

## Wahine Toa's spirited adventure for Hospice

**The strength of people living with a terminal illness inspired a group of Whangarei women to embark on a personal challenge of their own.**

Spirited Women is an annual multisport adventure race, held this year in Whangarei on Saturday 13th March.

Competing for the first time was the Wahine Toa team of Coral Wiapo and Trish Hayward, who both work for Mahitahi Hauora, together with Jacki Byrd (Northland Regional Council), and Bree Torkington (Ministry of Social Development).

The team members spent months training so they could kayak, mountain bike and trek the 'short course' ranging anywhere between 17km and 32km, depending on the route choice, and taking anywhere between three and nine hours to complete.

Speaking before the event, team member Coral said most of them had never kayaked or mountain-biked before, and there were other new skills to learn such as orienteering.

However, they were "very motivated and determined to make it to the start line, plus the finish line".

*"What's inspired us to keep going is the strength of loved ones who are living with a terminal illness, or have lost their battle with one."*



"What's inspired us to keep going is the strength of loved ones who are living with a terminal illness, or have lost their battle with one. Our beautiful friends Liz and Madeleine are currently being supported by the wonderful North Haven Hospice," Coral said.

"So, as a team, we wanted to achieve something more meaningful than our satisfaction of completing the event, and use the opportunity to raise awareness and encourage donations for Hospice which does incredible work to support people in their care."

Their friend Liz Stanley has been a hospice patient since mid-2020 following a diagnosis of pancreatic cancer.

"I went from being a fit and healthy PE teacher to a very sick person - a totally different life," she said.

Liz and wife Madeleine, a Whangarei Intermediate School teacher, celebrated their 11th anniversary in February.

The couple are grateful for the care and support from Hospice, helping return their quality of life as best as it can be.

"They've helped us learn how to cope with what is going on and set us back on the right track again, allowing us to get on with life," Liz said.

*Continued inside*



# A Message from Julie

**North Haven Hospice  
Chief Executive Officer**

Tena koutou,

I extend heartfelt thanks for the most amazing welcome that I've received since starting as CEO just before Christmas.

In any new role, the most important thing to do first is to look and listen. What I have seen and experienced has been stand-out! Every day I am privileged to witness demonstrations of our values that we hold dear and which form the cornerstone of the amazing services we provide and support offered to patients and their families/whanau.

**Compassion / Aroha:** The genuine care, support and love that staff and volunteers show to all as they go about performing their individual roles. Noticing, and actioning, the small things that make such a huge difference, particularly when people are feeling vulnerable.

**Respect / Whakaute:** Celebrating the diverse and unique contribution by every individual. Recognising this richness and how it enhances our services and enables us to view things from another's lens.

**Excellence / Te Hiranga:** The openness to new ideas, professionalism and desire to review and challenge how we do things. Striving to deliver the highest quality service, be that in the clinical setting to patients and families, or retail and fundraising to customers and supporters.

**Integrity / Tu Tangata:** Ensuring all our actions and communications are honest and open. Having the courage to admit when mistakes happen, take responsibility and commit to making good, if need be.

**Stewardship / Kaitiakitanga:** Paying attention and taking care of all aspects of the Hospice community. This includes our reputation, our resources, our community donations of goods, money and time, all of which are essential to enable us to deliver care to patients.

**Teamwork / Mahitahi:** Listening and sharing ideas and working in partnership with the whole team including staff, volunteers, funders, donors, community supporters and, most importantly, our patients and their loved ones.

I encourage you to reflect and celebrate how you demonstrate these values in your connection with Hospice and thank you all individually for your actions which form the heart, mind and soul of this amazing place!

Noho ora mai,

*Julie Sexton*

**Julie Sexton, Chief Executive Officer**

# Q & A with Rob Bowker



**Registered Nurse**

**How do you describe your job?** I work with North Haven Hospice on a casual basis, either in the community nursing team or in the inpatient unit (IPU). Sometimes I'll relieve as the IPU Clinical Coordinator, and am also currently covering the Infection Prevention and Control role until April 2021.

**What makes for a good day?** Being a nurse is a real privilege. When I'm visiting a patient at their home, making a phone assessment or assessing a patient in the inpatient unit, it is rewarding to provide the help and positive support they need. When a patient has a physical or emotional symptom, such as pain, shortness of breath or anxiety, and I can use my nursing skills to relieve that and improve their quality of life, this really makes for a good day for me.

**What is the biggest challenge or opportunity?** Hospice specialist palliative care nursing sees me visiting or working with patients and families from all demographics of society - from very young to elderly, wealthy to poor, as well as patients who have large networks of friends and family through to patients who are socially isolated and have no one. There is a wide variety of medical conditions and diagnoses which mean patients require specialist palliative care. This means every work day is varied and I am constantly learning and being challenged in my practice.

**What is something about your job/work that you've always wanted people to know?** That I love my job. Being a registered nurse is amazing. There are good days and tough days, but I would certainly recommend nursing as a viable and meaningful career.

