

# Your Hospice Matters

August 2018

harbour  
hospice  
Living Every Moment



## “I’m on their team”

### A Hospice Counsellor’s work supporting people to live with life-limiting illness.

Sasha Pilkington has been a counsellor at Hospice for more than 10 years. During that time she has spent time with hundreds of families. Sasha has also extended her knowledge in this field and completed a Masters in Health Science.

Sasha practices a particular type of counselling known as narrative therapy. One part of her practice involves recording and sharing family stories and conversations for the benefit of the people she works with. Her practice has earned Sasha respect within the international counselling community. She has been asked to speak at a number of international conferences and has authored several publications.

The following short excerpt is from a story called “A Small Hope” which she wrote with a family who wanted to remember their experience and share it with others. The story picks up after Sasha has been warmly greeted by Tom<sup>a</sup>, Claudia<sup>a</sup> and their preschool children having arrived in their home. She now begins to learn a little of what is important to them.

#### Excerpt from chapter 2

“Illnesses have a way of taking over people’s lives and yet people are so much more than the illness they are living with. Would it be OK if I asked you a bit about yourselves and your lives before all this happened?”

“Gosh it’s so nice to be asked that” Claudia exclaimed. “It makes me feel like I matter, we matter. Tom’s a teacher and you probably noticed the garden. He grows plants from seed and often ones that are good to cook with” Claudia said full of pride.

In a faltering voice Tom contributed “Yeah... I’ve taught younger age groups and I love to garden and cook”.

“Food is very important in this house!” Claudia laughed.

Tom quietly added “In the last year I’ve worked from home tutoring so it’s been ideal with me having cancer”.

From Jan Nichols

# Caring for you and your family

Mind, body and spirit



I made my move to Hospice work 25 years ago and feel very grateful for the experiences I have had working with four unique services during that time.

There has been a great deal of change over the years, but some things remain important and fundamentally the same.

Dame Cicely Saunders, the founder of the modern hospice movement said:

“You matter because you are you and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.”

One of the things that attracted me to Hospice was the fact that people were cared for ‘mind, body and spirit’. That philosophy remains unchanged today. I am very pleased that we are profiling a member of our Family Support team in this edition of Hospice Matters. Counselling is a highly skilled profession and the work that is done helps people work through the raft of emotions and concerns that arise along the way.

Our team walks alongside people during their illness and continues to support families in bereavement. As Sasha so aptly says “I’m on their team”.

Thank you for also being ‘on our team’ supporting us to show people how much they really matter.

With best wishes

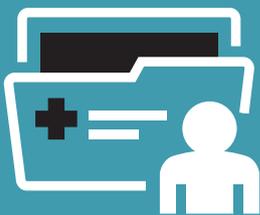
Jan Nichols, Chief Executive

The Harbour Hospice Family Support Team offers practical and emotional support to families, including children and young people, learning to cope with uncertainty, loss and grief. Our team offers counselling, social work, cultural support, spiritual care, support groups and a life review service. We continue to offer bereavement support for individuals and families following the death of their loved one.

Thanks to you the Harbour Hospice Family Support Team were able to provide the following help to patients and family over the last twelve months



Part of the Harbour Hospice Family Support Team (l-r) Jeanne, Tyrone, Huia, Mengtian (Bruno) & Roanne



**5807**

Patient and family visits



**1342**

Number of patients and families supported

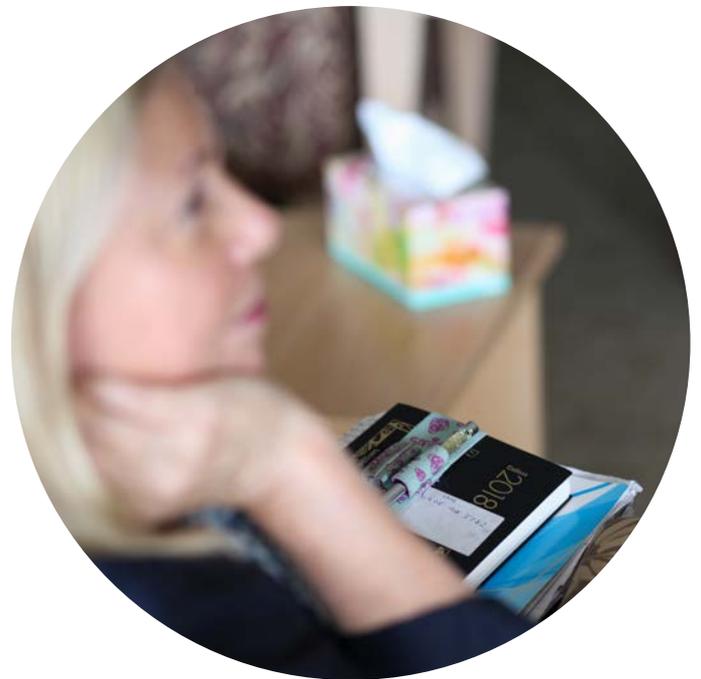


**4771**

Phone calls were made with patients, families, & Health Professionals

# “I’m on their team”

A Hospice Counsellor’s work supporting people to live with life-limiting illness.  
Continued from page 1.



