

more than words



Te Omanga Hospice
Te Whare Manaaki Tangata

News and views – July 2023

THANK YOU FOR YOUR SUPPORT

It is through the generosity of our community that Te Omanga Hospice exists.

During the week of 15-21 May we celebrated Hospice Awareness Week. Throughout the week hospices across Aotearoa shared stories of patients and their families reflecting on their experiences with hospice care. Our vision is for our community to receive equitable, responsive and proactive palliative care and support. Hospice Awareness Week plays a valuable role throughout Aotearoa New Zealand in raising awareness of the care, value, and comfort hospice provides.

We held our Annual Street Appeal during Hospice Awareness Week, on 19-20 May, and raised an amazing \$32,217! We are so grateful to all those who volunteered, and to everyone who donated to support Te Omanga Hospice. We couldn't have achieved this incredible result without your help.

Also in May was International Nurses Day, the day we recognise our incredible team and acknowledge their commitment to, and compassion for, our patients and their families. Our nurses support Te Omanga Hospice patients in our Inpatient Unit, in

their own homes, in the Hutt Hospital and in Aged Residential Care facilities across the Hutt Valley. Last year our nurses made 5,157 visits to patients in the community. To enable us to continue to provide our services to our patients, we are needing to fill current vacancies in both our Inpatient Unit and Community Nurses Teams. If you or someone you know would like to be part of our team, and a part of the future of specialist palliative care for the Hutt Valley community, please visit the Careers page on our website www.teomanga.org.nz/careers/.

National Volunteer Week, held in June, gave us the opportunity to thank our 500 wonderful volunteers for the generosity, time and skills they bring to Te Omanga Hospice. In this newsletter you will meet Ajay, Coral and Wayne as they share what they do in their different roles and what it is like volunteering for our hospice.

Throughout the last few months, many of our staff, volunteers, and



myself have heard precious stories of how people living with a terminal or life-limiting illness in the Hutt Valley, along with their whānau, have been touched by our compassionate care and support. Thank you for sharing these stories with us and for your continued support and generosity. It is a privilege to provide our community with specialist palliative care and bereavement support; however, we simply couldn't provide the service we do, without the generous support of our community.

Warmest regards

Biddy Harford MNZM
Chief Executive
Te Omanga Hospice

CELEBRATING OUR VOLUNTEERS

National Volunteer Week is a chance each year to honour the collective energies and mana of all volunteers in Aotearoa.

At Te Omanga Hospice, volunteers are an integral part of the valuable service we provide to all our patients and families. We couldn't provide the services that we do, without our volunteers generously giving over 30,000 hours of their time every year.

There are a wide range of reasons why someone may like to volunteer at Te Omanga Hospice. Some of our volunteers have lost a loved one and have been so touched by the care they received they want to give back in any way they can. Some volunteer because they are retired and want to be part of an organisation that makes a difference, others really enjoy the friendships and connections they make while volunteering, and others come for work experience or to complete volunteer hours.

We are grateful for all our volunteers, as each one brings something unique to the Hospice. We thank them for their kindness, compassion, and the time and skills they bring to Te Omanga Hospice.

In celebration of National Volunteer Week, we are sharing the stories of some of our volunteers, to learn what they do in their different roles and what it is like volunteering for our hospice.

MEET AJAY



Rachel, Ajay and Hannah

Ajay immigrated to New Zealand from India to be reunited with his wife, his high school sweetheart who had already migrated here. "While I was waiting for my work visa to come through, I wanted to improve my English, learn the culture of New Zealand, get out of my comfort zone and build relationships with people in the community, so I signed up to volunteer at the Lower Hutt Retail Store", says Ajay.

Ajay worked at the Lower Hutt store twice a week for a year, joining the team of 35 staff and volunteers. Hannah, our Lower Hutt Store Retail Manager, says Ajay was a brilliant addition to the team, "It was a big adjustment for Ajay, he was in a new country and only knew his wife in New Zealand, so everything was unfamiliar. Ajay was friendly and great with the customers. During his time working at the store, you could see his confidence grow. It was rewarding for me to play a part in helping him settle into his new life here."

