



HOSPICE matters

Newsletter of Arohanui Hospice



Last years shorts winners Horowhenua District Council

SHORTS DAY FOR HOSPICE

Arohanui Hospice's fun event, Shorts for Hospice will again see knees bared on the shortest (and possibly coldest) day of the year

It will be the third time the event has been held on the shortest day, Thursday June 21.

Organiser Julie McNeill says Shorts Day for Hospice is a national campaign being run across the country at various hospices. It is a fun way to raise awareness of the services hospices provide and the support they need from their community to ensure these services remain free of charge for patients and their families.

"This is the third year we have been involved and are currently taking registrations from anyone who would like to participate. There has been a very positive response from schools, early childhood centres and businesses all

keen to be involved." In the lead up to the event Julie will be visiting businesses with "sweeteners" kindly donated by DKSH to encourage staff participation.

Julie has introduced other fun activities for schools and early childhood centres, with paper cut out shorts which can be painted and strung up for bunting.

"It's a great way to get involved with a local charity and give something back. Children love dressing up and shorts are easily accessible. It is a gold coin donation event so the more people we can encourage to take part, the better."

Julie visits all the schools and early childhood centres after the event and distributes certificates and donated prizes.

There is also a Facebook competition for businesses where they can upload a photograph of their staff wearing their shorts on to the Arohanui Hospice's Facebook page. The photo with the most likes wins a delicious morning tea for staff kindly baked by Boatshed Catering.

So get out your fancy shorts and bare your legs (and maybe tights if the day is freezing) and help Arohanui Hospice raise some much needed funds. Remember, life can be short, so make the most of every day!



FROM THE **CHIEF EXECUTIVE**

Welcome to our winter newsletter!

As we head into the cooler months we are preparing to dig out our shorts and bravely wear them on the shortest day in a fun fundraiser for hospice. Thank you to all the schools and businesses who are supporting us this year – Shorts for Hospice is a great way to start a conversation about the services provided by hospice and for us to thank the community for their support. As we are shivering in our shorts in the Manawatu, our Louise will be basking in the warmer climates of Australia and the Canadian summer. Louise Curtis has been our Director Strategy & Operations for almost six years; she has done an amazing job to raise the profile of hospice, build our network of shops, the farming programme and our volunteer base. Louise has worked with us on our strategy and vision – we have three clear goals to work to for the next five years – People First; Centre of Excellence and Meeting the Future. Thank you Louise for all you have done for Arohanui Hospice – we will miss you.

Robyn Naylor has recently retired after ten years in fundraising and events at Arohanui Hospice. Robyn has worked tirelessly in building networks in the community, creating fabulous fundraising events and supporting the hospice shop network. We wish Robyn well in her retirement and hope that her golf improves!

We are pleased to welcome Angela Starr as Director of Foundation – Angela takes on part of Louise's role focused on fundraising and community engagement. Also joining the team is Jeanette Wilkshire who will take over from Robyn on the events side – and Chanel Milne who will support the retail shop network.

Our volunteers are amazing and each year give over 70,000 hours of their time to hospice in a wide variety of roles.

There are lots of changes and we are sad to say goodbye to Louise and Robyn, but we are in safe hands with a great team and good processes. We recently had a certification and accreditation audit which covers all of the organization – from the clinical work to management, governance and fundraising. The audit result was excellent with no corrective actions, so this confirms that we are doing the right things!

I hope you enjoy the articles in this newsletter – we are proud of the innovation shown by our shops and volunteers in becoming plastic bag-free. Our farming for hospice programme continues to grow under the leadership of Simon and John. Thanks to the Northern Bowling Club for another successful and

enjoyable bowling tournament to raise funds for hospice. Our volunteers are amazing and each year give over 70,000 hours of their time to hospice in a wide variety of roles. Please consider volunteering for hospice or suggest to your friends that they might like to volunteer.

Keep warm and dry – and don't forget your flu injection this winter!

Kind regards,

Clare.

