
Toowoomba Hospice Association Inc

NEWSLETTER

JUNE – JULY 2018

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**We celebrated National Volunteers Week with a BBQ,
awarding long service certificates and mixing with
good friends, staff and colleagues.**

**WE THANK YOU ALL FOR MAKING THE HOSPICE
POSSIBLE!**



Fifteen Years!

Graham Barron OAM Chairman

Hi! and welcome to the latest edition of our newsletter and I hope all is well at your place. Some people are thinking I have retired from my voluntary position as Chairman of the Toowoomba Hospice No! I have only retired from paid employment at Wippells. I plan to be at the Hospice for some time yet.

When I reminisce on the last fifteen years since we admitted our first client, a lot of things come to mind. After raising in excess of \$1.2 million to build the Hospice and purchase a new Mazda 323, we had a surplus of \$175,000 to go towards operational costs. I can remember saying to our Treasurer, Steve Davis, "Well, we have a nice new building, a new car. And a small surplus for operational costs. There is no turning back!"

At the time we estimated our 2003/04 expenses would be in the vicinity of \$700,000. Looking back at our records, our first year's expenses were \$713,964. We achieved our goal due to sound management and ongoing community support. The only thing that has changed all these years down the track is that our annual operational costs are now \$1.7 million. I thank the entire community for their ongoing support as we continue to deliver very professional palliative care. Thanks also to Queensland Health, the Department of Veterans Affairs and the various private health funds for their support.

The last month has been very productive with the

Hospice hosting the following functions: Mothers' Day High Tea at Gip's restaurant; the celebration of National Palliative Care Week with a breakfast (also at Gip's) with psychologist Marcella Cullen as guest speaker; and a BBQ in the tranquil gardens of the Hospice to celebrate National Volunteers week. It was very pleasing to receive many accolades for our facility and I thank the entire team for coordinating these special events.

As well as all these function, Mark arranged the **Hang Ya Boss Out to Dry** event which generated a lot of interest, fun and, importantly, was financially, very successful. Thanks to all those who made this event the success it was!

And a special note, I congratulate Mark on his fifteen years of dedicated and loyal service!

In conclusion, thanks to everyone for their ongoing support and friendship. If you can attend or assist with any forthcoming events, I know Mark would like to hear from you. I look forward to many more productive and successful years of providing very professional care to the community.

Thank you all!

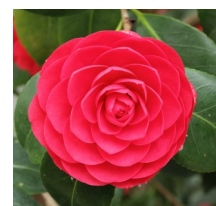
Graham

The Camellia Show and Garden Expo will soon be with us again (July 21 and 22)..see back page for details!

We rely on our volunteers to help us set up...clear up...and, yes!..man the stalls during the Show.

If you can help in any way, (and you don't have to be one of our registered volunteers to do so) please contact Sharene or Mark.

They'll be delighted to hear from you.





FUNDRAISING

Mark Munro
Administration and
Fundraising Manager

Welcome to our Newsletter!

Unbelievably, we are nearly halfway through 2018 and about to start a new financial year!

As most of you would know, the Toowoomba Hospice celebrates 15 years of operation come the 1st of July – Sr Frances would be so proud!

To help celebrate this wonderful achievement, I have launched our new Fundraising campaign **‘15 for 15’**.... I do hope you will jump on board and help us reach our target of \$15,000.

Apart from our **‘15 for 15’** there is so much happening over the next few months with our Hospice Trivia Night, Toowoomba Municipal Band Charity Concerts at USQ, Toowoomba Camellia Show and Garden Expo, the Annual Race Day plus much more.

Did you know you can fundraise at your home or office? Why not host a morning tea, a quiz night or even a raffle? It's amazing how quickly it all adds up and every cent/dollar counts...just like the way the Hospice was built!

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

15 for 15



Some of the hands we have guided...

To help celebrate 15 years of providing safe, quality care in partnership with the community for those with a terminal illness please donate \$15 to help us reach \$15,000 by the June 30th...wouldn't that be a great 15th Birthday Gift for the Toowoomba Hospice!

Go to:- <http://www.givenow.com.au/hospice-15for15>

Mark

TOOWOOMBA MUNICIPAL BAND

The Toowoomba Municipal Band is delighted to present their 9th fundraising concert for the Hospice. This year's theme is 'Our Australia' starring Brendon Walmsley, Toowoomba Choral Society Youth Choir, John Penny singers, the Toowoomba Philharmonic Society Inc., Dance Central featuring 'Velocity', the Accidentals Australia and our very own Toowoomba Municipal Band. There are two performances, Saturday 23 June (7.30pm) and Sunday, 24 June (2.00pm).

