



*There's a little bit of
extraordinary
in all of us*

Phil has been a labourer all his life. His extremely long dreadlock has taken about 40 years to grow.

An extraordinary life of labour

Piripi (Phil) Wharehinga has spent his working life building New Zealand's vital infrastructure.

"I'd still be working today if it wasn't for this," he says, tapping his chest. But now Phil has to be careful because of his breathlessness and falls.

Phil is a Hospice patient, living in Tawa and supported by the Porirua community team and the health equity team. He also attends the Porirua Day Unit weekly sessions.

"My whānau is from the East Coast. I grew up in a place called Anaura Bay. Between Tolaga Bay and Tokomaru Bay you take a turnoff and go right to the beach." Phil is now the oldest of his family of 25 brothers and sisters.

He began work as part of a Māori Affairs work programme.

"I got sent down to Christchurch and I was doing carpentry and brick laying. Then I came back here because a lot of us did (training) courses. I went on to work for NZ Electricity."

What followed was a life of physical labour, working on projects like building the towers from Haywards Hill to Wilton Substation.

His work crew laid the electricity lines from Picton to Otorohanga Bay. He also worked on major electricity projects around Twizel and Benmore.

It was physical work and always outside. "In Mossburn and Twizel we worked in a lot of snow. We didn't worry about it, you just keep working."

The Hospice's Māori Liaison, Ropata Cameron, keeps in regular contact with Phil. He took him to see his old work mates in Lower Hutt and they travelled together on Transmission Gully.

"It's awesome," says Phil.

Kia ora koutou,



You'll be receiving this newsletter as I complete my first 100 days as chief executive of Mary Potter.

It's been a time of listening and learning for me, and I'm starting to put plans in place for what we need to focus on over the next few years.

Three things stand out.

First, the depth and breadth of our connection with the greater Wellington community. I've met so many people who care about what we do because the Hospice has supported them and their whānau. I've met so many people who give to Mary Potter Hospice with such generosity. All you offer as volunteers, donors and advocates is vital. We simply could not run without you.

Second, the profound privilege of helping people at the end of their lives, of helping people die peacefully and also to live well until they die, inspires great people to join us. Our volunteers, nurses, doctors and other clinical staff, the people who work in our shops, or who work behind the scenes. They all go above and beyond to do

their very best for the Hospice and the people we care for.

My third learning is that our work touches both the everyday and the extraordinary. Everyone we care for has a unique and extraordinary life story. People like Phil who spent his working life building vital infrastructure for New Zealand, like Michelle who has been a musician, a teacher and an artist, and like the late Ian Crabtree who built up a fund in his lifetime that continues to financially support many of the projects that we do.

So many extraordinary lives. I'd like to thank you for being extraordinary too, by supporting our work. Thank you.

Tony Paine, Chief Executive

An extraordinary volunteer

For Jayme, volunteering at Mary Potter Hospice is a 'regrounding' experience.

"I was looking for a volunteering opportunity that was holistic and satisfying, so I asked around and found a colleague of mine had volunteered for the Hospice. I had a chat with her and decided to sign up."

Since then, Jayme hasn't looked back. She volunteers fortnightly for the dinner service, and loves her role. "I do it with an amazing lady called Rosemary, who has been volunteering for more than 20 years. She is the first reason I love showing up – she's like an angel from heaven!"

I also really just enjoy giving something back. It's great to meet the patients, and from time to time have good little chats with them and their family members."

Jayme also enjoys the extra touches you can add into the shift to make patients' days that little bit better. "You can provide a laugh, some extra ice cream, put flowers on the dinner trays, or pour them a glass of whisky or two."

Of course, there can be challenges too. "Patients vary depending on how well or sick they are, so you have to be prepared for that; and occasionally you can be mistaken for a nurse, so you need to stay professional and find one of the lovely staff who are always around to help."



Jayme (right) and Rosemary on the Thursday night dinner shift.

Overall, Jayme would recommend volunteering at the Hospice to everyone. "It is just a really nice place to be, it 'regrounds' you and it's a way to give back to the community in a nurturing way."

Thank you to Jayme, Rosemary and our amazing volunteers who work with our patients, families and whānau, keep our shops operating and support our staff behind the scenes. Your time, skills, experience, fundraising and passion supports Mary Potter Hospice to offer our valuable services free of charge.

If you are interested in volunteering for Mary Potter Hospice, we'd love to hear from you. View our current volunteer vacancies online, or email volunteer@marypotter.org.nz.

Life's an extraordinary lesson

'Life's a lesson', is Michelle's guiding star and one that she's taken to heart.

Born and raised in Titahi Bay, Michelle is a patient of Mary Potter Hospice. "Life's a Lesson" is the title of her biography, written with a Hospice biographer.

