

NEWSLETTER

September 2023

A Message from the Chief Executive

Welcome to our spring newsletter, it's lovely to see a bit more sunshine and longer days.

As I am writing this, I am completing our annual report and financial statements. It is clear from these reports that there is an increasing need for our service with statistics showing an 8% increase in accepted referrals and a 19% increase in patient days compared to the previous year – put simply, we are seeing more people, and they are remaining under our care for longer periods of time.

It is a privilege for our team to be able to help so many people in our community, and we will continue to do so, and right now we need your help to do this. The Trust Board recently approved our 2023/24 budget with an operational deficit of around \$700,000 which needs to be raised from the community, by way of our shop, fundraising events, grants, donations, and bequests. While we are not a rich community we are a generous one.

Communities should not be shouldering the burden of funding what is arguably a core health service, but that is the current reality. Hospice, as a sector, is underfunded and we need a fairer system that backs the right of everyone in NZ to access quality palliative care wherever they live and wherever they die. Hospices throughout NZ are working as a collective, advocating for a funding system that addresses these issues.

Thanks to our very generous friends at Mitre10 we will be running our big raffle again, drawn just before Christmas. Look out for our fabulous volunteers selling tickets from 6 November or purchase from the Hospice Shop and Mitre 10.

As we move towards Christmas and the season of giving, please think of Hospice and the people we help. If you are in a position to make a gift check out our wish list on page 3, or make a general donation.

On behalf of the team, thank you for your support whether that be by giving your time as a volunteer, contributing financially, or supporting our shop and fundraising events – you are all very much appreciated.



Barbara Grout

Seeing Care in Action

*Ko Hikurangi te maunga
Ko Waiapu te awa
Ko Nukutaimemeha toku waka
Ko Ngati Porou te iwi
Ko Whānau o Hinerupe ki
Waiapu toku hapu
Ko Courtney Kurangani-Cottle
toku ingoa*

Courtney Kururangi, a third and final year nursing student at EIT, was introduced to palliative care services when she was allocated a five-week placement with Hospice Tairāwhiti in May. It was during this placement that Courtney discovered that some of her preconceptions about dying were tested.

In 2020 Courtney started an introductory study course at EIT and then moved into the Bachelor of Nursing programme. Before that she worked 14 years at the meat works after leaving school at 16. During that time Courtney had her two sons (now 9 & 13 years old). The last two years at the meat works Courtney took up the role of QA (quality assurance). "I loved it, but I was still interested in nursing."

When Courtney was in high school she worked six weeks at Kaiti Pharmacy as part of a career programme. She said she loved that so much that she continued to work at the pharmacy during the school holidays. "I've always cared about people and wanted to make them feel better. I thought that nursing was the perfect job to be able to do that." With the encouragement of her partner and family, she applied for the Bachelor of Nursing programme.

When the tutor advised Courtney that her five-week placement was at Hospice she was surprised as she hadn't told her classmates or her tutor that she was interested in finding out more about palliative care. When she found out that she was going to be the first nursing student placed at Hospice she felt a lot of pressure and was nervous but found the support at Hospice nurturing. "I feel so grateful and



Courtney Kururangi

lucky to have had this experience at Hospice."

Courtney started her placement with preconceived ideas about caring for the dying but her experience at Hospice changed her ideas. "There are so many things that I've learned. I think the biggest thing I've learned is the importance of communication skills, not only with the patient but with the family as well."

"Everyone's got a different idea about death or dying and sometimes it's not an easy thing to bring up or talk about. The nurses and doctors here just have a way that they communicate; it's calm, it's respectful. I've also learned that what Hospice's clinical team do is so much more than prescribing medication and taking vital signs. Hospice provides a wraparound service. It's all the referrals they do and seeking out which services would best fit each client. In my nursing programme we are taught the Te Whare Tapa Whā model and in this placement with Hospice Tairāwhiti I have learned the true meaning of this model as I saw how it is incorporated into care."



Left to right: Rochelle, Clare, Julie at Waipuna Hospice

Waipuna Visit

Hospice Tairāwhiti community Hospice nurses Julie Abrahams and Clare Aitchison along with family support coordinator, Rochelle Walker, visited Waipuna Hospice in May to share and exchange ideas and knowledge with colleagues in palliative care.

Waipuna Hospice in Tauranga provide 24/7 specialist support and advice to our staff, including peer support and review for clinical staff. Waipuna Hospice, with a focus on patient care in the community, cares for around 1,000 patients each year, employs 110 staff working in a variety of roles and is supported by over 800 volunteers.

During the visit the group felt fortunate to attend one of the four Interdisciplinary team meetings held each week. "Similar to our weekly multi-disciplinary team meetings at Hospice Tairāwhiti, the meetings at Waipuna include nurses, social workers, counsellors, occupational therapists, physiotherapists and a pharmacist," say Clare.

While Rochelle spent time with her social work and counsellor colleagues, Julie and Clare accompanied the community nurses on patient visits.

