



## Shirley-Anne's Story

Shirley-Anne moved to Masterton from Whanganui in May 2021 so that she could be nearer Wellington Hospital for treatment. Since her move she has been overwhelmed by the kindness and consideration shown to her by Hospice staff and volunteers.

*It feels like family, the camaraderie with other patients has helped me lead a normal life. I'm in a situation where I'm accepted and the focus is not on illness, [Te Kowhai] is like a home.*

Shirley-Anne has used several of the services offered by Hospice Wairarapa, which have provided many benefits for her. She is a regular on the Patient Activity Programme and the Out & About trips.

*It's a wonderful service, it gives purpose to life and is like coming to see family; the meals are wonderful. Out & Abouts are an opportunity to do and see things that I wouldn't be able to do otherwise.*



*"It's been a real gift to me"*

Other Hospice services Shirley-Anne has used include hairdressing, dress alterations, manicures and massage.

*I was brought up to understand that how one presented was important; my mother and father always felt one should always look their best whenever possible. [Also] the dress alterations, to have my dresses fitting better, Hospice have done a wonderful job.*

Shirley-Anne has also benefited from massage therapy and more recently a swimming pass organised by Hospice.

*I enjoy the massage with Katie, it makes you feel better, makes you feel special; we also have a good chat. And swimming has been wonderful, helps me exercise and has been a bonus especially in the hot weather. I couldn't have afforded this without Hospice and go most days!*

Hospice has also been supportive to Shirley-Anne in other ways:

*Hospice provided meals in lockdown, which was wonderful and nurturing, helped to get my grocery shopping and keep in touch when I'm not able to come. I knew no-one when I arrived [in Masterton] and could have been isolated. Hospice has given me a basis to develop a new life.*

..cont page 2

*"I wish more people would use this service"*

# ...Shirley-Anne's story cont.



Shirley-Anne would like to acknowledge the support and care of some Hospice Volunteers in particular:

**Douglas and Joan Gibbs** - *Soon after the passing of my husband it was discovered I had aggressive incurable stage four cancer. The decision was made for me to relocate immediately from Whanganui to Masterton so I could access the care of the Wellington Specialist Cancer Clinic at Wairarapa Hospital.*

*My furniture and I arrived in Masterton to an unseen house, with no family or friends here, not knowing anyone. Hospice stepped in and introduced me to two wonderful Hospice Volunteers, Douglas and Joan Gibbs who spent weeks helping me unpack, downsize and settle in. It was an enormous task, but one from which they never wavered, supporting me with kindness, friendship, patience and understanding throughout. I am eternally grateful for all Douglas and Joan did for me to ensure that relocating to Masterton was a happy experience. 2021 ended with Douglas and Joan inviting me to their lovely Carterton home set in a beautiful garden for a truly scrumptious Christmas lunch. A joyous occasion after a difficult year, the memory of which I treasure.*

**Ian and Dianne Bardsley** - *Hospice Wairarapa also introduced me to Volunteers Ian and Dianne Bardsley, who invited me to their home for lunch and took me to the Screening Room as their guest on several occasions. I enjoyed and appreciated those wonderful enjoyable times very much indeed.*

*The Hospice Wairarapa team have given me the support, strength, compassion, dignity and unconditional love to face my new and unexpected journey in life.*

*"I have been truly blessed"*

## Volunteer News

Volunteering in a Covid world has certainly brought many changes to our lives which has naturally left us at times, overwhelmed, fatigued and unsure of what lies ahead. The term 'business as usual' seems to be a thing of the past.

This has caused us to reshape how we do things and how to 'think outside the box'. We are often required to change direction and follow new requirements, but we have also become more prepared to accept change and are learning to adapt.

In an environment where uncertainty has become constant, keeping ourselves and each other safe has taken many forms. Since relocating to our Shop I've noticed on many occasions how our Volunteers have shown such strength, compassion and respect while observing all the new measures expected in a customer facing role.

As our Retail Volunteers and staff have been met with many new challenges faced in retail you have shown that when paired with courage and kindness we can continue to make a big difference to our Wairarapa community. Thank you -  
**Dionne Johnstone, Volunteer Manager**

**CREATIVE**  
**VOLUNTEERS NEEDED!**

Hospice Wairarapa is looking for volunteers to assist with their popular Creative Hands programme on Monday mornings at Te Kowhai in Masterton.

If you are the "artsy" type, can think of a variety of creative activities to demonstrate and share with a small group of patients and have 2 hours to spare just once a month...HOSPICE NEEDS YOU!

