Celebrating 40 Years of Mary Potter Hospice 1979 – 2019. Mary Potter Hospice Board Chair Andrea McCance and Chief Executive Brent Alderton get into the retro theme.

Flares for 40 Years

Let's Go Retro
Fundraise for Mary Potter Hospice
70s style!

**Gather your friends, family / whānau or colleagues,
and host your own Flares for 40 Years fundraising event.**

Fundraising Handbook

visit www.marypotter.org.nz/40years/flares to find out more

About Mary Potter Hospice

Our history

The story of Mary Potter Hospice began when the Little Company of Mary, a group of Catholic Sisters founded by the Venerable Mary Potter, established Calvary Hospital in Florence Street, Newtown in 1929. Sister Margaret Lancaster of the Little Company of Mary was determined to make hospice services available to everyone regardless of age, religion, financial situation or ethnicity. By 1979, the Sisters had established New Zealand's first Hospice – Mary Potter Hospice.

What do we do?

Mary Potter Hospice has a proud history of care, compassion and commitment to the people of Wellington, Porirua and Kāpiti.

We to provide compassionate and quality hospice care for people and their families/whānau in our community – free of charge.

Nurse Sarah Reid with a patient
Image: Stuff/Evening Post

Mary Potter Hospice has a twelve-bed Inpatient Unit in Newtown, and community bases in Wellington, Porirua and Kāpiti which provide Day Hospice services and community support.

On any given day, we have over 270 patients in our service and care for about 950 patients and their families/whānau each year. Most of our patients choose to stay at home, so that's where our teams of community doctors, nurses, counsellors and therapists provide their care. Each year, demand for our services increases so we really need your support to be able to continue providing our free palliative care services for generations to come.

Thank you for supporting us this year as Mary Potter Hospice turns 40!

This year, to coincide with our 40th birthday, we're revisiting 1979 – the year Mary Potter Hospice was gifted to Wellington, Kāpiti and Porirua to be run as a community Hospice.

The retro era of the 70s was an exciting time for fashion and music. Remember the song *Jezebel* by Jon Stephens that pushed Michael Jackson's *Don't Stop Til You Get Enough* off the top of the charts? Or the iconic combo of stubbies, long socks and sandals?

So let's go retro and fundraise for Mary Potter Hospice, 70s style! Gather your friends, family/whānau or colleagues, and host your own Flares for 40 Years fundraising event.

Image: Stuff/Evening Post

What you'll find in this handbook:

This fundraising handbook provides you with everything you need to know for making your Flares for 40 Years event a success.

- About Mary Potter Hospice
- How to host your Flares for 40 Years fundraising event
- Fundraising ideas
- Recipes
- Share your event with us

How to host a Flares for 40 Years fundraising event

1. **Register your event with us.** Sign up online: marypotter.org.nz/40years/flares or email us at events@marypotter.org.nz and we'll send you more information.

2. **What's your idea?** Decide what type of event you want to host (a pot luck dinner, a retro bake off, a movie night) and set up a date and venue.

3. **Promote your event.** Ask your friends, family/whānau or colleagues to join in. Spread the word on social media, or use our posters to help promote your event. We can provide you with balloons, stickers, and collection buckets. Our Hospice Shops have some very cool retro wares if you need any inspiration. Please visit marypotter.org.nz/contact-us to find out more about our Hospice Shops.

4. **The big day.** Set a fundraising goal and let your guests know how much you would like to achieve and if they can help you match it. Have fun and get retro!

5. **After the day.** Once you have collected in all your funds, please donate the money within two weeks of your event so we can start putting the money to good use at the Hospice. There are a number of ways to do this:

   - **Come say kia ora!** You could drop by and hand us the money that you collected. We're located at 48 Mein Street, Newtown, Wellington 6242. If you let us know you are coming we can come and say hi.

   - **Bank transfer.** Our account details:
     The Mary Potter Hospice Foundation: 01-0537-0020909-005
     Mary Potter Hospice is registered with major banks as a pre-loaded Bill Payee. Use your bank's search function to find 'Mary Potter Hospice' or 'The Mary Potter Hospice Foundation'.

   - **Donate online.** To pay in your fundraising online, please visit www.marypotter.org.nz/support-us/donations/.
     In the donation message box please reference 'Flares for 40 Years'.

6. **Don't forget to share your photos of your event with us.**
   You can find details about our social media platforms further in this handbook.

Fundraising event ideas

At home

Retro movie night: Host a retro movie night at home with your friends and family. Revisit some 70s blockbusters, bring snacks and get the weekend going.

Retro costume party: Host a retro costume party and invite your friends over. Have a prize for the best dressed.

70s potluck: Reminisce with retro dishes and have a get together with your family and friends.

Karaoke night: Invite over your friends and family and get rock and rolling on some of the best chart hits from the retro era.

At school

Mufti day: Host a non-uniform day and ask students to dress retro.

Retro shared morning tea: Make a retro treat and ask your classmates to bring a gold coin donation to try it.

At work

Flares on Friday: Flaunt a pair of flares or retro-themed casual Friday to work and compete with your co-workers and see who wore it better. Have a prize for the best dressed.

Retro Hairdos and ties: Wear your favourite 70s hairdo or tie to work and compete with 'who wore it better'. Have a prize for the best hairdo.

70s potluck lunch: Ask your colleagues to bring to work their favourite dishes from the 70s and have a great retro pot luck.

The retro cake bake-off: Make a retro Kiwi favourite - ask the star bakers in your office to bake a retro dish and bring a gold coin donation to try the dishes.

Recipes ideas

Can you get more retro than Sir Bill English's spaghetti pizza and Jo Seagar's hedgehog?

Watch our Hospice supporters make their favourite retro dish here: **www.marypotter.org.nz/40years/flares**

Jo Seagar's Pineapple & Cheese Hedgehog.

Sir Bill English's Spaghetti & Pineapple Pizza.

Share your event with us

We want to see your baking, your outfits, recipes, or stories behind the recipes!

Put up a post of the poster on your social media and tag your friends, family and colleagues asking them to join you. We would love to see photos and videos of how you and your friends celebrated Flares for 40 Years. Tag us and we will repost your photos on our social media channels.

#FlaresFor40Years
Facebook - @MaryPotterHospice
Twitter - @MaryPotterNZ
Instagram - @MaryPotterHospiceNZ

Thank you!

Thank you for your support in taking the time to host a Flares of 40 Years event! It's thanks to incredible supporters like you that help us keep hospice free.

For more information about Flares for 40 Years please visit our website at www.marypotter.org.nz/40years/flares or email us at
events@marypotter.org.nz

Thanks for your support!