"We were made to feel so welcome, and we were impressed with the obvious kotahitanga (togetherness) of the team at Waipuna; they showed awahi (support) for each other and for us," says Clare. "We came back to Tairāwhiti keen to share the ideas and model of care that we saw at Waipuna Hospice."

Baking with Aroha

Paraphrasing from a popular quote "You must do more than love baking to bake. You have to bake out of love" and that's what our Hospice bakers do - bake out of love for our patients, their whānau and our community.

Hospice Tairāwhiti has about 30 volunteer bakers who are motivated to provide homemade baking and soup for lots of different reasons, but all bake out of a desire to make a difference to patients and their whānau. "My favourite thing about being a volunteer baker is that patients and their whānau know someone is thinking of them and their needs," says Ady Meagher. Cheryl Gooch agrees "For me it is about baking to help the patients. I spend about eight hours a month baking banana loaf, spice loaf, shortbread, biscuits and making soups." Suzy Read, who bakes as often as needed, says she is motivated to be a volunteer baker because "I can provide treats for patients and raise awareness of Hospice. My favourite thing about baking for Hospice is sharing a cuppa and stories with people."

All our bakers got involved with Hospice in different ways. Annette Ormiston and Jane Jacques, like so many of the Hospice volunteers, add baking to their day when there is a special event, such as the annual Pop-up Cafe during Hospice



Adrienne Meagher

Awareness Week, "It's a way to share goodness with our community. It's a great way of bringing people together!" For Ady, she got involved as a baker nine months ago following her experience with a Hospice in Auckland caring for a family member. Carmel O'Neill, who has been a volunteer with Hospice for eight years says that after leaving a busy farm life at Matawai for many years she moved to town and just had to find something to do "as I was always on the go. "So, I got involved with Hospice in all sorts of ways. I make shortbread all year round and, in the winter, I make soup which goes to Hospice patients."

Once the baking is brought into Hospice, the goods are packaged and labeled and stored in a freezer ready for the nurses to pick up.

"The nurses take the homemade goods to the patients when they visit," says Elke Saeys, team leader, community Hospice nurse. "The homemade goods are well-received and reinforce that our patients' wellbeing is supported by many."

All the bakers agree, that one of the best ways to show care to Hospice patients and whānau is when you 'bake out of love,' it is rewarding and satisfying in a way that nothing else matches up to.



Left to right: Jane Jacques, Cheryl Gooch, Carmel O'Neill, Annette Ormiston, Suzy Read. Photo supplied by The Gisborne Herald.

Wish List

Big or small your contribution can help make a difference to our patients. Each year we need around \$700,000.00 to maintain our palliative care service in Tairāwhiti. Over and above fundraising, we rely on the community's support to keep our current services running and free of charge.

People often ask us what they can do to help provide for our patients and whānau so staff have put together a Wish list. Each item on our list plays a part in the care that Hospice Tairāwhiti provides to patients and their families. If you'd like to help support those in our community who have a life limiting condition check out the list below:

Goods:

- » **Sugar, eggs, butter** - For jam making which we sell in our Hospice Shop as well as baking that we give to our patients and their whānau.
- » **Plastic containers with lids** – suitable for soup
- » **Countdown paper bags** – To pack shop purchases for our customers
- » **Plants and produce** for our Hospice Shop

Donating funds for:

Gift a day of care

It costs \$3,000 per day to provide core services to our patients living with a terminal illness. The cost for Hospice to provide a range of differing services are:

- \$50 - one nurse visit
 - \$50 - one counselling session
 - \$60 - one day of care for one patient
 - \$80 - to assist a patient to complete an Advance Care Plan
 - \$100 - for a doctor visit in the patient's own home
 - \$105 - provides a nurse on call overnight
 - \$140 - for an after-hours nurse visit
 - \$140 - for patient biography services
 - \$480 - to provide a nurse on call for a weekend
 - \$500 - would provide 10 home visits or counselling sessions
- » Tri pillows (2) **\$30 each**
 - » Bedpans **\$44.00 each**
 - » Safety gates (2) **\$100**
 - » Baby monitors (2) **\$100 each**
 - » Commodes (4) **\$286 each**
 - » Portable suctioning unit **\$1,363**
 - » Mattresses for electric beds that go out to patients (6) **\$1,800 each**
 - » Cushions (4) for therapy rooms (2 in each room) **\$49.99 each**

Professional Services

- » Pedicure, manicure at patient's home
- » Hairdresser at patient's home
- » Volunteers for delivery/pick up and setting up of equipment

Post Grad Study

Hospice Tairāwhiti appreciates their clinical staff as it takes a special kind of medical professional to provide palliative care. Palliative care focuses on patient care for those facing life challenging illness and embraces the essential elements and principles of patient-centred, holistic care.

