

Biography

Our biography service provides people with an opportunity to reflect on their life, and create a record of their memories and stories for themselves and their families.

Other written documents such as letters can also be prepared by biography writers.

A biographer will come into the home, usually once a week, for an hour, to record the client's stories and then type them up. Some biographies are completed in a few weeks, while others take longer.

Photos can be included in the document and provide a valuable record for the family.

"We all have a story to tell, and our experience with Hospice Mid Canterbury has been very positive for ourselves and our family."



Activity Programme

We are offering a range of programmes at our Park Street Base. These include:

- Armchair Travel
- Exercise Therapy sessions
- Caregiver Programmes
- Bereavement support group
- Putting your affairs in order / estate management



Contact details

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Website: www.hospicemc.nz

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Location: 64 Park Street, Ashburton



Services

Phone: 03 307 8387

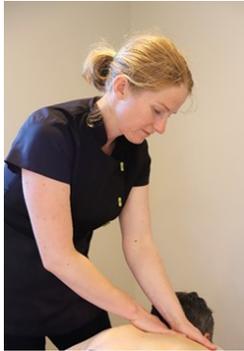
Mobile: 027 227 8387

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Complementary Therapies

All therapies are available to both clients and caregivers.

Massage uses skilful touch to ease aches and pains, to relieve tension in the body and to promote a sense of well-being. A variety of techniques are used to promote relaxation and to calm both mind and body. Our massage therapist Rebecca is also trained in lymphoedema massage.



Reiki is a gentle holistic natural therapy which works with the energy of the body like acupuncture and tai chi. Annie provides this therapy where the client feels most comfortable, using energised hands to soothe and balance the body, reducing tension and promoting relaxation.



Relaxation Therapy with Cherie incorporates a variety of techniques including Bowen therapy for relaxation, Emmett techniques for body balance and muscle release and scenar devices to provide bio-feedback. Relaxation therapy can help overcome anxiety, stress, panic attacks and sleeplessness.



Reflexology is based on the concept that every part of the body is connected by energy pathways, which end in reflex areas on the feet and hands. Rose applies pressure to reflex points with the thumb and fingers to relax and balance the body.



Client Support

Our team of volunteers are available to provide whatever support is needed, such as

- **Sitting, companionship, outings**
- **Transport** to appointments and shopping
- **Pet care**

Counselling

Our counselling service provides support for both clients and caregivers. Living with a life-limiting illness is difficult, and our counsellors can provide emotional and psychological support as well as strategies for coping with and managing the journey.

We provide pastoral care as well as bereavement support.

Books and Resources

Books are available for adults and children dealing with illness, the end of life journey, and grief.