

# Time Out

We can all use a little time out from time to time but when a family member is dying or possibly dying, it becomes even more important.

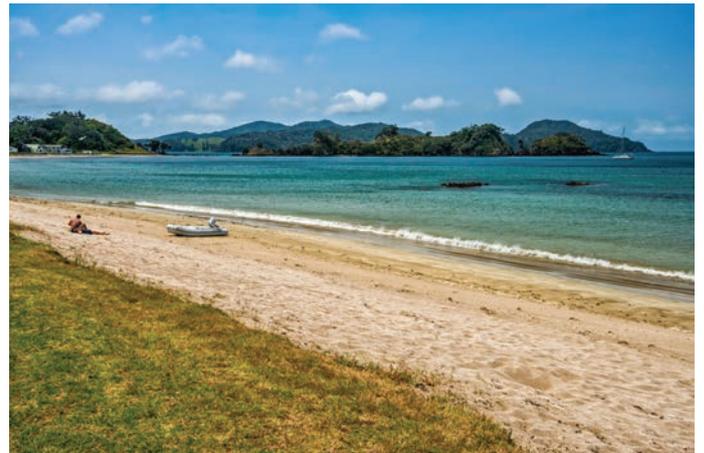
Our families try to maintain a level of normality as they come to grips with changing circumstances the loss of a loved one will bring. Money and energy levels can significantly decrease and the list of things to do and consider feels like it will never end. Not usually on that list, is a break away by the beach.

Doug Hanna has a beach house at Ōakura Bay and was asked by a friend diagnosed with terminal brain cancer, if they would be able to stay at the bach. They did so and had a wonderful time together. Letting Doug know how much they appreciated their time there started the wheels turning.

In 2004, Doug approached the Northland Cancer Society and North Haven Hospice in Whāngarei to see if this could be done for other families in need. A programme was developed donating a week at the Ōakura Bay bach for families experiencing serious health issues.

He is now a Board member of Time Out and continues to donate their home. Time Out is a not-for-profit charity doing what Doug Hanna had been doing but on a national scale for families experiencing terminal illness. Time Out now has a network of over 150 holiday homes around New Zealand. Gifting these opportunities and homes provide families with moments of relief, shared experiences, time to take a break from it all and treasured time together.

60 families have now stayed at the Ōakura beach house. Doug has also welcomed a counsellor who has made many referrals to the beach house, to come and visit personally. The counsellor said



something that sticks out for Doug. “She told me I really didn’t understand how much it meant to people to have the opportunity for a break away. It gives some release from the pressures people and families are under during very stressful times and is the best medicine physically, emotionally and mentally,” Doug said.

Doug also had some feedback from a man who had lost his father previously but hadn’t had the opportunity to have a “Time Out” experience. Many families aren’t in a position to wake up each day with everyone in the same house, to spend time and relax, to have a deeper togetherness for a period of time. Often it is instead, a series of visits and tending to the demands of the situation and other people’s queries.

“The impact is amazing, and it is an absolute joy to see the smiles on their faces”. We’re all very lucky to have people like Doug in our world and the generosity provided by Time Out New Zealand ([timeout.org.nz](http://timeout.org.nz)) and their contributors.



He taonga rongonui te aroha ki te tangata  
Goodwill towards others is a special gift

# Kia Ora

As we greet the end of the year and look forward to summer sunshine, North Haven Hospice continues to care for people, their families, our communities, staff and volunteers. While we are a small organisation with a staff of 85 and an awesome volunteer team of just over 400 people, we pack a lot into our days.

We are always looking for ways we can do things better and even small things can make a big difference to the people we care for and work with. Christmas celebrations approach and for many this is a joyful time together with family. It can also be heart-breaking for those who have lost a loved one and this is the first Christmas without them.

Often the best way of handling it is to be prepared. We are all different and grieve in our own ways. Here are a few things that may help during this time.

- You don't have to do everything. Think about what you'd be comfortable being part of.
- Light a candle in your loved one's memory.
- Visit their resting place or where ashes were scattered.
- Make their favourite recipe for the family or friends.
- Write a letter to your loved one.
- Visit one of their favourite places.

Remember to take care of yourself. Give yourself time and space if things become a bit much. It's okay not to be okay and to ask for help if you need it. It's also okay to have a few laughs and smile too.

Please feel free to share with our Memory Trees your wishes and thoughts as we extend our care to all at this time of the year. Meri kirihimete, Merry Christmas.

*Warrick Jones*  
Medical Director and Acting CEO



## Our thanks to...

**People Potential** NZ Certificate of Business - Team Leadership (Level 3) students held a sausage sizzle at their Whangārei campus and presented \$500 to North Haven Hospice.

**Whangārei and Kaipara Operational Support Brigade (Volunteer Fire Brigade).** These wonderful people held a Recruitment Day and Sausage Sizzle at Mitre 10 Whangārei on Saturday and raised \$1207.00 for our services.

**Black Fern Groove,** Whangārei Fringe 2022 and The Butter Factory for their gig with door sales going to North Haven Hospice.

