

Toowoomba Hospice Association Inc

NEWSLETTER

APRIL-MAY, 2018

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ON OUR WAY!

T O O W O O M B A C I T Y C O U N C I L



5 June 1997

Sr. Frances Flint CSB
Chairperson
Hospice Steering Committee
Diocesan Media Office
PO Box 756
TOOWOOMBA 4350

Dear Sr. Flint,

Thank you for your letter of 3rd June 1997 regarding the establishment of an ecumenical hospice in Toowoomba.

I believe it is a wonderful idea and would be happy to meet with you to discuss the matter further. Please do not hesitate to contact my office 31 6631 to arrange a mutually convenient time.

Yours sincerely,

TONY BOURKE
MAYOR OF TOOWOOMBA

THE MAYOR'S OFFICE

City Hall
541 Ruthven Street
Toowoomba Qld 4350

P.O. Box 3021
Post Office Village Fair
Toowoomba Qld 4350

Facsimile (076) 31 6740
Telephone
(076) 31 6631

The letter that Mayor Tony Bourke sent to our founder, Sister Frances Flint csb, giving a major boost to the Steering Committee's efforts! We have enjoyed the Council's support ever since! And thank them for it!



Beginning to Now - so many helpers!

Graham Barron OAM
Chairman

Hi! And welcome to another edition of our Newsletter highlighting some of our recent activities as well as providing information on forthcoming events. We have now well and truly entered into the peak time of our fundraising and social events. If you can attend, support or assist with any events, please contact the office, I am sure Mark and the team would be pleased to hear from you.

I believe you would agree that reading page one of this edition is very interesting. This is where Sr Frances decided to make the move and sought the support of the then Mayor, Tony Bourke. Tony happily obliged, offering her the City Hall to hold a meeting to gauge what interest there was in the community to establish a hospice. This very well attended meeting was where I came on the scene! The Mayor delegated me to chair the meeting and here I am - still the chairman and with no regrets. One of my current fellow Management Committee members, Bob Goldsworthy was also at the meeting and I know Bob would agree the Toowoomba Hospice has come a long way from a humble beginning.

As we approach fifteen years of providing very professional palliative care, it is very pleasing and encouraging to have many of our original supporters still with us.

One that comes to mind is Vanderfield Machinery who donated a John Deere ride-on mower as well as a push mower when we opened. After many hours of mowing we recently decided to replace the ride-on and yes! Once again Vanderfields donated a brand new shining John Deere ride-on in appreciation of the great service we provide to the community. **Thanks Vanderfield Machinery!** This is only one example of the much appreciated support we receive from the community.

The successful functioning of the Toowoomba Hospice is attributed to the great team effort and contribution given by the Management Committee, staff and volunteers. We are here for the right reasons, that is, to ensure our clients and their families receive very professional care and support.

Thank you to our many supporters and the community for their ongoing support!

Graham



Receiving the new Ride-on Mower which will help the Hospice volunteers keep the grounds in top condition were Brian Luttrell (Hospice volunteer) Graham Barron and Pulat Isakov representing Vanderfield Machinery.



FUNDRAISING

Mark Munro

Administration and Fundraising Manager

Can you believe by the time you receive this we will be a quarter of the way into 2018?

PLUS can you believe that I am celebrating 15 years of service (14th April 2003)...which equates to around 150 Management Committee reports, 150 Finance Sub Committee meetings, 15 Annual Budgets and 60 Quarterly Financial reports to Qld Health that I have completed.

(To say nothing of about 120 newsletter articles! Thank you, Mark! Editor)

Whilst fundraising is a major part of my role so is the management of the day-to-day administration and finances. The diagram below shows you where our \$1.75 million comes from...interesting hey!

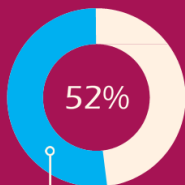
Keep an eye out for our fundraisers as there are plenty of them coming up over the next 6 months - Hang Ya Boss Out To Dry, Mother's Day High Tea, National Palliative Care Breakfast, Hospice Trivia Night, Toowoomba Municipal Band Charity Concerts at USQ, Toowoomba Camellia Show and Garden Expo, Annual Race Day plus more!

Keep on putting the FUN back into FUNdraising

Mark

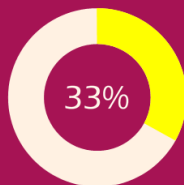
Where our income comes from...

COMMUNITY FUNDING

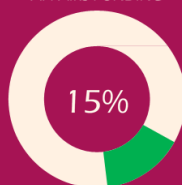


This money comes from many sources such as Community Groups, Service Clubs, Individuals, Families, Schools, Local Businesses/Companies and Fundraising Events.

QUEENSLAND HEALTH FUNDING



PRIVATE HEALTH & DEPARTMENT OF VETERANS AFFAIRS FUNDING



Recently work colleagues from Woolworths Clifford Gardens gathered with their family & friends for a High Tea to raise funds for the Toowoomba Hospice. When Janine, Ros & Colleen popped in last month to make the donation, Chairman Graham couldn't help himself & joined them in having a photo to Flash the Cash!

