



*With You
Committed to Caring*

Shining a light on our stars

Mary Potter Hospice relies on the help of volunteers to provide its high-quality service.

People from all walks of life give up their time to give something back. At Mary Potter Hospice we rely on a large team of about 550 volunteers to help with driving, meal service, retail, day unit activities, companions, biography writing and much, much more.

These people are Hospice stars, and in this newsletter we wanted to shine a light on some of them.

Like Chris Lawrence, who volunteers once a month to make sure the reception desk is staffed at the inpatient Unit in Newtown.

"I don't give as many hours as others, but I really enjoy volunteering when I do."

Chris's father was in the care of the Hospice in 2015. After he passed away, Chris decided to sit down and create some goals.

"One of the things I wanted to do was volunteer. The Hospice seemed like a great fit. They had treated Dad so well."

Chris applied for a volunteer position and was accepted. Along with helping on the reception desk, he sometimes also helps with the delivery of meals.

Volunteering in the Inpatient Unit was particularly special.

"Everyone enjoys having a laugh and keeping things light. It is a very energetic place."

"Everyone works so hard. The nurses are always on their feet and doing whatever they can to help their patients. It is very inspiring to see."

Volunteering at the Hospice is something Chris highly recommends.

"It is a humbling experience spending time in the Inpatient Unit. It gives you an appreciation of what Hospice care does. It also gives you an appreciation of what is important in life."

Kia ora koutou,



The appearance of Matariki, the cluster of stars also known as Pleiades, heralds a time of remembrance, joy and peace – a time for communities to come together and celebrate.

Here at the Hospice, stars have a special meaning. The star in our logo represents the patient at the very centre of our compassionate care. Our new Porirua Hospice hub, Te Whare Rānui, has meeting rooms named after stars in the constellation with the main room called 'Te Hau o Matariki'. And our new apartments are named

Te Ara O Puanga, meaning the rising of Puanga, the star that precedes Matariki.

In this issue of *With You* we are shining a light on some of our Hospice stars – our volunteers who freely give their time so the Hospice can continue to meet the many needs of our communities.

Our volunteers join our donors as special Mary Potter Hospice supporters, without whom we cannot continue. Thank you to all of our stars for everything you do for the Hospice.

Brent Alderton, Chief Executive

Culinary stars at Kāpiti

Annette Kemp believes food tastes better when it's made with love. One of the volunteer cooks at Mary Potter Hospice's Kāpiti Day Unit, Annette brings a smile to many patients' faces with her culinary skills.

"It is a humbling experience to be able to share and give something to other people who are going through such a difficult time," she says.

The cooks also make the most of special occasions, like the Christmas celebration last year, where this photo was taken.

The team of volunteer cooks always try to "inspire and impress", Annette says. The volunteers all share recipes and try to create masterclass meals for the patients who visit the Day Unit.



Chris Breese, Claire Fleming, Estelle Pretorius, and Annette Kemp

Getting to know the patients was the highlight, Annette says.

She and the other cooks often sit down and eat with the patients. Being able to chat about life – and often food – brings a lot of joy, she says.

"We all have a good laugh together – it is amazing."

A book lover's delight

Donna Patrick is never far away from a book.

A regular and long serving volunteer at the Mary Potter Hospice shop in Thorndon, Donna has been helping look after the donated books since 2014.

"I was given responsibility for sorting, pricing and maintaining the book stock, which was marvellous. I have a fascination with books, which traverses all genres and eras, but I soon learned how little I really knew."

Pricing books is a complex task, Donna says. She often weighs up how available the book is, the condition of the book and how popular it might be.

"We have no control over the stock. We cannot order

as other retail shops do. To price, with some accuracy, one needs vast knowledge.

"We may not have this individually, but collectively, as a team, we do. Access to the internet also helps."

The team at the shop have become like a family to Donna. Each person has particular skills they bring which help make the team hum, she says.

"The Hospice is a great place to volunteer. You are giving back to an organisation which has given so much, to so many."



A star companion

Each week, Annie helps Joslyn plan her great escape. There isn't any tunnel digging - it's more cafes, coffees and museums.



Joslyn is a patient with Mary Potter Hospice, and Annie is her volunteer companion. The pair spend time together once a week doing things that Joslyn finds fulfilling - usually it involves getting out of the residential care facility Jos lives in.

"Sometimes it is a walk around Newtown - other times we go a bit further afield," Annie says.

Annie became involved in the volunteer companion programme at Mary Potter Hospice after a friend recommended it.

She now gives a few hours, one day a week, to spend time with Jos.

Joslyn signed up to have a companion after a Hospice nurse recommended the programme.

"The Mary Potter nurse suggested I may like a companion to walk with me when I go into town in my wheelchair. I agreed because I like company."

Annie and Joslyn were connected and quickly formed a good bond.

"Our time together is something I look forward to," Joslyn says.

Annie says working as a companion is particularly rewarding.

"If people are looking for somewhere to volunteer it is a great thing - there are no committee meetings, no fundraising - you are just there to make someone's day a bit better."

A privilege to volunteer

"Everybody has gone through some tough stuff, if you scratch the surface of anyone's life," Moira McCullough reckons.

Moira's journey with Mary Potter Hospice began in 2000 when her father-in-law became ill.

Sadly, a few years later, her husband Nick was diagnosed with a brain tumour.

"Nick chose to die in the Inpatient Unit. He was there for about four days. We got such amazing care during that time."

It wasn't long after Nick passed away that Moira had the idea to give something back to the Hospice. However, she knew she needed some time before she could volunteer.

"Like many other volunteers, I have a personal connection to the Hospice and really wanted to give back to an organisation which has given so much."

Moira began helping with the drinks trolley and dinner service regularly.



"I have learnt some of the best jokes in the Hospice and have had some of the best laughs."

"It is such a privilege to give time here."

"Whenever I leave here, I am reminded to hug my loved ones a little bit tighter."

Anyone who is thinking about volunteering time should talk to the Hospice, Moira says.

We need more stars!

If you're interested in volunteering we've got lots of great roles.

Please go to marypotter.org.nz/about-us/vacancies to apply, or email volunteer@marypotter.org.nz for more information.

Manaakitanga - to extend aroha

It was a joyful occasion when tamariki from Awatea Kindergarten visited Te Whare Rānui, the Hospice's new community hub in Rānui Heights, Porirua.

The children wanted to share manaakitanga by welcoming the Hospice to their neighbourhood. Four-year-old Nikau wanted to do something extra.

The tamariki had been learning about kawakawa and the tikanga behind it. Kawakawa is a rongoā, a natural traditional remedy.

They learnt the karakia to be said when kawakawa is cultivated and which is the best kawakawa to pick.

Nikau mixed the kawakawa with olive oil, stirred it and let it infuse for a couple of weeks.

The teachers then made a healing balm with the infusion and packaged it beautifully and sold it.

Nikau, his kindy class, parents and his baby sister were all at the small celebration at Te Whare Rānui.

The Hospice staff loved the opportunity to exhibit the Hospice's value of manaakitanga, and welcomed the tamariki, sang a waiata and gave a small koha in appreciation.

Thank you to Nikau and his whānau, teacher Jo and the rest of the children at Awatea Kindergarten for showing your aroha toward Mary Potter Hospice and welcoming us to the neighbourhood.



Whakatauki
Tahi tātou kia tipu... together we learn and grow...
This whakatauki was the driving force to support the hospice.

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