not only now but for future generations. Big or small, your gift is greatly appreciated.

Either through a one-off donation or setting up a regular gift payment today, you will be helping us to build a compassionate community.

- Internet banking at ANZ 06-0837-0319291-00
  - Cheque or cash to Hospice Mid Canterbury c/- Brophy Knight Ltd, PO Box 314 Ashburton 7740
- All donations over \$5 are tax-deductible.

### A New Home for Hospice

Hospice Mid Canterbury is preparing to move into its new home in the St Stephen's Park Street Centre. This has been facilitated with the generous assistance of the Trevor Wilson Charitable Trust. With a kitchen, lounge, dining area, office and therapy room, it will provide a useful base for the organisation. The facilities have become available with the Park Street Day Care Centre having moved its services to Ashburton Hospital.

Jane Wright, General Manager of Hospice Mid Canterbury, is excited about the move. "Having a base was always in our long-term plan. This will give us the opportunity to introduce group programmes which will provide people with yet another level of support."

Hospice Mid Canterbury has operated out of a small office in Community House since 2016. While this has been a good starting point, the organisation has now outgrown this space. The plan was always to have a base where both clients and caregivers could come to visit for activities and support.

Having a base will allow Hospice Mid Canterbury to extend its range of support to include social gatherings and group activities. Also planned are therapy services on particular days as required, for example, counselling,



massage, reflexology, reiki and relaxation therapy. These services will also continue to be offered in the person's own home.

In future, the base will enable Hospice to run groups for clients, caregivers and those who have lost a loved one. Education programmes for volunteers will continue on a regular basis and education sessions will also be offered for clients, caregivers and the wider community.

We look forward to hosting 'Armchair Travel,' a programme offered to hospices by House of Travel who have been national partners with Hospice New Zealand for over 10 years. Local branch owner, Maxine Whiting, will organise a range of speakers to talk about foreign countries and places of interest to those who may be unable to travel, encapsulating the Hospice philosophy of 'living every moment.' Christine Wilson, Manager of Volunteer Services, is also pleased about the move. "It will be wonderful to welcome clients and caregivers to our new base. Our hope is that our new home will become a social hub for those needing support." ■

Principal Sponsor:



# BRADFORD

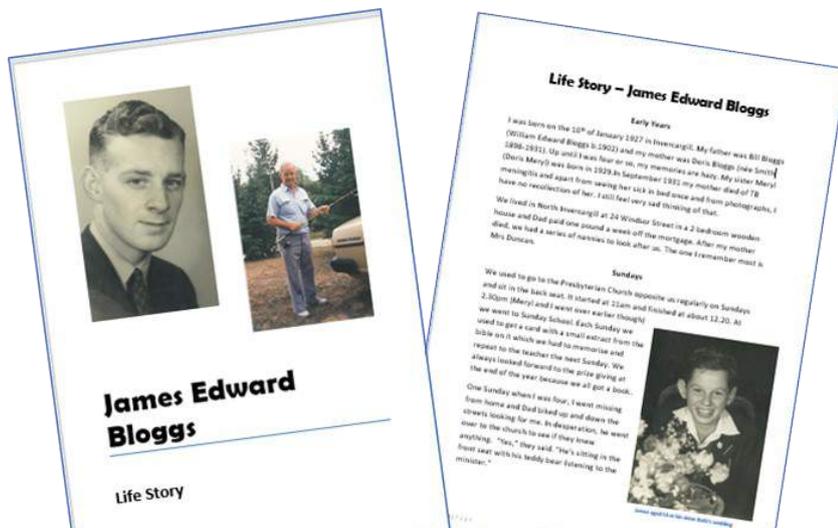
GROUP

## Biography — Telling Life Stories

One of the surprise successes of Hospice Mid Canterbury has been its biography service. With 13 biographies currently underway, the biography team has been kept very busy but they wouldn't have it any other way. For them, it is both a privilege and a pleasure to help people tell their stories.

The process is a very simple one: the biographer spends an hour with the client, recording stories and events that have shaped the person's life. Before the next session, the biographer types up the story and returns a week later to review what has been written and to continue the biography. Photographs are a key part of the biography and time is also spent selecting photos ready for scanning. The number of biography sessions varies but on average, the biographer will spend 5 or 6 sessions with the person, encouraging them to recall memories from times past.