Contact Arohanui Hospice
06 356 6606 | www.arohanuihospice.org.nz

Find us on Facebook:
www.facebook.com/ArohanuiHospice
and Twitter: @ArohanuiHospice

INTRODUCING **ANGELA**

Thinking outside the box when it comes to marketing is something Angela Starr enjoys...



New Director of Foundation Angela Starr

And it's a skill that will be invaluable in her new role at Arohanui Hospice that she started in late April.

Louise Curtis, who was previously Director of Strategy and Operations, left Arohanui Hospice in May. Because of the constant evolution and more demand on Arohanui Hospices services, it was decided to restructure the position with the role reflecting the needs of the organisation. Angela will be responsible for fundraising, events, marketing and social media, the retail shops, volunteers, community engagement and grant applications which previously made up part of Louise's role.

The desire for a new challenge was behind Angela seeking the hospice position. But there was also a personal element behind it.

"My grandmother was cared for by hospice when I was in my 20s. I have lasting memories of how she was cared for and how we as a family were respected and cared for. I was living in Dunedin at the time so when I came home I was able to stay at the hospice in their family accommodation. So this is a chance to give something back to hospice. I have heard so many good things in the community about not just the work

Arohanui Hospice does, but the professionalism of the organisation and how amazing the staff are, I feel this is a chance to work with a great bunch of people and carry on with the amazing work Louise has done. It's big shoes to fill and I look forward to the challenge."

"It's fascinating to see the dynamics of how hospice works and I'm looking forward to experiencing this."

Angela is also looking forward to the different dynamics of working in a female dominated environment as opposed to working largely within a male workforce.

"It's fascinating to see the dynamics of how hospice works and I'm looking forward to experiencing this."

Angela worked for New Zealand Pharmaceuticals where she was the Logistics Services Team Leader. She had been with NZP for just shy of 10 years.

"Working in logistics is about getting the product out the door but it's also a sales and customer services based role. I spent a lot of time talking to customers via email as 90 per cent of the product is sent overseas. So if there are any problems with supply I dealt with those," says Angela.

"I had been heavily involved in creating our marketing at trade shows so I've had to come up with some innovative ways of making our products interesting. I have been able to present information in ways that people don't normally see. I do have the ability to think outside the box and that's something I really enjoy."

It's a skill that will fit well within the hospice environment.

"I see my new role as a way for me to tap back into my creativity. The fundraising field is getting very crowded when you factor into the mix Givealittle pages. So it means we need to find innovative ways of sparking people's interest."

Angela is Palmerston North born and bred and now lives in Sanson, enjoying the semi-rural atmosphere of the town. A shorter commute to work everyday is an added bonus that comes with her new role.

HOSPICE WISH LIST

This is a list of items that we use regularly or dream of having. Receiving Wish List donations helps reduce our costs and sometimes makes dreams come true.

- A4 topless lined refill paper
- Airwick life scents diffuser
- Airwick spray cans
- Baking soda
- Biro's
- Biscuits
- Blu-tac
- Canned asparagus
- Card games
- Coffee
- Coloured pencils
- Compostable flexible straws
- Cooking spray oil (canola or rice bran)
- Correction tape
- Crackers
- Dish brushes
- Dishwash liquid & tablets
- Disposable toilet seats
- Drink cans
- Drink cans 355ml (lemonade or Coca Cola – regular, diet or zero, L&P)
- Dymo labelmaker
- Energizer max 9-volt batteries
- Energy saving light bulbs (warm white, bayonet and screw fittings)
- Fabric softener
- Fine vivid black permanent markers
- Hair combs
- Icing sugar
- Jelly
- Jif
- Large black rubbish bags
- Liquid toilet cleaner
- Luxury pastel pillow cases
- Milo
- Mini colouring pads/books
- Napkins (coloured)
- New World vouchers
- Packets of cuppa soup (cream of chicken, mushroom, leek and potato, pea and ham)
- Petrol vouchers
- Postage stamps
- Prepaid DLE size envelopes
- Razors
- Seven day x4 week pill tray
- Shower curtains
- Silver Lady kitchen pads
- Small toys
- Snack packs of peanuts/cashew nuts
- Snack packs of plain crisps/chips
- Soft drink bottles (around 375ml (ginger beer or ginger ale)
- Spirograph
- Spotlight vouchers
- Supermarket vouchers
- Sweetened condensed milk
- Tinned fruit in fruit juice (apricots, crushed pineapple, fruit salad, peaches, pears, plums)
- Tiny tins or pottles Tomato paste
- Toilet paper
- Toothpaste (mini-sized)
- Warehouse Stationery vouchers
- Watties tomato soup (can)
- White sugar
- White vinegar
- Whiteboard pens



