

\$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



WINTER 2023

# Challenging Times Ahead



North Haven Hospice has a financial year that runs from 1 July until 30 June each year, so perhaps it's fitting that the winter period is a time for review and reflection. Helen Blaxland started as the new (returning) CEO in January this year and an examination of budgets, structures, strategy, and direction while still holding true to hospice values and philosophy is a normal annual exercise. What makes things more challenging for us as your community hospice in the next 12 months is the increasing impact of what's happening in the world around us.

## Asking for Money

With the advent of Te Whatu Ora, there is still uncertainty about the renewal of existing contracts held with the previous district health board. These contracts and others contribute about 50% of the funding North Haven needs annually to help and support people in your community. We still need to find money for doctors and nurses, petrol for cars, equipment that we deliver to homes such as beds, mattresses, drip pumps, and in-patient unit patient meals and laundry, and these need regular maintenance and replacement. It's tough to ask for more from people as many are struggling to cope with the rising cost of living. We just have no alternative. We have a small number of regular donors and are exceedingly grateful and humbled by the occasional gifts in wills from our local supporters. Foundations and trusts are readily supportive where we meet their criteria, but often we just need cash for day-to-day operating expenses.

## Asking for More Volunteers

The average age of our North Haven Hospice volunteers is currently 70 years old and many of these wonderful people have already given significant time and energy and continue to do so. However, we can't escape the fact, as our volunteers age, they often need to reduce the volunteer time they can contribute. This is not just an issue for North Haven Hospice, but for many charities. People are working longer, and those that retire earlier prefer to travel or take up other interests. New volunteers of all ages are welcome to get in touch, try it out (depending on the activity) or have a conversation about what they may like to do.

## What's Next?

With less funds, what would we cut? Less staff would mean less support. Fewer volunteers potentially mean more staff and higher costs, or less services and opportunities for fundraising. Less fundraising means less donations which means less services. Less family and bereavement support means more difficulties for everyone with a loved one with less than a year to live. There are no good answers for those relying on our overworked and underfunded GP's, hospitals, and aged care homes." It's a tough subject as most people don't want to talk about dying, let alone think about it, sometimes not even when it's happening.

## 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 [brian@northhavenhospice.org.nz](mailto:brian@northhavenhospice.org.nz).
- 2 Gift a day of care**  
\$1300 will pay for a day of care for one person and their whānau. 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:

<b>Whangārei</b> Mon to Fri, 9:00 am to 4:30pm Thurs Late Night to 6:00pm Saturday 9:00am to 3:00pm	<b>Waipu</b> Mon to Fri, 9:00am to 3:30pm Saturday 9:00am to 1:00pm Sunday 10:00am to 1:00pm
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## Chair for Care

North Haven Hospice launched a new event at the end of March to showcase how donated second-hand goods can be turned into first class care. Artists, a councillor, a long-time supporter of hospice, a mother and daughter team and a couple of staff members were offered a chair to upcycle, recycle or reform for the new event.

Everyone was advised they could do what they liked to the chair – paint, remodel, cover or change, and the finished product would be auctioned on Trade Me with all proceeds going to North Haven Hospice. Amazing creativity and fun designs made this a blast, attracting lots of interest as the finished chairs were exhibited at the Whangārei CBD shop.

The auction on TradeMe closed on the 8th of June and raised over \$1700.



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



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



# Kia Ora

*"You can't walk on water,  
if you don't get out of the boat."  
- John Ortberg*

Our lead article for the Winter Newsletter highlights the need for review and change. Change is always challenging and while it's embraced by some, it's feared and misunderstood by others. Working as leaders in palliative care, we also face change every day along with the people we care for and support. They and their families and whānau face change on a much larger perspective than many of us do, and sometimes on a daily basis.

North Haven Hospice faces change in way we fund our services, the way people volunteer now and when they volunteer, the way people shop (online and in the store) and the way we communicate with our patients, our staff and our communities.

It's timely in winter to look back at where we have been and where we want to go. To put in place what we need to prepare for the coming spring and our future. What we do here at North Haven Hospice and how we choose to do it, has an impact on our entire community. Because at the end of the day, we are your hospice and your support and care, and for us to continue to be there for you, today and tomorrow, we can't be scared to get out of the boat.



Helen Blaxland  
CEO

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

## We're going digital!

With increasing costs and changing technology, we're starting the journey of shifting your North Haven newsletter online. Don't worry, we'll still send you a newsletter by post if you'd prefer to receive one that way and it will take some time to shift our database over to everyone's email.

Under the Privacy Act, we need your permission to send a newsletter to you and at the same time we will make sure we have the correct contact details for you.

If you would still like to receive your North Haven Hospice newsletter approximately 4 times a year by post, please phone 09 437 3355 and ask for Brian, or email fundraising@northhavenhospice.org.nz. We'll be in touch with everyone by email before we launch a new digital version. (P.S. you can have both if you like.)



## 90 More Miles

North Haven Hospice was so fortunate to be chosen as the charity this year for the Classic Builders 90 More Miles Challenge. For the month of March, people are challenged to walk the equivalent distance of 90 Mile Beach, around 88 km's over the 31 days. Individuals and teams can enter and ask for sponsorship to complete their walk, run or skip of the distance.

We were so humbled by the efforts made not just by the Classic Builders team, but of everyone who registered and did the hard yards to result in a huge \$27,710 raised for North Haven Hospice. The money raised will go towards purchasing specialist patient equipment including a new shower chair. The chair is padded, has sufficient neck support, and can recline. It may seem simple, but this will allow people not normally able to get to or use a shower safely, and have been limited to a bed sponge bath, actually have the pampering and security to have a shower.

North Haven Hospice had its own team completing the challenge as well and had a great time being involved.



## Our thanks to..

**Our "Chair for Care" artists and contributors** – Trish Clarke and Sharon Thompson, Vicki Graham, Councillor Nicholas Connop, Brett Hulley, Shari Pickering, Rachael Pedersen and LeVonne Smith, Maggie Wistrand, Shane Evans, Mike Paora, Dianne Vaile, and Lyn Cheyne. Your time, effort and contribution is amazing.

**Kamo Florist, Flowers on Bank, Little Leaf Florals, Wild Ivy Floral Boutique, and Mint Floral**, for donating such beautiful bouquets for Mothers' Day to well-deserving mothers in our care, caring for or in bereavement for those we have cared for.



**Kirsty Joy Photography** choose North Haven Hospice as the recipient of annual fundraising and sponsoring for the community. This year a mini shoot day in the studio was held. Each family paid \$100 and received 3 professional studio portraits to cherish and in return \$1,000 was donated.

**Rob Aydon** from Bream Bay Village for his donation of \$610.00 in sponsorship for completing the Auckland Round the Bays event this year.



**BNI Whangārei Late Start** for their donation of \$800.00 from meeting "fines" – this was the most contributed over a quarter!



**Kamo Bowling Club** for donating the proceeds from their "Wrong Bias" box - \$377.20. We love getting the benefits!

**Marguerite Hugo, Business Finder**, who has kindly donated large screen advertising in Whangārei where vacant screens are available. This helps us hugely to share our messages and advertise our events. You're a champion, Marguerite.

**Donations over  
\$5  
to North Haven  
Hospice are eligible  
for tax rebates**

*Did you know the first part of the traditional Matariki ceremony is dedicated to the dead of the year, honouring those who had died since the last rising of the Matariki star cluster, Pleiades?*

*The names of the dead were called out during the ceremony and people would weep for their loved ones. When the names are called, it is believed the spirits of the dead became stars in the sky.*

