



Hospice - Making a difference to daily life



Thomas's Story

Thomas* knows a great deal about life-limiting illness – he has 26 years of experience as a nurse in the cardio thoracic unit of a Perth hospital – and now he's a client at Hospice Mid Canterbury, dealing with his own health issues. When his illness meant he could no longer work as a nurse, he returned to New Zealand and settled in Ashburton.

Every Friday morning, at least half an hour before the exercise class begins, Thomas arrives at the Hospice base, warmly greeting the staff before heading to the kitchen and putting on the jug ready for the rest of the class to arrive. It's now a well-established ritual that the men sit down with a cuppa and a catch-up before they start the class.

When asked what he enjoys about the class, another of the class members immediately says, "fraternity". And Thomas agrees. "It's good to be part of a community," he says, "but when you're unwell, it's harder to go out to events and take part in group activities, because people don't always understand, and it can be embarrassing." At hospice, nobody minds if you can't do an exercise. Matt will always come up with an alternative for you if it's too hard.

The class keeps Thomas active and moving too, which is important for his mobility. Thomas appreciates the company and he's grateful for what HMC offers.

* Name changed to protect identity.

Ruth's Story

For Ruth, Hospice has been a lifeline. In fact she says that Hospice has really become a whole new family since her diagnosis two years ago. Because she lives on her own, she can't easily call on family to help, and she really appreciates that she can attend activities and call on volunteers when needed.

Ruth regularly attends Armchair Travel, and thoroughly enjoyed the recent presentation on Rachel Roadley's marathon through Mongolia. Ruth can no longer travel, even to Christchurch, so an armchair look at what other travellers are doing is a welcome break.

She has also been coming to the Pamper Nails session with Philippa Hanrahan, who volunteers her time once a month to give hospice clients a hand massage and pamper. Ruth enjoys chatting with all the ladies who attend, and the hand massage and beautiful nails are a wonderful bonus.

Ruth has regular lymphoedema massage with therapist Rebecca Perkins, to assist with the symptoms of chemotherapy, and she finds this gives a lot of relief. She has also enjoyed music therapy with Moyra and Chair Yoga with Tildy.

Ruth is determined to maintain her independence for as long as possible and Hospice is helping her do that, one day at a time.



Principal Sponsor: *Kate Murney*

Meet the Hospice Team



From left: Sarah MacAvoy (Client Support), Janelle Hickey (Admin), Fiona Giles (Outreach) and Laura Banks (Team Co-ordinator)



Sarah MacAvoy is our client support co-ordinator, dealing with referrals, services and on-going support of clients. She also has her own private practice as a dietitian where she works in a variety of roles – aged care, chronic disease management and with ACC clients. Sarah says: “I enjoy working in health and doing what I can to make someone’s experience the best it can be.”



Fiona Giles’ role involves overseeing fundraising and promotions, including liaison with the media. She also shares the client support role with Sarah. Fiona is enjoying getting to know her responsibilities, the team, and all the volunteers, clients and family who come through the door. “I love that I am part of a friendly, supportive, caring community,” says Fiona.



Laura Banks is our Team Co-ordinator. A trained social worker, she supports the hospice team, including our large pool of volunteers, along with organising the monthly activities. “I have worked with volunteers in my previous roles,” says Laura, “and I have also been a volunteer, so I understand volunteering from both sides.”



Janelle Hickey’s administration role focuses on the financial and general admin tasks required to keep Hospice Mid Canterbury running smoothly. Janelle is enjoying her work at the base. “I love how we get visitors popping into the base most days and have really enjoyed meeting everyone involved in Hospice Mid Canterbury.”

We have a new team

at the Hospice base. Recent appointees Sarah MacAvoy and Fiona Giles have joined Laura Banks and Janelle Hickey at Hospice Mid Canterbury. Sarah will be supporting clients and their families, assisted by Fiona who will also oversee funding and promotions. They join Laura, who supports the hospice team, including our large pool of volunteers, and Janelle who is Hospice Administrator.

Demand for hospice services continues to rise and these appointments will ensure that Hospice Mid Canterbury can continue to provide quality services.

This brings the hospice team back to full strength, just as Covid restrictions ease and we see the return of more client services. Activity sessions have restarted, and Sarah, Fiona, Laura and Janelle are delighted to welcome back clients and caregivers to the base.



Janis Steele, our new shop manager, was appointed at the end of last year and is wasting no time using her “wheeler-dealer” skills to benefit Hospice Mid Canterbury.

The Value of Counselling

When people are hurting emotionally, and there seems to be nobody to help or understand, then going to a counsellor is a good choice. Our hospice counsellors help people to live with hurt and loss, and to find the courage and the will to move to a new understanding or resolve. Free counselling for clients, caregivers and their families continues to be a cornerstone of our service.

Learning that you or a loved one has a life-limiting illness will inevitably have a profound effect on the whole family. Coming to terms with the news and living with the impact affects people differently. Counsellors are trained to walk alongside you, so that your journey doesn't seem so lonely. They help people face death, grieve over the loss of a loved one, or learn to cope with the changes brought about by sickness or separation when a family member goes into hospital or long-term care.

Talking to a counsellor provides an opportunity to debrief to someone neutral who can validate and be accepting of your feelings and the situation you are in. Both on-line and person-to-person counselling is available.



Trustee News

Farewell and Thank You

We would like to say a huge thank you to Brendon Adam and Olivia Proudman, who have recently stepped down from the Hospice Board.

Brendon was involved in the formation of Hospice Mid Canterbury in 2014 and was a founding trustee. As a managing director at Brophy Knight, his accounting expertise has proved invaluable over the years.



Olivia joined the Board in 2020, providing legal expertise and a community focus, influenced by her work in family law.

Welcome

We warmly welcome Kate White and Tina Giera to the Board.



Kate is a te reo Māori teacher at Borough School and is well known for

her work in the community including TimeBank and Keep Learning Mid Canterbury.

HMC Data at a glance

Currently supporting

86

Clients and their families

14

Monthly activities at the base

121

Volunteers

In the last year

547

Therapy hours

96

Counselling hours

951

Volunteer client support hours

479

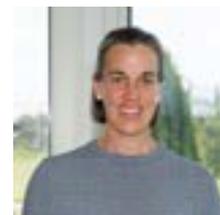
Biography hours

2132

Shop volunteer hours

5434

Total hours of HMC service



Tina provides a rural perspective, being directly involved in a local dairy

farm. She is also a qualified physiotherapist, with a strong interest in health and wellbeing.

Save the Date
Sunday December 4



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Systems Upgrades

Behind the scenes at Hospice Mid Canterbury, a large amount of data needs to be collected – everything from contact details, to support provided, to donations received. In order to reduce the workload for staff, the board recently had a new database system installed. The set-up was carried out by Stride Consulting with generous donations from two donors facilitating the purchase and installation.

At the same time, we have upgraded our outdated website, enabling referral forms and volunteer applications to be completed on line.

The Ashburton Rotary Club generously contributed \$1000 to cover the cost of the platform upgrade. And to round off all this wonderful generosity, Karyn Heald-Robertson from Nor'west Arch has donated her time and skills to refreshing our website.

Thanks to all these generous donors, we now have a very smart, fit-for-purpose means of capturing and reporting on data, as well as a wonderfully refreshed website.

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Thank you

.. to everyone who has given us their support through cash donations, goods and providing their services. We are very grateful to you all.

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