For more information or to become part of the Creative Hands team, please contact Kirsten on 06 378 8888 or at [kirsten@hospicewairarapa.co.nz](mailto:kirsten@hospicewairarapa.co.nz)

If you would like to become a Hospice Volunteer please contact Volunteer Manager  
**Dionne Johnstone** at [dionne@hospicewairarapa.co.nz](mailto:dionne@hospicewairarapa.co.nz) or call 06 929 7503 for further information

# Caregivers Programme

## Te Kowhai, Masterton\*

### Week 1 - 15 February

Understanding the Medical Journey  
Who you might meet when your loved one is Palliative  
Can I care for my loved one at home?  
What do I need?  
Caring for your relative in care?  
Respite facilities – where are they, costs etc.

### Week 2 - 22 February

Looking after Yourself  
What is Spirituality?  
Recognition of your re-energizing space  
Relaxation techniques – Yoga/Mindfulness/Pilates  
Maintaining hope  
Time out – how can you manage that with everything else that is going on?  
Cultural care

### Week 3 - 1 March

Practical Care for your Loved Ones  
Nutritional care  
Moving and handling patients  
Equipment to help  
Skin and hygiene care

### Week 4 - 8 March

Communications and Relationships  
Relationships with each other  
Blended families  
Talking with children  
Communication

### Week 5 - 15 March

Ducks in a row  
Wills/Probates/Death certificates  
Benefits  
Change of ownerships  
ACP/EPOA

**\*you can join at any point - 10 week programme repeated 4 times a year**

### Week 6 - 22 March

Understanding the Medical Journey  
Managing pain and nausea  
Dispensing medications  
Medication – names and uses  
Signs of dying  
What to do before and after death  
Health and Disability – patient & family rights

### Week 7 - 29 March

The Farewell  
Funeral questions  
How long can your loved one remain at home?  
Body preparation and care  
Costs of the funeral  
What is the best send off for your loved one?

### Week 8 - 5 April

Looking after Yourself  
Recognising stress  
Retaining your identification  
Positive aspects of caring

### Week 9 - 12 April

Navigating Paperwork  
Banking  
Accounting/IRD/Succession planning/Business  
Trusts  
Joint signing

### Week 10 - 19 April

Saying Goodbye  
Grief and Bereavement  
Saying Goodbye  
What next? – Bereavement Support Group at Hospice Wairarapa

## South Wairarapa Caregivers Cafe Group



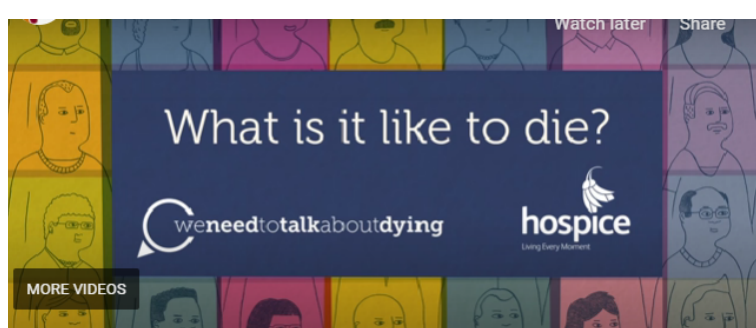
Join Hospice Wairarapa for an informal gathering of local caregivers at a café near you...we rotate between Greytown, Featherston and Martinborough

*If you are interested in attending our free programmes for Caregivers, please contact Kirsten Johnston at [kirsten@hospicewairarapa.co.nz](mailto:kirsten@hospicewairarapa.co.nz) or 06 399 1050 for further information*



# What's it like to die?

Death seems to have become a difficult topic for a lot of people. Many of us have lost the knowledge about what happens, what to say to each other, and the options we have for care.



We want to support people to talk about it more, in the hope they might worry about it less.

Hospice New Zealand have created a great short animation to answer a question Hospice staff are often asked – how do I know I am dying? what will happen to me? how will we know? You can watch it on their Youtube channel here: [www.youtube.com/watch?v=toO\\_o16XsQ&t=10s](http://www.youtube.com/watch?v=toO_o16XsQ&t=10s) or visit the Hospice New Zealand website at [www.hospice.org.nz](http://www.hospice.org.nz)

## Covid Response at Hospice

With the country being at **Red** in the Traffic Light System (at the time of publication) we are taking the following health measures here at Te Kowhai:

- Everyone except patients who enter our premises at 59 Renall Street must be double-vaxxed and show their Vaccination Certificate on request
- All staff and volunteers will wear masks when visitors are in the building
- Rigorous disinfecting and hand-sanitising practises are in place

*Thank you for your continued patience and understanding as we prioritise the wellbeing of our vulnerable patients and their loved ones*



The Martinborough String Quartet and Robert the bagpiper bringing beautiful music and joy to our weekly Te Kowhai Day Programme recently



Coming in May (Covid-permitting)

## HIGH TEA FOR HOSPICE

Secure your spot now by emailing [bookings@hospicewairarapa.co.nz](mailto:bookings@hospicewairarapa.co.nz)

