

HOSPICETALK

News from our community for our community



Nurturing the Spirit Spirituality & Wellbeing

*Fiona McCabe discusses
the importance of spiritual
care & wellbeing in a
Hospice context.*

Hospice at Home

'the services wrapped around not
just mum, but all of us'

Honouring your grief

6 Tips for coping over
the holidays

In the Spotlight

Community care &
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Hospice Care Nurse

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The Board of Trustees

Staff Christmas

Celebrating a Kiwi
Christmas

HospiceShop
Christmas Hours



Hospice Taranaki
Te Kahu Pairuri ki Taranaki

December 2024
Now quarterly

NURTURING THE SPIRIT

UNDERSTANDING SPIRITUAL CARE AT
TE KAHU PAIRURI HOSPICE TARANAKI

Spiritual wellbeing in palliative care is about assisting people to connect with ideas and practices and 'things' that are important to them and give meaning to their life. Fiona McCabe, Spiritual Care Co-ordinator for Hospice Taranaki connects daily with those who are facing not only the physical changes that come with a terminal diagnosis but also the emotional and spiritual issues that can arise.

"Humans are holistic by nature, we are on a continuous journey of self-identification and awareness which only compounds when faced with our own mortality"

After supporting both of her parents through hospice care, Fiona witnessed first-hand, the importance of having discussions around spirituality. Spirituality, in its very nature is hard to define as it is so dependent on the patient, their background, culture, history and what they view as important to them at that time. This could be a relationship with a God, deity or other higher power, a recognition of another realm, or a deep connection with nature, art, creative writing or music. As an accomplished pianist, Fiona often weaves music into her work if requested.

"Music is part of life's journey and across all cultures carries a sense of identity, memories, experiences and emotions"

Bereavement spiritual care is integral to the holistic care Hospice Taranaki provides, and Fiona is often called upon to bless families' homes, rooms or hold reflective discussion. She is also called on to bless Te Rangimarie in-patient building and any other events that require a significant moment of reflection.

Fiona works closely with other members of the Hospice Taranaki cultural team, the kaiawhina and kaitakawaenga. Together they ensure spiritual care is provided according to tikanga Māori or any culture which a person may identify. Aotearoa / New Zealand is culturally diverse, and Fiona respects the need for flexibility and achieves this by working alongside local cultural, spiritual and religious leaders to ensure a person is guided in the way they require.

Years of experience as a counsellor allows Fiona to place a lot of importance on just being present with patients and family, and providing them with whatever it is they require at the time. Fiona describes herself as 'a conduit for inner peace which can be achieved through prayer, discussion, reflection or sitting in silent meditation'. Being there is sometimes enough to bring calm to a persons' mind and Fiona will be there, with her grace and kindness to support the moment in a genuine, respectful way.

*Fiona McCabe
Spiritual Care Coordinator*



END OF YEAR MESSAGE



As 2024 draws to a close we can reflect back and see another year of much organisational challenge mixed with much organisational success.

Despite glacial progress with addressing our central government contracting and funding issues we have managed to meet our indicators for acceptance of new patients, timely provision of our services and having the needed resources in place all while maintaining excellence in care across our communities.

This year has been a period of continuing to support our staff and volunteer teams to carry out their best work and to care for each other. Economic headwinds facing many in our communities have also impacted upon our business activities with rising costs and fundraising challenges. Overall as we look to a new year we are reminded of the fantastic support our service receives from the communities we work within. Our sincere thank you and best wishes for your support this year.

Paul Lamb
CE

Manaaki whenua
manaaki tangata
haere whakamua

Care for the land
care for the people
go forward

SPOTLIGHT ON...

Care in your Community



Hospice Taranaki is dedicated to providing a wide range of services to patients in their own homes. These essential services are tailored to meet the everchanging and evolving needs of the individual and their family / whānau as they adjust to the changes in lifestyle that can come with a life limiting illness. This specialist care team consists of nurses, doctors, counsellors, spiritual carers, pharmacists and volunteers who provide around-the-clock care including medical support, equipment loans, social support services, counselling services, library resources and wellness clinics. The care provided also includes education for family to be able to support symptoms from home but knowing that access to advice is available 24hrs / 7 days a week. Last year this amazing community care team made over 16,000 home visits, covering around 8000kms per month, all within the Taranaki region. These community visits are integral to improving the care of everyone at the end of life by providing specialist services. Community care is not only provided for those in private homes, but wherever a patient is based, whether that be in a rest home, hospital or at Te Rangimarie, (the in-patient unit on David Street).

