



New Building to Future-Proof Hospice Service

Hospice Tairawhiti's drive for a new building will bring a far greater gift to the wider region than just bricks and mortar.

Organisation general manager Barbara Grout says the new building will allow greater flexibility in the services Hospice offers as well as more choice for patients and their whanau, and in the way services are delivered.

"This project will help us take our palliative care services to a new level of excellence, but we also hope it will help us change people's perceptions about death and dying," she says. "We don't want dying to be a hushed subject, but rather something that is talked about, understood and regarded as a stage of life that is just as important as all the other stages."

Although only at concept plan stage Hospice Tairawhiti believe they will need to raise up to \$2 million for the new facility. The building will be more than three times larger than their current premises.

"We have been in this building for around 25 years," says Barbara. "We are making our new building larger than we need at this point because we know our service will be growing. It is all about future-proofing."

The current building is no longer large enough to house Hospice's increasing staff numbers, does not have the space for patients and families to visit, and more importantly, is restricting the potential to grow the services hospice could offer the community.

Ministry of Health predictions are that the number of people requiring hospice services will greatly increase in coming years.

"People are living longer, and that will put more demand on our services."

Barbara says key to coping with that increased demand will be the need to make changes to the way Hospice currently works while also continuing to up-skill the generalist healthcare workforce.

"We are currently in discussion with the District Health Board with the aim of staying on the hospital grounds,"



How the new Hospice Tairawhiti building may look. Concept plan supplied by Kingsbeer Architecture

says Barbara. "Having explored a number of options we feel the community would be best served by the Hospice building remaining there. Our organisations have a long history of working together to provide the best possible care for patients and whanau. Being in close proximity to the hospital would allow those key people to easily access services at a central hub and offer opportunities for staff to continue to work collaboratively."

The project got a massive kickstart with \$70,000 raised at Celebrate Gisborne but there is a lot more needed. Hospice Tairawhiti will be contributing reserve money, tagged for capital projects like this, with the remainder coming from grants and donations.

People wanting to contribute to the capital project can do so by contacting Hospice Tairawhiti on 869 0552 or by visiting our website www.hospicetairawhiti.org.nz

FOOTNOTE: Approval for Hospice Tairawhiti to build on the grounds behind Gisborne Hospital was given last week by the Hauora Tairawhiti Board.

Chair David Scott has watched the concept of palliative care – now Hospice Tairawhiti – grow since its inception in the 1980s. "This new development is positive and the Board is delighted that we can contribute to this modern concept that will benefit our community."

End of Life Deserving of Beauty, Care and Respect

"I am not afraid to die, I just don't want to be there when it happens" - Woody Allen

It's all about starting that conversation . . . the one about what happens as you get near the end of your life.

It's not always an easy one to get under way but Hospice Tairawhiti hope a new free community initiative may put a slightly different slant on it.

Die-Alogues . . . 'you only die once' aims to provide a lighter type of presentation about the subject.

It is being organised by Hospice Tairawhiti counsellor Nicola Carroll and education coordinator Clarice Alderdice, with Atul Gawande's movie Being Mortal as the central focus.

"We have been thinking about doing something like this for ages and it was a perfect match to combine it with Atul Gawande's movie to give it a focus," says Nicola.

Atul Gawande is a surgeon, writer and public health researcher. He has been a staff writer for the New Yorker Magazine since 1998 and written four New York Times best sellers. He challenges everyone to re-examine how they think about death and dying.

Norman Maclean is the Master of Ceremonies for the evening, which also includes a presentation from Dr Moira Cunningham on advance care planning.

"There are a lot of things that we can put into place about death and dying," says Nicola. "To make that happen though, you need to start the conversation. Tell people

what you want . . . make sure your loved ones know.

"Most of us will have time to think about what is important to us near the end of our lives. How we die is a profoundly personal journey. The end of life deserves as much beauty, care and respect as the beginning."

The Dome will have beer, wine and pizza available for purchase from 5.30pm, with the more formal part of the evening starting at 6.30pm.