Mike McRedmond and the team from ANZ running a BBQ for golfers at Micheal Higgins Memorial Golf

A TRUE FRIEND

Arohanui Hospice wants to acknowledge the effort of ANZ and their Business Development and Initiative Manager, Mike McRedmond in all the help they provide Arohanui Hospice throughout the year.

Asked why they give such great support to Arohanui Hospice Mike says "ANZ is proud to support Arohanui Hospice and the care it provides for people in the Manawatu, Tararua, Horowhenua, and Rangitikei regions.

A number of ANZ staff have experienced the support and care of Hospice through their own families during challenging times.

Community support is a big part of ANZ's philosophy. Whenever you hear someone speaking of Hospice they speak highly, and our support is an acknowledgement of that."

FAREWELL ROBYN NAYLOR

After spending the last 10 years coming up with new ways to raise money for Arohanui Hospice, Robyn Naylor is sadly saying goodbye.

Robyn was Fundraiser - Commercial Operations, a role that has at times been demanding.

Initially Robyn's role was helping with fundraising and the Farming for Hospice scheme but she says over the years it has grown and now includes overseeing the hospice's retail operations.

When Robyn started Arohanui Hospice had one shop but it now has six, so Robyn's role has been to work with the shop managers, setting budgets and help them grow their businesses.

"Working in a fundraising role for a not-for-profit organisation does have its challenges as I am sure people can appreciate, particularly as we know we are just one of many very worthy causes in the community looking for the discretionary dollar," says Robyn.

She was lucky to be offered a fundraising role when she returned to Palmerston North after a 35-year break away.

"It was a role which required me to get out and about and make lots of new connections within the community which really helped me to settle back into Palmy life. It has never ceased to amaze me how generous people can be and if they are in a position to help, be it volunteering, sponsoring, organising their own events or providing goods and services, they happily put their hand up." Robyn says she has loved this involvement with the community.

"It's a fantastic job. I have been very fortunate to have met many fabulous people from all walks of life who are incredibly kind and generous. Volunteers, sponsors, staff and supporters all give so generously to ensure we can continue to provide the best end-of-life care for those in



"I have been very fortunate to have met many fabulous people from all walks of life"

need."

Robyn says it is a fact that the number of patients who will potentially come under the care of the hospice will continue to grow. "So we need to ensure that we future-proof our services to be able to meet those needs and provide the best care, free of charge."

Robyn says her role is not just about raising money - it's also about raising awareness so that people appreciate what the hospice does in times of need and how important hospice is, not just for the patients but also their families.

"When people are going through the journey, they need to know that the hospice will care for anybody with an end-of-life diagnosis and I often reiterate that."

What has always made her job easier, says Robyn, is the high level of care provided by the hospice's medical and clinical staff, social workers and all those directly associated with patients and their families.

"This definitely has a positive impact on the wonderful support we receive from the community. Families are so grateful that when we ask for help they are happy to support us."

After 10 years in what has been rewarding and fulfilling role, Robyn says she feels the time is right to hand over to someone a bit younger, with fresh ideas who has new contacts and friends and can continue to successfully drive the fundraising programme.

"I will happily offer my time as a volunteer as and when needed. I might take up golf, which I have been playing badly for years, and my first grandchild has arrived, so there will be plenty to keep me occupied. But I will miss the friendship of the staff at Arohanui."



