

NEWSLETTER

March 2022

A Message from the General Manager

I have been reflecting lately on the importance of our partnerships, both community based and within the health sector, and how different our services would look without these relationships.

Hospice Tairāwhiti has grown from a voluntary organisation, then known as Gisborne Palliative Care Service, to what you see today because of these collaborations. We are fortunate that many relationships built back in 1981 still stand and many more have been forged over the years.

In 1983 the combined Lions and Lionesses clubs hosted a Radiothon to raise funds to employ our first palliative care nurse and paid staff member, an important step in the growth of our service. Today we employ 20 people in both full time and part time roles. And I'm happy to say the two remaining Lions Clubs remain strong supporters. The Gisborne Wainui Lions have not only have made financial donations but have worked with us on a number of projects from our annual Strawberry Festival, to providing a workforce to paint the interior of our previous office and building our equipment storage shed. As you can see, community support doesn't always come in the form of financial donations. You can read in this newsletter how and why Geoff and Carolyn Taylor from Mitre 10 Gisborne support us.

Providing high quality wrap around palliative care services has always been and continues to be dependent on our relationships and collaboration with other healthcare providers and community groups. Hospice Tairāwhiti works alongside, complements, and builds on existing services and relationships patients and whānau have already established. These include GP's, district & rural health nurses, hospital, aged care, social workers, clinical nurse specialists (respiratory, cardiac, renal, oncology), Cancer Society and many more.

Another example of partnership in practice is the education Hospice Tairāwhiti provide to healthcare professionals in our community. We believe that all healthcare providers should be able to provide good basic palliative care. Not only do we provide formal education sessions such as Fundamentals of Palliative Care, and syringe driver training, our staff also work across the hospital, aged residential care, and with community health services providing advice and mentoring on end of life care.

The care people receive from Hospice Tairāwhiti is the result of all these partnerships. It takes a community to provide high quality end of life care.

Barbara Groat



It's in the Jar

It's not a task everyone loves but that isn't true for Janet Tims, Vivienne Briant and Helen Hart. All three are volunteers at the Hospice Shop and all three take their work home with them.

What's more the community loves what they do if feedback about the jams and preserves at the shop are anything to go by. In fact, the ladies tell the story "Once a customer came in, she was 102 years old, and she bought every jar of jam and preserve available – it was a big purchase."

The idea of making jams and preserves came about years ago when the public were donating surplus fruit to the shop. With the spirit of the shop in mind the raw ingredients were turned into something the community loves.

The ladies find recipes from books depending on what fruits or vegetables



Viv, Helen and Janet

have been donated. "We share the recipes with people who ask, and people thank us or say how wonderful the jams and preserves are. In fact, some people come into the shop just for them." While many people have their favourite, Lemon Honey is a popular choice.

It's not just time that goes into making the jams and preserves. Janet, Vivienne and Helen say it's ingredients that are donated like sugar, eggs, vinegar, onions and clean jars with lids that help them do what they do with love.

...And they're off!

We say haere ra to Jayda Taiapa and Laura Robertson who are on parental leave, awaiting the arrival of their new blessings. Jayda works full-time as the Acting Clinical Nurse Specialist and Laura works part-time as a Community Hospice Nurse. They both are taking 12 months off to enjoy motherhood and will return to hospice in early/mid 2023.

This is Jayda and Billy's first child and Laura and Willy's second child. We wish them both all the best and look forward to welcoming them back in 2023.

Soon we'll say nau mai, hoki mai to Joy Cairns, Clinical Nurse Specialist who is returning from parental leave in May.



Jayda and Laura

Magnificent Moira

It was a discussion with Barbara Grout over a child's paddling pool at the Olympic Pools 23 years ago that enticed Dr. Moira Cunningham to get involved with Hospice.

Born in Scotland, Moira completed her Medical and General Practice training in the 1980s before emigrating to New Zealand in 1997. It was that same year that Moira started working alongside the founder of Gisborne's Palliative Care services, Dr James Carstens.