What: Die-Alogues...you only die once

When: Tuesday, May 17 at 6.30pm

Where: FREE at The Dome Theatre



Stellar Career and Life

By Justine Tyerman

Inscribed on Nellie Brooking's headstone is the word 'courageous' which sums up her life, says her husband of 38 years, Richard Brooking. Nellie passed away on April 26, 2015 aged 59 and her unveiling and a celebration of her life were held at Easter.

Nellie waged a 24-year battle with breast cancer which returned five times. She was a young mother aged 35 with an 18-month-old daughter when she first found a lump in her breast. She had a mastectomy but a few years later, she discovered a lump in the other breast resulting in a second mastectomy and later breast reconstruction.

Life returned to normal until a cancerous ulcer appeared in her breast a few years later. Nellie refused chemotherapy and radiotherapy, opting to use natural therapies. The ulcer healed thanks to her commitment to a very stringent diet, says Richard.

In 2012, when the ulcer and other infections reappeared, Nellie was admitted to a clinic in Germany. By that stage her health had deteriorated but she was tough and after 10 days of naturopathy, the latest technology and cancer-specific medication, she was back on her feet again.

Early in 2014, Nellie stopped taking the pills from the clinic, wanting to fight the cancer with natural remedies.



Richard and Nellie Brooking

By mid-2014, the infections returned and after her health took a turn for the worse, she was admitted to hospital in December 2014.

During Nellie's final few weeks, she was nursed at home surrounded by loved ones.

"What we appreciated most was that we could call Hospice Tairāwhiti staff day or night and they would respond immediately," says Richard.

"We were under enormous stress supporting Nellie so not having to see her in pain was a Godsend. The support from Hospice staff and our whānau was tremendous."

Nellie was a courageous, highly-talented woman who went from being a clerical worker in the Department of Labour to Director of the Department of Social Welfare, Director of Gisborne Courts, CEO of the High Court in Auckland and finally CEO of Ngāti Porou Hauora, says Richard.

During her final two years, she did Meals on Wheels, served on the Manutuke School Board, chaired the Ohako Marae Trust Board and studied for a Bachelor of Social Services. She graduated on April 15, 2015 and was also awarded a Graduate Diploma in Applied Management. The Otago Polytechnic professor came to Gisborne to confer the degrees at home.

"Being a wonderful mum to Kamaea and a loving wife to me created a great atmosphere in our home," says Richard. "Nellie was a brilliant cook and spent her spare time looking after her beautiful gardens. She also supported her staff and colleagues whenever she could. "Unconditional love for her whānau coupled with an amazing drive to overcome cancer, kept Nellie going through her 24-year battle with the disease.

"She had a stellar career and life despite the cancer. She never let it hold her back." 🍌

In case you wondered...

What is hospice palliative care?

To palliate means to ease the symptoms of an illness where the illness itself cannot be cured. Hospice or palliative care is specialised care for patients who are terminally ill, enabling them to achieve the best possible quality of life during the final stages of their illness. The service includes family support and grief and bereavement care.

Where is hospice palliative care provided?

In the Tairāwhiti region, hospice palliative care is provided at home, in rest homes, and in hospital. Gisborne Hospital has a special palliative care unit.

How can I get referred for care?

Patients need to be referred by either their GP or specialist doctor.

When can I be referred?

Patients can be referred when they have reached a palliative stage in their illness, where the focus of treatment is on symptom control, comfort and quality of life rather than cure.

How does it benefit the patient?

- Your pain is managed and symptoms controlled
- You receive emotional and spiritual support
- Your quality of life in the final stages is enhanced
- You get personalised care

How does it benefit family and friends?

- You feel a part of the team caring for the patient
- Your needs as a carer and individual are supported
- You have access to bereavement and counselling services

Do you have to pay for palliative care?

All services are free to patients, family and whānau.

How is Hospice Tairāwhiti funded?

The Gisborne service is approximately 70% funded by the District Health Board and supplemented by the generosity of the community through individuals, groups, trusts and foundations. Each year we need to raise more than \$200,000 to provide the services we do.

