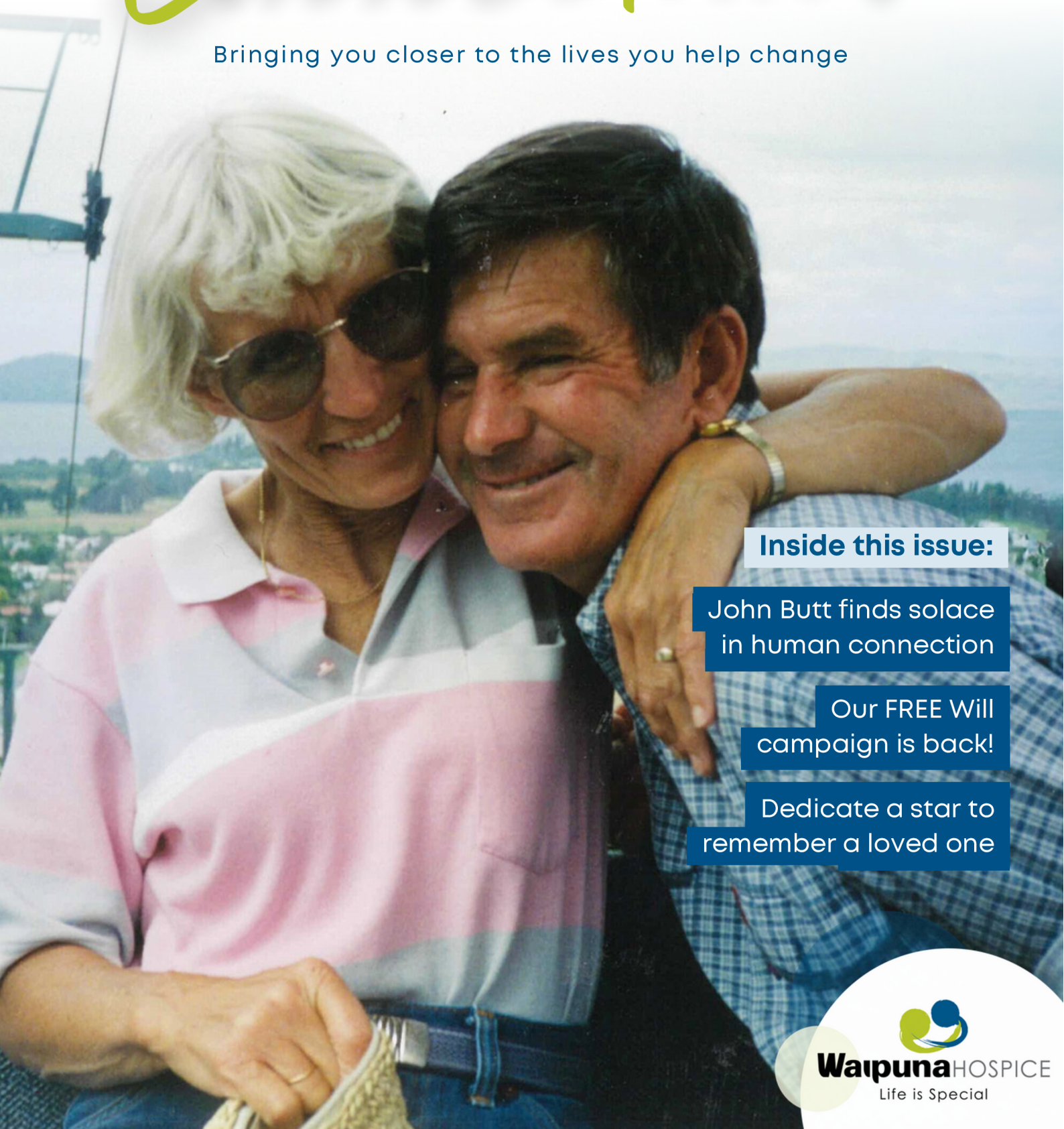


# WAIPUNA *Connections*

Bringing you closer to the lives you help change



## Inside this issue:

John Butt finds solace  
in human connection

Our FREE Will  
campaign is back!

Dedicate a star to  
remember a loved one

# MAKE EVERY MOMENT COUNT

A letter from Richard Thurlow

Hi all,

I write this just before I head off to the UK to visit my Mum and Dad and wider family. Why did I write this that way? “Mum and Dad and wider family”... well it's that part of living around the other side of the world that does come to bite you. They are getting older and sorry to say frailer (sorry Mum if you are reading this!). It will be great to see them but harder to leave them – each time my wife and I think “is this the last time we will see them?”