After a year, Ajay's work visa was approved, and he is now undergoing his training to be a Corrections Officer. While Ajay is excited for this new opportunity,

it was bittersweet as he left the team he now sees as family at the Lower Hutt store. "The working culture was great, and the staff were amazing and always ready to help. I am very thankful for the experiences I have had in the past year which helped me grow as a person," says Ajay.

Rachel Brandt, Te Omanga Hospice Volunteer Manager, said "The benefits for our volunteers often go beyond the task of volunteering. The skills developed, connections made, personal development and support systems created benefit both the volunteer and those working at Te Omanga Hospice. Our Retail Managers also do an incredible job, often going above and beyond to support and develop their teams. I would encourage anyone who is wanting to gain work experience, do something meaningful for their community, and build friendships to take the opportunity and give volunteering a go."

VOLUNTEER VACANCIES!

MEET CORAL



Coral has been a volunteer in the Hospice Kitchen Helpers' team for the last three years, coming to the Hospice once a fortnight for a two-and-a-half-hour shift. Our Kitchen Helpers play an important role, assisting with the preparation of nutritious, appetising meals for patients in the Inpatient Unit, and also providing back-up for the Chef and Kitchen Supervisor as needed.

"I love working in the kitchen, the team are all so friendly and we have a lot of fun together. We do whatever is needed, helping to prepare the plates for

For the last 23 years Wayne has been volunteering his time and mowing the lawns at the Hospice. "My Mum died at the Hospice 20 years ago and when I would come and visit her, I noticed people from the Lions Clubs out there mowing the lawns, and I thought, I could do that too," says Wayne.

Before retiring Wayne was a Mr Green (contractor) and mowed lawns for a living. He rallied a group of his friends, many of whom also had their own lawn mowing businesses and they all got stuck in, mowing the Hospice lawns on a regular basis. "I was looking for a way to give back to the community in some way, and a lot of my friends who agreed to help me were the same, some also had a connection to the Hospice through loved ones dying there, and they wanted to get involved," adds Wayne.

Wayne is a familiar face at the Hospice, with many staff members remembering seeing Wayne mowing the lawns with his faithful dog following him up

the patients' breakfasts, doing dishes, and labelling food for the fridge. I have learnt lots of different skills and great tips, like remembering to label my food in my own fridge at home!" says Coral.

As well as helping in the kitchen, Coral also helps with sewing for the Cancer Society with the Inner Wheel Club of Upper Hutt. "I also help the Hospice in this way, with sewing labels onto hospice equipment and any other little jobs that might need doing. My career before I retired was in the design and fashion industry, so it is great being able to continue using those skills now."

Coral has lived in the Hutt Valley all her life and came to volunteer at Te Omanga Hospice once she retired. "I saw the Hospice was looking for volunteers and I was wanting to give back in some way, so I got in touch. I love it, it is a special place. Also, I often think, you just never know when you may need help from the Hospice in your future. I encourage anyone wanting to give back to contact the Hospice and see how they can get involved."

MEET WAYNE



and down every row. Today, Wayne continues to coordinate the group of lawn mowing volunteers, organising two or three people at a time to come in together. "We had a great group of volunteers, but some are getting older and can't help as much anymore or have moved away so it would be great to get some more volunteers to help us out. All they need is a mower and a way to get the mower to the Hospice," says Wayne.

If you are interested in joining the team to help mow the lawns about once every two or three months, please contact Volunteer Manager, Rachel on (04) 974-8121 or email volunteers@teomanga.org.nz. We currently have volunteer retail positions available for various shifts in the Wainuiomata and Lower Hutt retail and furniture stores. We also have volunteer vacancies in our kitchen team based at Woburn Road. If this is of interest and you would like to join our friendly team, please email volunteers@teomanga.org.nz.