Simon McKay and John McLean at the Feilding Saleyard

FARMING FOR HOSPICE

Farmers from across the region have been working together for almost 25 years to raise funds for Arohanui Hospice through the Farming for Hospice programme. The programme to date has raised in excess of \$2.5 million.

New volunteer convenor Simon McKay recently joined those farmers and their mission to continue the long legacy of contributing 10% of the funds that Arohanui Hospice needs to self-raise each year.

McKay's career as a livestock agent spans three decades, so he is putting that knowledge and his connections to good use for the programme that began in 1994.

Hospice initially invests in the cattle purchases, with transport either donated or significantly discounted. Then a network of approximately 400 farmers graze Hospice cattle amongst their own herds.

When cattle reach their optimum weight, they're sent for processing, with proceeds directly to Arohanui Hospice.

Stock can be on the farm for 8 -18 months. The number of beasts a farmer may graze can range from 1 or 2 to as many as 8 or 9. At any one time the programme has between 350 and 400 cattle on its books.

Simon is keen to explore new ways to spread the risk, and to increase the type of farmers who may want to contribute by including bulls and deer, or donations of sheep.

They're keen to hear from anyone happy to look after a small area of graziers with 10 to 20 cattle under their control, and they're always on the look-out for new farmers who are willing to come on board as graziers.

"We're very much in need of people at the moment in Rangitikei, a couple in Manawatu and in Dannevirke, and we're looking at going into Horowhenua and Taihape for the first time."

Currently they have 20 coordinators with about 20 cattle each that are shared among their farmer graziers. They keep the convenor informed when to sell and buy and how the cattle are doing.

Totally Vets gives generously to Hospice by undertaking the vet care free of charge, as do the transport companies who do a lot of work gratis for Hospice.

"They all deserve a huge thank you, most have been giving for years. They are very, very generous."

Many are long-time supporters such as former convenor Derek Tuck, who helped to launch the programme almost 25 years ago, and is still on hand to help out.

Waituna West farmer John McLean has been a



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volunteer coordinator for over 20 years and is still enthusiastic about encouraging farmers to donate or get involved.

“It’s very timely right now as the milking season comes to an end, to ask dairy farmers to consider donating a culled cow to Hospice.”

John, who has an 80-hectare farm running 160 head of cattle at Waituna West, organises about 20 farmers in his area who donate grazing for about 30 Hospice cattle, and is also present at the Feilding Saleyards every Friday, buying cattle for the programme.

John lost his wife to cancer before Arohanui Hospice opened, and he fully appreciates why hospice is extremely important to families and communities.

“After all these years I still want to do my bit. The end of life and palliative care that hospice gives to people is irreplaceable, it’s a great facility with quality staff. They’re wonderful.”

Arohanui Hospice CE Clare Randall says “Arohanui Hospice thanks the rural community for supporting Arohanui Hospice for the past 25 years. Most of the care we provide is to people in their own homes & often in rural areas. The farming programme is a valuable way rural communities can support hospice.

Anyone interested in helping or becoming involved with Farming for Hospice can call Simon McKay on 021 423 532.

LOCAL HEROES



The team from Stephen Parsons House of Travel showing their support for hospice

Stephen Parsons House of Travel is proud to have been in partnership with Arohanui Hospice for more than 20 years.

As a locally owned and operated business we are committed to the Palmerston North community which our staff and customers live and work in.

Hospice’s philosophy of ‘Living Every Moment’ is core to our values at Stephen Parsons House of Travel and we are dedicated to helping raise awareness and support for local hospice services.

Steve has been visiting Hospice once a month to do a talk to any day patients about various travel journeys, this gives patients a distraction to the real-life struggle they may be going through.

For the month of April Stephen Parsons House of Travel made up an Easter Basket and sold Raffle Tickets which raised over \$150 for Arohanui Hospice.

For May they are asking clients to drop in any clothing that is not needed and they will drop them to the Hospice Shop.

Stephen Parsons House of Travel is committed to its ongoing support to Arohanui Hospice and Living Every moment.