When we are with them, there is lots of joy and laughter and possibly a good bit of vino consumed! But the leaving is a real grief...its tough...emotional.

It's about making sure we prioritise our lives the right way around... **no one**



**goes to the grave saying “I wish I had spent more time at work”...it’s family and friends that are important.** Yes, work diligently, be a good human and help others, but make sure you spend as many moments with your loved ones as possible – **we know that life is short, so make every moment count!**

Waipuna Hospice is here for our community to carry some of the burden and care so that our patient's families can have a bit more time (hopefully with a lesser load) to be with their loved ones, continue to make memories, and reach the end in the best way possible.

**For this reason, this will be my final introduction to the Waipuna Hospice newsletter, and I want to extend my heartfelt gratitude to all our supporters. After 16 years at the helm of Waipuna Hospice, I am stepping down to focus on myself and my family. It has been an incredible journey, and I am deeply thankful for the unwavering support and dedication from our community.**

Ngā mihi,

Richard Thurlow

## THANK YOU TO OUR SUPPORTERS



TECT



perpetual guardian



### Did you notice our new look?

Waipuna Connections has been refreshed, featuring a new cover design, colour scheme, and fonts.

Let us know what you think by emailing [communications@waipunahospice.org.nz](mailto:communications@waipunahospice.org.nz).

## A MESSAGE FROM THE BOARD CHAIR

Due to the departure of Richard Thurlow, our Board Chair, Debbie Pattullo announced that Becky Gardiner, Director of HR and Quality, will step into the role of Interim CEO.

Becky has been with Waipuna Hospice for 10 years and brings much experience and dedication to the role. Her deep understanding of our organisation and her commitment to our mission makes her well-suited to lead us through this transition.

Becky Gardiner said, “I am humbled to be trusted to lead the organisation during this important transition period, and look forward to continuing to support the team.”

Debbie assures Waipuna Hospice remains committed to exceptional patient care and family support. “Our unwavering commitment to our mission



Becky Gardiner  
Interim CEO

continues to guide us, ensuring we offer the best possible care to those in need.”

Thanks to the generosity of our community, Waipuna Hospice continues to deliver excellent care and support. “Thank you to the community and our supporters again for supporting us. We are navigating through challenging times, but I am confident in our collective strength and resilience,” said Debbie.

If you would like to get in touch with Becky Gardiner you can email her at [BeckyG@waipunahospice.org.nz](mailto:BeckyG@waipunahospice.org.nz).



## Get a FREE Will this September and use the power of one to have even more impact!

By leaving a 1% gift to Waipuna Hospice in your Will, you can ensure that 99% goes towards taking care of your loved ones, while also creating a lasting legacy. The power of a 1% gift can make a big difference, and mean the world to those receiving hospice care and support.

Waipuna Hospice is offering you the chance to **create a basic Will or update an existing Will for FREE in September** thanks to participating local solicitors.



Scan here to get your FREE Will



To sign up for your free Will call 07 282 8568 or visit [www.waipunahospice.org.nz/wills-month-2024](http://www.waipunahospice.org.nz/wills-month-2024)



## FINDING SOLACE IN HUMAN CONNECTION

Loss and grief are a part of life, but that doesn't make them any easier to navigate. For John Butt, the passing of his beloved wife Dorothy left a gaping hole in his life. But as he adjusted to his new reality, he found comfort in an unexpected place: Waipuna Hospice's Bereavement Support Group.

**Waipuna Hospice's Bereavement Support Group offers a compassionate and supportive environment where those grieving the loss of a loved one can share their stories, connect with others who are also learning to cope with grief, and find comfort in a community that cares.** This group provides a safe space for people to navigate the journey of grief at their own pace. It's one of the ways we support those dealing with grief as they learn to live with their loss and find a way forward. John Butt, who lost his wife Dorothy after a 50-year love story, has experienced this first-hand.

"I come along every Wednesday to Waipuna Hospice and I get to be part of something again and talk to people," John explains. **"It's nice to know I am not alone in what I'm going through. I can talk about things like being with Dorothy when she took her last breath, and know they get it."**

John's story is a powerful example of the impact of our bereavement group.