RED KNIGHTS CHARITY MOTORCYCLE RIDE

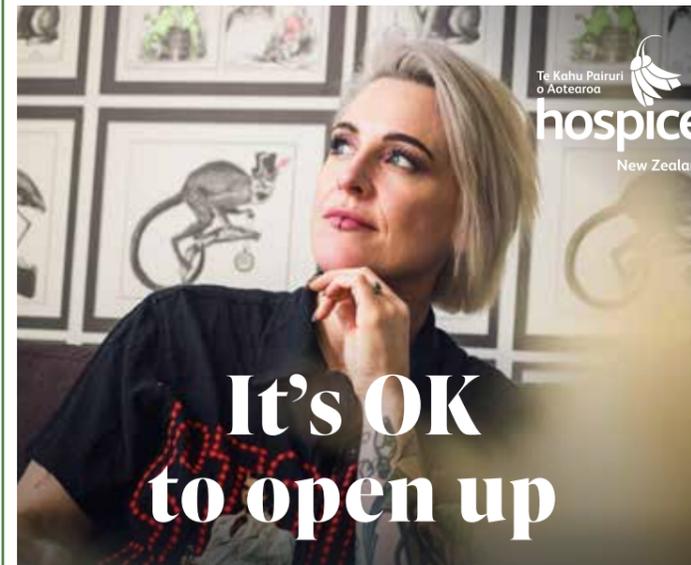


Te Omanga Hospice Chief Executive Biddy Harford and Red Knights Firefighter Motorcycle Club New Zealand 5 President Shaun Crowley

We are incredibly grateful to the Red Knights Firefighter Motorcycle Club New Zealand 5 for all their work organising and running another fantastic fundraising ride. The event has been running for three years, and this year over 100 bikes and riders participated. It was quite the sight seeing that number of motorcycles filling up our hospice driveway!

The event raised an amazing \$4,300 for Te Omanga Hospice. To all those who donated to achieve this result, we are so very thankful for your generosity and support.

IT'S OK: HOSPICE AWARENESS WEEK 2023



HOSPICE AWARENESS WEEK 15 - 21 MAY 2023

The focus for Hospice Awareness Week 2023 was "It's OK". The week's activities saw hospices across Aotearoa sharing the stories of hospice patients and whānau reflecting on their experiences in the hope that others will be okay about opening up and reaching out to hospice for help.

The stories emphasised how hospice care can help to make the journey of dying and bereavement a little easier. Haley, whose friend died in the care of Otago Community Hospice, encouraged others to speak openly about their experience. "Just normalise it, make it ok, it does make it easier. If you ignore it, it's incredibly difficult."

Thank you to all those who donated during this time, engaged with or shared the featured stories, or initiated a conversation with a loved one about the value of hospice care. Your support and involvement will help improve the understanding of hospice services and how we support patients to be able to live more fully at the end of their lives. You can watch the Hospice New Zealand videos at www.hospice.org.nz/its-ok/.



NEW ADDITION TO THE HOSPICE GARDENS

Our tranquil fountain within the Hospice gardens, kindly funded by the Wellington Fuchsia Society.

Thank you, we are very grateful, and know our staff, patients and visitors enjoy admiring this wonderful feature.

SHOUT OUT TO OUR COMMUNITY



Team from Eastern Hutt Rotary



Our beautifully painted fence at the Hospice! Thanks to the team from Eastern Hutt Rotary for your amazing work and ongoing support.

During Hospice Awareness Week we held our Annual Street Appeal on 19 and 20 May. Over the two days, hundreds of volunteer collectors in their bright pink aprons were out on the streets receiving donations throughout the Hutt Valley.

To all our wonderful volunteers and local businesses who helped, and to everyone who donated to support our hospice during the Appeal, we thank you!

An incredible \$32,217 was raised this year, and we couldn't have achieved this result without your help.

The continued support and generosity of our community ensures we can provide our specialist, palliative care services, free of charge, to all who need it.



ANNUAL STREET APPEAL - THANK YOU FOR YOUR SUPPORT



ONE POT YUMMY RICE DISH



Our Te Omanga Hospice Chef, Kirsty, shares one of her favourite recipes for you to enjoy this winter.

