

Fundraising Campaign - Making it a Permanent Home

Hospice Mid Canterbury is now launching a major fundraising campaign to secure its new home.

Donations of any size will be gratefully received for what will be a community-owned asset. Debbie Mackle, General Manager, noted that "If everyone in the district donates \$7, we will raise sufficient funds to secure the purchase."

All donations will be acknowledged on a large mural in the hospice.

The campaign will be kick-started by offering philanthropists throughout the district the opportunity to become members of the Hospice Foundation Guild. Membership is available to the first 20 individuals or families who help Hospice MC to get the campaign off to a significant start by donating \$5,000 or more, and will be on a first in, first served basis.

How to make a donation

Internet banking:

to Hospice Mid Canterbury Trust
06-0837-0319291-01
(Email belinda@hospicemc.nz, or
phone 307 8387 to advise us of
your donation for receipting and
acknowledgement purposes.)

Or

In person:

Drop your donation in to us at the
hospice, 70 Havelock Street
(formerly Sealy St Medical Centre.)

A New Home for Hospice



Hospice's new home, 70 Havelock Street

Finding a permanent base has been a long-held dream for Hospice Mid Canterbury and the first step has now been taken with the move to 70 Havelock Street. The Hospice Mid Canterbury Trust has provisionally purchased the building formerly known as the Sealy Street Medical Practice. Many will be familiar with the property - a lovely 1920s bungalow with three road frontages, wheelchair access and off-street parking.

Trustee Jane Wright, who has spearheaded the initiative, says: "This is a very exciting step for us. Owning the property will enable us to establish a welcoming, homely, fit-for-purpose environment for our clients and visitors, and to develop a wider

range of supports and activities." She also noted that the building would be a community-owned asset and it would enable Hospice Mid Canterbury to involve the wider community in a variety of ways.

The purchase is subject to raising the required funds and Hospice Mid Canterbury is grateful that the vendors have generously agreed to an extended settlement period to allow fundraising to happen. The Trust hopes to raise a large portion of the purchase price of \$500,000 through grants and is launching a major community fundraising initiative to meet the balance.

In the interim, it has leased the building, and is offering the usual supports and services. An open day will be held on December 6.

Principal Sponsor:



BRADFORD

GROUP

Exercise classes - Making a difference – one stretch at a time

Twice a week Matt Roxburgh from the EA Networks gym arrives at the hospice base with his enormous and colourful bag of equipment, ready to take an exercise therapy class with hospice clients. In the bag, there are squishy balls, stretch bands and blocks for all manner of games and exercises to test the body and mind. And the clients love it. So too do the volunteers. There are lots of laughs and everyone goes away feeling a bit better. This matters when you are a hospice client.



Leen Braam, a volunteer, working with clients on a strength exercise



Sharon Moore, another volunteer, supporting Matt and clients



Matt's bag

Some of the clients are in wheelchairs or on crutches, and have difficulty walking. Others aren't too steady on their feet. It doesn't matter what their ability level is, as class numbers are kept small and there are volunteers to help if needed. One of the caregivers who regularly brings her husband says, "I'm really impressed by the way Matt adapts each exercise to suit each client". Her husband is in a wheelchair. "When he [Matt] helps individuals, he always does it so quietly that others don't realise he's giving one-to-one help." Peter* always tries every exercise, doing as much as he can manage.

Research emphasises the importance of exercise for those with a palliative diagnosis.

Keeping active has many benefits, helping to reduce some of the effects of illness or treatment, such as pain and fatigue, increasing strength, fitness, movement and function. One of the young mothers in a wheelchair says that if she doesn't exercise regularly, "I just stiffen up." Another client likes the variety of exercises Matt gives. "And then I try them out at home, adapting them a bit to suit." He often goes back to the video Matt made over the Covid-19 lockdown to help those in the class.

Regular and gentle movement can also help to improve mood and quality of life, and make people feel more in control. There are also social benefits which come from interactions with others. Those who attend say that they enjoy sharing ideas with other people going through similar things, commenting that: "We feel better afterwards, and we enjoy the social interaction with the welcoming hospice staff and wonderful Matt, as well as with each other." Another client with MS also enjoys the social element. "Being a farmer, I don't

get much company out in the paddocks."

Matt, the instructor, gets quiet satisfaction from taking the class. "For me the key point of it all is maintaining the clients' quality of life. And being physically active is one way we can do that." His goal is for clients to continue doing the things they enjoy. "It enables them to maintain a level of dignity and independence for as long as possible." This fits well with the hospice philosophy of "living every moment", allowing clients to be actively involved in their own health and wellbeing.

* Name changed



New Volunteer Manager for Hospice

Hospice's new Volunteer Manager, Belinda Brand, is thoroughly enjoying her new position with the organisation. Belinda brings with her a wealth of experience from her ten years in a similar position with Idea Services (IHC).