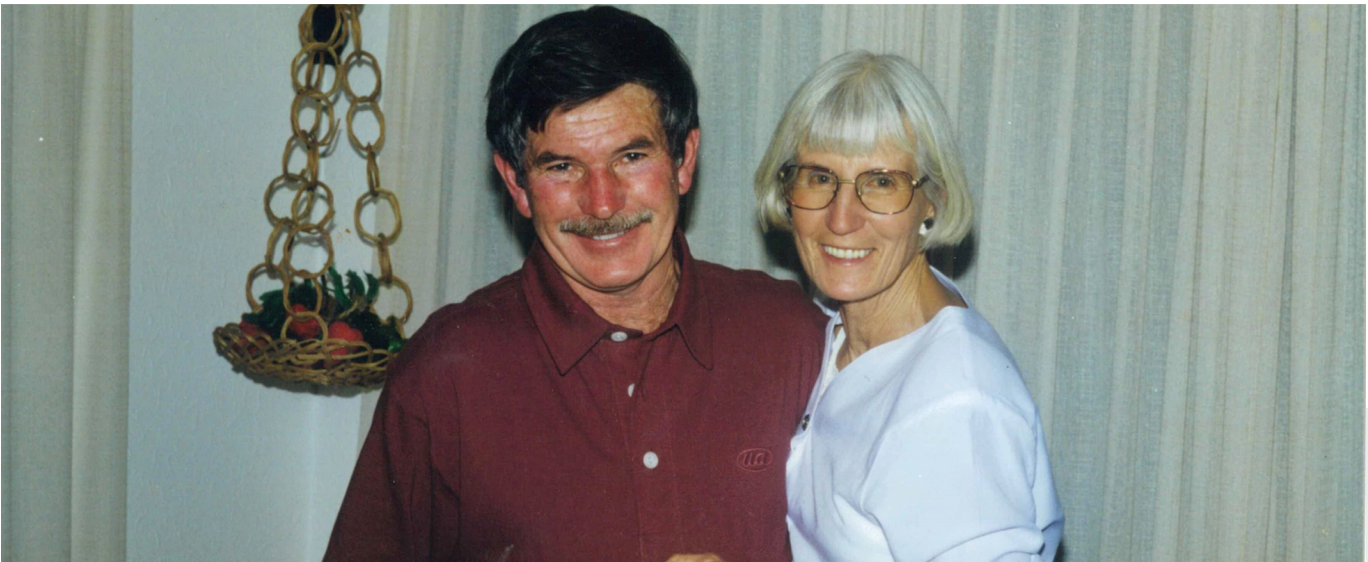
"Dorothy lived a very chequered life, with lots of bumps and challenges along the way," John reflected. "But she was an adventurous soul who enjoyed tramping, cycling, camping, harness driving with

horses, driving the school bus which she did for 33 years, and spending time with her children. We had seven of them between us. Together, we took on many adventures across New Zealand."

Five years ago, Dorothy had a stroke, and her health began declining. John became her primary caregiver, dedicating himself to her care and well-being. As her condition worsened, they faced new challenges together.

"She couldn't do a lot anymore, and I had to take on more responsibilities," John said. "I started cooking all the meals, and eventually, I had to feed her. We had a carer come in to help get her out of bed and bathe her. I stopped work to care for her full-time."





When Dorothy's illness progressed, she was admitted to the Hospital where they confirmed she had bladder cancer. She never went home again. Dorothy was discharged to Waipuna Hospice to get her symptoms under control.

**"By this point, it was very difficult to understand what she was saying when she spoke, but she seemed happy while in hospice care"** John reflects. "Our family could visit, and I was even able to stay the night with her on a fold-down bed."

Waipuna Hospice continued supporting Dorothy once she was transferred to Radius Matua, and John visited her as often as possible. He once counted his visits, saying it was approximately 70.

But when Dorothy took her last breath, John lost his best friend and faced a new sense of loneliness.

**"I really miss having someone to talk to and cuddle,"** John said, with emotion in his voice. "Dorothy was a very affectionate person, and I miss that. **You know, today is the first time I have spoken to someone since Sunday unless you count the checkout operator at the supermarket. That's almost four days of not talking to another person, which I struggle with.**"

Our bereavement group has been a lifeline for John, providing a space to share his

story and connect with others who understand his grief and loneliness.

"Losing Dorothy changed everything. All of a sudden there were holes that she would have filled. I had to learn how to use a computer and how to do the banking. Then at night when I sat down to have a meal, I was alone."