“What I love about this dish is it’s simple to make but impresses in flavour and looks. Good for a home meal in front of the fire or put it into fancy serving plates for a dinner party. This dish is gluten free and vegetarian. It’s a lovely, creamy, winter favorite of my vegetarian and two celiac family members. I have modified this recipe from a Chelsea Winter recipe. Give the Quorn (mycoprotein) a try. It may surprise you!” says Kirsty.

INGREDIENTS

- 1 packet of GF Quorn pieces (or 1 kg boneless chicken thighs cut into bite sized pieces.)
Note: If you use real chicken, cook it in a frypan first and add it with the stock.
- 2 tbsp oil
- 50g butter
- 2 onions chopped
- 5 cloves of garlic chopped
- 2 celery stalks chopped
- 4 sprigs of fresh thyme
- 2 bay leaves
- Zest of 1 lemon and juice of ½ lemon
- 2 cups basmati rice
- 2 cups chopped fresh spinach
- 300g portobello mushrooms medium sliced
- 800ml chicken stock
- 1 tsp salt and large grind black pepper
- Crème Fraîche to serve
- Chopped parsley to serve

METHOD

1. Use a large cast iron casserole dish or a stovetop, oven-suitable dish.
2. Preheat the oven to 180 degrees. Cut a piece of baking paper to fit the top of the casserole dish. (This is necessary to reduce the moisture loss during cooking).
3. In your casserole dish, melt the oil and butter over medium heat. Add the onions & celery and cook for approx. 5 minutes or until soft but not brown.
4. Add the garlic and thyme stalks & cook a further 2 minutes.
5. Add the rice and cook for 2 minutes.
6. Add the mushrooms, spinach, salt & pepper and cook for 1 minute.
7. Add the frozen Quorn chunks with stock and bay leaves. Turn up the heat and bring to a boil uncovered.
8. Remove the dish from the stove and stir well. Place the baking paper over the top of rice and cover with a lid.
9. Bake in the oven for 40 minutes. Do not disturb the mix during this time.
10. Remove from the oven and leave for 15 minutes, again undisturbed.
11. Remove lid and paper. Remove the thyme stalks and bay leaves, stir and add lemon juice and rind, salt and pepper to taste and fold through parsley.
12. Serve with a scoop of crème Fraîche.

Note: If you use real chicken, cook it in a frypan first and add it with the stock.



Thank you!

Kāhore taku toa i te toa takitahi, he toa takitini

We cannot succeed without the support of those around us

OUR GRATEFUL THANKS TO THE FOLLOWING WHO HAVE RECENTLY SUPPORTED OUR WORK WITH A GENEROUS GRANT, BEQUEST, DAY OF CARE, SPONSORSHIP OR IN-KIND DONATION.

Alaister Bamford	Frances Henrietta Muter Charitable Trust	Moses Chan
ANZ Staff Foundation	G R Dobbs Charitable Trust	Pub Charity
Bethlehem Charitable Trust	Graham & Jennifer Wigley	Red Knights Firefighters Motorcycle Club
BNI - Hutt City	Harbour Asset Management	Rudy van Baarle
Brian Hodge	Helen Miller	Ryder Lewis & Associates Limited
Cambridge Asset Management	Helen Williams	Summerset at the Course - Residents Association
Crombie Lockwood	Heretaunga Bookfest Charitable Trust	Sydney & Angela Cumming Charitable Trust
David Daily Charitable Trust	Ian Robertson	The Majestics
DI Noonan	Kensway Property Consultants (Central) Limited	Trevor Hansen
Donovan Family Charitable Trust	Leo & Robyn Lonergan	Upper Hutt Club Inc.
E M Pharazyn Trust	Leonard Monk Charitable Trust	Volker Grunert
Estate of Brent Alan Tyrrell	Lottery Grants Board	Wellington Children's Foundation
Estate of Dorothy May Hardie	Michael Cole	Zircon Properties
Estate of Enid Sylvia Moore-Jones	Michael Williams Family Trust	
Estate of Val Falconer	Mokoia Masonic Perpetual Trust	
Estate of Violet Laura Chattington		

THANK YOU TO THE FOLLOWING BUSINESSES, SCHOOLS AND CLUBS FOR THEIR GENEROUS SUPPORT OF OUR ANNUAL APPEAL.

