

# Waipuna Connections

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Bringing you closer to the lives you help change



*"AS A PALLIATIVE CARE NURSE, I HAVE LEARNT TO LAUGH, AND I HAVE LEARNT TO CRY. IT HAS BEEN, AND STILL IS, AN AMAZING JOURNEY."*

Thrish Thorner on her palliative care journey.  
Read more on page three.



**Waipuna**HOSPICE  
Life is Special



## Rambling Rich

Hello all! It has been a while since I last wrote to you, and I want to start by saying thank you. Thank you for getting behind Waipuna Hospice over the last few months. It hasn't been an easy time for anyone, but our community really pulled together to help.

To those that contributed towards Hospice Awareness Week through our appeal, community collection, or symposium, THANK YOU. You helped advocate the importance of hospice services and also helped us raise over \$47,000 which is just outstanding.

I'd also like to thank everyone who took part in Shorts for Hospice. So many of you dared to put on your shorts on the shortest day, and we couldn't be more grateful – because of you we raised almost \$11K!

And finally, thanks to everyone who has responded to our appeal for donated goods to our shops. Our retail sector does an incredible job of turning donated items into money to support the work of Waipuna Hospice. However, we have been struggling to get enough stock. So, we asked, and you have listened. Donations were on the rise for July, but we always need more, so please keep those donations coming.

While I can't seem to say thank you enough at the moment, there is a reason for it. We are living in such uncertain times and in my time at Waipuna Hospice I have seen the need for palliative care in our community grow.

Waipuna Hospice is one of the main providers of palliative care in our community, providing specialist palliative care.

However, palliative care is a large cross-healthcare team. This team includes our GPs who do a fantastic job, our small palliative care liaison teams at Tauranga Hospital, and our local aged care service providers. We all are endeavouring to provide the best care for those we love and care about in our community. At a time like this where we are facing an ongoing pandemic, we find the chronic underfunding of healthcare coming into stark focus under the ultimate stress test. You may ask – why are such vital services underfunded?

One aspect is societal – we are a death-denying world. Many of us find it too difficult to talk about it. Some think that having a legal will is tempting fate (trust me, this is something that your family will thank you for in the future).

Another aspect is the lack of government health strategy for end-of-life care. The current strategy document has the tag line, "All New Zealanders, live well, stay well, get well" – a laudable sentiment – but sadly lacking one important line, "die well". Dying is not a failure – it is one of the two certainties in life – you are born and you will die.

We are in a new period for healthcare with the formation of Te Whatu Ora – Health NZ and we wait on what the future holds for palliative and end-of-life care in the new healthcare world. Again, there is very little being discussed about palliative care in the documents from Te Whatu Ora.

I feel strongly that hospice and end-of-life care needs recognition from the new health reforms.

Recognition that the end-of-life care sector is chronically underfunded across all providers and an equitable improved funding model is needed across the sector.

Recognition by the inclusion of palliative and end-of-life care in a thorough and comprehensive strategy with a road map to making this strategy possible.

And recognition that even though people are said to be "dying" they live until the moment they die.

I am always so thankful to those who help advocate for and support the work of Waipuna Hospice – because of you, we can continue to provide these vital services to people in our community. So, to repeat what I said at the very start of this letter, THANK YOU for your continued support.



Thank you to our supporters

# Creating a legacy with your free will is as easy as 1, 2, 3



Waipuna Hospice and participating local solicitors are offering you the chance to create a lasting legacy this September with a **free basic will**.

Starting in September, people wanting to make the most of this offer simply have to download our online free will template, fill in their details, and then book in to see one of our participating solicitors. Three simple steps - easy!

More information to come. To register your interest early and learn more about this exciting opportunity, please email or call us on:

[info@waipunafortomorrow.org.nz](mailto:info@waipunafortomorrow.org.nz)  
**0800 4 WAIPUNA (0800 492 478)**

## DARE TO BARE

FOR WAIPUNA HOSPICE | SHORTS 4 HOSPICE

We'd like to say a huge THANK YOU to everyone who took part in our 2022 Shorts 4 Hospice campaign - Dare to Bare.

Thanks to our awesome supporters, we managed to raise **\$10,980.62**.

We are truly blown away by the support shown by our local community. \$10,980.62 is enough money to provide almost 5 months of medical loan equipment to our patients. Medical loan equipment helps support our patients being cared for at home, ensuring they can remain as independent and comfortable as possible.

We'd also like to thank our sponsors, and Bethlehem Town Centre, Bayfair Shopping Centre, and Master Kong for donating prizes.



Proudly sponsored by:

 **LJ Hooker** Waihi & Waihi Beach





Trish outside Waipuna Hospice, where she is currently a CNS.



Trish with her family, who she says is everything to her.



Trish celebrating her birthday with Waipuna Hospice colleague Diana Pearce.

