



*With You*  
*Committed to Caring*

## We want them to know they are not alone

**A new programme at Mary Potter Hospice is supporting children to cope with grief and the loss of a family member.**

A team of experienced Hospice staff have collaborated to form the Children's Support Team.

The doctor involved is Amanda, a paediatric palliative care physician.

"I have two children – aged 7 and 5 – and I know if I was sick I would want people to support my children," she said. "It's so important that we work with parents to help them to talk to their children about death and dying, if one of them is unwell. It's likely one of the most painful things the parents have to do, and we want them to know that they are not alone."

Part of the work of the Children's Support Team is to set up a resource library in each of Mary Potter Hospice's three bases with books and other resources to help children and young people.

Thanks to a grant from the Arthur Young Memorial Fund, this is now being set up.

"The books and resources we've chosen are suitable for children of different ages and cultures. We're also keen to set up a child-friendly environment where children and young adults can come in and feel at home."

Working with young people experiencing grief and loss is only a part of what Amanda does. She also works with children, adolescents, and adults who are patients of Mary Potter Hospice.

"When I was at medical school I knew I wanted to work in paediatrics. I did a six-week elective with the paediatric palliative care team at Starship Children's Hospital and I loved it and knew I wanted to specialise in this precious part of paediatrics. The work is incredibly rewarding, it's a privilege to be let into the lives of these amazing young people and their parents at such a difficult time" says Amanda.

## Kia ora koutou,



Most of us are happy to close the door on 2021, but here at Mary Potter Hospice it has been a year with many highs, as well as challenges.

Thanks to your support we have been able to respond to the

increasing demand for our services, particularly by broadening our community-based care. In fact, all parts of the Hospice have grown, with now more than 170 staff, mainly part-time.

We held a very successful gala event with Dr Ashley Bloomfield as our guest speaker. With the support of a number of donors we have completed the construction and opened our apartments, Te Ara o Puanga. These will now start providing much-needed rental income to help fund our services.

The lows have largely been outside our control, with the Covid-19 pandemic causing a great deal of stress and grief not just to our staff,

but to our many patients and their whānau during the year.

Most importantly, we have managed to retain the highest level of quality and compassion in our work, and for this I thank all our staff and volunteers for their commitment and hard work.

I thank you too, one of our many supporters. We exist for the community, and it is the community's support that makes everything we do possible. I wish you and your whānau the happiest of times as we close the door on 2021, and look forward to a bright 2022.

**Brent Alderton, Chief Executive**

## Christmas wish list items 2021

**Can you please help us this Christmas? There are some important items that we need and we'd be grateful for your help.**

### **Portable blood pressure machines**

\$345 each - we need 2

### **Camera and accessories**

so that we can help patients to record memories and tell stories \$1506

### **4 blood glucose machines**

- total \$70

### **4 clinical trolleys** - \$643 each

**Roho cushions** - like sitting on air for patients with skin or soft tissue issues, 10 required at \$279 each

**Comforting furniture** for the counselling room - \$1,010

### **10 x Nebuliser units**

to help patients manage their breathing - \$145.95 each, total \$1,459.50

**If you can help, thank you!**  
**Please contact Phillip Harris,**  
**phillip.harris@marypotter.org.nz**  
**or phone 021 210 7276**



The beautiful knitting by staff at Mary Potter Hospice.

## A Teddy Bears' Picnic with Aroha

Occupational therapy is an important part of what we do at Mary Potter Hospice. To celebrate National Occupational Therapy Week in October, hospices around New Zealand participated in a yarn bombing challenge.

"To reflect the kaupapa of Mary Potter Hospice, our yarn bomb challenge was carefully created to be mindful of our use of resources, and result in something of meaning and value that can be used in our care with our patients and their whānau," says Occupational Therapist Linda.

People throughout the hospice service took up the challenge to create a joyful teddy bears picnic to express the caring that is central to all we do at the hospice, as well as the sharing of hospitality, love and connection.

"As part of this project, we also knitted hearts. As a special way to connect patients and their loved ones when they are apart – they can be invited to choose a heart for each other - holding it their hands for a few minutes, infusing the heart with their warmth and love before giving it."



Meet two members of our health equity team: Ropata Cameron and Fuailalagi Samoa Saleupolu Heger.

## Providing the very best care to everyone

We're delighted to be the first Hospice in New Zealand to have a health equity team.

This specialist team is working with staff to build important cultural skills, and with patients to ensure that we are able to provide the very best care in a way that is comfortable and familiar to them.

Only 8% of our staff identify as Māori, against 16% in the general population. We are working to build the cultural skills of all our staff, as well as the number of Māori staff. To help with this we are sponsoring a student nursing scholarship to attract Māori nurses to the Hospice.