**"But I know that once a week I can come sit here with people going through a similar thing to me. I have people to talk to that understand what I am going through."**

Our Bereavement Support Group meets every Wednesday at 10:30am, providing a safe and supportive space for those navigating grief. This group is a vital part of our support services, empowering family members, friends, and carers of our patients to share their experiences and thoughts about grief and find a way forward. If you're interested in learning more or know someone who would benefit from joining our community of support, please get in touch with us on 07 552 4380 ext. 218 or email [bereavement@waipunahospice.org.nz](mailto:bereavement@waipunahospice.org.nz).

**We want to say a huge thank you to John for sharing his story with us.**

**If you would like to support people like John, who are dealing with the grief of losing a loved one, you can donate to Waipuna Hospice and help us continue running this service. Donation details are on the back of this newsletter.**



# Dedicate a Shining Star to your loved one and help us light the way for others.

Although no longer with us, our loved ones shine brightly in our hearts. Donate a Shining Star in their memory, and celebrate the light they left behind. By dedicating a star, you'll be helping us provide care and comfort to those facing one of life's toughest challenges.

Your donation will fuel our care, literally, and every dollar counts. This year we will spend \$50,000 on fuel, ensuring our team can reach those who need us. Dedicate your Shining Star today and together, we can ensure that everyone receives the care and comfort they deserve.



Dedicate your star at [www.shining-stars-2024.raisely.com](http://www.shining-stars-2024.raisely.com)

## HOSPICE AWARENESS WEEK

During May, Hospice Awareness Week was celebrated nationwide. The campaign shared stories of hospice patients and their families, aiming to raise awareness and support for this crucial service.

Two of the stories shared were from Waipuna Hospice patients and their families. In one of those stories, when asked about the impact of hospice care, Erin Goodhue, daughter of Waipuna Hospice patient Grahame explained, "What surprised me was that hospice wasn't just coming for Dad, they were coming to care for all of us."

We also ran a community collection in local supermarkets and malls, raising an amazing **\$20,301.81!**

Thank you to all who volunteered, donated, or supported Hospice Awareness Week in any way—a special thanks to Baden, Erin, and Grahame who shared their stories.



Erin & Grahame Goodhue



Some of our amazing volunteers!

# IN HONOUR OF MUM

In 2018, Odette Soutar's mother, Kay, passed away after a battle with cancer. Kay spent the last four months of her life receiving invaluable care from Waipuna Hospice.

Determined to honour the support her mother received, Odette decided to step out of her comfort zone and take part in a fight night, raising funds for Waipuna Hospice. Below is a letter she sent us, sharing her story.



To whom it may concern,

I wanted to take a moment to first say thank you to the team at Waipuna Hospice for all that you do in our community. It is coming up six years since the passing of my Mum and eight years for my Father-in-Law. Up until this point, I had never had the experience or a true understanding of what hospice did. You are all amazing.

Since losing my Mum, it has given me a new perspective on life, what it has to offer, and its frailty. I stepped out of my comfort zone in May this year and undertook a corporate boxing match - no prior boxing experience and turning 50 in a few months, it was a little nerve-wracking, to say the least. I dedicated the fight to my Mum with every minute of my six-minute fight symbolising every month my Mum fought.

Perhaps wisdom over youth prevailed that night with the judges' unanimous decision giving me the win! Not only was I proud of myself for going through the process of training and then competing but it was also a reminder of the amazing support I have around me from my friends and family. The event raised money for youth boxing but as my own personal fundraiser, I wanted to be able to give back to Hospice. We raised \$1,400 which I have today donated to Waipuna Hospice. This is to show my appreciation for the nurses and carers who visited Mum at home and Dad after her passing (I wish I could remember their names), they truly were angels on earth; the guys that delivered beds, commodes, and other equipment she needed over that time; and the nurses and reception staff who dealt with Mum when she spent a few days at hospice.

All I ask is for this letter to be shown to as many people as possible who are a part of Waipuna Hospice (or any other Hospice) so that they may know how important they are and the integral role they play in our community. Your dedicated and relentless work is so greatly appreciated and is never forgotten.

Forever grateful,

Odette

**We want to say a huge thank you to Odette for sharing her story and raising vital funds for Waipuna Hospice.**



## SONGS OF SUPPORT

We're thrilled to be a beneficiary of the upcoming Bay of Plenty Villages Music Festival, taking place on August 10th at Bethlehem Baptist Church. This heartwarming event brings together approximately 300 singers from retirement villages across the region.