While Moira acknowledges there has been some changes in hospice care since she started all those years ago the core of what hospice care is about hasn't changed a lot. "We still focus on our patients and the whānau. We still work in collaboration

with other medical professionals and ultimately, we work in partnership with our community to positively support and care for our dying."

Moira recently retired as Medical Lead from Hospice Tairāwhiti saying Hospice was in good hands to continue to provide the range of current and new hospice services to our community. "The Tairāwhiti community has provided a new Hospice building and it is important that this grows and develops into a treasured asset. With a new Medical Lead and a team that has youth, vision, and experience the future of Hospice Tairāwhiti is in good hands.

Moira will continue as a GP at Three Rivers Medical.



Stepping Into New Beginnings

After working with Hospice Tairāwhiti as a doctor for five years, Dr Anna Meuli recently stepped into the role of Clinical Lead for Hospice following the retirement of Moira Cunningham from this role.

After working for several years in hospitals throughout New Zealand, Australia and the U.K. Anna returned to New Zealand completing her GP training. In 2010 Anna and her husband, a Gisborne local, moved here and she began working as a GP on a part-time basis in-between having two children. Anna was the GP Liaison for Hauora Tairāwhiti completing a postgraduate certificate in Palliative Care through the University of Auckland during this time.

Anna says she really enjoys her work at Hospice. Although often faced with sad circumstances, she feels that being able to come into people's lives and offer support at this time in life is a privileged role. "I believe being able to identify and understand what is most important for the patient and their whānau is key to helping them "live every moment" when

faced with life-limiting illness." Anna is an advocate for patient-centred communication and provides teaching sessions for other health professionals on how to approach serious illness conversations.

Anna enjoys working within the team at Hospice. "The kindness and compassion displayed by all staff and volunteers makes a meaningful difference to patients and their families," says Anna. She looks forward to working with the team to expand the services we offer our community.

And when there's time left over Anna, her husband, two primary aged children and two dogs enjoy the amazing beach lifestyle Gisborne offers. *Photo by: Liam Clayton*



A big thank you!

Fundraising can be challenging at the best of times but even more difficult in these times of Covid. Last year we had to cancel many of our annual events like The Night of Laughs and The Strawberry Festival which meant that our engagement with our community and our ability to fundraise was compromised.

Yes, our events are driven by the need to fundraise the shortfall from the funding received from Tairāwhiti Hauora, but these events are also an opportunity to champion our supporters and to say thank you. It's an opportunity for our supporters to see and experience where their support goes and where it is needed most for hospice care now and in the future.

So just as much as we've missed event fundraising – we've missed you! Despite

these challenging times, in November and December it was a busy end-of-year flurry of activities fundraising in collaboration with our community.

Fundraising started off at the Christmas House as part of the Gisborne Garden and Arts Festival and continued with the month-long Mitre 10 Gisborne raffle, finishing with the annual Farmers' Remembrance Tree promotion.

All these events were in collaboration with groups and businesses in our community. It's a wonderful expression of support and it's wonderful to know that all funds raised in these events come back directly to us so that our clinical care team can do what they do best- care for patients and their whānau. So, thank you.

And we are hopeful that this year you'll be able to once again experience the Strawberry Festival and more in the near future!



Super Support from Suzy

For Suzy Read, volunteering is a legacy handed down from her mother who was a great role model in being involved and caring for one's community.

Suzy has been volunteering with Hospice Tairāwhiti for seven years and has transitioned from an office volunteer in the old building into one of our Hospice Hosts as well as continuing with her volunteer role as Support Person. Suzy says "Patients seem to appreciate having someone visit who is not giving them treatment, not a family member just someone who can share what's happening in the community and generally have a good old chat."

Suzy knows about volunteering as she managed a volunteer network for two programmes: Adult Literacy and English as a second language for 25 years.

When Suzy retired she wanted to give something back to the community and decided Hospice Tairāwhiti was an obvious choice.

"I saw the great work Hospice Tairāwhiti did when my father-in-law was dying with cancer and so I decided to volunteer at Hospice Tairāwhiti and the Cancer Society. I get a lot back from volunteering as I feel useful and get satisfaction from the patients' appreciation."