4 Square Eastbourne	Janus Bakkerij	Rotary Club of Hutt River Valley
Aspeq	JT Group	Rutherford & Bond and King Toyota
Bellbird Café	Kmart Petone	Sacred Heart College Lower Hutt
Blue Star New Zealand	Mitre 10 Mega Petone	Silverstream Bakery
BNI Hutt City	Mitre 10 Mega Upper Hutt	Silverstream Lions Club NZ
Bunnings Petone	New World Hutt City	SSS IT Security Specialists
Clives Chemist	New World Stokes Valley	St Joseph's Catholic Primary School - Upper Hutt
Countdown High Street	NZ Defence Force	St Oran's College
Countdown Queensgate	PAK'nSAVE Lower Hutt	Tania Ryan Family & Friends
Countdown Upper Hutt	PAK'nSAVE Petone	Tartines French Café & Deli
Countdown Wainuiomata	PAK'nSAVE Upper Hutt	The Mall - Upper Hutt
Eastern Hutt Rotary	Petone Club	The Warehouse Queensgate
Farmers Queensgate	Petone Rotary Club	Upper Hutt City Council
Farmers Upper Hutt	Queensgate Shopping Centre	Upper Hutt Cossie Club
Fix Federation	Ray White Kemeys Brothers	
Hutt City Council	Riverbank Market	



A massive thank you to Moonshine Rod and Custom for visiting the Hospice with a 1937 Chevrolet and donating the amazing \$10,000 they raised at the American Vehicle Day, held at Trentham Racecourse.

GARDEN OF APPRECIATION

The Garden of Appreciation in Petone is a way for people to create a permanent tribute to a loved one or commemorate a special memory with an engraved brick. It is a joint community initiative between Te Omanga Hospice, Rotary Club of Hutt River Valley and the Hutt City Council.

Bricks can be purchased now for \$130 each and will be laid later in the year with a special blessing ceremony that everyone who purchases a brick is invited to.

If you would like to know more, please contact our fundraising team on 04 979 6681 or email fundraising@teomanga.org.nz.



LEAVE A LEGACY OF CARE AND SUPPORT

If you are looking for a meaningful way to make a difference in the lives of others beyond your lifetime then you may wish to consider leaving a legacy gift in your will to Te Omanga Hospice.

Your gift will support patients, families and whānau receiving our free, specialist palliative care services in the Hutt Valley.

To find out more about leaving a bequest, please contact Rachel Nankivell on 04 886 5222 or email rachel.nankivell@teomanga.org.nz

TAX CREDITS FOR DONATIONS

Did you know you may be able to claim 33.33 cents for every dollar you donate to Te Omanga Hospice? As an approved donee organisation, tax credits are available for donations of \$5 or more. Find out more at ird.govt.nz

Yes I would like to support Te Omanga Hospice

Name Donor number (if known)

Address

Email

Please accept my gift of: \$35 \$50 \$100 \$200 or my choice of \$

DONATION METHOD: (please tick preferred option)

INTERNET BANKING: Bank Account **06 0507 0816463 00** or search for 'Te Omanga Hospice' as a payee online. Ref **JUL23**

CREDIT CARD: Please charge my gift to VISA MASTERCARD

Card No: Expiry: /

Name on card: Signature:

WEBSITE: www.teomanga.org.nz. Press the 'Pink Donate' button on our homepage.

I would like to be contacted about making a monthly donation by Automatic Payment or Credit Card

We no longer accept cheques. If you need help donating please call us on 04 979 6681

Te Omanga Hospice Trust
Registered Charity Number 22248

Please return in the envelope provided or post to:
PO Box 30814, Lower Hutt 5040

Donations \$5 and over are tax deductible.

A receipt will be provided.

Thank you for your support