Last year's inaugural event raised around \$4,000 for Waipuna Hospice and StarJam, and we're grateful for the continued support. The festival's organiser, Helena van der Merwe, shares that the concerts and preparation also help keep residents socially and physically active, spreading joy and positivity throughout the community.

This year's concert promises to be an unforgettable experience, featuring a diverse repertoire of songs that will appeal to all. Tickets are just \$15 and can be purchased by emailing [helena.vdm@invesure.co.nz](mailto:helena.vdm@invesure.co.nz).

We extend our sincere appreciation to the Bay of Plenty Villages Music Festival for their kindness and support.



## Dates for your Diary

*July*

### 26th July - 23rd August Shining Stars Appeal

Donate a star in memory of your loved one, while supporting future hospice patients - then join us on the 30th of August for a celebration event! Learn more on page five.

*August*

### 10th August BOP Villages Music Festival

### 25 - 27th August Tauranga Food Show

Keep an eye out for our collectors at this year's Food Show at Mercury Baypark.

*September*

### 1st - 30th September Wills Month

Don't miss out on your chance to get a Will drafted for FREE. Learn more on page two.

*October*

### 18th - 20th October Bay of Plenty Home Show

Keep an eye out for our collectors at the Bay of Plenty Home Show at Mercury Baypark.

*Nov - Dec*

### Remembrance Tree Appeal

Our Remembrance Tree Appeal will be back in 2024. Interested in being apart of this? We're on the lookout for site coordinators to help. Learn more on page 10.

## Feeling inspired to fundraise?

We would love to hear from you! How you fundraise is up to you - from skydives and quiz nights, to bake sales and raffles, the possibilities are endless. For more info, simply email [fundraising@waipunahospice.org.nz](mailto:fundraising@waipunahospice.org.nz).





## SHINING A LIGHT ON OUR VOLUNTEERS

A wrap up of National Volunteer Week 2024.

This National Volunteer Week, we celebrated our amazing volunteers who contributed 64,206 hours of their time collectively last year - that's how long it would take to walk around the Earth nearly 8 times! Our volunteers are the heart of our hospice, providing vital support in various roles. We honoured their dedication with a nautical-themed celebration party, thanks in part to East Realty's generous support. Thanks to all those who came along and joined in the nautical fun, and of course, to all our volunteers.



Here is Jack helping Polly, a patient of ours, as she comes to stay in our IPU for a while.

## THE WHEELS OF CARE

A volunteer spotlight with Jack Best.

**During Volunteer Week, we spoke with Jack Best, one of our incredible volunteer drivers. Jack goes above and beyond to ensure our patients get to their appointments safely and comfortably.**

When asked what he enjoys most about volunteering, Jack shared, "The joy of the people we meet. I get so much out of volunteering, and it's good for the endorphins. Plus, volunteers get to work for, and with, the most wonderful people – truly!"

Jack is a long-standing volunteer, and true to his name, he is a Jack of all trades, taking on many volunteer roles over the years. Currently, he dedicates his time to driving, always going the extra mile to support our patients.

Thank you, Jack, and all our volunteers, for your unwavering dedication and care.

Are you interested in volunteering? Visit [www.waipunahospice.org.nz/volunteer/](http://www.waipunahospice.org.nz/volunteer/)

# PASS IT ON FOR HOSPICE



## EVERY ITEM COUNTS. YOUR DONATION MATTERS.

**Waipuna Hospice needs your donations!** Please pass on your quality, preloved goods and help raise funds for hospice care. Drop your donations off at any Waipuna Hospice Charity Shop, our Depots, or book a **free collection by calling 07 281 1755.**

(leave us a message and we'll call you back)



## HOW YOUR DONATED GOODS ARE USED



KPMG Tauranga



KPMG Tauranga



Holland Beckett



Craigs Investment Partners



Gallagher Insurance



Swiped On



Swiped On



Baker Tilly Staples Rodway

We want to say THANK YOU to all the local businesses who took part in Shorts 4 Hospice 2024! You raised the hemline, raised funds, and raised awareness for Waipuna Hospice, and we are so grateful. We must also thank everyone who donated to their fundraising efforts - without the support of business and people in our community we couldn't do what we do - so thank you!



## BE PART OF SOMETHING SPECIAL

Join our Remembrance Tree Appeal as a Site Coordinator and help make a difference in your community!

