

February – March 2020

# TOOWOOMBA HOSPICE NEWS



**2020**  
**INTERNATIONAL YEAR**  
**OF THE NURSE AND**  
**THE MIDWIFE**

#SupportNursesAndMidwives #Nurses2020 #Midwives2020



Toowoomba Hospice Management Committee, Staff and Volunteers would like to acknowledge the wonderful professional care and service you provide to our clients and their families. Thank you Clinical Team!



## *From the chairman's desk*

**Graham Barron OAM**  
**Chairman**

Hi and welcome to 2020 as we look forward to a rewarding and positive year at the Toowoomba Hospice as we continue to provide very professional palliative care.

I start on a sad note mentioning the recent passing of Peter Swannell, husband of Janice who has been on the Management Committee well and truly before the opening of our Hospice. Peter was a great supporter and ambassador of the Toowoomba Hospice right back to when he was the Vice Chancellor of USQ. He was always there to support Janice in her role as well as the Hospice. I always found it rewarding to having discussions with Peter and listening to his words of wisdom and experiences he had in life. The community of Toowoomba has lost a great icon, however, due to his input we are a better and stronger city. I was also impressed with the large attendance at his funeral and in particular the representation from the Hospice. On behalf of the entire team, I offer our sincere sympathy to Janice, Cathy and Nicole and we look forward to a long association with the Swannell family. We will miss Peter's words of wisdom, sense of humour, support and most importantly, his friendship. (Photo courtesy of the Toowoomba Chronicle)



While every year is important at the Toowoomba Hospice this one will be no exception. We will need to be well prepared and ready for the next ACHS audit which we anticipate will occur in September 2020. Importantly this audit constitutes the first assessment against all eight of the new standards as part of the next 4-year accreditation cycle. I acknowledge the entire team for their efforts in ensuring that we pass our audit with top marks.

As the 2020 year starts to roll along, so do our fundraising and social events. Mark and the team are busy planning activities which are very important in enabling us to achieve the \$1.7 million required to operate our facility. If you can support in any way, please contact Mark - I know he would greatly appreciate it.

In conclusion, I thank all our staff, volunteers and supporters for their past support and I look forward to your support once again in 2020.

Until next time.

*Graham*

## Mark Munro Administration and Fundraising Manager



## Welcome to 2020!

I would like to say thank you to all staff, volunteers, family and friends of the Hospice who helped at the 2019 Toowoomba's Christmas Wonderland in anyway; your support is absolutely appreciated by the working committee of TCW. We start meeting fortnightly from February until November.



Sharene, Ray and Maree are a 'glowing' example of the team work at TCW 2019.

Talking about working committees, the Toowoomba Camellia Show and Garden Expo will also start meeting in February to ensure a "bloomin' good show" will be happening at TAFE.



THANK YOU TO ALL INVOLVED!

**TOOWOOMBA HOSPICE**  
PROUDLY PRESENTS

# HANG YA BOSS OUT TO DRY!

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 \$3,000 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!

**WHEN?**  
6am - 10am  
Friday, 8th of May 2020

**WHERE?**  
Bernoth Centre  
663 Ruthven Street  
Toowoomba

**HOW?**  
Contact Mark or Katrina at the Hospice on 07 4659 8500  
events@toowoombahospice.org.au

**JUST GOT**  
**HUNG OUT TO DRY**

**MASTERHIRE**  
Built on Service

**bc**  
The Bernoth Centre

**TRIPLE 864AM**  
DARLING DOWNS

**Abbey's**  
COTTAGE CAFE

**TOOWOOMBA**  
BBQS & FIREPLACES

Planning is well underway for our major Fundraiser Hang Ya Boss Out To Dry and I am pleased to advise that all our sponsors have returned. We are now on the search for Bosses/ CEOs to be hung out to dry, so please contact myself or Katrina on ☎46598500 or at events@toowoombahospice.org.au and we will send you a nomination form.

If you are interested in hosting a fundraiser for the Hospice, please let us know so we can place it on our Facebook and Website.

Until next time, keep on putting the FUN back into FUNdraising!

Mark





## Eugenie Corbett Director of Nursing

We are well into the next decade and I reflect on the changes that have taken place in the last few years in the health industry, let alone the changes since the 1920s when my grandmother was a young woman working for a local newspaper. We are entering the age of significant advancements in digital health, robotic surgery and AI.

At the Toowoomba Hospice we frequently review ways to improve our services using new technology, without compromising the personal human touch. We also work closely with our Management Committee Members and other quality consultants to remain steadfast in our commitment to operational excellence and financial stewardship.