Our clinical staff (both doctors and nurses) are undertaking or have done study in palliative care which is a specialisation in the Postgraduate Diploma in Health Sciences and the Postgraduate Certificate in Health Sciences offered by New Zealand universities. This specialised study helps clinical staff develop the attitudes and knowledge to care for patients and families living with a serious, life changing or end-of-life illness.

This specialisation focuses on providing relief from the symptoms, pain, physical and mental stress of a terminal diagnosis, as well as caring for patients' and their families' emotional needs during this time. This specialised postgraduate study involves helping patients to understand their choices for medical treatment.

Jayda Taiepa, Joy Cairns and Dr Laura Gilding have all completed the postgraduate diploma. Laura, who did the majority of the course before starting at Hospice in October 2020, found the course covered a wide range of issues. Laura found one paper on the diploma particularly helpful. "The paper on evidence-based medicine taught critical analysis skills which are vital when faced with so much information that may or may not be accurate in this time of the internet and information 'overload'." As a result, Laura has been able to draw on her advanced knowledge to assist in the management of patients in her general practice.

Elke Saeys, community nurse team leader, is completing the postgraduate diploma with one more year to go. "The course is interesting, and I find the interactions and learning from other students and how they have dealt with certain situations very useful."

Community Hospice nurse Julie Abrahams and Hospice doctors Dr Anna Meuli (Medical Lead) and Dr Sarah Callaghan have all completed the Postgraduate Certificate in Health Sciences (Palliative Care). Anna says that she enjoyed returning to study as a postgraduate as it enabled her to balance her clinical experience with new learning. "There were lots of opportunities for reflection and learning and the topics covered the breadth of palliative care- both the philosophy behind it, as well as gaining specific knowledge and skills in symptom management and the psychosocial aspects of care." She adds, "It was also great team building doing study with other members of the Hospice team!"

The positives of study can be many, but it can also be challenging finding a balance in a busy life. Joy says she finds study helps to keep her up to date with current research and keeps her challenged in her work, but it also keeps her challenged to find a balance in work/life/study commitments. Both Elke and Julie agree that it isn't always easy to fit in study while working full-time.

Despite the challenges of study, staff are still undertaking further study in specialised areas. Joy, who already holds a Masters, is undertaking additional papers required to obtain designated prescribing rights with the Nursing Council. Jayda is also undertaking a Master of Nursing programme, including Nurse Practitioner practicums that will take her two years, with the goal of being a Nurse Practitioner at the end of her study.

As Sarah says the specialised study in palliative care is "well worth it with the focus on holistic care for our Hospice patients and whānau at Hospice."



Left to right: Dr Anna Meuli, Elke Saeys, Jayda Taiepa

A meeting place for carers

“Your Voice Matters” was the name of a workshop held by Hospice Tairāwhiti in June. In anticipation of developing a carers support group, Rochelle Walker, family support coordinator, and Clarice Alderdice, education coordinator, organised a morning tea with an invited group of people who have first-hand experience of caring for a family member with a terminal illness.

The purpose of the get-together was to hear from people who have experience caring for terminally ill loved ones. “We wanted to create a safe environment for people to share ideas, perspectives and insights from a diverse group

of people who have firsthand knowledge and experience about being a carer,” says Rochelle. “It was an opportunity for carers to discuss their challenges, needs, and optimal support requirements as they cared for a loved one.” It was also an opportunity to foster connections between participants and support for individuals who participated. The workshop was invaluable according to Rochelle “The feedback allowed us to identify common themes, uncover valuable information, and generate ideas that contributed to the development of our new Korowhai programme which commenced in September.”

MITRE 10 raffle is back!

Back by popular demand Mitre 10 Gisborne is once again donating a trailer filled with a range of products to raffle off in support of Hospice Tairāwhiti.

The raffle kicks off on 6 November and is drawn on the 21st December – just in time for Christmas. There’s plenty of time to be in to win and support Hospice Tairāwhiti at the same time.

Bequests

Leaving a legacy is something that can be life-changing and meaningful beyond your lifetime.

Bequests are a legacy that can support the people and causes you care about after you’re gone. Regardless of how big or small, your bequest will be a welcome gift to those who receive it.

At Hospice Tairāwhiti we live our philosophy by providing care for both patients and whānau. This is possible by the support Hospice receives from our community. There are many ways to support Hospice Tairāwhiti and bequests are one way.

The good news is that including Hospice Tairāwhiti in your will is just as easy as providing for your loved ones. And it can be as much, or as little, as you want; it can be a one-off gift or an enduring one.

If you’d like to find out more about leaving something that will live on after you, contact your lawyer or you can contribute to Hospice Tairāwhiti Special Interest Endowment Fund through Sunrise Foundation:

<https://www.sunrisefoundation.org.nz/assets/Special-Interest-Funds/SI-Posters-new-format/TSF-Hospice-Format-2017-Web.pdf>

Yes, support for Hospice Tairāwhiti comes in all ways, shapes and sizes.

Here are just a few:

- » Donations
- » 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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