## Mary Potter Hospice goes dementia friendly

Mary Potter Hospice has become the first hospice in New Zealand to be formally recognised by Alzheimers NZ as Working to be Dementia Friendly.

Hospice chief executive Brent Alderton says it's critical staff can offer the best support to people living with dementia, whether they are patients, whānau or visiting the Hospice.

The award recognises that the Hospice has met seven Dementia Friendly standards. More importantly it demonstrates that that Mary Potter Hospice is a safe, friendly, accepting and supportive place for people living with dementia - patients, families and our whole Hospice team.

Brent Alderton says 40 of the organisation's staff have also become Dementia Friends by completing a short, online learning programme for individuals who want to learn more about dementia and how to support people with the condition.



Catherine Hall and Kate McIntyre from Alzheimers New Zealand (left) visited Mary Potter Hospice to present the "Working to be Dementia Friendly" Award. Donna Gray, Clinical Director (centre), and Tanya Loveard Education Facilitator and Dementia Resource Role were pleased to receive the award outside the building due to Covid restrictions.

## Service activity 2020/21

Source: Mary Potter Hospice Palcare database

Average number of patients at any one time  
Up 14% to 302



Patients supported to die at home in their preferred place of care

Pacific patients **59%**  
Māori patients **46%**

Meeting the need for patients to die at home supported by extended community services

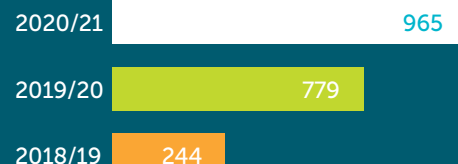


\*Of all patients

**8566** visits to people in their own home

\*Includes District Nursing

Hospice at home visits (including weekends and after hours)



Workforce shortages and recruitment challenges  
Actual community nurse FTEs down 10%



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donations@marypotter.org.nz

Wellington: 48–52 Mein St, Newtown  
North Wellington: 10 Awatea St, Porirua  
Kāpiti: 36 Warrimoo St, Paraparaumu

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# Kāpiti sunsets – a beautiful community effort

Last year, Barney Shiels-Reddin of Reddin's Bar & Kitchen, Raumati Beach and local photographer Murray Short teamed up and raised over \$10,400 for Mary Potter Hospice with their 2021 Kāpiti Sunsets Calendar.

This year Barney and Murray want to top this with their 2022 Calendar.

To encourage even greater community involvement this year, Barney and Murray ran an online competition with local photographers. Sixty photographers submitted 376 Kāpiti sunset photos and, in an online public vote where nearly 2,400 votes were cast, 12 local photographers were selected.

You can buy your calendar from Reddin's, Raumati Dental Centre, Your Travel, The Paraparaumu Beach Saturday Market, the Mary Potter Hospice Shop, New Worlds at Kāpiti Road, Otaki and Waikanae, Artel Gallery (Otaki) and Gorgeous Things (Raumati Beach).

Barney, Murray and the Hospice, would like to thank the charity pub quizzers who regularly dig deep while enjoying their Tuesday night out at Reddin's, along with all of the other supporters.



Kāpiti photographers: Melissa Nixon, Jacqui Carr, Kim Hunter, Margaret Low, Joanne Dacombe, Tokerau Jim, Vickie Chandler and Murray Short.

## A Cause for Celebration

A fabulous celebration in August saw over \$104,000 raised for the Hospice. Guest speaker Dr Ashley Bloomfield and MC Officer O'Leary were the features of the evening.

A very successful online and live auction helped to raise the funds. The total included \$12,000 to kickstart our roof appeal, to replace the leaking roof at the inpatient unit in Newtown.

Mary Potter Hospice would like to thank the many local businesses who contributed food, services, auction items, entertainment and much more.



## Thank you to our generous supporters

**BNI Wellington, Porirua & Kāpiti Chapters**

**Jack Jeffs Charitable Trust**

**James R Gaynor Charitable Trust**

**Mary Potter Hospice Forever Foundation**

**Maurice Capstick Medical Trust Fund**

**NZ Lottery Grants Board**

**Wellington Community Trust**

**Trusts and businesses**

July to November 2021

\$10,000+

## Keeping in touch with you through our newsletter



Thank you for your wonderful support of Mary Potter Hospice!

Name

Address

Email

Phone

### Please send me information about:

- making regular gifts to the Hospice through my bank account or credit card
- leaving a gift to the Hospice in my Will

Please accept my gift of \$

**Bank Transfer**  
The Mary Potter Hospice Foundation  
**01-0537-0020909-005**

Please debit my credit card

Expiry Date  /  Signature

Donate online at [www.marypotter.org.nz](http://www.marypotter.org.nz)

Please complete this coupon and enclose with your donation – Thank You!  
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