**What is something about North Haven Hospice that you've always wanted people to know?** The staff and volunteers all put their hearts and souls into the organisation. When someone is referred to Hospice for end of life care it is a scary time for them and their loved ones. But once they get to meet our staff and volunteers and we can start to build relationships and provide the excellent quality care and support they need, they realise that Hospice is all about people, not a place.



## A small shop with a lot of heart

**The North Haven Hospice Shop in the centre of Waipu is remarkable in more ways than one.**

Aside from being a successful fundraiser for North Haven Hospice, it is one of only three shops run by hospice services throughout New Zealand that are operated solely by volunteers. It is also open seven days a week.

Established nearly eight years ago in July 2013, the small shop provides North Haven Hospice with a visible presence in Waipu.

What has enabled the shop to continue trading is the loyal and significant contribution by around 30 volunteers from the Bream Bay area, as well as community support from customers shopping and donating sellable goods.

At a recent thank you afternoon tea for the volunteers, North Haven Hospice Retail Manager Kathy McMillan said they can be proud of their "huge achievement".

"You're all amazing and you're dedication and commitment is really appreciated," she said.

North Haven Hospice CEO Julie Sexton thanked the volunteers for demonstrating North Haven Hospice's values every day that they are on duty.

"You do more than just help raise money for patient care and support; you're Hospice ambassadors."

Two of the original volunteers Noel and Jean Roberts spend two and-a-half days each week at the shop.

Noel, who turned 85 in February, said they enjoy the camaraderie and the satisfaction of giving back.

"Nearly 10 years ago we lost our youngest son Lance, who was a Hospice patient. The care he received was utterly fantastic.



Volunteering here is one way we can do something in return."

Another long-time volunteer Heather Martinovich said that she enjoys the rapport with the regular customers and the "weekly catch-up with lots of laughs" with fellow volunteers.

"Volunteering also gives you purpose. I know that every Tuesday, that's what I do."

Volunteer Keith Crawford said that it also "keeps you young".

"Rather than sitting at home, you're out there mixing with people. It's good socially, but you also need to think and use your brain, so it keeps your mind active which is healthy."

# Can you volunteer at our Hospice Shop on Sundays?

**Exciting news! We're looking to open our Whangarei shop (corner of Robert St and James St) on Sundays from mid April.**

However to do so we need volunteers to serve customers at the counters and in the showroom.

Sunday shifts would be from 10am to 2pm and either weekly, fortnightly or to suit. We welcome individuals and couples. In return, you'd enjoy social engagement, learn new skills, and feel good by doing good!



*To enquire, contact Eve on 09 438 1050 or [yvonneb@northhavenhospice.org.nz](mailto:yvonneb@northhavenhospice.org.nz)*

# Book accommodation with Ezibed.com and support North Haven

**Planning a holiday or business trip? If so, you can now book your accommodation through Ezibed.com and choose North Haven Hospice to receive a donation!**

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For each booking made on Ezibed.com, which features more than 400 properties throughout New Zealand, a 5% donation of the total booking cost will be made to the charity you choose and at no extra cost to you. Choose North Haven and that donation will help our ongoing fundraising to support our specialist care for patients and their families/whanau.

In return you can enjoy a quality stay and good night's sleep, knowing you have supported an

essential community health service helping local people and their loved ones.

For more info, visit Ezibed.com or contact the team at [hello@ezibed.com](mailto:hello@ezibed.com) or 03 358 7900.

*For expert help to organise your travel to your accommodation, we recommend you contact the team at House of Travel Whangarei (also a North Haven Hospice supporter) at their new premises on the corner of Cameron St and John St.*

# Gift a Day of Care for a Hospice patient

**Your Gift a Day of Care donation could be a most-precious day for a patient and their loved ones. It may be the last day that they hold hands, hug, talk or say goodbye.**

These are special moments for all and create treasured memories within a family/whanau that will last for lifetimes.

Any individual, family, community group, organisation or business can Gift a Day of Care (\$1300), or even a Half Day (\$650) or Quarter Day (\$325).

You can even choose the date of your gifted Day of Care to commemorate the memory of a relative or friend; to recognise an important birthday or anniversary; or to mark a significant milestone for your business/organisation. Or, it can simply be an opportunity to fundraise for a local charity providing an essential and unique health service. Whatever the reason, North Haven Hospice will be very grateful for the support.

*For more info, visit our website, email [fundraising@northhavenhospice.org.nz](mailto:fundraising@northhavenhospice.org.nz), phone 09 437 3355 or 0274 652 344.*



“Hospice offers so many more layers of support, over and above treatment and medication. We know where this journey is going to take us, and we’re not sure how long it’s going to be. It has been emotionally traumatic, but having access to Hospice’s Family Support service and counselling has really helped us too.”

Madeleine said it was reassuring to know Hospice’s in-patient unit was available if they needed, but equally comforting was knowing that they could phone in anytime during the day or overnight for help and advice.

“When Liz wakes up in pain and I don’t know what to do, a nurse is always available to talk with, even in the middle of the night. The trips to the Hospital’s ED are certainly far fewer now.”