All the biographers agree that it is not the story that matters. It's the telling of the story. For the client, it's therapeutic to recall the past and gain a new perspective on it. For the caregiver and family, it is an equally valuable experience. As one caregiver said: *"Sometimes we relive memories together, sometimes I learn new things about his youth, time before children or even his perspective on our family as we grew up. We have had friends and family members contribute to the story and their tales bring tears of laughter and fondness to our eyes. Looking through old photographs together is also such a special thing to share."*



***"Taking the time to be together and prioritising this in a busy world has been a huge gift that the process has given us."***

Working on a biography can be a very positive and therapeutic experience at a difficult time for the whole family. "Taking the time to be together and prioritising this in a busy world has been a huge gift that the process has given us."

If you know of someone with a life limiting illness who would enjoy having some of their stories recorded, get in touch with Christine Wilson 03-3078387 or 0272278387.

## "Home Grown" Speaker Evening

Hospice Mid Canterbury in conjunction with ANZCO Foods presents "Home Grown"

Saturday 7<sup>th</sup> September 2019  
at the Hotel Ashburton.

"Living every moment" is a key Hospice philosophy and with this in mind, we have put together a fun-filled evening featuring three "home grown" Mid Cantabrians who have ventured further afield and achieved remarkably in many different areas.

While they share their stories about their varied paths, we will provide you with top class food and good company. There will be fast paced, fun entertainment as well as unique and exciting auction items and spot prizes.

This is not going to be your usual evening out and is a must for your social calendar in September.

This "Home Grown" speaker evening will be our major fundraising activity for 2019 with the focus on raising funds to support our services for those facing life limiting illness. ANZCO Foods have without hesitation again generously joined forces with Hospice Mid Canterbury to be our major sponsor for the evening. With the support of ANZCO and other local sponsors, all funds raised will go directly to Hospice Mid Canterbury services.

Tickets are \$ 100.00 per head with a three-course meal and your first drink free.

Tables will seat 10 so you can either get a group together or buy the number you require.

Tickets go on sale mid July through Hospice Mid Canterbury  
Email - [admin@hospicemc.nz](mailto:admin@hospicemc.nz)  
or phone Christine Wilson  
03-307 8387 or 027 227 8387.

## Snippets

We are currently supporting 48 clients and their families.

In the last 12 months, our volunteers and service providers have given a huge amount of their time to supporting clients and to raising funds in the shop:

- Biography: 500 hours
- Sitting: 373 hours
- Massage: 194 hours
- Reiki, Reflexology, Relaxation Therapy 127 hours
- Transport: 119 hours
- Counselling: 78 hours
- Shop: 2221 hours

## The Christmas Experience

On Sunday 1st December, Hospice Mid Canterbury are hosting **The Christmas Experience**.

Starting with a tour of 6 beautifully decorated houses and finishing with a Christmas market where produce and Christmas goodies can be purchased. Save the date now - tickets available from October.

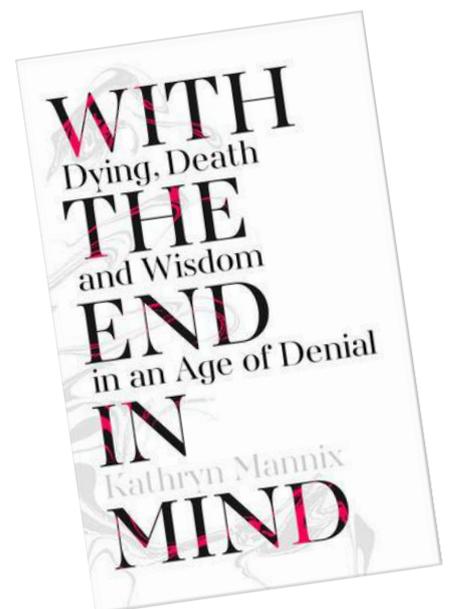


*Recommended book  
from our Hospice Library*

## **With the End in Mind – Dying, Death and Wisdom in an Age of Denial**

By Kathryn Mannix

Kathryn Mannix is a palliative care doctor with four decades of experience. In this beautifully written book, she shares many moving stories about her patients which taught her, and in turn teach us, about how we can approach impending death. Each story has an unforgettable character, an ordinary person, facing their own death, and Mannix explains how



she and others worked to relieve pain, both physical and emotional, with openness and understanding. Through each story, Mannix shows the courage of those facing death, and the ways in which enlightened and experienced health professionals can make this time meaningful, not only for patients but for their friends and families. Mannix urges us to be more open in our discussions about death. "Living is precious," she writes, "and is perhaps best appreciated when we live with the end in mind." Highly recommended.

