

THE THURSDAY GIRLS

Meet Gwenda and Sandra, part of our team of self-titled "Thursday Girls".

Gwenda and Sandra have been involved in our Te Kōwhai Day Activity Programme on Thursdays for over five years. The programme is designed to bring our clients together for a social morning and hot home-cooked lunch, with volunteers including Gwenda and Sandra in support.

We asked Gwenda and Sandra about their volunteer experience;

Why do you volunteer?

We both live very busy lives and volunteering for Hospice Wairarapa is a way of giving back to the community.

What do you get out of your volunteer role?

We love making a difference to someone's day. Our programme clients say we have a great team and we have a lot of laughs and support each other. We both feel richer from meeting so many wonderful people and hearing about their lives.

Gwenda and Sandra are just two of the wonderful, warm-hearted people that make up our volunteer workforce of over 130. Hospice and the wider Wairarapa community are so lucky to have them!



NATIONAL VOLUNTEER WEEK: 18-24 JUNE

National Volunteer Week honours the collective energies and mana of volunteers in Aotearoa.



This year's theme is 'Time to Shine – He wā pīataata.' It's a time to recognise and celebrate volunteers, and an opportunity for us to thank our wonderful team for the difference they make. To everyone who chooses to give their generous gifts of time, energy, expertise and enthusiasm to Hospice Wairarapa...we are truly humbled and so very grateful. You are the oil that keeps the gears of Hospice running, and your valuable contribution (no matter how big or small) enables us to continue doing the work we do. So kia ora, fa'afetai, merci, vinaka, xie xie, THANK YOU - from all of us to all of you.

We will be marking the week and honouring our volunteers by hosting morning teas in Masterton (Te Kōwhai) and South Wairarapa (Greytown Shop).

ka rawe!
Thank you

Who's Who at Hospice...

There have been a number of changes to the team lately; so here's an introduction to the friendly faces you might see when you visit Te Kōwhai , and a bit about what they do:



Gretchen Saulbrey
Interim Chief Executive

Gretchen is responsible for the day-to-day management of Hospice Wairarapa, strategic planning, and building and maintaining relationships with stakeholders/community organisations.



Dr Jenny Prentice
Service Delivery Manager

Jenny is responsible for the delivery and management of our support services to our clients and whānau in partnership with organisations across the Palliative Care Network.



Michelle Hayes
Social Worker

Michelle helps our clients and their whānau navigate the resources and organisations involved in hospice and palliative care.



Sharon Penny
Spiritual Carer

Sharon supports the taha wairua (spiritual) needs of our clients and their whānau, providing sensitive and supportive care regardless of beliefs.



Tracey Harris
Fundraising Manager

Tracey is responsible for growing our existing fundraising programmes and developing new strategies to increase our revenue streams. Tracey is also currently responsible for the recruitment and management of our vital volunteer workforce.



Maureen Hodder
Finance Manager

Maureen manages the finances and accounts, for Hospice Wairarapa Community Trust.



Emma Batt
*Office and
Communications
Coordinator*

Emma provides administrative support to our management team, assists with the day-to-day running of our base at Te Kōwhai , and coordinates our marketing and communications.



Sue Cochrane
Retail Manager

Sue manages our retail outlets including the Hospice Shops at Masterton and Greytown, along with the Saturday Garage Sale at Te Kōwhai in Masterton.

NATIONAL HOSPICE AWARENESS WEEK

This key message of national Hospice Awareness Week this year was "It's OK", and the campaign focussed on encouraging conversations around the range of emotions people feel when faced with a life-limiting illness. Everyone's story is unique, but feelings are universal and whatever you feel, it's ok. Throughout the week we shared Hospice New Zealand videos and imagery featuring hospice patients, whānau and friends sharing their emotional experiences, in the hope that others will be ok about opening up, talking about death and dying, and reaching out to Hospice for help when they need us.



GREYTOWN
FESTIVAL
OF CHRISTMAS

**Our famous
Christmas
Fete
in midwinter!**

GREYTOWN TOWN CENTRE
Saturday 29th July from 2 - 8pm
Sunday 30th July from 10 - 4pm.

