

It's because of the generosity of our community that Hospice services can remain free of charge. If you are a supporter of Hospice Waikato, our whole team sincerely thanks you for your support.

March 2023

Advance Care Planning

Why one of our Rainbow Place parents wants to help our patients and their families and whānau complete their advance care plans.

Meet Cameron. 14 years old, 175cm and slightly on the lean side at just under 60kgs. A smile that lights up his face. He talks non-stop, sleeps all night (and into the day if he's allowed), and loves tractors. He's just finished his second year at Hillcrest High School. That's where just being a normal teenager stops for Cameron and his family.

Cameron has Cerebral Palsy, Epilepsy, Autism and a moderate intellectual disability.

Cameron is Louise's second son and was born two months premature. Despite there being early issues with feeding, Louise took Cameron home at just a few weeks old. The next four months were tough. Cameron screamed non-stop and the local Plunket Nurse, who sensed that there may have been some bigger challenges for Cameron, would pop in, unannounced, 2-3 times a week. At four months, Louise was referred to the Mothercraft Unit to get support with Cameron's feeding and sleeping and it was from there that the family were re-admitted to Waikato Hospital where Cameron underwent all kinds of tests.

Cameron's Mum, Louise, talks frankly about the pain the diagnosis brought to her family. Her older son, Damian, was just three years old and Louise remembers very little about the next 12 months.

Cameron was 10 yrs old when Louise reached out to Rainbow Place. That was when Louise realised just how much she needed someone to provide respite care for Cameron. Having a baby-sitter is not an option for the Henwood family as Cameron requires nurse-led care and with Louise unable to work due to the care requirements, money is tight. ACC requires two carers for Cameron at all times, mainly because Cameron requires the use of a hoist to be transferred, and that's the level of care that is provided at school. At home, however, it's just Louise.

When Louise drops Cameron off at Rainbow Place for respite, she is required to complete a form which sets out Cameron's care requirements. She usually cries when she drives away. It's because that's the one time she has a moment to reflect on the enormity of the care she provides for Cameron every day.

It was a few years ago that Louise completed an Advance Care Plan for Cameron. At the time, it was a scary thing to consider as it almost felt like an acknowledgement that Cameron was going to die. But now the plan is in place, Louise describes it as "more about a plan for how to live, it's about living life on your own terms, and gives power back to the families".

The difference that Rainbow Place has made in their lives has been huge. "This wonderful service is free and the amazing support I have had has made me want to give back". Louise is a key member of the Rainbow Place Family Advisory Committee and, when she heard that Hospice Waikato were looking for volunteers to help patients prepare their own Advance Care Plans, Louise felt like that was a place where she could really add value. "If I could have had a career, this is the kind of thing I would have wanted to do - I just want to help."

Louise has undergone the first of our Advance Care Planning education sessions and she's looking forward to helping our families through this process. It's because of Cameron that she feels she can make a difference in this space. "Cameron's medical complexities mean I have

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New accommodation at Koowhai House

The purchase of a property adjoining our Cobham Drive site has allowed for the development of *Koowhai House*, an established four-bedroom home, which will provide an accommodation option for families from out of town who have a loved-one staying in our Inpatient Unit.

The home was purchased by the Waikato Community Hospice Foundation who share our vision of providing wraparound care for not only our patients, but for their families and whānau too.

While we have always had the Koowhai Room (a motel unit style accommodation for up to five people), *Koowhai House* will allow for a greater number of people to stay on site, with the ability to self-cater and with space for children to play safely.

We understand how important it is for families to be together at end-of-life, and *Koowhai House* will allow this to happen for many of our rural families. The house was officially opened at a function on the 8th of March and we're looking forward to formally welcoming our first families to the house later this month.



Waikato Community Hospice Foundation Board Chair, John Erkkila, cuts the ribbon to officially open Hospice Waikato's Koowhai House, at a function held on the 8th of March 2023.

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an understanding of clinical care that is probably greater than some people, and living with Cameron means I understand how it feels to care for someone who has a life limiting illness."

For Louise, it is important that Cameron is treated as just one of the family. She hears Damian yell down the hall when Cameron is making too much noise, but when Cameron needs support, Damian has his brother's back. The only friends that Damian brings home are the ones who will sit with Cameron, and repeat their name, no matter how many times Cameron asks.

Louise is quietly spoken, smiles easily, and admits to having a slightly dark sense of humour. "Some days you need that," she says.

You could feel Louise's inner strength when she said "This is our life. Everybody has challenges and Cameron is mine. Cameron is a great kid but being his Mum is hard". Louise also sees Cameron as a gift. "He has taught me so much about patience, and about living in the moment, about not planning too far ahead, and a shit tonne about tractors!"

Announcing our new life members

In late 2022, we held a function to celebrate our five new Life Members, all of whom have been amazing supporters of Hospice Waikato over many, many years, each in their own way. It was a wonderful evening that brought together a special group of people who all really believe in the work we are doing in the community. Our newest Life Members are (pictured from left) MaryLou Utting, Elizabeth & Bryan Bang, Yvonne Phillips and John Erkkila.



Sculpting for Hospice Waikato

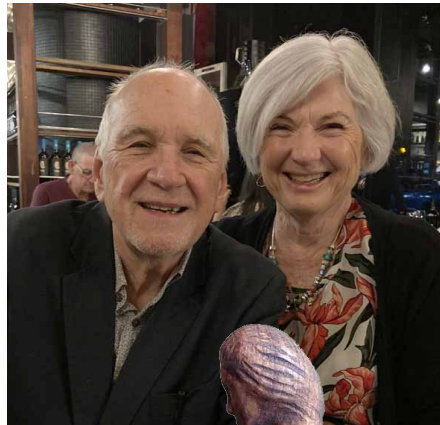
So many people are just so generous and Theo and Christine Gregor are two of those sorts of people! Christine reached out to Hospice Waikato in 2022 to share her and Theo's and her vision to provide ongoing financial support to Hospice Waikato.

