

Hospice Wairarapa Newsletter

hospicewairarapa.co.nz

SUMMER 2024

0800 HOSPWAI (0800 4677924)

Trust House funding to provide specialist palliative care equipment for community.

We were delighted last month after Trust House funding was granted to provide specialist palliative care equipment, enabling people to be cared for at home safely, preventing unnecessary or extended stays in hospital.

The funding meets the increasing demand of patients in palliative care and is utilised to purchase the necessary specialist equipment that ensures patients can be cared for at home and in a way that improves their quality of life.

In the Wairarapa, community specialist palliative care equipment is accessed through the Wairarapa Hospital Equipment Service. Hospice Wairarapa purchases equipment for the Hospital Equipment Service to clean, maintain and coordinate its use.

Improving the quality and range of equipment available will have a significant benefit for palliative care patients, their whānau and carers to remain comfortable and well supported in their home. This will improve their ability to choose care when and where they need it.

Wairarapa does not have a palliative care inpatient unit and there is an increasing trend of people choosing to stay in their homes and community for palliative and end-of-life care, particularly in Māori and Pacific populations.

Access to this equipment gives our patients the best opportunity to live well and with dignity throughout their illness and end-of-life care. That means a lot to us, and we are very grateful that this funding can meet the needs of increased demand of in-home palliative care. Trust House are extremely supportive of the amazing work that Hospice does across the Wairarapa and were delighted to support the purchase of palliative care equipment.



Trust House Foundation Trustee Lucy Griffith, General Manager Cindy Grant and Hospice Wairarapa Chief Executive Gretchen Saulbrey.

Visit your local
Farmers to purchase the
**Snowflake
Hospice Bauble**

Thank you for supporting
hospice this Christmas.



Farmers Christmas Campaign

There are two ways Farmers customers can support their hospice this Christmas; by donating and contributing to the Tree of Remembrance set up in each store, or by purchasing a limited-edition hospice bauble, available instore. Proceeds from all in store purchases come directly to Hospice Wairarapa.

Staff & Board Updates

NAU MAI, HAERE MAI



Sam Millward
Retail Manager

Sam manages Hospice Wairarapa's two retail stores and the Garage Sale, working with staff and volunteers to generate revenue for hospice services.



Alicia Rameka
Finance and HR Manager

A previous valued Hospice Wairarapa Community Trust Board member, Alicia has recently been appointed as our new Finance and HR Manager. Alicia brings an excellent energy and skill level to the role.



Kate Jurlina
Corporate Relations Manager

Kate creates corporate relationships and fosters ongoing partnerships for Hospice Wairarapa, with a focus on increasing funds for its services.



Ant Hughes
Assistant Retail Manager

Ant's role is to provide support across the Masterton and Greytown shops and to our Retail Manager, Sam.



Michele McCreddie
Board Member

We're welcoming Michele back on the Board after a short break. Michele has extensive senior management experience primarily across the health sector.



HAERE RĀ
Maureen Hodder

We recently farewelled Maureen, our Finance Manager. Maureen has given an exceptional 12 years' service to Hospice Wairarapa and we wish her all the best.

Detailed bios about our team can be found on our website www.hospicewairarapa.co.nz/our-people

We would also like to welcome:

Sarah Wenden – Garage Sale Team Leader.

This new role is a vital part of getting the Garage Sale up and running at full strength again. Sarah is an op-shopping, garage sale devotee so is already doing a wonderful job!

Volunteers

New retail volunteers – Jennifer, Josepha, Linda, Julia, Jane, Ann, Vic and Sadie; and our new garage sale champions – Lynley and Sherman. We recently also welcomed Shona, Jess and Seetha as Biographers and Irene, Seetha, Jess, Bruce, Susan and Sally as Care Companions. It's great to have you all as part of the team Hospice Wairarapa team!

Retail Update

With the November appointment of our new Garage Sale Team Leader Sarah and hard work by the team to tidy and clear out old stock, the institution that was once the Saturday morning Hospice Garage Sale is back and growing bigger and better each week.

Now open EVERY SATURDAY 8-11am (including over Christmas break) we are excited to be back as the place to go to for quality goods at garage sale prices. New look - New stock weekly.



GARAGE SALE

NEW STOCK!
NEW LOOK!



EVERY
SATURDAY
8 - 11AM

59 Renall Street,
Masterton.
Kitchenware, Bric a brac, clothes, toys
and more!

ALL PROCEEDS GO TO SUPPORT HOSPICE WAIRARAPA

Hospice Heroes

Gratitude for Greater Wellington

Some of the wonderful team from Greater Wellington spent a few hours here at Te Kōwhai tidying up our gardens as part of their Christmas celebrations.

Such a beautiful gesture to spend time giving back to their community at this busy time of the year. Not only did they help us out, but they also popped around to one of our clients' homes and got stuck in there too

The team here at Hospice Wairarapa are blown away by their efforts and willingness to donate their time and energy. We are very thankful. PS - the gardens look fantastic!



Give a Little Fundraiser

A HUGE thank you to Eleanor James who is smashing her fundraising goals for Hospice Wairarapa!

In February, Eleanor will be stepping outside her comfort zone by running the Half (21.1km) at the Buller Gorge Marathon. Eleanor's hope was to raise \$1050, equating to \$50 per kilometre, but with months to go, she has already exceeded that and is swiftly approaching \$2000!!!