Hospice Wairarapa
hospicewairarapa.co.nz

HOSPICE RETAIL

Our retail outlets in Masterton (53 Queen Street) and Greytown (68a Main Street) and our weekly Garage Sale (59 Renall Street) continue to surpass all expectations and are all going from strength to strength. This is mainly due to the quality and quantity of items that are donated by our generous community, and the ongoing support of our both our loyal existing customers and those who have just found us. We pride ourselves on creating a top quality shopping experience for everyone and setting ourselves apart in the charity store market.



Come in and visit us for a fantastic range of gorgeous winter fashion, with new stock arriving every day - and remember our Garage Sale is open rain, hail or shine from 9am-11am Saturdays.

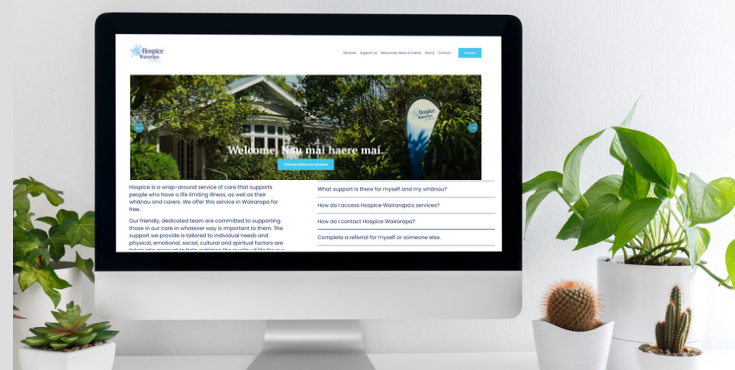
Donations of quality secondhand items are ALWAYS gratefully received - please call 06 9297501 to discuss.

New Website

You may have noticed that our website has had a bit of a refresh recently, making it easier to find information about our services, keep in contact with us and/or make a donation.

Have a look around and let us know what you think!

www.hospicewairarapa.co.nz



To access any of our free services and programmes contact referrals@hospicewairarapa.co.nz

or call 06 378 8888 for further information

Dates to Note

- 29-30 July: Midwinter Christmas Fete
- Sun 20 Aug: AGM
- 17-18 Nov: Annual Street Appeal

Current Programmes

- Creative Hands (Art Therapy): Mondays 10am-12:30pm
- Out and About: Monthly on a Wednesday
- Day Activity Programme: Thursdays 10am-2pm
- Good Grief Cafe (Coffee Group): Monthly
- Healing through Sharing (Bereavement Support)

Our Services



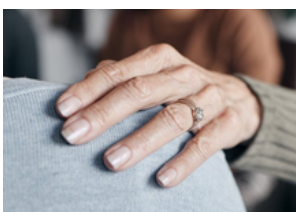
Social support - Our social worker specialises in social support for our clients and their whānau and carers. This support can include listening, advocating, advanced care planning, problem-solving, and navigation through the variety of support systems and resources available to you.



Spiritual care - Spiritual care recognises and responds to the needs of the human spirit when faced with trauma, illness, sadness, loss and death. We support the Taha Wairua (spiritual) needs of our clients and their whānau. Regardless of belief system, we can offer support to you and your whānau for your holistic wellbeing.



In-home support - Our Care Companion programme supports clients, whānau and carers in the home. Trained hospice volunteers offer care and companionship as well as practical help around the home if required. Our support is tailored to your individual needs and our volunteers are matched accordingly.



Carer support - Programmes and support groups offered to those providing direct care to someone with a life limiting or terminal illness. These cover practical information and advice to help support carers. The topics covered include nutrition, personal care, grief, financial planning, end of life preparation and self-care for you as a carer.



Counselling - We offer professional counselling for individuals and whānau groups. Counselling gives our clients and whānau the opportunity to explore thoughts, feelings and emotions. It can also help you enhance strengths and coping skills to manage challenges, stress and the grieving process.



Complementary therapy & other services - A range of programmes, services and resources can be provided to support holistic well-being. These are tailored to individual needs and include podiatry, biography writing and complementary therapy such as massage, reiki, mirimiri, rongoā, acupuncture and aromatherapy.

Please support our Hospice Business Partners, who so generously support us:



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