Liz said that they also appreciated the regular calls from Hospice, “just to check we’re okay” and the home visits from Hospice’s community nurses.

“They know us and we feel that we’re being well looked after by the team – and we trust them.”

Madeleine said that supporting this work were the “precious” volunteers, providing services such as the Life Reflections patient biographies and therapeutic massage.

“Previously, a massage would have been just a treat, but now it’s something that really benefits Liz.

“And, in the IPU, the volunteers will always smile and ask how we are and do we need anything. It’s the small things that much such a positive difference, even the flowers on the meal trays. It all helps.”

*To donate to Wahine Toa’s Hospice fundraiser (closes 31st March), go to [www.givealittle.co.nz/cause/wahine-toa-raising-money-for-hospice](http://www.givealittle.co.nz/cause/wahine-toa-raising-money-for-hospice)*

## End of cheques an opportunity to donate in a new way

The looming prospect of cheques being completely phased out by this July is a significant issue for North Haven Hospice, like most other charities throughout New Zealand.

Cheques have traditionally been a reliable and vital donation channel for us; a core part of the fundraising to provide our specialist palliative care and support for local people and their families/whanau.

We still receive nearly half of the donations to us via cheque and the potential loss of this income would be a devastating blow and seriously affect our ability to provide our services at the current levels.

We sincerely appreciate the support of all our donors and want you to know that your donations certainly do make a positive difference. We also want you to feel empowered to remain independent in your financial decision-making and we encourage you to contact your banks for advice on how to be confident and secure using online banking, including making donations to help North Haven Hospice continue to help local people facing the end of life.

How you can keep supporting North Haven Hospice:

**Become a Regular Giver:** schedule your donations to suit you and spread your giving over time. Simply complete and return a North Haven Hospice Regular Giving Form. You will receive an annual receipt for your donations for that year.

**By credit/debit card:** visit [www.northhavenhospice.org.nz](http://www.northhavenhospice.org.nz) and click on the Make a Donation button. Please be assured that this is an easy, safe and secure way to donate. You will receive a receipt after your donation is processed. Alternatively, call Hospice on 09 437 3355 and ask to process a debit/credit card donation over the phone.

**By direct credit:** our bank account is North Haven Hospice Society Inc. / 12-3101-0024670-00. Particulars (e.g. donation), Code (North Haven Hospice donor number), Reference (surname). If you don’t have a donor number and would like a receipt, please contact us to let us know and provide your name, email and/or postal address.

**In person:** make an eftpos or cash donation at North Haven Hospice’s reception counter at 24a Takahe St, Tikipunga, Whangarei, between 8.30am and 4.30pm, Mondays to Fridays.

**Call us to collect:** Phone North Haven Hospice on 09 437 3355 or email [fundraising@northhavenhospice.org.nz](mailto:fundraising@northhavenhospice.org.nz) and arrange for a designated Hospice staff member with photo id to visit you to accept your donation via mobile eftpos.

*Thank you for your support. If you have any questions, please contact the Fundraising team on 09 437 3355 or [fundraising@northhavenhospice.org.nz](mailto:fundraising@northhavenhospice.org.nz)*

# Upcoming Events

## Shorts for Hospice

**Monday 21st June, the shortest day of the year!**

For an event info pack, email [fundraising@northhavenhospice.org.nz](mailto:fundraising@northhavenhospice.org.nz)



## Thank you for your support

**BNI B'Nspired, BNI Late Start and BNI Whangarei** for the Band Together fundraiser

**Everyone** who donated at our Memory Trees in December; plus event sponsor **Morris & Morris Funerals**; tree hosts **Countdown Tikipunga, Mitre 10 Mega, Pak 'n Save Whangarei** and **Regent New World**; and supporting businesses **Northern Districts Security and Ecosse Business Systems**. The event raised \$23,422.51. Thank you all.

**Farmers Whangarei** for donating \$8705.93 from purchases of collectable hospice baubles and from customer donations for Tree of Remembrance cards in December.

**Bernie Thoms** for organising the fundraising music event presented by **The Northland Club**, featuring **The Rock 'n Roll Band, Mike Hoeta, Jo Holden, Willie Jive, Mellie and Vera Rapina**; also supported by **Wards Music, Whangarei Chainsaw & Mower Services, Ullrich Aluminium, Clyde St Automotive, Pit Stop, Ringa Atawhai Maturanga, Motor Barn, United Security Services, Eco Burley, World of Decor, First Blast, My Ride, Jonzone, Kia Motors, Unichem Onerahi Pharmacy, Bindons Auto Parts, Re-Vive Beauty Therapy, Semenoff Group, Sandcastle B&B, Hannsang Korean Restaurant, Mervalo Olive Oil, and Northland Glass**. The event raised an impressive \$10,000. Thank you to everyone who supported and attended.

**Antique Fairs for Charity (Diane Akers)** for allowing us to collect entry donations totalling \$900.30 at the Antique & Collectables Fair at Forum North on 27th and 28th February.

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Murray Lints

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Find us on  

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