

# Hospice News



## Director of Nursing Alicia Trimingham-Turl



I hope you all had a Happy Easter and that the year isn't flying by too quickly. The Broncos have started well but had a shocker against St George! I'm going to need nerves of steel to see the season out - haven't the games been exciting?

Our new Accreditation Certificate is now proudly displayed near the front entrance to the Hospice area.

We have been through a very busy period caring for clients. Kate, myself and some of the nursing staff attended a seminar at the Royal Brisbane Hospital on 8th April, hosted by the Centre for Palliative Research and Education (CPCRE). The day was a clinical skills update and a chance to network with nurses from other services about Brisbane and the surrounding region. As nurses it's important we update our skills regularly to maintain our registration and to keep abreast of what is happening with palliative care and the current best practices to give good end of life care.

We are running another bus trip to Suncorp Stadium to watch the Broncos v Titans on Friday 15th May, leaving the Hospice at 4.30pm for a 7.30pm kickoff. The tickets are \$50 each including the bus and entry to the game. Please let me know if you are interested. Don't leave it too late as the last bus filled very, very quickly.

Alicia

## GENEROUS



Don Talbot, respected Toowoomba author, donated \$1,000 to the Toowoomba Hospice from the proceeds of the sales of his latest book, *TOOWOOMBA. More Strange and... Unusual Tales, Volume 6*. We are delighted that he decided to support us in this way.

Don's book is available at most book stores, priced at a reasonable \$14.95





## Sr. Frances Flint Founder



The message of Easter is that of hope, new life. That's why we have the Easter symbols of baby chickens and eggs. The world needs us to be people of hope. There is far too much negativity in this world. It is propagated by all sorts of people, politicians, the media just to name a few. Have you ever noticed how hard it is to be positive? I find I often have to work hard at that.

In our work at the Hospice we need to have a cheerful, hopeful yet sensitive attitude in all we do to support those around us who are going through a very difficult time. No matter how bad a situation, at some time it will end. To quote a famous person whose name escapes at present "I have had some tremendous difficulties in my life and some of them actually happened."

Happy volunteering.

Sr Frances Flint CSB, OAM



Mrs. Joan Falvey presents Sr. Frances Flint with a cheque for \$10,000 from the proceeds of the 2008 Camellia and Winter Flower Show. A wonderful effort!

This year's show will be held on the 18<sup>th</sup> and 19<sup>th</sup> of July.



## Promotions and Fundraising Mark Munro

Welcome to another update on our fundraising events.

This month I would like to talk about the most important fundraising initiative we have undertaken since the Hospice opened. Inevitably, the fabric of the Hospice building needs regular maintenance and refreshing and after five years this becomes obvious – despite the regular cleaning and maintenance.

The Toowoomba Hospice is seeking individuals, families, community groups, organisations and businesses to 'Adopt A Room'. Their adoption (i.e. money donated) will be used to maintain a fresh and comfortable environment for our clients, staff and volunteers and will be properly acknowledged. It involves, when required:

- Fresh Paint and Touch ups!
- Carpet renewal when necessary
- Maintenance of the room
- Purchase of furnishings
- General maintenance.

The Hospice has 19 rooms suitable for adoption and we have been fortunate to have 13 of these already adopted. I'm asking for your help to find sponsors for the remaining rooms. If you know of any individuals, families, community groups, organisations or businesses willing to 'Adopt A Room', please ask them to contact me for further information.

**A special thank you to all of the Volunteers who gave up their time to rattle buckets during our Easter shopping centre promotion at Grand Central. \$2525.00 was raised!**

In May, we start our 'Darling Downs Free Dress Challenge'. We encourage schools, community groups, organisations and businesses to hold a free dress day during May and June to help raise money for the Hospice. There are some great prizes to be won too!

Yours in FUNdraising! *Mark*



A few of the more sedate members of the group going to watch the first Broncos' game this season.



Brian and Liz Jones enjoying a cup of tea before the match.



#### Date Claimers:

- **May & June 2009** Darling Downs Schools Free Dress Challenge to help raise funds for the Toowoomba Hospice
- **10<sup>th</sup> – 15<sup>th</sup> May** Volunteers Week
- **May 17<sup>th</sup>** NRL Football Bus Trip
- **18<sup>th</sup> and 19<sup>th</sup> July** Camellia and Winter Flower Show
- **July** Hospice 6<sup>th</sup> Birthday celebrations
- **August 15<sup>th</sup>** Hospice Race Day
- **17<sup>th</sup> October 2009** Launch of TRASH YA HAIR FOR HOSPICE CARE at Wilsonton Shopping Centre
- **October 25<sup>th</sup>** Hospice Bowls Day City Bowls Club sponsored by Irish Hotel

**\$10**

*Join us  
in the*

**Biggest  
Morning Tea**

**Lucky  
door  
prize**

and support

**Joyce Buckley**

Cancer Council Qld

Nurse of the Year Entrant

Thursday 14<sup>th</sup> May

10 am

Toowoomba Hospice

Guest Speaker: **Peter Swannell**

Tickets Limited



# COMPETITION

Find ten differences between these two pictures, circle them fill in the form below, put this page in an envelope and pop it into my pigeonhole at Reception and you could win a bottle of wine. If you can find eleven differences there will be TWO bottles of wine!

Name.....

Phone.....

**Closing date is  
Friday, 1<sup>st</sup> May**



Janice Swannell