Belinda's role in the organisation is multifaceted. She co-ordinates service providers such as counsellors and therapists as well as volunteers including assessors, biographers and support companions. She is the first point of contact when a referral is made. She then organises the key steps which need to be made to ensure that a client receives the appropriate supports he or she needs at that time and also organises on-going reviews to ensure needs are being met.

As well as organising activities such as exercise therapy classes and Armchair Travel for clients, she also plans education sessions for volunteers. "I love the job," she says. "It's very varied, and there's such a good team of people committed to Hospice." Belinda is looking forward to Covid restrictions easing so that full Hospice supports and activities can resume.



Thank you, Christine

We would like to say a huge thank you to Christine Wilson for her work as volunteer manager.

Christine was one of the first people to put up her hand as a volunteer for Hospice Mid Canterbury. She trained in biography writing, recording her first biography for Hospice late in 2015 and later became the leader and driver of the biography team. Christine stepped in temporarily for the Manager of Volunteer Services role in 2017 and took over the role later that year.

The hospice philosophy is close to Christine's heart and her compassion and commitment has been evident from day one. This includes initiating the exercise therapy programme which is proving very beneficial. Christine's dedication and attention to detail has been very much appreciated by our clients and their families, as well as our hospice team and the wider community. Christine has now stepped out of the role but we are extremely lucky to still have her as part of our team, continuing to work on promotions and biography writing, and assisting with exercise therapy.

Principal Business Supporter—Bradfords

The Bradford Group, a commercial and residential building and painting firm, operates mainly in the greater Canterbury area. They are a locally owned business and have been operating for over 75 years. The Bradford family has been the owner of the group throughout this period. Bradfords decided to become a major sponsor of Hospice at the time Rodger Bradford became one of the Hospice trustees. Rodger was in the process of retiring from Bradfords and was offered the

opportunity to be actively involved in Hospice Mid Canterbury. Rodger has been heavily involved as a trustee, assisting in structuring the organisation and working with the fundraising committee. CEO Graeme Instone comments: "Hospice is one of the few organisations which truly focuses on assisting people nearing the end of their lives and making this as comfortable as possible for them and their families." Bradfords have been involved in

supporting Hospice from the early stages of establishment and this includes donations, building services, products, and storage.

Bradfords is delighted to see the growth in services that Hospice Mid Canterbury provides to people in need of support. They are pleased to continue their support of Hospice. They invite other local businesses to do so as well.



BRADFORD
BUILDING | PAINTING

70 Bremners Road, Ashburton | P 03 308 9039 | www.bradfords.co.nz

Trustee Profile - Olivia Proudman

Olivia recently became a trustee of Hospice Mid Canterbury. She is a lawyer at RMF Silva specialising in family law.

Why did you choose to get involved with Hospice MC?

I became involved with Hospice Mid Canterbury because it's an area that not a lot of younger people are aware of, particularly the role Hospice plays in the Ashburton community. It also aligns with the particular area of law I work in, family law.

What are enjoying about your trustee role?

I enjoy being able to give back to the community. It is also very rewarding hearing the incredible stories and feedback that we get back from our volunteers and service providers.

What do you bring to the role?

A fresh set of eyes, legal expertise and a younger generation's view and opinion on matters.



Operating during Covid Restrictions

With Covid restrictions, face-to-face contact with clients was no longer an option, but with a bit of creative thinking, a number of supports continued.

While it was definitely not business as usual, Level 4 lockdown meant finding new ways of doing things. Hospice assessors, service providers and volunteers were all busy making phone contact with clients. Utilising new technology was essential. Hospice counsellors continued to work via phone and video-link and other service providers produced short videos on self-help techniques and exercise routines which were circulated to clients and caregivers until services resumed. Board meetings were held via video links, as were committee meetings and work discussions.

As restrictions eased, the Hospice base re-opened and activities began again at Level 1, albeit with precautions in place.

Donors & Supporters

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

- Brophy Knight
- DPI Design and Print
- Harvey's Bakehouse
- Rosebank
- RMF Silva
- Community Trust of Mid and South Canterbury
- Sarah Smith
- Wakanui WI
- Ross Shaw and Maria Theilen-Shaw
- Zonta Club of Ashburton
- Rose Matthews
- Lorraine Baughan
- EA Networks Centre Gym
- Connell Robin

Principal Sponsor:
Bradford Group

Silver Sponsor:
EA Networks

Bronze Sponsors:

- Argyle, Welsh, Finnigan
- Midlands Seed
- Alan Pye
- Ashburton Club and MSA
- AgriMagic
- South Island Seeds
- Neumanns
- Rosco Auto Dismantlers

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 06-0837-0319291-00 (**general donations**)
- Internet banking 06-0837-0319291-01 (**for new building**)
- Cheque or cash to Hospice Mid Canterbury c/- Brophy Knight Ltd, PO Box 314 Ashburton 7740
- Drop off at the Hospice Base, 70 Havelock Street, Ashburton.

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 belinda@hospicemc.nz and we'll put you on our data base.