What followed was an invitation for coffee and the sharing of a story of a kind and generous South African family who now call New Zealand home.

Theo and Christine moved to New Zealand in 2000 where Theo worked as a head and neck surgeon at Waikato Hospital. When he retired, Theo decided to turn his hand to wood sculpture and has spent the past four years sculpting art from beautiful recycled New Zealand timber.

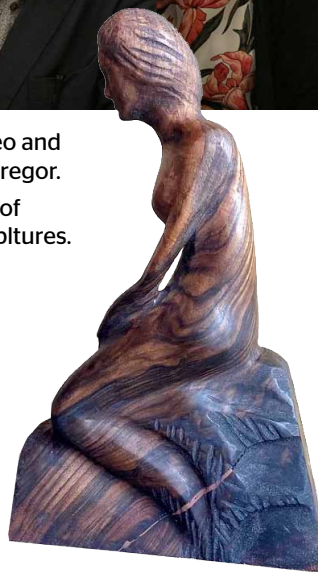
With his work growing in popularity, Theo and Christine decided they would donate 100% of all sculpture sales to Hospice Waikato and we are absolutely delighted to be Theo and Christine's charity of choice.

You can view Theo's sculptures at www.gregor.org.nz/sculptures and if you'd like to talk to Theo about a sculpture, you can contact him at gregorchristine@gmail.com.



Above: Theo and Christine Gregor.

Right: One of Theo's sculptures.



Thank you!

As always, there are simply so many individuals and organisations to thank for supporting Hospice Waikato. We'd like to make special mention of:

- Kieran Powell - The Long Way Home NZ
- Kio Kio School
- Southwell School
- Chartwell Charitable Trust
- The Waikato Lyceum Club
- Holden Special Vehicles (HSV) Club
- Golden Homes
- Likeable Lab
- Drusan Farm Ltd
- Hillview Trust
- All the people who supported the Farmers Christmas Bauble campaign



Volkswagen Tiguan raffle

Here's a fantastic opportunity to support Hospice Waikato and have a 1-in-500 chance to win a brand new Volkswagen Tiguan.

Five hundred tickets are available at \$500 each. Tickets will go on sale later this month so please keep checking the Hospice Waikato website for your chance to purchase a ticket and be in to win - www.hospicewaikato.org.nz.



Actual prize vehicle may differ from image shown.



Hospice Shops seek stock

You can help with the success of our retail operation by donating quality furniture, clothing and bric-a-brac. Please don't be offended if our retail team feel that some of your items are not suitable for resale. And please don't use our shops as a place to dump rubbish 😊

E-receipts

Would you like to receive your receipt via email?
Please include your email address below and return this to us in the prepaid envelope provided.

Six ways you can support Hospice Waikato & Rainbow Place

- ☐ I would like to make a one-off donation.
- ☐ I wish to become a friend of hospice and make regular donations. Please send me more information.
- ☐ I wish to find out more information about leaving a gift in my will. Please send me a brochure by email.
- ☐ I wish to gift a full day of care to a patient (\$1,000). For more information, visit hospicewaikato.org.nz/giftofcare
- ☐ I wish to gift a half day of care to a patient (\$500). For more information, visit hospicewaikato.org.nz/giftofcare

\$

^ VALUE OF MY DONATION

- ☐ **Bank transfer.** See Hospice Waikato bank details, above.
- ☐ **Credit Card.** Please debit this amount to my credit card monthly.
- ☒ **Credit Card.** Debit this amount to my credit card as a 'one-off' payment.
- ☐ **Website.** Use the 'Donate Now' button on Hospice Waikato's website.

^ NAME OF CARDHOLDER

^ CARD NUMBER

/ ☐ Mastercard ☐ Visa

^ EXPIRY DATE

^ SIGNATURE

Please return this form in the provided prepaid envelope to:

Hospice Waikato, PO Box 325, Waikato Mail Centre, Hamilton 3240

Or freecall 0800 HOSPICE or visit hospicewaikato.org.nz/donate

Donate via internet banking to Westpac 03-1555-0091553-00.

Please ensure you use your unique ID, name and DON04 as a reference so we can identify your donation.

The Privacy Act 2020 requires us to advise you that we keep supporters' names and contact details on file to help with fundraising. We undertake to keep the data safe. Please advise us if you do not want your personal information stored. If you would like to see your information and/or correct any mistakes, please contact us. Also, notify us if you wish to be removed from our mailing list.



Do we have your current contact details?

We'd like to check we have the right contact details for you, please include your email address and postal address in the space below.

^ EMAIL ADDRESS

^ POSTAL ADDRESS

We love sharing our story with you!

Did you know that you can receive our newsletter in one of two ways - either in your letter box or in your in-box. If you would prefer to receive an electronic copy, please add your email address above, and return this section in the enclosed envelope, and we'll update our records accordingly.



Our wish list

We often have patients in our care who have very little family and financial support. It's a lonely and difficult time for these patients. One way we can make their journey much better is by providing supermarket vouchers, and we have a group of volunteers who will do a grocery shop on their behalf. This might seem like a small gesture, but for these patients, it is an absolute gift. If you are in a position to donate a supermarket voucher, please either post it to our Manager of Volunteer Services, Karen Mansfield, 334 Cobham Drive, Hillcrest 3216, or drop it off to us.

SCAN HERE TO MAKE A
DONATION THAT SUPPORTS
PATIENT CARE.