YOUR DONATION MATTERS.....

Make a One Off Donation

Become a Regular Giver

Leave a Gift in Your Will

Collect at a Funeral

Ways you can support Hospice Taranaki

Start Your Own Fundraiser



Business & Payroll Donations

Donate to our hospiceShops

Business Donations

To donate today or for more information
Giving | Koha - Hospice Taranaki

This year, your impact enabled



Patients to receive specialist care



Community care team visits



Social Worker support appointments



Emotional Care appointments



Patients to receive care currently

Hospice at Home The Topping story.....

Quality Time

Highly respected netball coach Ivy Topping's family will be forever grateful for the 24/7 care afforded to her by Taranaki's dedicated hospice team for her last five months.

Ivy, who died in June this year, was not aware she had cancer until it had metastasised. Extensive surgery in Wellington followed. Ivy was not one to complain and the family were in the dark for some time about how serious the situation was. "She downplayed that," daughter Jayne Rapley says. "But they took out her clavicle and a portion of her sternum, two ribs and lymph nodes. It was major, major surgery that she was lucky to survive. Such a hard bugger she was. She came through that and was still taking no medication for pain," Jayne recalls.

Eventually referred to hospice, it was far from easy to get her stubborn, independent mum with her high pain tolerance to accept any assistance. "The hospice staff came out for an initial visit and told her whatever you need we can help with. She was 'Nope'. Ivy's always done everything herself. She struggled to ask for help. But nurse Sharon earned her trust and eventually managed to gently and respectfully provide her with much needed medical care at her Waitara home, Jayne says. "Sharon was amazing." As was Dr. Nina, Nurses Heidi, Cam and Helen. "We called them The Angels. Rolls Royce care is exactly what it is. And it's not just medical care, its emotional and holistic; nothing is too hard". The family were able to ring the hospice any time day or night for assistance. "The nurses were there every day. They had a few SOS calls from us. They were there within 10 minutes. Sometimes five. The support and care for the whole family was amazing. The services wrapped around not just our mum but us all. All 21 of us at times.

Ivy had a series of falls and was provided with a hospice walker which she made good use of to get to the last couple of netball games to watch her beloved Tysons. Unfortunately, Ivy tested positive for covid in the latter stages so never did spend time as an inpatient when it would have been of benefit. Towards the end of her journey Ivy was provided with a state-of-the-art hospital bed which made her time at home more comfortable.

During Ivy's last seven days at Clifton Drive, the family of 21 were together. There were lots of tears, lots of memories, lots of hugs and love shared. She wanted to make her 80th. And she sure did. Three days after her 80th birthday Ivy passed surrounded by her family and the hospice nurses were there throughout the day. The duty of care provided was the most amazing they had ever seen. The family took advantage of the grief counselling sessions available to them while dealing with the loss of their matriarch. "I can't speak highly enough of them all. They are absolutely amazing."



Written by Lyn Humphreys
Thank you to Ivy's family for sharing their story.

Honouring your grief

6 Tips for coping this Christmas



- 1. Grief has no rules. Give yourself permission to feel whatever it is you feel.**
- 2. Keep up any traditions that your loved one started, and that you can continue. This will help you honor your lost loved one.**
- 3. Talk about your loved one with friends and family. Encourage them to share favorite stories with you.**
- 4. Set realistic expectations. Consider online shopping, gift vouchers as gifts. be okay with saying 'no' to things.**
- 5. Express your needs. Tell others how you feel. Be honest and specific. Accept and ask for help. Delegate, delegate, delegate.**
- 6. Take care of yourself when you're dealing with grief at Christmas.**

Fundraiser events



HospiceQuiz

This year's HospiceQuiz sold out in days and who wouldn't want to come to a night of challenging fun with friends! 122 enthusiastic quizzers tried their best to beat the Good Home Quizmaster and win the coveted trophy from last year's winners.

Congratulations Knick Knackers who were victorious in their win!

A big thank you to our prize sponsors Radius Care, New Plymouth Little Theatre and to The Good Home for hosting again.