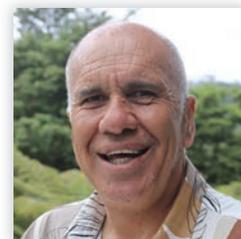
**Art Northland** held their annual art exhibition and auction from November 1 to 12, with all proceeds donated to North Haven Hospice. More than 35 artists generously contributed works for sale and sponsors The Northern Advocate, Culham Engineering, Harcourts, Pacific Motor Group and Thomson Wilson Law helped make it all happen.

**The Girl's Club House Tour 2022** was held on the 5th and 6th of November raising funds for North Haven Hospice. The tour has raised over \$150,000 since 2009 and we are very grateful for all the work, homeowner's hospitality, company giveaways and sponsors' contributions to this amazing event.

## New people at North Haven Hospice

### Dave Coyne, Te Tumu Herenga Waka

Ko Parihaka Te Maunga  
Ko Hātea Te Awa  
Ko Pehiaweri Te Mārae  
Ko Ngati Hau Te Hapū  
Ko Ngapuhi Te Iwi



Te Tumu Herenga Waka means canoe or mooring post and when referring to a person represents the Chief mooring post as a notable and influential leader.

Dave walks alongside our patients and their whānau throughout their hospice journey. This means Dave supports our patients, whānau and staff, connects with our wide communities and other hauora providers.

North Haven Hospice is committed to continually developing a culturally responsive service to the needs of all people.

Dave has come from the Whangārei base hospital where he worked as a Takaewanga, a Māori Liaison. He has a theological background, worked in the special needs sector, been a cultural advisor for Te Ora Hou a Māori youth organisation, and also worked as a cultural advisor with Mental Health.

Welcome Dave, we love having you here, leading our waiata with your guitar, and giving us the opportunities to learn more.

### Toni Wilkinson, Volunteer Services Co-ordinator

Toni joins us as the new Volunteer Services Co-ordinator allowing Jacqui to step back a little and work a few less days. Jacqui will continue to support Toni and the team as the Volunteer Services Administrator.



Toni is new to Northland Te Tai Tokerau having moved from Auckland with family to take up residence in Tangitōria. She brings some fabulous skills with a background in training, learning and development and was most recently the Volunteer Manager at Fair Food NZ, Auckland's original food rescue charity. We're very lucky to have someone with a wide range of technical knowledge as well as great relationship management.

Toni says, "I'm very grateful to be able to carry on the work of supporting volunteers who provide such an essential service to our community."

**Thanks to everyone who purchased a box of Dilmah's Extra Strength tea bags in September! 50c from each box bought will go to Hospice NZ. Since 1997, Dilmah Tea have donated over 11 million tea bags to hospices across NZ.**

Donations over

\$5



to North Haven Hospice are eligible for tax rebates

### Christine West (Westy), Tiakina te Kaitiaki - Caring for Carers Service

Christine (Westy) is returning to work with North Haven Hospice in a contract role separate to the North Haven team. She will be out and about in both Kaipara and Whangarei communities supporting carers who are looking after their whānau, family member or friend with a life limiting illness who DO NOT have hospice care as a wraparound service. An experienced nurse, Westy previously worked at The Doctors Tui as Clinical Nurse Lead and is looking forward to a new challenge working out in the community, connecting carers with support services.



### Lyn Cheyne, Engagement Manager

Lyn joins North Haven Hospice to combine the fundraising, donor relationships, communications and volunteer management teams together. It's a big job! She brings substantial experience from a services marketing background most recently working as the Marketing Manager at NorthTec and she has also worked in the wine industry, tourism, and aviation.



"I'm really excited about this role," Lyn says. "All the people I'm working with are wonderful and there's a very positive and radiant feel to the work everyone does, whether it's here at Te Whare Hūmārie, out in the community or at the shops. I feel very grateful to be working with North Haven as a well-respected and regarded charity in our communities. This is quite possibly the most important role I've had, and I look forward to contributing as much as I can."

### Helen Blaxland, CEO

We are delighted to announce Helen Blaxland has been appointed as our new CEO and will take up the position in January 2023.

Helen previously held the General Manager's role at North Haven Hospice from 1998 until October 2010 when she was enticed away to Hawke's Bay and Cranford Hospice. Following her time there, Helen and her family have volunteered in Cambodia. With her husband, she held an administrative role with OMF Cambodia, an interdenominational missionary organisation, providing pastoral care for overseas volunteer workers.

Helen says, "I am honoured to be given the opportunity to return to North Haven which has always held a special place in my heart." We look forward to welcoming Helen in the New Year.

# Debunking the Myths

One of the challenges we face at North Haven is the understanding many people have of what we do. While people might know our name, their knowledge of what, where and how we provide our services is not as good. We do continually work on sharing information about our services but often it's not a subject people really want to talk about. So, here's a few myths we can dispel for you.

#### Myth 1: People come to hospice to die.

Most of our specialist care services are out in the community where people feel most relaxed and comfortable in their own homes. North Haven Hospice has 4 available beds in the in-patient unit in Tikipunga and these beds service the whole of Northland. People registered with North Haven may come and stay for a few days to allow for some time out for their care givers and family, or they may come for symptom management. In these cases, the patient returns home once the specialist care has been provided.

