



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

Your gift today will
comfort patients in your
Warkworth Wellsford
community

Wrap your care around someone this Christmas

If Judy Hanna had a theme song, it would be Monty Python's 'Always Look on the Bright Side of Life'. Diagnosed the week before Christmas last year with stage four metastatic bone cancer, she considers herself lucky and is revelling in the onset of summer.

Having survived breast cancer 14 years ago, Judy feels blessed that she has had time to see her two sons married and enjoy time with her six grandchildren. This year she and her husband Gerry made a pact to do something special every month, including a recent trip on the Tranz Alpine Express travelling between Christchurch and Greymouth.

Judy says, "You can only control what you can, so I get my nails painted, go to the movies and go out with the girls. I am really enjoying the life that I've still got."

When first diagnosed, Judy was very anaemic and once she overcame her initial fears about Hospice – thinking it was "a place to die" – she welcomed the medical care and information the nurses provided. Judy was offered a place in the Open Doors day group at Harbour Hospice's Tui House but declined the offer as she felt she needed time on her own to come to terms with her illness.



"I feel I'm becoming part of the Hospice family. I know that if I ever walked in, someone would smile and say hello Judy, would you like a cup of tea?"

As you will know Tui House was completed a year ago, thanks to your support and the incredible generosity of the Warkworth Wellsford community. Thanks to you, patients and family members now have a very special place where they can meet others and take part in a range of supportive, therapeutic and fun activities. These include massage and complementary therapies, a bereavement coffee group, ukulele lessons, a walking group, art table, and a caregivers' programme.

With your help we can ensure these programmes can continue to be available for patients who need them, now and in the future.

Judy says her sister, son and daughter-in-law were giving her wonderful daily support, along with close friends and neighbours, but she often found it hard to open up to them about how she was feeling.

Hospice staff continued to remind Judy about the day programmes at Hospice, and when she was invited to an art day it piqued her interest. Not knowing what to expect, she went along and met "two lovely ladies" running the class, and found an innate passion for putting paint on paper.

Everyone is welcomed without expectation or judgement and invited to express themselves, or to simply enjoy being with people who understand their experiences.

Judy says when she attended the art class she felt that, for the first time, she had a safe place to talk about what was happening "without upsetting anyone".

"Now I can see that Hospice is about wraparound care. A lady at the art class has lost her husband and they're wrapping around her as well, providing a space that's safe for her to open up."

Will you please consider a gift this Christmas, of whatever you can afford? With your kindness Hospice can continue to provide patient support programmes at Tui House, at a very difficult time in people's lives.

Judy says she feels privileged to be part of the Hospice family and likes the idea of getting involved in more groups as time goes on.

"I call it positive palliative care; it acknowledges the fact that I'm not well but I've still got a life to live."



Judy enjoys putting paint on paper at Tui House

Hospice needs help to ensure its patient support programmes will continue

You are part of the Warkworth Wellsford community that helped build Tui House and give patients like Judy a safe and caring place to open up and explore previously undiscovered skills.

As Judy says, "I feel I'm becoming part of the Hospice family. I know that if I ever walked in, someone would smile and say hello Judy, would you like a cup of tea?"

Patients are sometimes reluctant to come to a Hospice. But when they sit down with a group and listen to others, they soon find themselves joining in with the banter. It can be a great relief to reflect and express their feelings with others who are experiencing similar emotions, in a safe environment. They may not like to complain to their families, but they can say it all here.

This Christmas, can you help Harbour Hospice, Warkworth Wellsford continue its essential patient support programmes at Tui House?

I wish you all the best this Christmas

Yours sincerely



P.S. Earlier this year Warkworth Wellsford 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.



Judy with her husband Gerry

Judy wants to help raise money so other people, like her, can continue to attend the patient support programmes at Tui House. Can you help her?

Hospice needs help to continue the Tui House patient support programmes. 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: Post to: PO Box PO Box 517, Warkworth 0941

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 Warkworth Wellsford 12 3026 0781961 54

Particulars: Your Name

Reference: Your Phone Number

Please send me information about:

Joining our Friends of Hospice Club through monthly giving

Including Harbour Hospice in my Will

Phone us, Warkworth Wellsford (09) 425 9535 or go online and donate securely at harbourhospice.org.nz