It was a fabulous, entertaining night with great food, prizes, raffles, best hat competition and some rather curly questions that generated fun conversation!

We look forward to seeing you next year!



Run 4 Ivy

In honour of Ivy Topping, 21 members of her family took part in the 2024 Auckland marathon not only as a tribute to Ivy, but also to raise awareness and funds for Ozanam House and Hospice Taranaki as both organisations had supported Ivy with "immense care and complete compassion". The family tirelessly promoted their campaign through social media, radio and newspapers along with a give-a-little page to generate donations for both charities.

The day was a complete success with one family member running the marathon in 2hrs 18 minutes. To add to the event the family proudly wore self-designed shirts that read "Running for Ivy".

A warm and heartfelt thank you to the Topping whānau for their energy and commitment whilst making these special memories in honour of such an important person in their lives and for also supporting Hospice Taranaki and Ozanam house.

**Do you have a great event idea?
Click here to contact us now!
We would love to hear from you.**
<https://hospicetaranaki.org.nz/giving-koha/how-can-i-help-or-donate/>

Generosity shines at Golf fundraiser

The annual Dave's Patch Urenui Golf Fundraiser, led by Eddie Hollard and his wife Kylie, raised over \$12,000 for Te Kahu Pairuri Hospice Taranaki. With Eddie's infectious enthusiasm and strong community connections, the event was a day of laughter, friendly competition, and heartfelt generosity.

Players enjoyed challenges like nearest the pin and hole-in-one, a delicious BBQ, and a welcoming meal in the clubrooms overlooking one of Taranaki's best views.

Thanks to Eddie's efforts and the support of fantastic sponsors, every team walked away with a prize, and the raffle and auction were huge successes.

A massive thank you to Eddie, Kylie, and their team, as well as everyone who participated and contributed. Your support helps Hospice continue caring for the terminally ill and their whānau. What a fantastic day of giving back!



Paul Cunningham Memorial Golf

Rain didn't stop 100 golfers from descending on Ngamotu golf course in support of the annual Paul Cunningham Snr memorial golf event. Having previously been postponed due to bad weather the teams weren't going to let another deluge of drizzle dampen their spirits, or skills!

This special event, held in honour of Paul Cunningham (Snr) is passionately organised by Paul Cunningham (Jnr) and his energetic team from Cunningham Construction.

The fun day was filled with activities, good food and refreshments, with some holes adding a little extra challenge such as nearest the pin, hole in one and longest drive!

Thank you to the sponsors who came on board to make the day such a great success. We are so thankful for the generosity of all those who attended and the crew that made the day so special despite the rain!



For the full story, visit our website. <https://hospicetaranaki.org.nz/a-day-of-swinging-generosity-at-daves-patch-urenuui-golf-fundraiser/>



A Night in the Life of a Hospice Palliative Care Nurse

As a palliative care nurse, my nights often begin with a call coming into Hospice (IPU – Te Rangimarie). Between 10pm and 8am, carers reach out, seeking guidance and support for their loved ones. Each call represents a family doing their best to navigate the challenges of caring for someone at home during long and often lonely nights. When the call comes through, I listen carefully to what is happening for the patient. Is the patient in uncontrollable pain or vomiting? Are they in the final stages of life, with their carer unsure how to help? If I can resolve the issue over the phone, I'll guide the carer step-by-step. But sometimes, the situation calls for more than advice. In those moments, I pass the details to the on-call palliative care nurse. They'll assess what is needed and head out to the home, ensuring the patient and carer receive the care they need. One recent night, a carer called in distress, unsure how to help their loved one who was experiencing severe pain. I contacted the call-out nurse, who went to the home. They administered the necessary care and spent time with the carer, ensuring they felt supported and confident to continue providing care. Knowing that our patients and their families are never alone, no matter the time of night, is what drives us. At Hospice Taranaki, we are here 24/7 to provide compassionate care when it's needed most.

"I'll guide the carer step by step"

The Hospice Taranaki Incorporated Board AGM

Thank you Michael Brooke

At our AGM, we farewelled Mike Brooke as Chair after 12 years of exceptional leadership and 18 years on the Board of Hospice Taranaki Inc. Mike's passion for our values and dedication to the Taranaki community have been unwavering.