Adults: \$25, Concessions \$20, Students \$12 and \$65 for a family. To book, please call Artsworx on 0746 311 111 or online <https://artsworx.usq.edu.au>

Hospice Trivia Night (Fri 29th June). Come along and join us all making mistakes and sneaking looks over other people's shoulders! There are bound to be some questions that you know the answer to! What about this one...

Three ducks and a wombat wandering in Queensland? Answer = Toowoomba. Explanation on the back page.



Allison Leech Director of Nursing

It seems incredible that half the year has gone already – with all of the usual busy activity that keeps the Hospice going...

Thank you to everyone who joined us for our activities in April and May. I was sad to miss 'Hang Your Boss Out to Dry' in April (especially as it was probably much warmer than in previous years in August...), but my holiday in New Zealand was wonderful.

Mother's Day High Tea and Volunteer Week activities were very well supported, as was our National Palliative Care Week Breakfast at Gip's Restaurant, with special thanks to our guest speaker, Marcella Cullen, Psychologist with the Palliative Care Team, Darling Downs Hospital and Health Service. Marcella spoke on the theme 'What matters most', addressing the need for everyone to have conversations with their families and carers – and their medical team, especially their GP – regarding their end of life wishes and needs.

Palliative Care Week concluded for me with an Afternoon Tea at Government House in Brisbane, hosted by the Governor, His Excellency the Honourable Paul de Jersey AC QC and his wife Kaye. Mr de Jersey is the Patron of Palliative Care Queensland, and he has indicated that this will become an annual event during Palliative Care Week. This was a good chance to catch up and network with others within the Palliative Care field from many areas in south-east Queensland, including the Hospices from Ipswich and the Gold Coast.

I was also fortunate to be invited to participate in the local Rural Medical Student Forum and the Blush Advanced Breast Cancer Workshop – to highlight the care that is available to the Toowoomba community from the Hospice, and other services in our area.

Functions like this provide a way for us to contribute to the education of all those we encounter on the importance of Palliative Care, and especially the work of the Toowoomba Hospice. It is truly pleasing that our networks allow us to share our service with so many, some of whom do not realise that there is even a Hospice in Toowoomba...

We have many other opportunities coming up as the year marches on – but most importantly:

Happy Birthday, Toowoomba Hospice!

July 1 marks the 15th anniversary of the opening of the Toowoomba Hospice, and a time to acknowledge the vision and dedication of our founders, staff and volunteers who have provided exemplary care to more than 1300 clients and their families over that time.

We are truly blessed to have such a wonderful facility, and to be involved in the very special care that we provide to all those who come to the Hospice, whether as clients, carers, staff or volunteers...

Allison



Palliative Care Week was celebrated at a Government House afternoon tea hosted by the Governor and his wife.

Allison *IS* there—see if you can spot her!

Sharene Gosley

Volunteer Coordinator



Hello and welcome to our Winter Newsletter!

Just because it's getting colder doesn't mean we're going into hibernation here at the Hospice. In fact, things are heating up as we approach our busiest time of the year.

Our next Shopping Centre Promotion is coming up on Thursday 28th, Friday 29th and Saturday 30th of June at Clifford Gardens Shopping Centre. If you can spare a few hours to man our stall, please let me know.

Information sessions for new volunteers are happening on the following dates. Sessions begin at 9.30am in the Board Room and finish at 11.30am. Anyone interested in volunteering with us is welcome to attend. The dates are July 4th, August 8th, September 5th and October 10th.

Thank you to everyone who attended our **National Volunteers week BBQ** on Saturday 26th of May. It was wonderful to see so many of our volunteers present and gave us an opportunity to say "thank you" for all the work that you do to support the Hospice. We simply couldn't exist without you.

We estimate that our volunteers save us around \$500,000 per year, so, on behalf of the Management Committee and Staff, I say, thank you to all our volunteers, for giving your time and talents to ensure the Hospice continues to provide such a valuable service to our community.

Several volunteers have joined our volunteer team recently. Please say a welcoming hello

to our newest recruits if you see them around, Maria, Lyndel, Bayley, Connor, Lyn and Hannah! We extend a big Hospice welcome to you all, and know you will enjoy your time with us.

Our **Camellia Show & Garden Expo** is fast approaching. It will be held on July 21st and 22nd 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. If you or someone you know can spare some time we would love to hear from you. Please note: **you do not need to be a registered volunteer with the Hospice to be able to help at this event.**

We will also be looking for donations of jams, relishes and baked goods to sell on our stall at the Camellia show. I have jam jars, styro trays and cellophane bags available to display our items. Donations of greenery/foilage are also needed for the Camellia Show. Donations will be used in the flower arrangements. If you have foliage that could be used, it will need to be delivered to the TAFE college on the morning of Friday 20th of July.

