



## Keeping the service free to Wellingtonians

Established in 1979, Mary Potter Hospice is a charitable trust. Throughout that time our values have remained firm – respect, compassion, dignity, hospitality and stewardship.

Mary Potter Hospice receives around half of its funding from the government and we need to fundraise around \$7 million each year. Demand is growing every year and you can help us keep our services free by making a donation or signing up for an regular automatic payment today. Thank you for your support.

Mary Potter Hospice provides quality specialist palliative care across Wellington, Porirua and Kāpiti.

We care for you and your family or whānau when your illness is incurable and getting worse. Faced with a limited time to live, you may experience significant and challenging changes. We seek to be alongside you, supporting and assisting your quality of life and your dying, as well as the bereavement of your family and whānau.

Taking a whole person approach, we provide and promote high quality specialist palliative care, grief support, education and care planning services. Working alongside our health partners, we aim to make a difference in the communities we serve.

All our services are provided free-of-charge.



Our logo is a spinning circle. It symbolises the circle of life. The patient is the star in the centre of our care.

For further information, or to make a donation, please see our website:

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

### Wellington:

48–52 Mein Street, Newtown  
PO Box 7442, Wellington 6242  
P 04 801 0006 | F 04 389 5035  
E [mph@marypotter.org.nz](mailto:mph@marypotter.org.nz)

### North Wellington/Porirua:

10 Awatea Street, Ranui Heights, Porirua  
PO Box 50089, Porirua 5240  
P 04 237 7563 | F 04 237 0864  
E [porirua@marypotter.org.nz](mailto:porirua@marypotter.org.nz)

### Kāpiti Coast:

36 Warrimoo Street,  
PO Box 460, Paraparaumu 5254  
P 04 296 1283 | F 04 298 3970  
E [kapiti@marypotter.org.nz](mailto:kapiti@marypotter.org.nz)



## Our Services

## Our services

### With You in the community

We know that most people would like to be supported to stay in their home for as long as possible when they have a life limiting illness. We have a multi-disciplinary community team that will support you to do this as part of our Community Service programme. The level of support we offer will meet your specific needs.



Our community team will work alongside your GP, hospital specialists and other health professionals to help manage your symptoms and provide support to you and your family and

whānau. Our goal is for you to enjoy the best possible quality of life. We also coordinate the different services that may help your physical, emotional, social and spiritual wellbeing. Our team includes palliative care co-ordinators (nurses), social workers, occupational therapists, counsellors, cultural liaison, doctors, administrators and volunteers.

Some people access our service for focussed care, for short periods of time to meet a specific need. Once the need is met, care will be transferred back to the Primary Health Care provider or other specialist services already involved in your care. Other people are supported by telephone assessment and support.

If you are living in an aged residential care facility, our nurses and social workers will support your care in partnership with the facility staff and health professionals.

We have a 24-hour telephone advisory service to access support and advice from a registered nurse.



### With You in the Inpatient Unit

Our Inpatient Unit (IPU) in Newtown supports community care with short-term acute admissions for symptom and pain relief, respite care and end-of-life care.

Not everyone will need a visit to IPU but in some cases you may be referred for a short stay for complex symptom management.

Our IPU team will work closely with you, your family or whānau and your community team to meet your needs. The team includes nurses, doctors, social workers, occupational therapists, counsellors, physiotherapists, spiritual carers, massage, arts and music therapists, hospitality, administrators and volunteers.

Your length of stay in the IPU will be determined by your needs, but most stays are 7 – 10 days. For a stay at the IPU you should bring day and night wear, toiletries, special blanket / pillow and your medication.

### Day Services with you

Our Day Service programme is run from our three community bases in Paraparaumu, Porirua and Newtown, and includes:

- Outpatient clinics
- Creative, reflective and social activities
- Companion and community based volunteers
- Support, bereavement and education programmes for carers.

Our team will work with you and your family and whānau to identify the services that best meet your needs.

### Cultural Liaison with you

In order to make our services respectful and complete we remain committed to recognising and understanding cultural differences and practices. Our staff are from many backgrounds and ethnicities.

Mary Potter Hospice has Māori whānau support and Pasifika Liaison staff to ensure we respond to your needs in the most appropriate way.

### With your family and whānau

We run a bereavement programme for family and whānau to help them through difficult times. Our social workers, counsellors and spiritual carers are there for your family and whānau when they need us.



**Yes, I would like to make a gift to Mary Potter Hospice to help keep services free.**

Name:	
Address:	
Email:	
Phone:	
Please accept my donation of \$:	
<input type="checkbox"/> Cheque	
<input type="checkbox"/> Credit Card: Visa/Mastercard/Amex/Diners	
Expiry Date:	
Signature:	

### Internet banking

The Mary Potter Hospice Foundation - account number 01-0537-0020909-005. Please write your phone number in the reference section.

Donations of NZ\$5.00 or more are tax deductible. Mary Potter Hospice is a registered charity CC30221.

### Further ways you can help (please tick)

- I would like to make an automatic monthly donation to Mary Potter Hospice. Please send me the details.
- I would like to make a bequest in my Will to Mary Potter Hospice. Please send me the details.

Or you can donate online: [www.marypotter.org.nz](http://www.marypotter.org.nz) or call **0800 marypotter** (0800 627 976) for more information.

### Thank you for your gift.

Please detach this form and post to: Mary Potter Hospice  
Freepost 3053  
PO Box 7442  
Newtown  
Wellington 6242