



Caring for the Carer

Caregiving is a job that no one is ever prepared for - it is an unrecognised and undervalued part of end-of-life care.

One of our primary roles at Hospice Mid Canterbury (HMC) is to support caregivers and as part of Hospice Awareness Week, we recently held a "Caring for Carers" event. Three local women who care or have cared for their husbands shared their stories.

Daphne Hinton

Daphne is a carer for her husband David, who has Parkinson's. David was reluctant at



Daphne shares her story

first to become a client at HMC but now enjoys coming to exercise therapy class weekly.

Daphne noted that friends and family always say "Ask if you need help" but, she says, "It's better to just do something or turn up. Don't wait to be asked."

Kathy McKimmie

Kathy was a carer for her late husband Dave, who had Parkinson's. David wanted to maintain his independence, which was tricky due to his

forgetfulness and medication side effects. This took its toll on Kathy. She sought counselling for herself and David. She also had counselling later on to deal with the guilt of "abandoning" him to a care facility.

HMC provided reiki and massage for Kathy: "He was the sick one not me, but my goodness it was so relaxing." David attended HMC exercise class. "As his carer I had to do his exercises with him, to keep up his movement." They also enjoyed armchair travel as a couple.

Kylie Curwood

Kylie's husband, Brett, has had eight strokes. She didn't want to accept help at first, "thinking I could do everything." HMC provided counselling for both Brett and Kylie, and that, says Kylie, "has been amazing". She didn't

realise how much resentment had built up before she began accepting help.

"Counselling is so important."

She observed that relationships do change over time: the loved one's personality changes and the nature of friendships change.

Her friends visit her at her home now.

Kylie emphasised the key point: "It's important to take care of ourselves so we can take care of them."

HMC Manager Nicole says, "Supporting the carer and their wellbeing is just as important as supporting our clients."

"It's important to take care of ourselves so we can take care of them."



Kylie Curwood speaks at the Caring for Carers evening

Platinum Sponsor: *Kate Murney*

How to refer someone to hospice

Whether you refer yourself or someone you know to Hospice Mid Canterbury, follow the same process.



- Step 1: Go to our website: www.hospicemc.nz
- Step 2: On the top bar, hover over *Contact Us*, then click *Client Referral Form*
- Step 3: Fill in the form, entering as much detail as possible.
- Step 4: Click *Submit*.

The referral will go to the Support Coordinator, Sarah, who will arrange for an assessor to visit the client, their carer and/or family.

The assessor discusses with the patient what their needs are and what supports Hospice can offer.

Mauri Mate

A Māori Palliative Care Framework for Hospices

Mauri Mate, a Māori palliative care framework for hospices, aims to increase adult Māori access to good palliative care, which includes:

- Good quality care in the lead-up to end-of-life
- Compassionate care at end-of-life
- Helpful whānau support during and after end-of-life

We were privileged to recently receive a visit from Tina Parata, Mauri Mate kaiwhakahaere, and Hinetewai, Māori Liaison, Nurse Maude Hospice Palliative Care Service, to discuss how we can improve care for local Māori. Tina has been touring hospices throughout New Zealand to help implement the Mauri Mate framework.

We were also joined by Tania Reuben, Hakatere Marae Coordinator and Michelle Brett, Hakatere Marae Komiti Chairperson, who generously gave up their time to meet with us and provide valuable insights

We discussed how we can make our Base safe and welcoming environment for Māori: for example, weaving cultural elements such as harakeke in the garden, or a water feature for cleansing.

Another focus was community engagement and education. By taking part in local Marae health days and other events, we can increase Māori engagement with Hospice.

Sponsor Profile: ANZCO



ANZCO is one of our valued business supporters. Canterbury Site Manager Geoff Proctor writes why they chose to become a Gold Sponsor of Hospice Mid Canterbury.

With around 1,000 employees ANZCO Foods Canterbury is the largest single site private employer in the region. We take this responsibility seriously and have a number of ways we support the local community.

Hospice Mid Canterbury provides an important service to the community and ANZCO Foods is proud to be involved with it, initially supporting fundraising dinners before becoming a Gold Supporter.