Hospice Tairāwhiti is a member of
Hospice New Zealand.

An Invitation...

The Hospice Tairāwhiti team warmly invites the Gisborne community to join us for our annual **Evening of Remembrance**.

The ceremony is not linked to any specific faith or religion but provides an opportunity to join together and remember those who have died. The Gisborne Girls' High School choir and Niamh Athy will be performing at the gathering.

What: Evening of Remembrance

When: Wednesday, May 18 at 5.30pm

Where: The Rose Room, Lawson Field Theatre

Looking to the Future...a message from General Manager Barbara Grout



Barbara Grout

If we could look into the future what would we see ahead for hospice services? Luckily we don't need to rely on a crystal ball or guess work when we are planning for our future services.

Through some fantastic work done by actuary and consultant Professor Heather McLeod, we have a very clear idea of what the future will bring. As a nation we will be living longer – many of us well into our 90s – we will be dying of conditions other than cancer, and increasing numbers of us will spend our final days in aged residential care.

Combine that with the huge number of baby boomers who are nearing their golden years and the demand for hospice services is set to grow dramatically. We believe Hospice Tairāwhiti is well on track to meeting this challenge.

At the heart of our service is our people – our staff, volunteers and those we work in partnership with to provide our important community service. And while we do not want our focus to be on bricks and mortar, to ensure we can provide the best possible service to the community we do need have an adequate base to work from. As outlined on page one we have outgrown our current space and have started a capital fundraising

drive for our new home which had a great kickstart of \$70,000 from our recent Celebrate Gisborne event. There will be a number of events which will contribute to this fund,

starting with our Annual Night of Laughs on June 23. One of the major challenges for us in the immediate future will be raising capital while continuing to ensure there are adequate funds to provide our community-based services.

We know that many people are more comfortable giving money to something that they can see, something tangible – but I encourage you to also consider the importance of supporting Hospice's ongoing operational needs.

In his story, Richard Brooking says how important Hospice's ongoing and all-hours support was to him and his whānau when caring for his beloved wife Nellie. Hospice was privileged to support them and we thank him for so generously sharing his story.

I hope you all take to opportunity to learn more about us during Hospice Awareness Week. Perhaps attend our Die-Alogues evening, the Evening of Remembrance, or visit our website to familiarise yourself with the services we offer, and how you can help. 🍌

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Listing with BK to Help Hospice

Hospice Tairawhiti is an organisation dear to the heart of Gisborne businesswoman Bronwyn Kay and while she's already a big supporter of it, she's adding another iron to the fire.

Two hundred dollars from the sale of every house referred through Hospice to be listed with her Bronwyn Kay boutique real estate agency will go back to the organisation.

"We could see them somewhat struggling to raise the \$2 million for the new build and as a major sponsor we feel it is a large target . . . actually it is a huge target and we would like to help them get there."

She's hoping the gesture will help raise as much as \$10,000 for Hospice.

"We are very community minded and this is something that helps nearly every family in Gisborne.

This is something that potentially does touch the whole community and we are 100% behind it."

Bronwyn was introduced to Hospice when her mother was dying 13 years ago from a very rare cancer.

"I was incredibly grateful to those involved with hospice who gave her such compassionate and wonderful care in her home," says Bronwyn. "I would like other people to have that same care."

From then on she wanted to return the favour and help



Bronwyn Kay is keen to help Hospice Tairawhiti raise the necessary funds for the new building.

Hospice Tairawhiti as much as she could. She's been a huge supporter of the organisation for many years through sponsorship of events, buying items at auctions and in any other way she could.

The Bronwyn Kay Fish and Chicks Ladies Competition, run by the Gisborne Tatapouri Sports Fishing Club, recently raised \$2500 for Hospice.

Anyone keen to help Hospice by listing their house with Bronwyn Kay should contact Bronwyn directly. 🍌

Who's Who at Hospice Tairawhiti...