Action from Northern Bowls Tournament

Our most sincere thanks to Barry, Craig, the members of Northern Bowling Club, the players, sponsors and supporters.

HOSPICE BOWLS TOURNAMENT

On a sunny Saturday in March, the Northern Bowling Club held its 23rd annual Arohanui Hospice bowls tournament at its greens on North Street in Palmerston North.

A full complement of teams competed on two greens, and had a thoroughly enjoyable day while raising both funds and awareness of the Hospice, and the need for our community's ongoing support.

It is safe to say that not many of our community-led fundraisers have been going for quite so long, and much of the credit for this longevity must be given to Barry Gush, his wife Gloria, and his son Craig.

Barry originally proposed the concept of a tournament that would specifically raise funds for Arohanui Hospice right back in 1995, with the first tournament being held in early 1996. When I asked Barry why he decided to choose Arohanui Hospice as the charity to benefit from that first tournament, he admitted he isn't really sure! He hadn't had any personal experience of our services at that time, but decided he had a "great feeling" about our work, and wanted to do something to give back to his community.

Barry and his team of willing helpers talk to local businesses each year, and ask them to donate prizes for the tournament, as well as goods that can be auctioned or raffled. Barry always makes sure he explains very clearly that any contribution a business or individual makes helps the Northern Bowling Club raise funds for the Hospice, and that all proceeds from the tournament are donated directly to the Hospice to help address our funding shortfall, which is \$2.67 million in the current financial year alone.

It astonishes both Barry and Craig that there are some businesses, such as Kairanga Knitting Mills, that have been contributing since year one, and never hesitate to agree to make another contribution as each year's tournament rolls around. This year alone, Barry noted 68 sponsors and supporters that all helped to ensure the Club can make another significant donation to the Hospice! Barry also noted that as the tournament approaches, people often make a donation

to go towards the fundraising efforts. He gave the example of a lovely lady who came to the Club to buy \$20 worth of raffle tickets, but in payment gave \$100 and said to put the change towards the Hospice's donation!

That the Club have continued to choose Arohanui Hospice as their charity reflects the local level of support, and the personal connection that Barry says many members have to the Hospice. A Club member donated an America's Cup jacket to auction at this year's tournament, as her way to say thank you to the Hospice for caring for her husband in his last months. Barry said he has heard countless stories from both Club members and friends who have had family or friends in the Hospice's care, and the feedback is always so warm and positive, even when reflecting on such difficult times.

The tournament takes a lot of planning and preparation, and time and effort by the organising committee each year to provide a fun-filled day that challenges experienced players, and provides an opportunity for "newbies" to have a go. It was great to see such a wide age range of players and to hear a lot of laughter. Team members can dress-up if they choose, and enjoy music and Graham's delicious BBQ throughout the day, as well as a cheeky beer in the afternoon sun.

After the play draws to a close, competitors are treated to a legendary late afternoon tea organised by Noeline and her kitchen team, before the fun continues. Craig Steffensen gets on the microphone to rally the crowd as he starts the auction of the very sought-after "mystery boxes", which is always a highlight. This year there were 12 mystery boxes, and bidding was fierce, as you don't know if you are going to end up with a "lesser" prize or a big treat! There were 56 other prizes and a bulging sales table, demonstrating the generosity of the tournament's many sponsors and supporters!

By his own admission, Barry is slowing down, and has handed over the reigns for the tournament to his son, Craig Gush, who is also a long-time Club member and loyal Hospice fan. Craig is adamant that the tournament will continue to grow, and that it will support Arohanui Hospice for many years to come. Barry continues to "supervise" and the two make a formidable team, with plenty of support from other Club members, including Pat and Jennie, and Club Captain Paul Darbyshire.



Barry Gush and Paul Darbyshire present Louise Curtis from Arohanui Hospice with a donation from the tournament

IMPORTANT DATES

FRIDAY 8 JUNE – SATURDAY 9 JUNE

9-4pm Manfeild Event
Centre Feilding
Craft and Vintage Sale

Feilding Saleyard Shop will have a stall in the Feilding Craft and Vintage Sale. We've gathered Vintage items from our donated goods along with volunteer-crafted items and crafting supplies. We hope to see lots of Hospice supporters come out and buy up!

