

Waipuna Connections

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Bringing you closer to the lives you help change



"We are blown away by the efforts of our superheroes. They worked hard to finish their personal challenges and raised an impressive \$23,923."

Waipuna Hospice CEO, Richard Thurlow
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WaipunaHOSPICE
Life is Special



Rambling Rich

Kia ora everyone,

The clocks have gone back, and the extra hour in bed has been well and truly used up! Autumn is one of my favourite times of the year. The weather is usually not too bad, the trees change their colours by the second (McLaren Falls Park is a beautiful example) and the temperature feels much more comfortable.

Waipuna Hospice continues to work through this financial year, and we recognise this is going to be a tough one. The cost-of-living crisis we are currently going through is biting us all. We are also working in a health sector where the "crisis" word seems to be forbidden. There is no doubt the whole of healthcare is under huge pressure from many angles. Staffing shortages, reforms, pay equity claims and waitlists seem to be the normal subjects of politicians and the media.

I am not denying that it is tough to be working in, and being a patient of, the healthcare system at the moment. But I am proud of the way our team at Waipuna Hospice continues to raise their game and support our patients during these tough times.

We await the health reforms rather impatiently. We know these are not simple, and trying to build a plane whilst it's flying is incredibly difficult...if not near impossible without the occasional crash! We are hearing Te Whatu Ora is looking at a sector in their structure that will oversee "dying well". This is the first time this has been done and we are really pleased if this is the case. It means we, and other end-of-life care providers, will have advocates and colleagues in Te Whatu Ora who will be focused on driving improvement for all New Zealanders at the end of their life.

Our shops and fundraising work remain absolutely vital to our ability to continue to provide the care our community, patients, and families need. I have spent 15 years asking and pleading for support, so I will do it again. Please help us - donations are encouraged as our shops always require high-quality goods to sell. A great way to determine the quality is by asking yourself "would I buy this in this condition?" We also have a free pick-up service - just call our depot number 07 281 1755. Occasionally we have to turn away goods we cannot sell so please don't be offended if we do this. If the goods aren't saleable, they add to our disposal fees, which are already incredibly high during the year. If the depot or shop is closed, please don't leave donated items outside the door.

Lastly, I want to thank you - our supporters. Without your support, be it through the donation of money, time or goods, our services would be a fraction of what we offer.

Go well.

Ngā mihi,
Rich

Thank you to our supporters



SUPERHERO CHALLENGE

THANKS TO YOU, WE RAISED \$23,923!



Siobhan from EVES Realty



Team Kaimai Law

Our 'superheroes' have saved the day, raising a tremendous \$23,923 in the 2023 Superhero Challenge! Thank you, thank you, thank you to our wonderful community for making a difference.

"We are blown away by the efforts of our superheroes. They worked hard to finish their personal challenges and raised an impressive \$23,923. If it weren't for the superheroes we have in the community, it simply wouldn't be possible to provide specialist palliative care and mental health support at no cost to those who need it. Whether you raised funds, donated, or attended our Superhero Celebration Walk, a heartfelt thank you on behalf of Waipuna Hospice, our patients, and their families." - Richard Thurlow, Waipuna Hospice CEO

Our Superhero Challenge kicked off in February, and participants raised funds and completed a challenge in honour of their hero. Superheroes put on their capes and chose their activity, from walking to rowing. As the challenge came to a close, the community united at the Celebration Walk at Coronation Park, Mount Maunganui on 25 March where superheroes of all ages gathered to honour their heroes. The event featured wonderful live music by John Martin and Zumba warm-up by Tina Neville. Participants enjoyed free coffee, ice cream, and prizes.

Congratulations to the heroes taking out top prizes! EVES Real Estate claimed the top team and individual prizes for raising the most funds - a total of \$7290. BNI First won the top Team Activity Challenge with 106 hours, and Lisa Fowler won the individual challenge with 100 hours.

THANK YOU TO OUR SPONSORS

Holland Beckett Law, Tauranga Party Hire, EVES Real Estate, TECT, and MTF Finance (Fraser Street) all played a crucial role in making the event a success. Participants were thrilled to win prizes kindly donated by Rice Rice Baby, Mount Hot Pools, Polar Dessert Bar, The Cave Papamoa, Mini Golf and Jeeps, Float Fitness, Classic Flyers, V8 Trike Tours, Warm Earth Cottages, Unichem Pharmacy, and Bayfair Shopping Centre. On behalf of Waipuna Hospice, our patients, and their families, THANK YOU!