Board of Trustees:

Glenda Stokes (chair)

Barry Atkinson, June Hall, Dr Gill Haywood, David McLean, Tina Swann, David Ure

General Manager:

Barbara Grout

Clinical Manager:

Dr Marla Williams

Hospice Doctors:

Dr Moira Cunningham, Dr Victoria Siriatt, Dr Robin Briant

Hospice Nurses:

Laura Moore (CNS), Kathleen Labrado, Jude Francis, Kath Fisher

Counsellor:

Nicola Carroll

Administration Assistant:

Teresa Gray

Education Coordinator:

Clarice Alderdice

Funding Development & Public Relations Coordinator:

Kelly Simpson

Volunteer Coordinator:

Jane Kibble

Hospice Shop Manager:

Brenda Kinder (Manager), Jacqui Ritchie

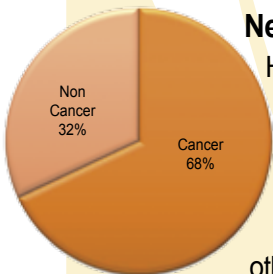
Hospice Tairawhiti is supported by over 150 Volunteers

Who are we caring for?

During the 2014/15 reporting year Hospice Tairawhiti accepted 123 new referrals and cared for a total of 176 patients.

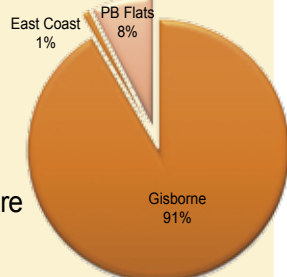
New Patient Diagnosis

Hospice Tairawhiti provides services to patients with a range of terminal illnesses with the most common being cancer, heart disease, respiratory disorders, renal failure, dementia, and other neurological disorders.



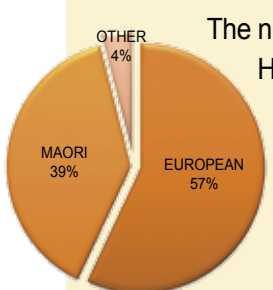
New Patient Geographical Distribution

Hospice care can be provided to patients in the Tairawhiti area from Potaka in the north to Moreere in the south.



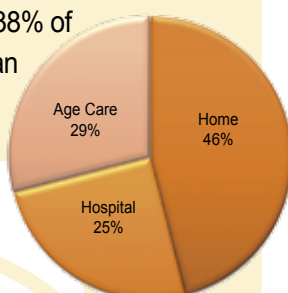
New Patient Ethnicity

The number of Maori patients referred to Hospice increased this year, from 30% to 39%. The average age at referral for Maori was 68, compared to 77 for European.



Place of death

This year deaths at home increased by 3%. Broken down by ethnicity 59% of Maori died at home but only 38% of European, while 41% of European spent their last days in an aged care facility, compared to 11% of Maori.



Congratulations on a Top Effort

Hospice New Zealand and Farmers have been commended for their efforts by the Fundraising Institute Of New Zealand Awards.

The two organisations have received the Everyday Hero Award for Fundraising Excellence in Events for 2016, and Hospice Tairawhiti were very much a part of the drive.

In the weeks leading up to Christmas each of the 58 Farmers stores host a Tree of Remembrance, with staff asking customers to make a donation to support their local hospice service.

Nearly \$14,000 has been raised for Hospice Tairawhiti through local efforts over the last two years. 🍌



Hospice Tairawhiti Funding & PR Coordinator Kelly Simpson (right) receives this year's cheque from Farmers manager Lee Geros (left) and staff.

Plenty of Value for Grads and Hospice

Visitors to the Hospice Tairawhiti shop will probably notice a few subtle changes of late.

Five of the staff have recently completed NZQA level 2 in retail services studies and plans are afoot for more in the future.

The women have spent six months studying for their certificates, with around 20 different subjects covered, including everything related to retail.

Hospice Shop manager Brenda Kinder learnt about the Service IQ run courses at a conference last year and moved quickly to get her team on board.