I asked Claudia about her work and interests and she continued the conversation in a lively manner. When the conversation turned towards the illness and what they had been going through I looked towards Tom and inquired “What do you give weight to in your days as you live with this cancer?”

“My family, being a father, I like to be involved with the girls” Tom confided, a small smile emerging on his face. He tried to raise himself in the bed but, before Claudia could help him, slipped back down and, seeming to give up on a sitting position rested his head on the pillow. When he looked comfortable again I asked,

“Could you help me to understand a little of what it means to you to be a father?”

“I love it! I wasn’t truly happy until I was a Dad. I took one look at Imogen our eldest and I fell in love” he replied with an infusion of energy.

I was aware Tom’s words might carry meaning that could be passed on and retold down the years and perhaps provide solace for his girls so I chose to pursue his dedication to his children:

“Would you mind sharing a little of this experience of falling in love?”

Contentment seemed to flow over his face for a moment relaxing the lines as he contemplated my question. “Sure. I didn’t know what happiness was till Imogen came along. She made my life complete.”

“What did Imogen’s birth give you that has you experiencing this sense of completion and happiness?” I responded smiling.

Tom pondered “I think it was a proper purpose...”

Claudia joined us “...Being parents connected us to what’s important... I think Tom’s found a role that really fits him. He is a good father.”

Tom’s quiet voice gained strength and the corners of his eyes turned up “And then Libby was born and I felt overwhelmed with wonder”.

“What had you overwhelmed with wonder when Libby was born?” I

asked collecting stories again.

“Libby having her very own personality and the way she could let her feelings be known” he responded with a chuckle. Claudia joined in, “He sent me a message when I was at work that said “Baby does not want to sleep in the bedroom today. She was very vocal on the matter!” Claudia laughed. “Tom always appreciates her strength of character and being able to understand what she’s trying to say.”

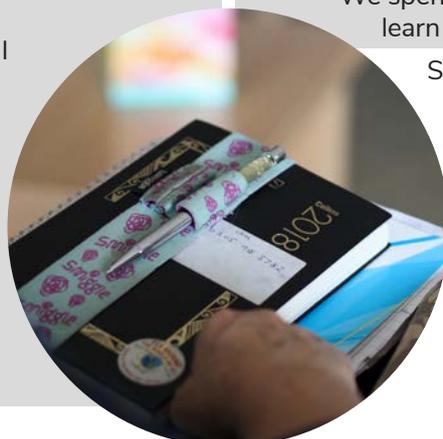
I leaned forward enjoying their delight “What is important to you both that the experience of parenting has connected you to?”

“Our values and beliefs” Claudia told me. Tom nodded meeting Claudia’s eyes “what we treasure”. I was keen to ask them more about their values and beliefs but not knowing how long we might have for our conversation due to the fatigue Tom was likely to be managing I decided to pursue another path for now. I would return to the detail of what they treasured at a later date.

“Would it be OK to ask how this giving weight to what you believe in and treasure shapes your experience of living with cancer?”

“It’s given us good times, wonderful times in amongst the hard stuff. The girls make each day worth living for” Tom answered.

“We spent one morning just watching Libby learn to roll” Claudia laughed.



Sasha met with the family; Tom<sup>o</sup>, Claudia<sup>o</sup> and their preschool children a number of times until Tom died. Sasha then continued supporting Claudia as she sought ways to live with her grief while parenting two small children.

<sup>o</sup>Names and identifying details have been changed. Claudia picked the family’s pseudonyms.

# Valuing our volunteers

**Our precious volunteers are incredibly valued at Harbour Hospice. Vicki Lambert is one such volunteer, a special lady who gives much time and expertise to fundraising.**

After a busy marketing and management career in the pharmaceutical industry, a move to Red Beach



**Vicki enjoys precious time with her grandchildren**

in 2002 for a quiet retirement in the sun was on Vicki's mind.

But the slower pace didn't last for long once she met her neighbour, who encouraged her to get involved with Hospice, a charity that is dear to Vicki's heart.

"I lost three friends in three years – they were only aged 57, 47 and 51. I've also had malignant melanomas myself, so I feel it's a charity that I one day may have to use. Hospice touches a lot of people."

Vicki's talents for organising and fundraising were soon utilised as part of an active fundraising committee. Together they raised the hundreds of thousands of dollars needed for the all-important inpatient unit (IPU) at Hibiscus Hospice.