## Hospice Is Where My Heart Is

Trish Thorner is a Clinical Nurse Specialist (CNS) at Waipuna Hospice.

As a CNS, Trish's role is all about coordinating a team of nurses and taking triage or emergency phone calls from patients and families. After working in palliative care for 15 years, hospice holds a special place in Trish's heart, but it hasn't always been an easy path to follow.

**"As nurses, we can't help but feel emotionally connected with our patients, so it can be hard to let the emotions wash away,"** says Trish.

"Sometimes we come to work and we try and leave our personal stuff behind, but that can be hard. Part of my role is learning about the nurses I manage so I can tell when something isn't going well. Sometimes I just need to take one look at someone, and I know something isn't quite right. **Often a simple 'are you doing okay?' can cause the tears to well up in their eyes, and I know they need a listening ear.**"

To Trish, death is part of life, and hospice care is about going on that journey with our patients and their families.

"To me, hospice care is walking alongside someone, connecting the dots of service to help them live as normally and independently as possible in the time they have left. **A hospice journey is a life-limiting journey. It's a journey that you know will end, and it's usually short-lived, but we are here to help make it as comfortable as possible.** It's not always easy. As nurses and health professionals we go on that final journey with them."

Although not easy, going on that journey with a patient is worth it for Trish if it means helping someone find comfort in their final days.

"I recall a time when I was helping a patient who was in distress. **I was resting my hands on his shoulders with tears running down my face** because he was so restless, and we had done everything we could. **I remember thinking to myself 'what more can I do to help?'** Then he sat up and said, 'but my workshop', and I just knew he was worried about his tools. I asked his children, and one of his sons turned to him and said *"don't worry dad, your workshop is tidy, the tools are oiled, the floor is swept. It's all okay"*. The patient then settled, and five minutes later he passed away."

"It really made me confront my emotions, but in the end, I have to remember we are all humans with our own emotions. **For me, helping people find peace is worth it.**"

What Trish loves the most about hospice care is the holistic approach, and that our care doesn't end with the patient, it's for families too. For Trish, that family care is undeniably important.

"I often find patients have come to terms with their journey, and it's their loved ones who haven't. A lot of the time our counselling team will be there to support the family more than the patient themselves."

Trish has been through that end-of-life journey personally after losing both her parents.

"I looked after both my mum and dad as they went through their cancer journeys, and after both experiences, I needed a break. I couldn't return to nursing as I knew I wasn't emotionally ready. But eventually, palliative care called me back."

**"Palliative care is where my heart is,"** says Trish. **"I just see what a privilege it is to be part of a journey with someone who has a life-limiting illness."**

"When I started out on my hospice journey, I remember thinking 'wow, this is where I am meant to be', and that hasn't changed. **As a palliative care nurse, I have learnt to laugh, and I have learnt to cry. It has been, and still is, an amazing journey.**"

We would like to thank Trish for sharing her story with us. If you would like to support the work of Waipuna Hospice, please donate at [www.waipunahospice.org.nz/donate/](http://www.waipunahospice.org.nz/donate/).

## Annual Brunch Event Raises Almost \$20,000 over 20 years!

We'd like to say a huge thank you to Una and Neil Catley who have been hosting an annual brunch to raise money for Waipuna Hospice for 20 years, raising almost \$20K!

The brunch is hosted on their lifestyle block, with a lot of the food coming directly from their land. Attendees come along for a delicious meal, bringing with them a donation for hospice in return. The Catley's said they picked Waipuna Hospice as they knew it was a good cause that they may need at some point in their lives.

So, thank you Una and Neil, as well as their kitchen helpers and those who have attended their events.



## A Night Of Fashion & Fun At Our Mount Shop

In July our Mount Maunganui Charity Shop hosted a fashion show, bringing together sustainable fashion, styling tips, good company, and of course, the chance to shop.

We'd like to say a huge thank you to everyone who attended and to everyone who helped make this event possible. This includes Kelly O'Hara Images, Hazel Kirkham (The Secondhand Huntress), Vicky Leckenby, Jolene James from The Breeze Tauranga, all our stunning models, and of course, our awesome volunteers!



## Volunteer Opportunities

Do you, or someone you know, have some free time available over the summer break? Would you like to spend it giving back to your community while gaining valuable job experience?

We are looking for volunteers to help in our charity shops and depot this summer. This directly supports Waipuna Hospice and helps us deliver specialist palliative care to our community.

Can you spare just 3.5 hours a week to help? No experience is needed - in fact, you will gain on-the-job, real-world retail experience while helping your community. What's not to love?

Come and gain experience, meet new friends, learn new skills and support your community.

To sign up or learn more please visit [www.waipunahospice.org.nz/volunteer](http://www.waipunahospice.org.nz/volunteer) or call 07 552 4380 ext 219.