MONDAY 18 JUNE

Mens Health Breakfast
Convention Centre
Palmerston North

THURSDAY 21 JUNE

Shorts for Hospice day

ARE YOU BRAVE ENOUGH?

21 JUNE 2018

Lock in the date, get a group together, wear shorts and raise some funds for Arohanui Hospice



“The ultimate goal is for everybody to start thinking differently and taking that first step..”

Feilding Volunteers Gail and Barbara show off their handmade creations

ACTIONS

SPEAK **LOUDER** THAN WORDS

How many times have you refused a plastic bag in a store?

Here at Arohanui Hospice, we have been receiving a lot of feedback from our customers they want to make a difference by actively making more sustainable choices. Studies have shown that roughly 12 million metric tonnes of plastic debris has accumulated in our oceans globally. This shocking fact is what motivates us to help be a part of the solution.

We believe that removing plastic bags from our shops and replacing them with bags made from donated textiles we cannot resell and would end up in landfill, is just one way we can actively contribute to the solution and at the same time reduce our waste.

Since December 2017, our Awapuni Shop and Feilding Shop have been trialling replacing plastic bags with the reusable bags. This has been so well received within their communities, the decision has been made to roll it out to all our stores.

Awapuni volunteer Sue Beattie has gone on to personally make over 250 bags for the Awapuni shop and the shop recently recruited students from Palmerston North Girls High School Environment and Sustainability group who are using their lunchbreaks to make bags from donated materials for the shop.

Feilding Hospice shop volunteers Barbara Dawkins and Gail Atkinson have recruited a team of volunteers who call themselves ‘The Sewing Gang’ who catch-up to have lunch, socialise and make reusable bags.



Bags from Feilding and Awapuni on display and Palmerston North Girls High Students creating bags for the Awapuni Shop

DID YOU **KNOW?**

Our amazing volunteers help us in so many ways! Last year they donated nearly 70,000 hours of their time and effort

68% of our patients had a cancer diagnosis last year, but did you know that we look after those with any end-of-life illness?

We need to find \$2.67 million this year alone to make up our funding shortfall. That's nearly \$51,500 each week!

We accepted an average of 64 new patient referrals every month last year, and welcomed them and their families into our Hospice family.

Just 34% of our patients came into our inpatient unit last year, usually for a short stay to manage their symptoms before going home again.

We will provide specialist end-of-life care and support to more than 1000 patients and their families this year.

It costs \$16,500 every day to deliver specialist palliative care services across our region.



All involved are pleased they have been able to create a conversation within the community. The ultimate goal is for everybody to start thinking differently and taking that first step to where one day we will be living in a world where plastic is not an everyday item. We know the majority of people want to leave the world in better shape for our grandkids and their grandkids but we also know not everybody knows how to start or that by making one small change, that action can then lead to a snowball effect which eventually could change the world.

We are proud of our shops and how they have embraced this idea and how good it has been for morale and vibe of our shops. It has been a great way for volunteers, young and old, to socialise, bond and make new friendships while doing something positive to influence their communities and Arohanui Hospice.

Arohanui Hospice's Palmerston North store, located on the corner of Walding and Lombard streets, have jumped on board with their project

called "Sew On" which started in May and Levin Hospice shop are just getting their project underway. Between our four shops producing bags, we will be able to produce enough reusable bags for our smaller Otaki and Roslyn Hospice Shop's who do not have the volunteer capacity or space to produce the bags needed.

"Let's be plastic bag free" can seem like such a lofty goal, but here at Arohanui Hospice we have decided it is a journey worth taking and continues our commitment to do the best for our community who give us so much support. We encourage everyone to help us do our bit to make our world a better place not just for ourselves but for future generations.

We would love to hear from anyone who is keen to sew bags at home or join one of our shops sewing groups.