"We used to do anything from sausage sizzles right through to home and garden tours, fashion parades and high teas."

When the IPU was completed in 2007, the committee focused on meeting the shortfall of Hospice funding costs not met by government subsidies.

Many events have since come and gone but the star in the committee's crown is Vicki's 'baby' – The Hibiscus Hospice Art Exhibition and Sale. Now in its 13th year, the amount raised from this year's Queens Birthday weekend event topped a record \$34,000.

Our sincere thanks to Vicki, the Women's Fundraising Committee and to you for supporting our many Hospice events.

**If you are interested in becoming a Fundraising Volunteer please visit [harbourhospice.org.nz](http://harbourhospice.org.nz)**

## Grants keep Hospice care available

**Money from grants, funded by many charitable trusts and foundations, help keep the doors open at Harbour Hospice.**

Without the \$1 million+ from these grants in the past 12 months, we couldn't have delivered free specialised care to patients and their families in your community.

This money also helped pay for essential medical equipment, operating expenses, special projects and salaries for clinical and non-clinical staff.

Harbour Hospice extends a big thank you for the generosity and support from each and every Trust and Foundation - please visit our website to find out more about them at [harbourhospice.org.nz](http://harbourhospice.org.nz)

# Raising a glass to First Glass Wines

A sincere thank you to Kingsley Wood, owner of First Glass Wines in Takapuna for his extraordinary and longstanding generosity. We just couldn't help the people in our community the way we do, without people like him.

Kingsley has donated wine for over 19 years and it has meant that patients and their families can appreciate a glass of fine wine during a stay at the inpatient unit, or bubbles to mark a celebration, just as they might at home. The wine gifted by Kingsley also helps to reduce costs and raise funds at many of the numerous Hospice events that you can attend.

Although he is passionate about helping Hospice he prefers to take a backseat approach to his giving. "He is a man of huge heart... a man of knowledge, wisdom and compassion but of a very modest



Kingsley brings comfort and helps patients and families to celebrate

nature." says Vaughan Brown, Harbour Hospice's Partnership Development Manager.

"In Kingsley's words, he hopes it will bring an occasion to reflect, celebrate and bring comfort to the patients and whanau at our gathering point, Hospice."

# Lottery winners thank sponsors

When All Black James Parsons rang to tell Nicki from Warkworth that she had won a brand-new Ford Fiesta, she didn't believe him at first. As fate had it, she was planning to buy a car the very next day and was with a mechanic when the good news came in.

As a long-serving volunteer and avid Hospice shopper, Nicki was thrilled with the win. "Thank you to everyone who supports Hospice and a big thanks to North Harbour Ford for providing me with my new little red car."

Raganie of Avondale thought John from Dilmah Tea was pulling her leg when he told her she had won a 10-day trip for two to Sri Lanka. Purchasing her ticket from a colleague came easy as the lottery was a way to support Hospice, "I always like to help Hospice as every dollar given enables them to provide the level of care they do. I'm grateful that



Nicki's new little red car on it's first outing

organisations such as House of Travel Takapuna, Singapore Airlines and Dilmah NZ support Hospice, assisting with their fundraising and raising awareness."



A busy Jackson volunteers for Hospice and encourages us to recycle

## Jackson helps turn second-hand goods into first class care

Every Wednesday, Jackson Munn, a University of Auckland urban planning student, works a 4-5 hour shift at the busy Ellice Road Hospice Shop in Glenfield, doing jobs ranging from sorting donated goods, pricing and displaying, and serving customers.

“We have a real laugh with each other and meet all sorts of different people.”

Jackson chose to volunteer at Hospice after the organisation helped his family. About 10 years ago, his Poppa was cared for by Hospice staff at his home before he passed away.

“They were really good. I remember them coming around, having a cup of tea with him and checking on how he was going. It’s nice to know that now I can help another family like mine.”

Encouraging others to give second-hand goods a new home is an important value to the 21-year-old.

“I love what we say at Hospice: that we turn second-hand goods into first-class care. It’s clever, and all about saving the earth, you know?”

**“It’s good for me to do something that’s selfless and help other people in a way that I can.”**

It’s a busy schedule for the soon-to-be graduate but he enjoys it so much he plans to continue volunteering, even when he begins full-time work.

“It’s good for me to do something that’s selfless and help other people in a way that I can.”

Helping looks different for everyone, he points out. “I have experience in shops so I can offer that but there are so many different jobs that people can do, like driving, landscaping or cooking. Hospice is one of those charities where any kind of help is great.”

**We need your help to fill volunteer roles. Visit [harbourhospice.org.nz](http://harbourhospice.org.nz) for more info**

# Your Free Will Supports Your Hospice

Just like the beginning of life when preparing for the arrival of a baby, the end of life also requires some careful thought and preparation:

HOW will you protect your loved ones?