## Creative Gifts for Tough Times

It's hard to know how to help people going through tough times but thoughtful gifts can make the world of difference when a little love and support is needed.

### What sort of gifts can I give?

- Driving – a person to appointments or just on an outing to look at the mountains or the sea.
- Your company – Arriving with food and a fresh perspective on the world.
- Parking money - wrapped in pretty paper with a ribbon.
- Gardening – either for the person or with them. Cut lawns, pull weeds, tidy up leaves.
- A pot plant or a plant from your garden
- A massage voucher for a caregiver, linked to you staying with the person being cared for.
- A listening ear.
- Time – you can offer this in a card (for example: "I have the next three Thursdays free, from 1-4pm, to stay with X. Would this be useful?")
- A regular cuppa or glass of wine together at a time that suits the carer.
- Cook a meal for the family.
- Drop off a basket with a mix of treats – fruit, home-made biscuits, fresh vegetables, a quiche, wine, flowers, crosswords and puzzle books.
- Entertainment – bring books, movies or music that you think they might enjoy.

For many, your company and time is gift enough.



## Trustee Profile

### Rodger Bradford

When Rodger Bradford retired from 53 years full-on work in various businesses, he was looking forward to more golf and more sailing. However, he was also looking for a good cause that would benefit the community he had worked in and been part of for so many years. Hospice trustee Brendon Adam contacted him to see if he would be interested in assisting the newly-formed Mid Canterbury Hospice and he decided to find out more about the organisation. Within days, he had met with Brendon and trustee Jane Wright. At that meeting, Jane left the book "Being Mortal" by Dr Atul Gawande with Rodger, suggesting that he read it

before making a decision. In the book, Gawande covered numerous aspects of aged and palliative care which Rodger recognised from his own personal experiences, but



without the support and guidance that Hospice could have provided for him and his family. The philosophy of Hospice – living every moment in whatever way is

important to you – really appealed and he decided to join the Board. Rodger's focus with Hospice Mid Canterbury, raising funds, has meant a busy and interesting time ever since. He has seen Hospice develop and mature into an important cog in the social well-being of the Mid-Canterbury community. He is particularly pleased to see new volunteers coming forward as well as business and trustee groups stepping up as the word spreads. He is also happy to see the new initiatives and services that Hospice Mid Canterbury is offering to help individuals and families dealing with life-limiting illness. He finds the work hugely rewarding and feels privileged to be a part of it.

## Donors & Supporters

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

- Brophy Knight
- Russell Moon and Fail
- Dynamic Computer Services
- Carol Gunn Training and Celebrant Services
- DPI Design and Print
- Electraserve
- Murney Family Trust
- Caninspire Trust
- Rotary Club of Ashburton
- Kathryn Shaw
- Kurt Marriott
- St James Presbyterian Guild
- Handiscope
- Jenny Leatham
- Memory Funerals
- Ashburton Storage Facilities
- Braam Landscapes Unlimited
- House of Travel
- Argyle Welsh Finnigan
- Patersons Funeral Services
- Rothbury Insurance
- Darryl Phillips Motor Company
- Charlotte Nelson
- Ashburton County Lions
- The Trevor Wilson Charitable Trust

plus the many businesses, trusts and individuals who are supporting us in a number of ways.

**Principal Sponsor:**  
**Bradford Group**

**Silver Sponsor:**  
**EA Networks**

**Bronze Sponsors:**  
**- Argyle, Welsh, Finnigan**  
**- Midlands Seed**  
**- Alan Pye**

## 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](http://www.hospicemc.nz)**

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