Yet, we cannot take credit for the changes without acknowledging the amazing leaders who were instrumental in the health industry, that preceded us. Nursing and Midwifery will be in the spotlight throughout 2020, which has been declared the International Year of the Nurse and Midwife by the World Health Organization. In conjunction with this, the Nightingale bicentenary celebrations are also taking place globally this year. Healthcare managers worldwide are encouraged to look back on the contribution that Florence Nightingale made to contemporary healthcare management and healthcare practice, as well as reflecting on the crucial role of nurses and midwives today.



Florence Nightingale was known as “The lady with the lamp”. As a “ministering angel” during the Crimean war. She was “a ‘ministering angel’ without any exaggeration in these hospitals, and as her slender form glides quietly along each corridor, every poor fellow's face softens with gratitude at the sight of her. When all the medical officers have retired for the night and silence and darkness have settled down upon those miles of prostrate sick, she may be observed alone, with a little lamp in her hand, making her solitary rounds.” Cited in Cook, E. T. *The Life of Florence Nightingale*. (1913). Vol 1, p. 237.

I often reflect on my immediate mentors from lecturing days, who were instrumental in my training. Some of my mentors who were near retirement had served in the second world war, instilling excellence, pride and devotion. Others included those on my own personal journey from childhood who impacted my desire to nurse, who were compassionate and angelic in nature.

At the Toowoomba Hospice we acknowledge that we cannot care for our patients without the dedicated, caring nurses who are professionally trained in palliative care, and have a desire to work at the Hospice as ‘ministering angels’. They work quietly and tirelessly on public holidays, weekends and nights. They provide holistic evidence-based care but most importantly they strive for a dignified end as they partner with families in this final journey. A recent social media comment validated the Toowoomba Hospice nurses: “This is one of the most special places I have ever stepped into. My dad passed away peacefully here 20 weeks ago today. The wonderful care and support the staff and volunteers showed towards dad and our family was nothing short of amazing. These people are our real living angels. Thank you for doing what you do so well in Toowoomba Hospice.”

We acknowledge the importance of the future nurses, by providing a supportive mentoring role during their placements at the Hospice. Future nurses keep us motivated.

We will be implementing monthly newsletters for our clinical staff in recognition of the Year of the Nurse and Midwife, with a strong focus on self compassion and spiritual and emotional wellbeing.

*Eugenie*

## Sharene Gosley Volunteer Coordinator



Welcome to our first newsletter for 2020, the year of great vision! - *ha ha ha*

Well, the year is well and truly underway and what a year it will be; lots of great events to get involved with.

Towards the end of last year and the beginning of this year, we said farewell to a few of our long serving volunteers as they moved away from Toowoomba to be closer to family or simply retired from their volunteering after many years of helping. We thank them all sincerely for their dedicated service to the Hospice and its very special clientele. That being said, when we say farewell to people, it opens up space for others to join us and we are in need of help, particularly in the kitchen at the moment. So, if you are looking for something extra to do or know of someone who might like to help, please ask them to get in touch with me and I can let them know what's involved. Even if it's only helping with one shift per month, it all helps.

I will be holding an information session on Tuesday the 18th of February from 9.30am until 11.30am where we will discuss all things volunteering so please invite anyone you think may be interested, they would be most welcome.

Here are a few volunteering fun facts and stats for you, derived from an ABS survey and a voluntary work survey in 2010/11.

In 2010 36.2% of people over the age of 18 participated in formal volunteering. This does not include people on the work for the dole scheme or those needing to perform volunteer hours as part of study commitments.

· 38% of these were adult women and 34% were adult men

· 93% of volunteers saw positive changes as a result of their volunteer efforts

· 86% of organisations who use volunteers need more

· 60% of volunteers improved their patience skills through volunteering

In 2010, the frequency of work done by volunteers was:

· At least once a week – 35%

· At least once a fortnight – 11%

· At least once a month – 16%

· Several times per year – 24%

· Less regularly – 14%.

Until next time, thanks for all the help you give; we appreciate your support.

*Sharene*

### *Celebrating Birthdays in ...*



**February:** Suellen, Jeannie, Bev, Beth, Sr Una, David, Claire, Keith, Joan

**March:** Julie, Tim, Charmaine, Brian, Judy O, Gayle

**Happy Birthday to you all  
from all of us at the Hospice.**



## Sue Thönnell Pastoral Care Coordinator

Following the news of the recent drought, the bushfires and the devastation I am reminded of this quote attributed to George Bernard Shaw:

***Now that we have learned to fly in the air like birds  
and dive in the sea like fish, only one thing remains  
– To learn to live our lives like humans!!***

What we see every day is the resilience of humans, the wildlife and the bush. We see people at their most vulnerable trying to cope with an abnormal situation, we

see people living their lives like humans. It is like the truth that each one of us carries inside of us emerges to unite us and help us through the tough times. I have asked myself many times 'how would I react in a situation like that?'