If you are interested in helping, please contact Karen (Awapuni shop) 06 356 1960 ext. 2, Jennie (corner Walding and Lombard St) 06 356 1960 ext. 1 or Kim (Feilding) 06 323 2459.

MANY **THANKS**

It's the simple things that can help improve the quality of life for patients and their families. Thanks to a donation from the The Harcourts Foundation our patients and families can enjoy new floors in the hospice bathrooms. Patients and their families comfort in their surroundings while at Arohanui Hospice is a top priority and making sure our facility is in the best condition it can be is one part of meeting that priority.

Harcourts Foundation donated to Arohanui Hospice \$10,000 towards replacing the lino in our inpatient bathrooms. Thank you Harcourts Foundation for helping us make sure we can continue providing our service free to the community.

Harcourts Foundation- Providing support that helps, grows and enriches our communities.



Harcourts
Foundation

AROHANUI HOSPICE NEEDS YOU!

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." — Helen Keller

- Do you want to make a difference to the lives of others?
- Do you want to feel valued and part of a team?
- Are you looking for ways to gain confidence and self-esteem?

If you answered yes to any of the above then why not become a volunteer at Arohanui Hospice?

People choose to volunteer for a variety of reasons. For some, it offers the chance to give something back to the community or make a difference to the people

around them. For others, it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites all volunteers is that they find it both rewarding and challenging.

Volunteering can also help be a route to employment, or a chance to try something different, which may lead to a career change. Therefore, volunteering can also be a way of:

- Gaining new skills, knowledge and experience
- Developing existing skills and knowledge
- Enhancing a CV
- Improving employment opportunities

- Providing a reference from a well respected organisation
- Using existing professional skills and knowledge to benefit others (usually described as pro bono)

Volunteering can also appeal because of its social benefits. These include:

- Meeting new people and making new friends
- A chance to socialise

Arohanui Hospice through fundraising events and the hospice (including; reception, biography services, gardening, laundry, housekeeping, day stay, kitchen, Horowhenua centre, 6 charity shops (Otaki, Levin, Feilding, and the three Palmerston North

shops; Roslyn, Awapuni, and Lombard/Walding Streets) can provide volunteer opportunities for a wide range of individuals, these range from school students wanting to obtain new skills for their future work, to those wanting to help out in their retirement.

We truly appreciate all our volunteers and how they contribute to help Arohanui Hospice keep its services free for everyone in the community.

If you want to join the team and volunteer for Arohanui Hospice please contact Jo Macdougall 06 356 6606 ext 6408.



AROHANUI HOSPICE

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Patrons: Sir Mason & Lady Arohia Durie

Trustees: John Freebairn (Chairman) Roger Clausen QSM, Ross Hadwin, Mary McKenna, Tim Mordaunt ONZM, Murray Georgel, Dr Fred Hirst, Lorraine Vincent, Minutes Secretary, Jillian Cooksley

Management: Chief Executive: Clare Randall | Director Palliative Care: Dr Simon Allan | Director Clinical Services: Steph Ash | Director of Foundation: Angela Starr | Director Finance and Corporate Services: Gail Savage | IT Manager: Megan Peterson

Yes! I would like to be a **COMMUNITY SUPPORTER**

Mr/Mrs/Miss/Ms _____ First Name _____ Surname _____

Address _____

Phone _____

Email _____

- I would like to volunteer for Arohanui Hospice
- I would like to give monthly; please send an auto payment form**
- Please send details on leaving a gift in my Will to Arohanui Hospice
- I have already left a gift in my Will to Arohanui Hospice

\$100 \$60 \$40 Other \$

Cheque enclosed Charge my credit card
 Mastercard Visa Amex

Card no.

Cardholder name _____

Expiry date _____ Signature _____

Internet banking: Westpac **03-0502-0414019-00**

Please ensure you use your supporter reference number if you know it, along with the code **JUN18**, so we may acknowledge your gift. Alternatively, phone or email us to let us know you have credited our account.

**Please return this form to:
Freepost 206743, Arohanui Hospice,
PO Box 5349, Palmerston North 4441**