We'd love for our Hospice Wairarapa whānau and wider community to get in behind Eleanor and support her incredible fundraising efforts as she courageously embarks on her running journey. You can donate on her page by visiting [Givealittle](#) and searching *Hospice Wairarapa*. Thanks so much Eleanor! 🙏



Gardening volunteers needed

We are in need of some willing volunteers to become regular gardening superstars at Te Kōwhai. If you have a green thumb and could spare some time please contact Emma to find out more information, admin@hospicewairarapa.co.nz

Holiday Hours

Te Kowhai, 59 Renall Street

Closed from Weds 25 to Sun 29 Dec

Open Mon 30 and Tue 31 Dec

Closed from Wed 1 to Sun 5 Jan

Normal hours from Mon 6 Jan

Greytown Shop

Closed Tue 24, Wed 25 and Thu 26 Dec

Open Mon 30 and Tue 31 Dec

Closed Wed 1

Normal hours from Thu 2 Jan

Masterton Shop

Closed Tue 24, Wed 25 and Thu 26 Dec

Open Mon 30 and Tue 31 Dec

Closed Wed 1 and Thu 2 Jan

Normal hours from Fri 3 Jan

Garage Sale

Last sale Sat 18 Dec

Resumes Sat 22 Jan



Remembrance Service

THU | 12 | 2 PM
DEC

MASTERTON
TE KOWHAI, 59 RENALL STREET

Hospice Wairarapa extends an open invitation to our annual Remembrance Service in Masterton.

This service provides an opportunity to remember loved ones in the company of others. All welcome.

Join us for a cuppa afterwards.

Led by Sharon Penny, Spiritual Carer.



Note: There will be an Open House after the service until 3:30pm - all welcome!



HOSPICE WAIRARAPA GOLF DAY

FRIDAY 21 MARCH 2025



Golf Day 2025

After its huge success in March, we're delighted to announce we're bringing back the Wairarapa Hospice Golf Day in 2025, brought to you by new sponsor, Fall Protect Scaffolding, and hosted again at the majestic Carterton Golf Club.

The event will be held on Friday 21 March 2025 (postponement day, Friday 28 March. Registrations now open - hospicewairarapa.co.nz/events

HERE'S HOW YOU CAN HELP US

- Make a regular or one off **donation:** hospicewairarapa.co.nz/donate
- Become a **Member** of the Hospice Trust: hospicewairarapa.co.nz/membership
- **Fundraise** for us as an individual, group or organisation.
- **Volunteer** your time and expertise
- **Shop** in or donate to our Hospice retail outlets.

Please support the local businesses who so generously support us.

Newsletter printing kindly sponsored by our friends at Printcraft Design Hive.

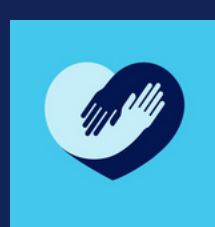
RIGG ZSCHOKKE



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To access any of our free services and programmes contact referrals@hospicewairarapa.co.nz or call 0800 HOSPWAI (0800 4677924) for further information



Workshops



Seasons for Growth - Adult Programme

The Seasons for Growth programme is specifically developed to address the needs of adults to understand and manage change, loss and grief in their lives. It is an educational programme that is aimed at helping people to learn about grief, its triggers and impacts, and strategies for managing it and moving forward. It is delivered by trained Seasons facilitators who are Hospice staff in a safe environment, using methods that promote exploration of grief and its management. The programme runs over 4 weeks in a 2-hour workshop format.

Dates:

Tuesday 25 Feb (for 4 weeks), 6pm-8pm

Thursday 31 July (for 4 weeks), 1pm-3pm,

Venue: Hospice Wairarapa, 59 Renall St, Mstn

Note:

- A minimum number of 4 participants is required for the programme to go ahead.
- The programme can be run in the South Wairarapa if there are sufficient numbers.
- Seasons for Growth - Children's Programme also available, dates to be confirmed.

Hospice NZ Foundations of Spiritual Care 2025

Venue: Hospice Wairarapa, 59 Renall St, Mstn
Education programme for health and social professionals

Date: Thursday 27 February

Loss and Grief Study Day 2025

Venue: Hospice Wairarapa, 59 Renall St, Mstn
For health and social professionals

Date: Thursday 12th June

Regular Programmes

Grief Support Group (formerly Grief Café)

Join our friendly and welcoming group for morning tea and a chat about managing grief, meeting monthly on the 2nd Wednesday from 10:30 am to 12 noon.

Art Workshop

We offer art workshops where people can explore their emotions and feelings using different art techniques that can support your self care. Held every other Wednesday from 10:30 am to 1:00 pm.

Other Support Services

Martinborough Drop-In 2024

Call in for a cuppa and a chat with hospice staff at Heartlands, Jellicoe Street. No need to make an appointment. We will do our best to help you find the support you feel comfortable with.

Dates for 2024:

Monday 25 Nov, 1pm-2pm, Heartlands, Jellicoe St

Monday 9 December, 1pm-2pm

2025 dates to be confirmed.

Support for Carers

If you are seeking to find out some practical and useful information on the challenges of caring for someone with a palliative diagnosis the Ending Life Well Podcast series is a great place to start. <https://otagohospice.co.nz/education/httpsotagohospice-co-nzpatient-serviceskowhai-programmecarers-podcast/>

Rongoā

From Wednesday the 4th December Whaea Edith Rolls will be at Te Kōwhai and whānau are invited to come in and make an appointment with Whaea Edith for rongoā. Whaea Edith is a skilled tutor of tikanga te reo, weaving, and rongoā she currently works for Te Whatu Ora as a pre and postvention specialist.

For more information or to register for any of these workshops or programmes contact:

Sharon Penny at sharon@hospicewairarapa.co.nz or,

Hazel Naser at hazel@hospicewairarapa.co.nz, or call us on 06 3788888