"It is free for charity providers' staff to do these courses through Service IQ and we see a lot of value in doing them," says Brenda.

"We have a lot of people who volunteer who have never had retail experience and doing this gives them both an understanding of the job and a lot of confidence on the shop floor."

Brenda, her second in command Jacqui Ritchie, and



Graduated and ready to put it all into action . . . (from left) Bev Fryer, Caroline Kirkpatrick, Brenda Kinder, Jacqui Ritchie and Julie Connolly.

volunteers Caroline Kirkpatrick, Bev Fryer and Julie Connolly all passed with flying colours.

Brenda and Jacqui will start the NZQA level 3 management course later this year. 🍌

hospice Tairawhiti ANNUAL NIGHT OF *Laughs*

IN ASSOCIATION WITH **ElectrINET**

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Featuring...

Fun and Laughter at Inaugural Event

Everyone loves a little side-splitting fun, and the inaugural Annual Night of Laughs is set to deliver just that. The June 23 event stars well-known comedians Ben Hurley, Justine Smith and Jamie Bowen, and organiser Kelly Simpson is hoping for a sell-out at the War Memorial Theatre.

"We want people to know that Hospice isn't all sadness, so created an event that will be lots of laughs," says Kelly. "And what better way is there to spend a chilly winter's evening?"

What: Annual Night of Laughs

When: 7.30pm, June 23

Where: War Memorial Theatre

Tickets: \$49 from Stephen's Photo Plus

**Get in quick for tickets,
don't let the joke be on you!**

Ben Hurley – A Billy T Award winner in 2004, Ben is widely recognised from his regular appearances on TV3's 7Days, for which he is also Head Writer. He has had numerous other TV appearances with several Comedy Galas, AotearoHA shows, Would I Lie To You, NZ Music Awards and 7 Days. He has had his own half hour special during the first season of After Hours, as well as hosting the most recent series of the same name.

2013 saw Ben team up with long-time collaborator Steve Wrigley filming a version of their Comedy Festival show for TV3, Ben and Steve World Famous In. Shot around the country, it was an insight into the often unexplored nuances of small town New Zealand and the hilarious results of poking fun at ourselves.

Jamie Bowen – Jamie has been a fixture on the NZ comedy scene for nearly 15 years. He's performed in over a dozen New Zealand International Comedy Festivals and appeared on TV shows such as 7 Days, AotearoHA, After Hours, Crack Up, WANNA-Ben, Jono's New Show, Big Comedy Jam and Comedy Central. He co-wrote Sunny Skies for TV3 and was also one of the creators and writers for A Night At The Classic for TVNZ.

Justine Smith – Justine has established herself as one of the key players in New Zealand comedy. With a flick of the eye and "To be honest..." she will have the audience in stitches. Justine does not suffer fools. Those who know Justine will readily testify that she is one of the most honest comics you're likely to meet. This combined with her razor-sharp wit and biting commentary make Justine one of the funniest people you're likely to meet. 🍷



Ben Hurley



Jamie Bowen



Justine Smith

Essential Help Appreciated



Dick Neill

We are delighted to welcome Essential Helpcare as Hospice Tairawhiti supporters.

When you see the Essential van out and about, chances are it is picking up donations for the hospice shop. Essential staff member Dick Neill has joined our team of volunteers who collect large donations on our behalf. So if you have furniture or other large items you would like to donate, and don't have the means to drop them off, then give our friendly shop team a call on 863 1071 and they will arrange collection. Essential Helpcare focuses on assisting DHB's by providing specialist equipment for Earlier Mobilisation, Shorter Length of Stay, and Reduced Re-admission. 🍷



hospice
Tairawhiti

Fashion Show

6pm Monday 30 May 2016

Hospice Shop - 66 Peel Street Doors open at 6pm

\$10 per ticket Refreshments & Nibbles - Spot prizes

TICKETS AVAILABLE FROM
Hospice Shop and the Hospice Office

All proceeds to Hospice Tairawhiti



Diana Dobson
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