TECT



Quinoa the Comfort Bunny: A Cuddly Companion in End-of-Life Care

Animal therapy is used globally to help people of all walks of life. For Waipuna Hospice, a unique service brings immense joy to patients and their families, in the form of our fluffy guest resident bunny - Quinoa. Quinoa's human mother, hospice Physiotherapist Ann, speaks on the benefit of animals in therapy.

"It can bring such positive energy and create joyous moments in what is often a really sad situation," says Ann. Ann first trialed the bunny trips at an aged care facility where she also provides physio. "Lots of our older people had to give up their animals to be able to move into an aged care facility. And they really miss them."

So, when hospice patients requested bunny visits, the guest appearances at both patient homes and the In-Patient Unit began.

"Quinoa is so placid... He sits, closes his eyes, and drops his chin. And he loves a good old face massage. He's so good with sick people."

Ann remembers one significant Easter when a bunny-loving granddaughter was visiting her gran in hospice. Gran and the two-year-old granddaughter had beautiful photos taken with Quinoa. The 'wee one' and Quinoa then sat on the fold-up bed snacking together. "It was very special," says Ann. "She had a rice cracker; Quinoa got a rice cracker. She had a carrot stick and Quinoa got a carrot stick. **As much as it was a very sad time for the family, and for the wee one, hospice became more than just a sad place. It was somewhere she'd had a little adventure and experienced something different.**"

"Being able to distract a patient and bring them joy makes me so happy, especially with something they haven't experienced before. It's not therapeutic touch from a therapist. It's a therapeutic touch from the rabbit and he's just so good at it. If they're not expecting it, even better. It's amazing to watch a patient's face light up with delight when they meet Quinoa. One patient spoke about her experience meeting a bunny, non-stop, right until her final days" says Ann.



Ann says science shows therapeutic touch can drop anxiety levels and blood pressure.

be able to give him cuddles." Anna glances down... "Isn't this so sweet? Seeing him relax, relaxes me. It's beautiful. As I stroke him and see him enjoy it, I feel comforted and soothed."

"It doesn't take much to have an animal on your lap, to stroke and show affection to. They return the affection, which is really, really lovely to experience when you're in a challenging situation."

As patients come to terms with their terminal diagnosis, it's expected for them to view life in a different manner. When we know we are reaching end-of-life, small touches can make the world of difference and are appreciated on another level.



Ann holding her fur baby Quinoa

Hospice patient, Anna, experienced first-hand how furry friends can comfort us as we face daunting times. Like many of us, Anna loves animals, so when Ann first brought in her pet it was a breath of fresh air.

"She had three beautiful cats. It was absolutely breaking her heart that she had to rehome them," says Ann. Now, when Quinoa pops in, **"it lights up her face and it's a distraction from the pain.** And Quinoa just loves her."

Quinoa, the white, soft bunny, cuddles up on Anna's lap as she lays in her hospice bed sharing her story. Anna softly strokes Quinoa.

"I'm in this room, in this bed, nearly 24/7 and to have a gentle animal brought to me is very relaxing and comforting. I find it soothing. It's lovely - a small animal that loves to be loved is very, very therapeutic. I've lost my beautiful pets because of what's happening with my health, so, to have animals brought in, fills that void of losing mine."

Anna and Ann first connected through their mutual love for animals, exchanging stories about their cats and of course, Quinoa. Ann revealed Quinoa makes appearances to bring joy to patients. Anna thought "Oh yes, I'd love to

"A lot of people are animal lovers," explains Anna as she shares why she is an advocate on animal therapy. "Even if they don't own a pet, they can still get enjoyment out of something different, being brought into what can often be a sombre environment." Anna compares her experience with rest homes having a resident cat or dog. She enthuses as we chat about our former resident duck who made itself at home in the hospice pond, and even featured on the inaugural Christmas postcard.

"Aww, that's so cute," says Anna, telling how she keeps a lookout for the wild rabbit that hops around the hospice gardens. "There's another resident here - I call him Peter Rabbit. He's a big fat boy, and he's always in the area. I sometimes spot little rabbits as well - it's just so cute."



