



**You can help your
local Hospice provide
care and comfort
this Christmas**

**Your gift today
will comfort patients
in your North Shore
community**

Please help us provide care and comfort this Christmas

Last summer while working in the garden, Glenn Griffin bent down to pick up a hose, and the movement was enough to break his shoulder. It was the first indication that all was not well with his body, and in Glenn's words, "the start of a nightmare".

Glenn's broken shoulder was a result of cancer that had spread from a tumour in his lung; it had caused no symptoms, so went undetected. With no chance of mending, the shoulder became a constant source of pain and the oncologist advised Hospice involvement, because as Glenn says, "they are the best at managing pain".

Hospice community nurses provided Glenn with pain relief, advice and support in the comfort of his own home, but a few months ago, the pain became so bad that he was unable to stand. Both he and his wife Debbie struggled to get any sleep. At this time Glenn was admitted to the Hospice's inpatient unit at North Shore to get his pain under control.



Constantly struggling to get comfortable, Glenn was grateful for the reclining armchair in his room.

"It was good to be out of bed and in a comfortable chair with no pressure points. I would sit there, get my feet up and reflect."

"You get a lot of negative thoughts and sitting in that chair and looking out at the estuary gives you a bit of positivity," Glenn says.

Debbie used the reclining armchair almost as much as Glenn did and notes that it obviously had plenty of use. Every time Glenn got up from the chair, his back would be covered with specks of flaked-off leather.



New armchairs will offer improved patient comfort

Harbour Hospice, North Shore has a Christmas wish: to upgrade the worn-out recliners in each of our 12 inpatient bedrooms. With your help we can give each patient access to a reclining armchair that is fully adjustable for maximum comfort and will help relieve pain and provide independence and improved safety.

Please consider a gift of whatever you can afford so we can continue to offer our patients the comfort and relief of a soft and cosy armchair.

After his stay at Harbour Hospice's North Shore inpatient unit, Glenn went home, on his birthday, feeling immeasurably better and once again able to enjoy simple pleasures such as walking on the beach. An even greater gift was daughter Kayla's return from London, which the family kept secret from Glenn so she could surprise him. With their two adult sons also living at home, Glenn and Debbie are loving their full house.

They also welcome their ongoing visits to Hospice to see the "lovely people" there. Between appointments, Hospice nurses and doctors phone regularly to ensure that Glenn is coping with his ongoing treatments and that Debbie has the support she needs.

Glenn is continuing chemotherapy with the aim of feeling well enough to take a few longed-for trips. His advice for anyone who believes that Hospice is a place people go to die: "I admit, I was scared to the max to go to Hospice. I thought once I went there I would never come out.

"I was so wrong, and wished I had done it so much earlier."

"It was good to be out of bed and in a comfortable chair with no pressure points. I would sit there, get my feet up and reflect."

Hospice's armchairs at North Shore need replacing: please can you help?

You are part of the Harbour Hospice North Shore community that recently gave Glenn and his wife, Debbie, precious quality time together in our inpatient unit.

As Glenn's wife Debbie says, "When Glenn wasn't using the armchair, I was. It's just really good to have because you're there for so long, especially if your loved one is sleeping."

When someone is unwell, a soft and yielding chair is crucial to their comfort. We wish to replace our current reclining armchairs with new ones that will better meet the needs of our patients. We hope to purchase armchairs that are extra wide and comfortable, easy to get in and out of or recline for a rest. One armchair costs \$800. With your help we hope to purchase 12 and continue to be able to care for patients staying in the North Shore inpatient unit.

Please help Hospice to upgrade our current worn-out recliners and give the most fundamental gift of comfort for patients like Glenn.

I wish you all the best this Christmas

Yours sincerely



Jan Nichols
Chief Executive

P.S. Earlier this year North Shore Hospice was renamed, and is now called Harbour Hospice. However the same Hospice services still provide care and comfort as before. Your gift today will directly benefit patients in your community.



Glenn wants to help raise money to buy new beds for other people who, like him, recently stayed in the inpatient unit. Can you help him?

Hospice's armchairs need replacing: please can you help?

Your name and address

Gifts \$5 and over are tax deductible

Please remove my details from your mailing list

Please accept my donation of:

Other \$ _____

Post to: PO Box 331129 Takapuna Auckland 0740

I prefer to make payment by:

Cheque (enclosed) credit card (see below)

Card No: _____

Cardholder's Name: _____

Card expiry date: _____

Signature: _____

If you wish to donate via internet banking:

Harbour Hospice North Shore

12 3026 0781961 00

Particulars:

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Reference:

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Please send me information about:

Joining our Friends of Hospice Club through monthly giving

Including Harbour Hospice in my Will

Phone us, North Shore (09) 486 1688 or go online and donate securely at harbourhospice.org.nz