I have been recently appointed to the role of ANZCO Foods Canterbury Site Manager, however ANZCO Foods has been part of the local community for 40 years. We have a number of local operations and the largest is our beef and lamb processing site. And with so many employees we're heavily connected in the local community.

The hospice provides a great service to individuals and families in the community when they need it most. We'd absolutely recommend people get involved with the Hospice in any capacity they can – from volunteering to donating money. It's a wonderful organisation and it's great to be part of something that's making a real difference in people's lives.



*ANZCO Canterbury Site Manager
Geoff Proctor*

Thank you NBS

NBS recently supported hospices in New Zealand with a deposit campaign. During this promotion, for every new term investment opened at one of NBS's eight branches, \$200 was donated to the local hospice.

We are overwhelmed by the generosity of both NBS and all those who opened new savings accounts during the promotion. Thanks to all of you for supporting the continuation of hospice services.

A phenomenal \$3400 was raised for Hospice Mid Canterbury; for locals by locals!



*Pictured: NBS Manager David Jones and HMC Manager Nicole Williams.
Photo credit: Ashburton Courier*

Trustee News

Welcome Jenny McDonald

“My husband Mark and I moved south from Taranaki in 1994. We first sharemilked at Ashburton Forks, and then bought a property closer to Methven in 2001. Our 3 now adult children all attended local schools.



I have always been community spirited - with involvement in Parents Centre, Greenstreet Hall Committee, Mid Canterbury Children's Theatre & St Joseph's to name a few. My governance experience includes 9 years on the Ashburton College board of trustees, and most recently 4 years as National Finance Chair of Rural Women NZ.

I joined Hospice MC because it does a fabulous job enhancing the quality of lives of those people in Mid Canterbury who have a life-limiting illness, as well as supporting their caregivers.”

Thank you Anne-Marie Allen

Anne-Marie Allen is stepping down after 3 years as a trustee. Anne-Marie's expertise was particularly valuable in supporting the Hospice Shop and in preparing financial reports.



She has enjoyed her time with HMC, despite joining at a difficult time: right before Covid and the challenges that brought. Of HMC she says, “It's all about the people,” and “It's amazing to see just how much the community has supported hospice.”

We wish to thank Anne-Marie for her great contribution to the development of the organisation.

Our trustees play a vital role in running Hospice Mid Canterbury. Their commitment and passion— all voluntary—makes a real difference to our community.

HMC Data at a glance

*In the last year
(June 22—May 23)*

Currently supporting

88

clients and their families

8

Different monthly activities at the base

118

Volunteers

313

Therapy hours

33

Counselling hours

1016

Volunteer client support hours

212

Biography hours

1032

Shop volunteer hours

2058

Total volunteer hours

Caring for the Carer

Hospice MC have organised a group workshop that focuses on the Caregiver, supporting their loved one with a life limiting diagnosis.

It is easy to overlook your own wellbeing needs and this workshop is designed to give the caregiver selfcare tools to fit within your day.

We have wonderful speakers, focusing on relaxation, selfcare, talking and nutrition.

If you are regularly feeling overwhelmed by day to day routines and the carers role, then it might be the right time to take a moment for yourself, in a caring and relaxed setting.

For more information contact
307 8387 or
support@hospicemc.nz



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.

- Annie's Friendship Group
- Argyle Welsh Finnigan Ltd
- Ashburton District Council & EA Networks Gym
- Brophy Knight
- Carol Gunn
- Cherie Summers-Wright
- Colin Jowers
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- R and J Gibson
- Regent Cinema
- Revive on Oakview
- Robyn Drummond
- Ruralco
- Ruth Ivison
- Samantha Rose Flowers
- The Estate of David Heal
- Todds of Ashburton

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
- Cash or eftpos to the Hospice base, 70 Havelock Street.
- Cash for Hospice Mid Canterbury to Brophy Knight, 144 Tancred Street.

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.

Estate Clearances

Whether you are moving into care or sorting a loved one's home following their death, Hospice Mid Canterbury is here.

Our experienced and compassionate team can help reduce some of the stress by collecting any items you'd like to donate to our Hospice Shop. This generous gift from you allows us to continue providing much needed support in the Ashburton district.

Contact Janis, Shop Manager, on 021 0679201

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