HOW will you ensure your wishes are met?

WHAT legacy will you leave for generations to come?

Making or updating your Will allows you to make your wishes known and gives clear instruction about what you want to happen when you die. It can be a very simple exercise yet the impact of not having a Will can add significantly to the distress of a bereaved family.

At Hospice we often help grieving families through grief counselling and support groups. We also believe good estate planning reduces anxiety for those left behind by protecting the family and avoiding costly legal bills.

For a limited time Harbour Hospice and local solicitors who have volunteered their expertise are making it easier for you to create or update your Will.

Just include a gift (bequest) to Hospice in your Will and your participating solicitor (below) will draw up, free of charge, a simple Will or amendment to an existing Will or a memorandum of wishes (in the case of a Family Trust).

Anyone can make a Gift in Will; bequests range from a few hundred dollars to a specific item or a percentage of the estate after your family have been looked after.

Harbour Hospice CEO, Jan Nichols says “Given my 25 years of work in Hospice leaving a gift in my Will to this cause was an easy decision. I know first-hand the difference we make to so many people and families each year. I am also very aware of the growing needs in our communities and see personally the benefits we reap from the generosity of people who have thought about their children and their children’s children”.

To receive a voucher for your free Will contact the Planned Giving Coordinator at your local Hospice before 20th September:

- **North Shore**  
Jo Eve  
phone 09 486 1688  
jo.eve@harbourhospice.org.nz
- **Hibiscus Coast**  
Allie Downing  
phone 09 421 9180  
allie.downing@harbourhospice.org.nz
- **Warkworth Wellsford**  
Lesley Ingham  
phone 09 425 9535  
lesley.ingham@harbourhospice.org.nz



Nola McGowan  
Hibiscus Coast



Stephanie Paxton-Penman  
Warkworth Wellsford



Nicolette Bodewes & Nick Kearney  
North Shore



# Please continue your support of Harbour Hospice

## Attend our fabulous events

For tickets email [events@harbour.hospice.org.nz](mailto:events@harbour.hospice.org.nz) or book online at [harbourhospice.org.nz](http://harbourhospice.org.nz)

### Catwalk Arts - Wearable Arts competition and show

Saturday 6 October, Orewa Arts & Events Centre. Tickets range from \$20-\$50

Showcasing imaginative and creative wearable art from designers of all ages.

### Front UP for Hospice

Saturday 27 October, 10am – 4pm. Registration only \$115

Team UP, Dress UP and Step UP for the Front UP for Hospice challenge with Harcourts Cooper and Co. Climb our fundraising leader-board and spend one day completing wacky challenges.

### Warkworth Great Debate

Friday 2 November, 6.30pm, Warkworth Town Hall. Tickets \$35, limited numbers

A hilarious and no-holds-barred battle of wits between two Toastmasters and local Lions Club teams, with guest celebrities.

### Greek Extravaganza

Saturday 3 November, 7pm Orewa Events Centre.

**\$60 per person, sells out fast**

Taste, hear and see the very best of Greek food, wine & entertainment.

### Hospice Homes Tour – Matakana Coast

Sunday 4 November, 10 stunning private homes and gardens. Entry to all homes – \$50

Including Omaio, Liz Morrow's coastal Garden of International Significance, and the historic cottage and working studio of artists Mike Petre and Vicki Fanning.

### Rock the Hithe

Sunday 11 November, 1:30 – 8:00 pm, Greenhithe Primary School. Tickets range from \$30 – \$75 with children under 14 free. A whole family event.

Enjoy iconic Kiwi artists including Shane Cortese & The Shazam Band, Marion Burns & The McSweeney Brothers and Texas Storm.

Higher price tickets

include nibbles and a delicious meal cooked

by an Executive Chef from Villa Maria.



## Donate today to ensure counselling remains free and accessible to Hospice patients and families.

Please accept my gift of \$ \_\_\_\_\_

Payable to, (please choose):

- Harbour Hospice North Shore
- Harbour Hospice Hibiscus Coast
- Harbour Hospice Warkworth/Wellsford

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Post** – I wish to pay by

- Cheque (enclosed)
- credit card (see below)

Card No: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Card expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Mail to:** North Shore, PO Box 331129, Takapuna 0740  
Hibiscus Coast, PO Box 66, Whangaparaoa 0943  
Warkworth Wellsford, PO Box 517, Warkworth 0941

#### Or Phone us

North Shore (09) 486 1688, Hibiscus (09) 421 9180 or Warkworth Wellsford (09) 425 9535

**Or Go Online to our NEW website** and donate safely and securely [harbourhospice.org.nz](http://harbourhospice.org.nz)

Charities Services # CC22413

Gifts \$5 and over are tax deductible

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