Well Done & Thank you!





Allison Leech

Director of Nursing

We have been very busy in the Hospice over the last couple of months, with nearly 100% occupancy of our 6 beds. Over this time we have had a couple of longer-stay clients, which gives the staff an opportunity to build a relationship with the clients and their families and carers. We have assisted clients to return to home with community support services when possible, and have helped others to find alternate accommodation for their ongoing care needs.

As a licenced private hospital we operate under guidelines from Queensland Health and the Private Hospitals Association, who set our targets for admissions and appropriate length of stay for the clients who come to the Hospice for their care. It is heartening to note that some of the clients in our care “improve” and are able to discharge from us to other forms of care, while others stay with us as their condition changes.

April sees the completion of our Annual Staff Performance Reviews – a time for looking back over the past 12 months, checking on achievements, and planning for the future – and how we can support the staff to achieve any goals that they set. We are very fortunate to have a group of extremely experienced and

dedicated staff members, who are all here because of the difference they can make for the clients and families who come to the Hospice.

20 - 26 May is National Palliative Care Week, an annual awareness raising week organised by Palliative Care Australia, and supported by the Department of Health to raise awareness and understanding about palliative care in the Australian community.

The theme for this year's National Palliative Care Week is '*What matters most?*'. The theme addresses the need for Australians to plan ahead for their end-of-life care and discuss it with their loved ones and health professionals, and highlights how palliative care can help people with a life-limiting illness to have a high quality of life, right to the end of life.

To celebrate Palliative Care Week, please join us for Breakfast on Friday 25 May at Gip's Restaurant. Our Guest Speaker is Marcella Cullen, a Psychologist with the Palliative Outreach Care Team from Toowoomba Hospital. Please contact Gip's directly to make a booking on 07 4638 3588.

I look forward to greeting you there!

Allison



Pastoral Care

Sue Thönnell

'The story of my recent life.' I like that phrase. It makes more sense than 'the story of my life,' because we get so many lives between birth and death. A life as a child. A life to come of age. A life to wander, to settle, to fall in love, to parent, to test our promise, to realize our mortality – and in some lucky cases, to do something after that realization.

Mitch Albom. (Author, journalist, philanthropist)

Each new phase of our lives is like a mini-life with its own story. What's the story of your recent life?

When we befriend our own mortality, our life story is enhanced from there forward. It's more colourful and richer and more meaningful. Staying mindful of our eventual death makes our living more urgent and purposeful. It gives each mini-life we have left to us a desirable poignancy. Lucky us.

Sue

Alan D. Wolfelt. (Author, educator, and grief counsellor)

Sharene Gosley

Volunteer Coordinator



Wow, what a busy start to the year it's been!

We've held 3 orientation sessions already this year looking for new volunteers, and we've had a few new volunteers join our team. **AND** we still need more – particularly in the kitchen and housekeeping areas! If you know of anyone who has a couple of hours a week to spare please ask them to get in touch with me. I would love to chat with them about how they can help, or invite them along to one of our **Information sessions for new volunteers** on the dates below. Sessions begin at 9.30am till 11.30am in the Board Room. These are the proposed dates: June 6, July 4, August 8, September 5, October 10 and November 14.

Thank you to all the volunteers who helped at our recent shopping centre promotion at Toowoomba Plaza on the 22nd, 23rd and 24th of March and for those who manned our promotional stall at the *Ride the Range* fundraiser on Sunday 25th of March. Thank you for representing the Hospice so professionally. We always hear great feedback from these community events. People are always so impressed by our friendly volunteers, who are only too happy to share their stories of volunteering with others. Friendly, helpful volunteers are our greatest marketing device, so thank you all.

Please say a welcoming hello to our newest recruits if you see them around. Donna, Dianne and Jeannie have all joined the volunteer team recently. We extend a big Hospice welcome to them and we know you will enjoy your time with us.

Our Camellia Show and Garden Expo is fast approaching. It will be held on July 21 and 22 this year and is sure to be even bigger and better than last year. This is a huge fundraiser for the Hospice and we need lots of volunteers to help make it a success.

The set-up for the event is on Thursday 19 and Friday 20 of July and the pull-down is at 4pm on Sunday 22 July. What we need is a few people to help with loading and unloading of trailers, hanging fabrics and covering tables, picking camellias, flower arranging, general workers; we need volunteers to sell raffle tickets, craft and produce; help in the café; and man the entry gates.

If you or someone you know can spare the time, we'd love to hear from you! Please call me or email volunteer@toowoombahospice.org.au.

***Please note: You do not need to be a registered Hospice volunteer to help at this event**

Take care and Thank you for your help

Sharene

AND...

Happy April birthdays to: Perry, Maree, Natasha, Aaron, Jan, Ian, Michael

And in May: Joy, Trudy, Richard, Pat, Carol, Simon, Jodie, Eugenie, Margaret, Cidinha, Tobias



2018

Upcoming Events not to be missed!
Come and join us!



