

## Activity Sessions

We are offering a range of sessions at Hospice Mid Canterbury.

These include:

- Armchair Travel
- Exercise Therapy sessions
- Art and Craft activities
- Pamper sessions
- Chair Yoga
- Catch-up Cuppa



## Donations

Hospice Mid Canterbury is a registered Charitable Trust. Donations of \$5 and above are tax-deductible.

Donations can be made to:

- Hospice Mid Canterbury Trust
- Internet Banking: 06-0837-0319291-00
- Cash or eftpos to the Hospice base, 70 Havelock Street, Ashburton
- Cash to Brophy Knight, 144 Tancred Street, Ashburton

*Principal Sponsor:*

***Kate Murney***

## Contact details

Phone: 03-307 8387  
Mobile: 027 227 8387  
Email: [manager@hospicemc.nz](mailto:manager@hospicemc.nz)  
Website: [www.hospicemc.nz](http://www.hospicemc.nz)  
Facebook: [fb.com/hospicemidcanterbury](https://www.facebook.com/hospicemidcanterbury)  
Address: 70 Havelock Street, Ashburton 7700



Are you, or is someone you care for, dealing with a life-limiting illness? Hospice Mid Canterbury is here to help and support you.



*Here when you need us*

Phone: 03 307 8387  
Mobile: 027 227 8387  
E-mail: [manager@hospicemc.nz](mailto:manager@hospicemc.nz)

## How we can help

Hospice Mid Canterbury provides support for those with a life-limiting illness as well as those who are looking after them. All services are free and support continues throughout the person's journey.

We provide a variety of services (see list), both in the home and at Hospice Mid Canterbury. This includes both individual and group support. Hospice Mid Canterbury does not provide clinical care.

Our services are available throughout the Ashburton District between the Rakaia and Rangitata Rivers.

If you want to find out more, contact us on 03-3078387 or 0272278387 or visit the Hospice Mid Canterbury website [www.hospicemc.nz](http://www.hospicemc.nz). Referrals can be made from the website or by phone. Anyone can refer: self referral, family or friends, health professionals and other support organisations.

## Our Services

We offer a range of supports for people of any age dealing with a life-limiting illness, and their families. All services are free.

- Companionship and outings
- Sitting (to give carers a break)
- Recording life stories
- Transport
- Counselling
- Therapies provided by qualified therapists including massage.
- Advice on putting affairs in order
- Portrait photographs
- Books
- Pet care
- Activity sessions

**"Hospice helps people live every moment in whatever way is important to them"**

## How can I help?

Hospice Mid Canterbury is very dependent on volunteers to support our clients and their families in a variety of ways including sitting, biography writing, transport, administration, reception, gardening and working in our Hospice Mid Canterbury shop.

All volunteers are vetted, trained and supported.

If you are interested in becoming a volunteer, please give us a call.