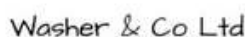
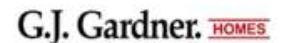
Deputy Chair Tim Coleman acknowledged Mike's national contributions and congratulated him on receiving Life Membership, saying it reflects his immense impact. CEO Paul Lamb praised Mike's positivity, humour, and invaluable guidance. Thank you, Mike, for your extraordinary service. Your legacy will continue to inspire us all.



[Read the full tribute on our website and Facebook page.](https://hospicetaranaki.org.nz/agm-leadership-change-announcement/)

<https://hospicetaranaki.org.nz/agm-leadership-change-announcement/>

Thank you to our Hospice Champions



What is a Hospice Champion?

A Hospice Champion is someone who actively supports hospice care by raising awareness, advocating for services and encourages community involvement. Through a monthly sponsorship, they partner with the hospice to ensure patients and whānau receive the compassionate care they need.

Contact us:

Te Kahu Pairuri Hospice Taranaki
Te Rangimarie
5 David Street
New Plymouth
Phone: 06 753 7830

Email: events@hospicetaranaki.org.nz
Facebook.com/taranakihospice
To make a donation:
TSB Bank: 153948 0365008 80
Ref: Name and phone number



Remember a loved one.

Remember someone special this Christmas with our Tree of Remembrance at your local Farmers store.



Share your messages of love this Christmas

Thank you to Judy Drummond and her team of volunteers for tirelessly hosting the Stratford Tree of Remembrance again this Christmas.

New this year is The LibraryPlus team in Hawera hosting the South Taranaki tree in the newly opened Te Ramanui o Ruapūtahanga building.

For a koha, you are invited to leave a message to a loved one on any of the Trees of Remembrance around Taranaki:

- TSB Bank - Stratford Broadway
- Te Ramanui o Ruapūtahanga - Hawera High Street
- Farmers Department Store - Centre City - New Plymouth



WHO WILL YOU BUY YOUR BAUBLE IN MEMORY OF? Limited Edition - \$15.99 - available now at Farmers NP

100% of proceeds stay right here in Taranaki

Thank you for supporting Te Kahu Pairuri Hospice Taranaki!



Thank you Volunteers!

We would like to express our sincerest gratitude to you for your hard work and tireless energy this year!

**YOUR SUPPORT REALLY DOES
MAKE A DIFFERENCE!**



HOLIDAY TRADING HOURS

HOSPICESHOPS

**MONDAY 23RD DEC - ALL SHOPS CLOSE 3PM
(STRATFORD SHOP OPEN
MONDAY 23RD DEC 9 - 3PM)**

TUESDAY 24TH DEC - ALL SHOPS CLOSED

**MONDAY 6TH JAN - ALL SHOPS RE-OPEN 9AM -3PM
(STRATFORD RE-OPEN TUESDAY 7TH JAN)**

WAREHOUSE BORRELL AVE (FOR DONATION DROP OFFS)

MONDAY 23RD DEC - OPEN 9AM - 3PM

TUESDAY 24TH DEC - OPEN 9AM - 12PM

SATURDAY 4TH JAN - RE-OPEN 9AM - 3PM

SORRY, NO PICKS UPS AVAILABLE BETWEEN 24TH DEC & 6TH JAN

Wishing you all a Merry 'Kiwi Christmas'



Whānau, remembrance fun & love.

The reward of Spending Christmas in Te Rangimarie

Family coming together

Family, food & booze!

Family

Hangi & Family fun

Whānau, reunions, love & BBQ

Love & Family

Food, family and R&R

Whānau, whānau, whānau!

Excited kids, BBQ with family

Beach & BBQ with family

Whānau, overeating

Gift giving, family & food

Family Fun

Music, family, fun, food & holidays

Spending time with family

Beach & Food & whānau

Being in the moment & enjoying the family laughter

Family, food & summer fun!

Gathering, alcohol, food & sun!

Spending time with my favourite people!

Christmas cheer, family, near & dear

Family, food, fun traditions mangoes

Caring, sharing & a cool glass of cider

Whānau, good kai & fun

Eating too much, my boys home

Time with grandkids!

Family & Friends

Decorating with my whānau

Family, friends, love and laughter, summer and holidays

Remembering that Jesus is the reason for the season