Please get in touch with me on 4659 8500 or email volunteer@toowoombahospice.org.au

Donations of flowers and greenery are welcome at the Hospice. Drop off on Thursday afternoons or early Friday mornings ready for the volunteers to work their magic!



And a very Happy Birthday to:

Margo, Cassie, Kenn, Tony, June,

Sally, Jane, Wendy, Allison,

Donna, Nick, Cheryl, Dale,

Malcolm, Mike, Klaudia **Sharene**

2018

Upcoming Events not to be missed

Come and join us!

June 23 & 24 - Municipal Band fundraising concerts

June 29 - Trivia Night

July 21 & 22 - Camellia Show & Garden Expo

September 8 - Race Day

October 28 - Jazz Breakfast

November 6 - Melbourne Cup Lunch

November 17 - Hospice Wine Tour

November 25 - Hospice Carols

All Year Round - Adopt A Room

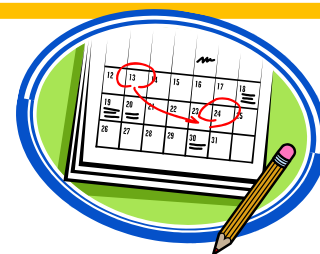
All Year Round - Hospice Giving Program

All Year Round - Trash Ya Hair for Hospice Care

All Year Round - in lieu of presents/gifts at a celebration -donate to us!

PLEASE check our Website and Facebook for more information on the above events and other events as they arise.

www.toowoombahospice.org.au or **Contact 07 4659 8500** if you would like to run an event for the Toowoomba Hospice...



PLAY FOR PURPOSE - A NEW INITIATIVE

PURCHASE A LOTTERY TICKET FOR \$25 & THE HOSPICE GETS \$15

Play for Purpose is a not-for-profit art union where you get the chance to share in \$1,000,000 worth of prizes, like holidays, gold bullion and cars all in support of the Hospice.

All you have to do is click on/enter the link which takes you straight to the Hospice Webpage, to purchase your tickets for \$25.00 each. By doing this, the Hospice is guaranteed \$15.00 from each ticket sold– so easy and it's a win-win for the Hospice and yourself.

This initiative will assist Mark and his team to raise those much needed funds to keep the Hospice operating.

So, go online now to purchase your tickets.

Here is the link - <https://playforpurpose.com.au/toowoomba-hospice>

You will get a receipt via email and a print out of the prizes currently on offer – it's

that simple!!



Spotlight on Staff, Donors and Volunteers



Mark Munro received \$6000 from Rotary Toowoomba Inc and Toowoomba Event Group at their Ride the Range presentation event.

We thank them for their generosity and their fitness!



Sue Thönell

Pastoral Care

I am always amazed how the cameos of life present themselves to us when we least expect them. I treasure mine as they enrich my life in so many ways. Here are two that I would like to share.

On a recent visit to a local grocery store I was busy concentrating on the amazing array of cheeses, trying to compare prices and find a reasonably priced everyday cheese that does not feel like soap and taste like nothing. I was vaguely aware of a woman with a trolley and 2 children standing close by when one of the children enthusiastically said "Pleeeeeease can we have crackers and cheese – I love crackers and cheese!" Without thinking about the implications of talking to children I do not know I said "That sounds like a good idea." The response came back with even more enthusiasm and just as fast "You can come and join us we have a brown gate and a big shed." This spontaneous invitation and the laughter that followed was priceless.

On a previous occasion some years ago when we were living in Sweden, I was walking home from the local store mid winter in thick snow when a young boy of about 8 years of age coming the other way greeted me and stopped to chat. He was pushing his bicycle up the hill and I commented that it was not easy in this weather to ride up the hill. He told me all about the gearing and accessories on his bicycle which was new and an upgrade on the old one. After about 5 mins of chatting and getting cold I decided I needed to move on so I said "I must get home. Where are you going?" With all the innocence of a distracted 8 year old the answer came back "We live down the bottom of the hill and my Dad has sent me to the store to get toilet paper as we have run out and he is sitting on the toilet waiting for me to come back."

Need I say more! Thank you to these little people for reminding me of how innocent, trusting and honest life can be.

Sue

P PAGE

Pictures Puzzles Promotions



Volunteers, Denise Benn & Eve Steger at the Northpoint Shopping Centre Promotion.

This was the first time we have been to Northpoint!



Graham Barron and Mark Munro launching the 15 for 15 fundraising initiative (see page 6)

The answer to the puzzle in the Trivia Night advert was...TOOWOOMBA—or 'three **ducks** = OOO; plus 'wombat' wandering (that means, mix the letters up)

And you have...TOOWOOMBA

And if you got that right you have solved a clue from the London Times crossword!