We do also have people that spend their last few days of life here if that is their choice.

#### Myth 2: Palliative care is only provided in a hospital.

Let's start with palliative care. Palliative care is for people of all ages with a life-limiting condition. North Haven Hospice is referred people from a doctor, the hospital or from self-referrals. It is specialist proactive and holistic care and support services for people who have an illness that is no longer curable. North Haven's specialist care can be delivered wherever a patient lives – at home, in a care facility, at Te Whare Hūmārie (the hospice premises) or in the hospital.

#### Myth 3: Palliative care and pain medication hastens death.

Again, not true. Palliative care provides the best quality of life and specialist support from when a person is diagnosed with an advanced illness until the end of their life, whenever that may be. Ensuring someone's comfort often requires pain or other symptom medication and the person's tolerance for the medication adjusts over time. Increased medication doesn't result in addiction, nor does it hasten death.

Our care and support at North Haven is highly specialised and very active – it isn't about giving up and doing nothing. We place equal importance on cultural, emotional, spiritual and social needs as we do the physical, and this support works with and includes family and whānau.

If you have a question of any kind about palliative care and North Haven Hospice, please do get in touch as we'll be happy to answer it for you.

Ehara taku toa i te toa takitahi,  
engari he toa takitini  
*My strength is not mine alone,  
it comes from the collective*



**\$5**



**buys a pair of non-slip socks for patients**

**\$12**



**supplies a grief booklet for those who have lost a loved one**

**\$360**



**palliative aromatherapy training for one person**

**\$3000**



**buys a syringe driver to dispense medicine**



## Remembering loved ones

North Haven Hospice holds a Memory Trees event in our community every year to remember loved ones. It is a very special event for us as people often share stories and comments that bring a tear to the eye.

Christmas trees are set up at locations around Whangārei from the 5th to the 16th of December before Christmas. Our wonderful volunteers attend each tree. People are welcome to select a heart or star, write a message in memory of a loved one and hang it on the tree. They can also take it home and hang it on their own tree if they prefer.

While the event is not about fundraising, people do take the time to contribute as well, and we have collection buckets and eft-pos at each site. North Haven Hospice has been fortunate to have ongoing support from Morris and Morris Funerals for over 25 years after a special partnership was formed in the 1990's.

Lloyd Morris "saw a need in the community" and matched the contributions made with \$1 provided for every \$2 gifted as part of the Memory Trees event. In the last 5 years, Morris and Morris Funerals have contributed almost \$34,000 to North Haven Hospice and the overall total is likely to be in excess of \$65,000.

After Christmas, the thousands of messages on the trees are removed and cremated with the assistance of Morris and Morris Funerals. The ashes are returned to us, blessed and scattered around the gardens at North Haven Hospice. If you see us out there, please come and say hello and be part of our special Memory Trees.

Farmers Whangārei also have a Tree of Remembrance in the lead up to Christmas and a donation will provide you with a card to write your special message on to be hung on the tree. It's not just for those you've lost but also for those that may be far away and those in your hearts at this time. 100% of the contributions made will go directly to North Haven Hospice.

## Would you like to help us?

North Haven Hospice patients and whānau really do need your help. Our specialist care, equipment and support are free of charge to all, but it is expensive to provide. We are only partly funded by the government through the current health system and need to raise approximately **\$50,000 per week!**

Unfortunately, our costs of operating are increasing. Whangārei, Ruakākā, Waipu and Mangawhai populations continue to grow and more people need our services. Please consider a donation or helping us in other ways. We really do appreciate it.

## Ways to contribute

### ① Leave a bequest in your will

A bequest provides a legacy for the future of our community in supporting North Haven Hospice. It doesn't have to be a large amount. For more info, email [briarw@northhavenhospice.org.nz](mailto:briarw@northhavenhospice.org.nz).

### ② Gift a day of care

\$1300 will pay for a day of care for one person and their whanau. You could organise a fundraiser to achieve this amount. Email [fundraising@northhavenhospice.org.nz](mailto:fundraising@northhavenhospice.org.nz).

### ③ Regular contributions

Set up an automatic payment to our bank account for any amount weekly, fortnightly or whatever suits you. See our website [www.northhavenhospice.org.nz](http://www.northhavenhospice.org.nz).

### ④ Online donations

You can contribute online by credit card to North Haven Hospice through our website [www.northhavenhospice.org.nz](http://www.northhavenhospice.org.nz) or [www.givealittle.co.nz](http://www.givealittle.co.nz) North Haven Hospice, with other online payment options.

### ⑤ Sponsorship and fundraising

We'd love to work with you for a fundraising event or to talk about sponsorship support for all budget sizes. Email for more information, [brianc@northhavenhospice.org.nz](mailto:brianc@northhavenhospice.org.nz).

## Shop Opening Hours:

### Whangārei

Mon to Fri, 9:00 am to 4:30pm  
Thurs Late Night to 6:00pm  
Saturday 9:00am to 3:00pm

### Waipu

Mon to Fri, 9:00am to 3:30pm  
Saturday 9:00am to 1:00pm  
Sunday 10:00am to 1:00pm