Quinoa snuggles up to Anna

Anna's face lights up as she speaks about her experiences with animals. While it can undoubtedly be hard to cope with this end-of-life journey, animals have been a light in the dark for Anna. And Quinoa sure does love the cuddles.

Waipuna Hospice recognises the importance of addressing the social, emotional, and spiritual needs of patients and their families. That's why our services reach further than purely medical. Our approach is grounded in the belief that life is special and every person deserves to live their life to the fullest, even in the face of a terminal illness. We hope Quinoa is helping make life a touch more special for our patients.

We would like to thank Anna and Ann for sharing their story with us.



DARE TO BARE

FOR WAIPUNA HOSPICE

**LIFE IS TOO SHORT TO BE BORING THIS WINTER –
LET'S HAVE SOME FUN AND DARE TO BARE!!!**

We are excited to announce that Shorts 4 Hospice is back for 2023! We are daring you to bare your legs by wearing shorts and taking to the streets of Tauranga, completing our dare board this June. It's time to rummage through your drawers and get out your brightest, boldest, biggest, craziest, most trendy shorts and Dare to Bare, snapping pictures of you in iconic Bay of Plenty locations, all while raising money for Waipuna Hospice.

We will have some awesome prizes up for grabs! So, step up, bare those legs, wear your shorts and show you care by helping Waipuna Hospice this June.

More details will be coming soon - keep an eye on our Facebook page to be the first to know or register your interest by emailing events@waipunahospice.org.nz.

SHORTS 4 HOSPICE IS COMING | JUNE 2023

HOSPICE DONATION DRIVE

Support us this May by donating clean, quality goods to Waipuna Hospice Charity Shops!

All funds raised are used to provide specialist palliative care to the terminally ill and bereaved.

For a **FREE** collection, call **(07) 281 1755** or visit our website to book. Alternatively, drop your donations at any of our shops.

Donate!

Hospice Awareness Week 2023



Hospice Awareness Week (HAWK) is back in 2023, running from 15-21 May. This national campaign helps to educate New Zealanders about what hospice does, and raises awareness of the impact hospices have on our communities.

Waipuna Hospice supports almost 5,000 people every year, helping them face the often heart-wrenching end-of-life journey, both for patients and their families. So, this Hospice Awareness Week, we are asking for your help to make this possible.

During HAWK, we will be running a series of initiatives that not only help bring awareness to what we do, but also help raise funds through monetary donations, or donations of goods for our charity shops, and through volunteering of time. No matter which way you choose to help, it all goes back to caring for people in your community when they need it the most.

So, how can you help?

Volunteer

From 19-21 May, Waipuna Hospice will be collecting donations in local supermarkets and shopping centres. Volunteers from our local community, people like you, make this possible. **Please volunteer for 2 hours at any of the collection points. Sign up by visiting our website or calling 07 552 4380.**

Donate

If you see a collection point while out and about, please stop and say hello to our lovely volunteers and **consider donating generously.** Your kindness will make the world of difference for our patients and their whānau. You can also donate in support of HAWK by visiting www.waipunahospice.org.nz/hawk-2023-donation/

Donate goods

We are asking you to clear out your cupboards, declutter your wardrobe, and make space in your garage, and donate quality items to our six charity shops. You can do this by visiting any of our shops, visiting our Depot on Brook Street, Parkvale, or **booking in a free goods collection by calling 07 281 1755, or visiting our website.**

Fly Me to the Moon

Exploring virtual reality in end-of-life care



Waipuna Hospice patient has a wonderful immersive experience testing out VR technology

We're on a mission to offer therapeutic virtual reality experiences to Waipuna Hospice patients facing limited mobility because of illness, by purchasing two Virtual Reality (VR) headsets!

Waipuna Hospice is committed to providing the best quality of life for those affected by terminal illness and bereavement. Why? Because we believe no one should die alone, unsupported, and afraid. We envision a world where everyone has the best possible care right up to the very end of their lives. This includes not only looking after physical needs, but emotional, practical, and spiritual needs.