Last year, our Remembrance Tree Appeal raised an incredible \$86,000! This year, we need your help. As a Site Coordinator, you'll play a vital role in helping us raise crucial funds for those facing end-of-life and bereavement, supporting them to live well at the end of life.

By joining our team, you'll not only be giving back to your community but you'll also meet new people, make friends, gain valuable skills and experience, and be part of a fun and dedicated team.

**Interested in learning more about this rewarding opportunity? Join us for an informal chat, a light bite to eat, and a hot drink at one of our upcoming information sessions:**

- 28th August, 2:00 pm - 3:00 pm
- 2nd September, 5:30 pm - 6:30 pm

RSVP to [fundraising@waipunahospice.org.nz](mailto:fundraising@waipunahospice.org.nz) or call 07 552 4380 ext. 211

**Let's work together to make this Christmas season one to remember!**



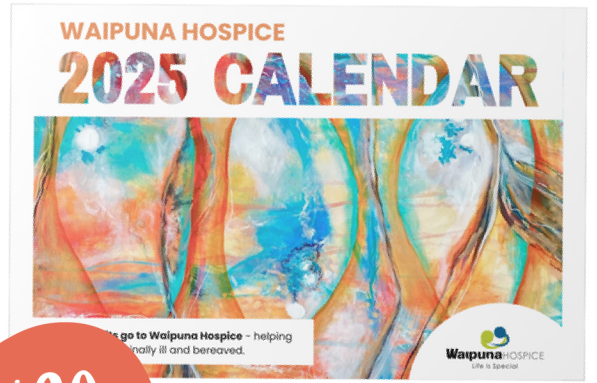
# Available for Preorder



**\$20 Each**



**\$30 Each**



**Waipuna Hospice 2025 Calendar**

Indulge in beautiful artwork by local artists and support Waipuna Hospice. This A4 calendar is perfect for writing down all of your important dates while bringing vibrance into your home.

**Preorder yours before September 27th and get FREE shipping!**

Call 07 552 4380 ext 211 or visit [waipunahospice.org.nz](http://waipunahospice.org.nz)

**Waipuna Hospice 2025 Diary**

Your all-in-one planner and inspiration guide! Featuring useful gardening tips, delicious recipes, and practical weekly diary pages in a sleek A5 design.

**Combo deal**

**Get both for \$45!**

Keep these easy to donate details handy!

**4 EASY WAYS TO DONATE**

1. Mail the coupon on the right to:  
Waipuna Hospice  
PO Box 16299  
Bethlehem  
Tauranga 3147
2. Internet Banking  
Please confirm by email to:

Waipuna Hospice account details:  
[supporter@waipunahospice.org.nz](mailto:supporter@waipunahospice.org.nz)

**Waipuna Hospice Inc**  
03 0435 0469107 02  
Ref: WCAUG24  
Please include your phone number.

3. Phone 07 552 4380 Ext. 211
4. Donate or shop online at:

[waipunahospice.org.nz](http://waipunahospice.org.nz)



I would like to make a donation so people in our community facing a terminal illness can receive the care they need.

**Step 1 - My Gift**  \$30  \$50  \$75  \$100 \$  (other)

**Step 2 - Donation Frequency**  One-off  Set-up a regular donation

- Please send me a direct debit form
- Debit my credit card (see step 3)

Card Number       Expiry Date  /

**Step 3 - My Payment (if paying via credit card)**

Name on Card

Signature

**I would like to be part of Waipuna Hospice by becoming a Member**

- Individual \$20
- Joint \$30
- Organisation \$100

**I would like to purchase the following Waipuna Hospice merchandise (GST included)**

- Diary (Preorder) \$20
- Native Bird Cards 4pk \$18
- Light of Life Candle \$20
- Calendar (Preorder) \$30
- Diary and Calendar Combo (Preorder) \$45

**TOTAL** \$  + \$5 shipping on all merchandise orders (except pre-orders)

I would like to cover the 2.5% card transaction fee for Waipuna Hospice.

**My Details**

Title  First Name  Last Name  Date of Birth

Address

Phone

Email

- I would like to receive future communications via email.
- I would like to know more about becoming a regular giver.

Donations of \$5 or more may qualify for a tax rebate. Charity # CC2206  
If you wish to unsubscribe, please notify us at [communications@waipunahospice.org.nz](mailto:communications@waipunahospice.org.nz)