As a Hospice Host Suzy says it is lovely to interact with both staff and families and to welcome visitors directing them to the right people that can help them. "It is very rewarding to be a volunteer. Many of us have had help from Hospice Tairāwhiti with family members and understand their wonderful service. I enjoy being part of the service who helps patients and family at a difficult time."

Working Together for Better

Geoff and Carolyn Taylor were wanting to become business owners and saw the opportunity to do this when they opened the Gisborne Mitre 10 store two years ago.

Geoff, born and bred in Hawkes Bay, saw that there wasn't a Mitre 10 in town and decided to leave the corporate world as a CEO of a national business to make a difference at a local level. Geoff says, "Now Carolyn and I can ask what works for Gisborne and do that."

The support from locals has been fantastic and that motivates Geoff and Carolyn to support local initiatives. "We want to be able to give back to the local community because they are supporting us. Because we're local we can; we are part of a wider community."

Geoff says there is a particular reason they target specific organisations to support like sports and community health services. He is a believer that team sport gives structure and discipline to the young people coming through and it makes a meaningful difference to their life.

The support of Hospice Tairāwhiti is based on a personal experience. In 2013 Carolyn's mother died of cancer. Carolyn says the Hospice in Hawkes Bay was fantastic. "I couldn't have managed without the support of Hospice. The support they gave us was fantastic, so to give back to hospice is important to us. It's phenomenal the service they provide to everyone in a difficult time."

Even before owning Mitre 10 Geoff and Carolyn identified Hospice as an organisation they wanted to support because, they say, "it's such a great organisation."

Once moving to Gisborne Geoff and Carolyn started supporting Hospice Tairāwhiti with an annual fundraising



Geoff and Carolyn Taylor

event. Last year's raffle was the most successful yet due to a partnership between Hospice and Mitre 10 staff. "That's part of the ethos we have – it's about being part of the community and Mitre 10 staff are happy to pitch in."

According to Geoff and Carolyn "one of the benefits of owning your own business is directing efforts to organisations that align to your own values and have a personal connection." Hospice Tairāwhiti is a perfect fit.

\$15,000 was just thrown in the rubbish bin last year!

That's right, donations to the Hospice Shop, which couldn't be used due to the poor condition of the goods, had to be disposed of and it cost Hospice Tairāwhiti \$15,000 in 2021.



It cost Hospice Tairāwhiti \$15,000 to dump:

- » Dirty, unwashed clothing with broken zips, missing buttons
- » Torn, worn shoes and trainers
- » Old broken china, plates, chipped mugs, cups and glasses
- » Electrical items that don't work or have no remote controls
- » Broken furniture, chairs, shelving, drawers
- » Linen, duvets and sheets that are dirty and with holes

\$15,000 can make a significant contribution to our core services. What are core services?

Core services are services provided to our patients by:

- » Doctors
- » Nurses
- » Social Worker/Admin
- » Education
- » Volunteer Services
- » Admin & Management

Cost of Each Core Service

It costs us \$2,500 a day to provide core services.

Breaking this down even further \$15,000 translates to:

- » \$50 per patient per day
- » \$75 to provide a nurse on call overnight
- » \$75 for a patient to have an after hours nurse visit
- » \$336 to provide a nurse on call for a weekend
- » \$500 to provide a patient with 10 home visits or counselling sessions

So, when you're thinking of donating to the Hospice Shop, remember, would you buy it yourself?

SAVE THE DATE

HOSPICE AWARENESS WEEK

16-22 MAY 2022

Yes, donations come to Hospice Tairāwhiti in all ways, shapes and sizes. Here are just a few:

- » Sponsorship (Events, sales of products)
- » Endowment Fund through Sunrise Foundation
- » Fundraising Events
- » Friends of Hospice
- » Hospice Shop
- » Bequests
- » Business initiatives

Want to find out more?

Go to: www.hospicetairawhiti.org.nz/get-involved/make-a-donation/

or talk to Kj, our Marketing & Fundraising Coordinator:

☎ 027 254 3671 | ✉ kj@hospicetairawhiti.org.nz



Get in touch

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