"Someone said something to me once, 'don't let life eat you up'. It's the hand you're dealt, and you deal with it the best way you can. You have to learn the lessons," reflects Michelle.

Michelle is Irish/Scottish and her children's Dad was Māori. Michelle is doing a painting for her 22-year-old granddaughter with Rarotongan, Māori and Celtic/Irish symbolism.

She has four children, 11 grandchildren and eight great grandchildren, The youngest is two, and goes out with Michelle on her mobility scooter.

Her life has been rich, including an art diploma, making a record, creating jewellery, working with children with autism, and having an exhibition at Pātaka.

There have been tough times too, but all-in-all Michelle says it hasn't been a bad life.

Michelle loves attending the weekly Day Unit at

Te Whare Rānui, the Hospice's Porirua community base.

"I like the social side and the craft. I've helped organise birthday celebrations for other patients. One person turned 90. That blows me away that you can get to that age."

Michelle now lives in a comfortable unit in Titahi Bay which a Hospice social worker secured for her, and gets visits from Hospice nurses, Māori Liaison and therapists.

"I like being involved. If I sit here too long you feel sorry for yourself. But if I'm doing things for others I'm not looking at me, I'm looking at them."



Camellia Heritage Club supporter comes to town

Mike Winsborough is one of the extraordinary supporters who has left a gift to Mary Potter Hospice in his Will.

Last month he came visiting to find out a bit more about the Hospice, one of his favourite charities. He also ran the Wellington Half Marathon in the very respectable time of just over two hours.

The Camellia Heritage Club is a group of very special people. If you are leaving a gift in your Will to Mary Potter Hospice, or would like information on how to do it, please contact Ruchika Jayatilaka on bequests@marypotter.org.nz



Extraordinary supporter Mike, with Bequest Fundraiser Ruchika Jayatilaka (left) and Chief Executive Tony Paine (right).

There's a bit of extraordinary in all our people

Our Hospice people do extraordinary work and the Hospice does its best to look after them.

We were delighted to receive a Vitae Workplace Wellbeing Commendation to recognise our new staff wellbeing programme. Most parts of the programme also apply to our 500 volunteers.

The nature of the work that we do means that our people have to bring their best selves to work every day.

Pictured are some of our staff who attended the award ceremony. Holding the award is Hospice Director of People and Culture Christine Hanks, and to her left are Vitae Chief Executive Glenda Schnell and Frances Robinson, Corporate Services Manager.



Keeping a roof over our heads

Our sincere thanks to the Ian Crabtree Charitable Trust for their extraordinary contribution to replacing our Inpatient Unit roof.

"The Ian Crabtree Charitable Trust was set up with Mary Potter Hospice in mind," say the Trustees.

When the Hospice told the Trustees that the roof over the Inpatient Unit was leaking and needed to be replaced, they came to the rescue with the lion's share of the money needed to get the job done.

Ian Crabtree spent the last weeks of his life in the care of Mary Potter, and specified in his Will that the trust should focus on care of the terminally ill and helping financially disadvantaged secondary school students in the Wellington region.

The Ian Crabtree Charitable Trust and Mary Potter Hospice have been partners for 20 years. "Helping with the roofing project is a fitting way of continuing this partnership and honouring Ian's legacy," they say.

Thank you Ian Crabtree Charitable Trust for your extraordinary gift.



Whenever it rains, the buckets come out...
but not for long

Ready for a Strawsome time?

We had to cancel last year's Strawberry Festivals but we'll be back this year, more strawsome than ever!

Mark these dates in your diary:

- **Wednesday 16 November:** Midland Park Strawberry Festival, 9am to 4pm, Wellington
- **Saturday 19 November:** Kāpiti Strawberry Festival, 9.30am to 3pm, Kāpiti Primary School, Paraparaumu
- **Saturday 3 December:** Kāpiti Food Fair, 10am to 3pm, Mazengarb Reserve, Paraparaumu

Thank you to our generous supporters

Ian Crabtree Charitable Trust

BNI Wellington, Porirua & Kāpiti Chapters

Bowen Trust Board

Farmers and Farmers Stores Wellington Region (Kilbirnie, Lambton Quay, Paraparaumu and Porirua)

Grassroots Trust Central

Hutt Mana Charitable Trust

Kāpiti Sunsets Calendar (Murray Short and local Kāpiti businesses)

Kāpiti Underwater Club & generous local businesses

Mitsubishi Motors NZ

One Foundation

participating New World supermarkets of our 'Add a Dollar' campaign

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December 2021 to June 2022 \$10,000+

Keeping in touch with you through our newsletter

Thank you for your wonderful support of Mary Potter Hospice!

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