When patients are facing a life-limiting illness, many of their previous sources of joy are stripped from them. VR allows patients to experience sensations they were once able to enjoy with full mobility. In a recent trial at the main Waipuna Hospice site, VR profoundly impacted two patients. One patient who tried on a VR headset for the first time was transported to the moon's surface through the magic of VR. She had never dreamed of visiting outer space, but with the headset, she could sit beside Neil Armstrong as they blasted off on a star-studded voyage to the moon. Another patient was able to dive into a virtual undersea world and experience marine life in a way they never thought possible.

"When you are getting weaker and weaker, you can't travel anymore or do quite a few things because of lack of energy - this [VR] is very uplifting for your soul, taking me places I otherwise couldn't. It is something special," says Sigrid, Waipuna Hospice Patient and VR Trial participant.

Virtual Reality allows patients to revisit places from their memories or explore locations they always dreamed of visiting. Several inspirational experiences are available. Imagine being underwater as a whale swims by you, so close you could almost reach out and touch it. It's an incredibly powerful tool for enhancing the quality of life for hospice patients.

We're looking for compassionate, caring, and kind-hearted people who share our commitment to improving the lives of the dying in our community, to donate or sponsor the purchase of two VR headsets. By providing VR experiences, you can bring a sense of wonder, exploration, and inspiration into the daily lives of our patients.

Please get in touch if you'd like to help provide hospice patients with these incredible experiences. Email wayne@waipunahospice.org.nz or call ext. 318 to discuss.

Your support as a donor or sponsor would literally open whole new worlds to those who can no longer move easily because of life-limiting illnesses. Thank you for considering this opportunity to make a difference in the lives of those who are dying in our community.

A Time to Shine - National Volunteer Week



National Volunteer Week, 18-24 June 2023, honours the collective energies and mana of all the incredible volunteers in Aotearoa. This Te Wiki Tūao ā-Motu – National Volunteer week, the theme is 'Time to Shine – He wā pīataata,' which is all about thanking volunteers for the difference they make and the impact they have on our communities.

It's also time to shine a light on the value of volunteering – contributing an estimated \$4 billion to the New Zealand economy.

Special thanks to our valued volunteers ...

Here at Waipuna Hospice, we are blessed to say we have a large team of volunteers, who individually contribute to the daily running, funding and services Waipuna Hospice offers our patients and their families.

Their selfless gestures of gifting their time, knowledge, compassion and talent allow us to make promises to families. This makes a world of difference at challenging times.

Our volunteers are the backbone of Waipuna Hospice and are treasured by our staff and visitors. **To all our volunteers reading this, thank you.** You are the brightest of stars in our eyes!

Would you like to be in our team of volunteers? We have many different areas you could help with - gardening, car valeting, therapeutic massaging, hairdressing, flower arranging, retailing (both in our depot and shops), reception, fundraising, patient support, bereavement support, and much more!



To apply, visit: www.waipunahospice.org.nz/volunteer/#volunteer or call us on 07 5524 380 ext. 219

Keep these easy to donate details handy!

4 EASY WAYS TO DONATE

1. Mail the coupon on the right to:
Waipuna Hospice
PO Box 16299
Bethlehem
Tauranga 3147

2. Internet Banking
Please confirm by email to:

supporter@waipunahospice.org.nz

Waipuna Hospice account details:

Waipuna Hospice Inc
03 0435 0469107 02
Ref: WCMA23

Please include your phone number.

3. Phone 07 552 4380

4. Donate or shop online at:

waipunahospice.org.nz



I would like to make a donation so people in our community facing a terminal illness can receive the care they need.

Step 1 - My Gift \$30 \$50 \$75 \$100 \$ (other)

Step 2 - Donation Frequency One-off Set-up a regular donation
 Please send me a direct debit form
 Debit my credit card (see step 3)

Step 3 - My Payment (if paying via credit card)

Card Number	Expiry Date
Name on Card	Signature

I would like to purchase the following Waipuna Hospice merchandise (GST included)

Entertainment Membership \$69.99 2023 Waipuna Hospice Diaries \$10

I would like to become a member to receive discounted event tickets and other offers

Individual \$20 Joint \$30 Organisation \$100

My Details

TOTAL \$

Title	First Name	Last Name	Date of Birth
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Address

Phone	Email
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- I would like to receive future communications via email.
- I would like to know more about becoming a regular giver.

Donations of \$5 or more may qualify for a tax rebate. Charity # CC2206
If you wish to unsubscribe, please notify us at communications@waipunahospice.org.nz