## Hospice Awareness Week Success

Hospice Awareness Week took place in May, and we would like to extend a huge thank you to those who helped make our roadshow, appeal, symposium and collection a success.

One of the highlights was bringing our healthcare community together for our sold-out virtual educational Symposium, 'Dying For Change'. We welcomed Dr Libby Sallnow, Dr Florry O'Connell, Dr Kerrie Noonan, and Prof Leeroy William to delve into palliative care. We discussed death literacy, The Lancet Commission and the value of death, the health care revolution, and the invisible strings in palliative care. Thanks to those who attended and of course our wonderful speakers.

If you would like to register your interest for our 2023 Symposium early, email us on [supporter@waipunahospice.org.nz](mailto:supporter@waipunahospice.org.nz)

## Crafting For A Cause

We'd like to thank Maria Poppe and her 85-year-old father Neville for their crafty fundraiser that raised \$915 for Waipuna Hospice.

Neville upcycles old timber into wooden stools, which Maria then sells on Facebook marketplace, donating all proceeds to charity. Maria stains or paints some, while others keep their 'rustic' look.

"Deciding to donate to hospice was a no-brainer.

We all know people who have used your wonderful service and how fundraising is a constant need," says Maria.

If you would like to buy a hand-crafted stool, call Maria on 0225274794. They make great gifts and support the work of Waipuna Hospice.



## BNI Chapters Raised \$24,032 for Waipuna Hospice in 2021

We are blown away by the support shown by our local BNI Chapters, who together raised \$24,032 for Waipuna Hospice in 2021.

Not only that, but BNI managed to raise nearly \$217,000 for Hospices nationally, helping to support the crucial work we do around NZ.

BNI NZ and their members have raised an incredible \$2.7million since their national partnership began. So, THANK YOU to our BNI members, both locally and nationally.



## TURN YOUR UNUSED ITEMS INTO HOSPICE CARE FOR THE TERMINALLY ILL

WAIPUNA HOSPICE CHARITY SHOPS URGENTLY NEED YOUR DONATED GOODS TO HELP CARE FOR THE TERMINALLY ILL AND BEREAVED.

We will even pick your donations up for FREE! To book your collection, simply call

**07 281 1755**

Donations can also be dropped at our Depot or charity shops during opening hours.



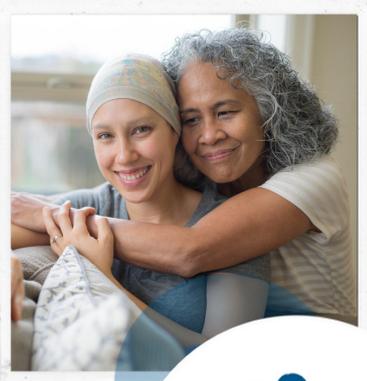
TURN YOUR DONATION



INTO HOSPICE CARE



PLEASE HELP!



# WIN \$50,000 CASH FOR AS LITTLE AS 50 CENTS!

Turn 50 cents into \$50,000! We've partnered with the Fundraising Institute of New Zealand for this exciting lottery initiative.

By purchasing a 50-cent ticket you not only go into the draw to win one of 12 cash prizes (with the first prize of \$50,000) but you'll also support Waipuna Hospice.

For every ticket that is purchased by Waipuna Hospice supporters, we get 50% of the profit.

Also, the organisation supported by the winning ticket number will also get a \$5,000 bonus, so please support us!

To buy your tickets visit  
<https://5050lottery.co.nz/>

Or scan this QR code.

Be sure to select Waipuna Hospice as your charity of choice!




**GO AHEAD...  
HAVE A FLUTTER.  
YOU KNOW  
YOU WANT TO**

Just think of what you would do if you won the first prize of

**\$50,000!  
IN CASH!**

Powered by



**Waipuna**HOSPICE  
Life is Special



**PEAK**  
FOUNDATION



FUNDRAISING INSTITUTE OF  
NEW ZEALAND  
MATAKOA MATANGIWHAKA Kaitiaki

## Upcoming Events

### August

27 - 28th August

Tauranga Food Show

Keep an eye out for our collectors at this years Food Show. Want to volunteer to help?

Call 07 552 4380 ext 218.

### September

1st - 30th September

Wills Month

Don't miss out on your chance to get a personalised will drafted with participating solicitors for FREE. Learn more on page 2.

### October

28th - 30th October

Tauranga Home Show

Keep an eye out for our collectors at this years Home Show. Want to volunteer to help? Call

07 552 4380 ext 218.

### Nov - Dec

Remembrance Tree Campaign

We are searching for volunteers to help manage a Remembrance Tree this November and December.

This exciting volunteer role is a great way to give back to the community, meet people, and gain new skills. The role includes coordination of the tree location and scheduling and supervising other volunteers. To learn more call 07 552 4380 ext. 315.

We

Need

You