The answer is I 'don't know'. What I can do is strive to uphold the truth inside of me and to learn to live like a human. Take stock of who we are and the difference between what we need and what we want. 'May you find the Truth inside of You!'

*Sue*

# 2020



## UPCOMING EVENTS

### NOT TO BE MISSED

**February 26th** - Theatre Night at Toowoomba Repertory Theatre **SOLD OUT**

**May 5th** - Choirbolic Evening Concert

**May 6th** - Mother's Day High Tea at Gip's

**May 8th** - Hang Ya Boss Out To Dry

**May 29th** - National Palliative Care Week Breakfast at Gip's

**June 14th** - Mt Tamborine Bus Trip

**June/July (DTBA)** - Trivia Night at Toowoomba City Bowls Club

**2019 (DTBA)** - Toowoomba Municipal Band Charity Concert at USQ Arts Theatre

**June, July & August** - 17th Birthday Fundraiser

**July 6th - 10th** - Toowoomba Hospice Week

**July 18th & 19th** - Camellia Show at TAFE

**September 5th** - Hospice Annual Race Day

**October 25th** - Jazz Breakfast at DownsSteam Railway

**November 3rd** - Melbourne Cup Lunch at Café Valetta

**November 14th** - Hospice Wine Tour

**November 29th** - Hospice Carols

**December 5th - 24th** - Toowoomba's Christmas Wonderland

## STAY IN TOUCH!

TOOWOOMBA HOSPICE

57B O'QUINN STREET, TOOWOOMBA  
P O BOX 6463 CLIFFORD GARDENS QLD  
4350

PHONE: 07 4659 8500 FAX: 07 4659 8511

[www.toowoombahospice.org.au](http://www.toowoombahospice.org.au)

[info@toowoombahospice.org.au](mailto:info@toowoombahospice.org.au)

## Our Team!



Big thanks to Gayle, Marshall (not pictured), Karin, Richard & Natasha (not pictured) plus Mark & Annie from ParisiAnn Patisserie for putting together this amazing spread for our clients and their families on Christmas Day - Another great team effort!



Brian & Alison selling Christmas Raffle tickets at our Shopping Centre Promotion - Thanks to all our Volunteers who helped. We had 6 excited winners (who thought all their Christmases had come at once!)

**WE**   
**VOLUNTEERS**



# YES, Reserve my Ticket!



## Toowoomba Hospice Mother's Day High Tea

Wednesday 6th May 2020

9.45am - 11.30am

at Gip's Restaurant

(120 Russell Street Toowoomba)

Cost: \$45 per person

Tickets on sale 1st March 2020 from

[www.toowoombatickets.com.au](http://www.toowoombatickets.com.au)



National Palliative

Care Week Breakfast

Friday 29<sup>th</sup> May 2020

At Gip's Restaurant

a sumptuous buffet breakfast \$45 /person

6.45am for a 7am start

Our Guest Speaker is

Dr Dan Fleming - Group Manager Ethics

St Vincent's Health Australia

Tickets on sale 1st March 2020 from

[www.toowoombatickets.com.au](http://www.toowoombatickets.com.au)

## Raffle Prizes Wanted

Can you help?

# RAFFLE!



To help with our Fundraising efforts, we like to run raffles at most of our events. If you can help contribute to our prizes that would be wonderful. Gift Cards, Vouchers, Hampers - anything that you think would make a great prize to win!



# THANK YOU!

In Partnership with the Community...

## PICTURE PAGE



The new carpet has been rolled out and we are delighted with the end result! Thank you to all who donated to our 16th Birthday Fundraising Campaign 'Roll Out The Carpet'.

Some of the members from Aces and Eights Car Club who arranged their annual Family Funday at the Blue Mountain Hotel popped into the Hospice with a cheque for a whopping \$3,255.00! Thanks to everyone who supported the day. It means so much to the Hospice and to Aces and Eights Car Club!

St Vincent's Private Hospital Toowoomba recently donated \$5,000 on behalf of all their doctors. When accepting the donation our Chairman, Graham reflected on the strong partnership we have held since we opened 16 ½ years ago.



The Hospice was a lucky recipient of the Commonwealth Bank Greater South East Qld Mobile Banking 'Community Donation' valued at \$500. Paul, one of their bankers based in Toowoomba, suggested the Hospice after hearing about the wonderful work we do in the local community.