Date Claimers 2018

April 20th Hang Ya Boss Out To Dry

May 9th Mother's Day High Tea – Gips

May 25th International Palliative Care Week Breakfast

May 26th Trivia Night – Toowoomba City Bowls Club

June 23rd & 24th Municipal Band and Hospice Yearly Concert
@ USQ Arts Theatre

Month of July 'The 15 Challenge' – for 15 years of Service to
our Community

July 21st – 22nd Camellia Show and Garden Expo

September 8th Hospice Annual Race Day

October 28th Jazz Breakfast at the Darling Downs Steam

November 6th Melbourne Cup Lunch – Café Valetta

November 17th Hospice Wine Tour

November 25th Hospice Carols

December 1st – 24th Toowoomba's Christmas Wonderland

All Year – Adopt A Room

All Year – Hospice Giving Program

Spotlight on Staff, Donors and Volunteers



Probably the biggest group of volunteers at the Hospice is the Gardening Team who work together each Tuesday & Wednesday. As well as gardening we are open to requests for all sorts of other maintenance and construction work around the buildings.

Our relatively large number of workers is easily justified (for noting please by the paymaster) by the variety and complexity of the work and seasonal fluctuations. Our team comprises:

Kath - Head Gardener and decorum monitor. Occasional team coffee maker.

Paul - Associate/Deputy Head Gardener and fly fisherman extraordinaire (handy skills if we ever get goldfish in the fishpond!)

Keith - Senior partner, hedge trimmer and associated maintenance duties including Emergency Generator general manager. He's always happy to yarn about motorbikes and anything mechanical or electrical.

Doug - Gardening duties and director of Building Maintenance and occupational health and safety. Expert on safe ladder use or effective fence repair.

Brian - newest kid on the block. Reasonably

useful on the mower and edge trimmer. No particular skill in tyre maintenance, storytelling, fishing or coffee-making but is usually well behaved.

Ted - Keeps Kath and Paul on a leash – a very ferocious guard dog! (Chief security officer)

Dave - Jack of all trades. Particular skills include dam building, car washing, and hanging Christmas lights (will happily help you with yours if the price is right.)

John - the quiet achiever and longest serving member of the team. He has been volunteering since 2007 and can be found pushing the mower around early on Wednesday mornings.

Volunteer Coordinator's note: the gardening and maintenance team are the rowdiest of the volunteer groups – most vocal at meetings and a challenge to keep focused. Topics at meetings cover politics, religion, science, house improvements, and oh, yes, gardening and maintenance. There is always much laughter, joke-telling and taunting going on when the gardeners are in!

Love 'em all!

Sharene

A new Fundraising Partnership has been formed...



Play for Purpose is a not-for-profit game where you get the chance to share in \$1,000,000 worth of prizes and in turn, they guarantee the Hospice 60% from every ticket purchased so it is a win-win for the Hospice and yourself!

It's an art union where you can win great prizes like holidays, gold bullion and cars all in support of the Hospice. All you have to do is type this link in your web browser

<https://playforpurpose.com.au/toowoomba-hospice>

This initiative will assist Mark and his team raise those extra funds needed to keep the Hospice operating. So, go online, purchase your ticket now, you will get a receipt via email and a copy of the prizes currently on offer – it is that simple!!

Just another way of putting the FUN back into FUNdraising...

P PAGE

Pictures Puzzles Promotions



Our partnerships continue...in more ways than one

We were delighted to host a morning tea and tour of the Hospice for Heritage Bank CEO Peter Lock and his wife Jacqui. Heritage Bank and their staff continue to support us in many ways, and for this we are very grateful - Thank you!

Did you know: The term “hospice” (from the same linguistic root as “hospitality”) can be traced back to medieval times when it referred to a place of shelter and rest for weary or ill travellers on a long journey. The name was first applied to specialized care for dying patients by physician Dame Cicely Saunders, who began her work with the terminally ill in 1948 and eventually went on to create the first modern hospice—St. Christopher’s Hospice—in a residential suburb of London.






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TOOWOOMBA HOSPICE
PROUDLY PRESENTS

We are inviting businesses of the Darling Downs to hang their Boss out to dry by placing their Boss in a cherry picker and raising it up high!

The Boss then has to raise a minimum of \$2,000 from up in the air to be let down again. They can contact anyone they like to raise their money... so hopefully no one will be left hanging!

Hang Ya Boss Out To Dry!

When: Friday the 20th of April 2018
Where: CLO Lawyers 161 James Street Toowoomba
How: Contact Mark Munro at the Hospice on 07 4659 8500

Easter Raffle

Drawn on 27th March 2018(2.45pm)

- 1st Prize:** 458 - Joyce Buckley
Family Easter Picnic Hamper
- 2nd Prize:** 600 - Margaret Hirning
Family Easter Goodies Basket
- 3rd Prize:** 506 - Aileen Lack
Kids Easter Craft Basket



Thank you from the Toowoomba Hospice...