

Toowoomba Hospice Association Inc

# NEWSLETTER

OCTOBER-NOVEMBER 2017

57B O'Quinn Street Toowoomba

Po Box 6463 Clifford Gardens Qld 4350

Ph: 07 46598500 Fax: 07 46598511 [www.toowoombahospice.org.au](http://www.toowoombahospice.org.au) [admin.toowoombahospice@bigpond.com](mailto:admin.toowoombahospice@bigpond.com)



**14 YEARS OF PALLIATIVE CARE! THAT'S TRUE!  
BUT...20 YEARS SINCE THE JOURNEY BEGAN!**



*Once upon a time, O Best Beloved...there was a nun who needed help! Actually it was 20 years ago and several people stepped up and made her dream come true! Wands were not allowed but the work of the Hospice Committee in those early years was phenomenal!*

*So phenomenal that under the chairmanship of Graham Barron and with the help of busy committee members like Bob Goldsworthy the Committee eventually opened the Hospice 6 years later!*

*At the Toowoomba Hospice Annual General Meeting last month, we were honoured to present these two gentlemen (still working VERY hard for the Hospice) with tokens of our gratitude and thanks for their work!*

**Graham and Bob - THANK YOU!**



# The Past 20 Years

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

Hi! And welcome to October as we prepare for the lead up to Christmas and the end of year activities.

At our AGM on 14 September, it was very pleasing to hear of the outstanding achievements, both clinically and financially, of the Toowoomba Hospice for the 2016/2017 year. After 14 years, we continue to deliver very professional and much appreciated palliative care. On behalf of the Management Committee, I thank Allison, Mark, Eugenie, Sharene, Jodie, Sue, our nursing staff, volunteers, supporters, and our many friends for their dedication and support. It is truly appreciated!

I thank the 2016/2017 Management Committee, Steve Davis, Janice Swannell, Bob Goldsworthy, Judy Timmins, Darryl Low, David Russell and Robyn Ayles for their support and commitment and the qualities they brought to the Toowoomba Hospice.

I welcome the Management Committee for the 2017/2018 year, knowing that they will continue to provide good, sound governance:

Deputy Chairman/Treasurer – Steve Davis  
Committee members – Janice Swannell (Secretary), Bob Goldsworthy, Darryl Low, Judy Timmins (Minute Secretary) and Cheryl Morrish.

I make mention of Cheryl Morrish, our newly elected member of the Management Committee. Cheryl has been a volunteer at the Hospice for some time and brings a wealth of community involvement to the role.

I would like to acknowledge David Russell for his years of involvement on the Management Committee, and for the support of Wippells Autos. Thanks also to Robyn Ayles for her contribution as a member of the Management Committee. I wish them both all the very best for the future as well as looking forward to their ongoing support.

As it has been previously mentioned, it is 20 years in October since a meeting of an interested group of people who wanted to help Sr Frances establish a hospice in Toowoomba was held. Bob Goldsworthy and I were two of the nine on the original committee, which I chaired. In recognition of our 20 years, at the AGM we were presented with plaques to recognise our involvement, which was completely surprising but much appreciated.

On behalf of Bob and myself, I thank everyone for the plaques and the sincerity in which they were given. It has been a very rewarding and pleasing journey with the support of the community and the team at the Hospice.

A lot of water has gone under the bridge since our opening in 2003 with many changes occurring – all for the better. I am very proud to say that the Hospice remains a very well-respected, professional and efficient healthcare facility.

*Graham*



**Spring has Sprung...**

Once again we can marvel at the beautiful flowers appearing in our gardens. Thanks to the gardening volunteers!





# FUNDRAISING!

**Mark Munro**

## **Administration and Fundraising Manager**

Welcome to Spring and hopefully you all have some in your step as you will need it to keep up with the Hospice with the number of events happening between now and Christmas.

YES, I said Christmas!

Only 12 or so weeks away! It's amazing how quickly it has come around! (I have put in a HUGE list for Santa this year.)

There is no doubt that to run a fundraising event whether small or large takes time and quite a bit of organising behind the scenes before the actual event. I'm so proud of the wonderful community we have here. This year I am delighted to welcome the Groovy Grannies from Warwick to our supporters list of clubs, community groups and businesses who host fundraising events.

Shirley, Alannah and the ladies have been busy selling raffle tickets, and hosting a music event 'Music on Mardon' where they had entertainment such as Terry Arnold (father of Josh Arnold - a wonderful local country singer). Plus they are now coordinating a garage sale to be held on Saturday 14<sup>th</sup> October at 179 Glen Road Warwick from 7am.

This happens to be the same day as the Lone Eagle Flying School Open Day at Clifton Airfield where you can make a \$30.00 donation to the Hospice and they will offer you a 15 minute flight in one of their

members' light aircrafts. (There is a weight restriction of 120kg!)

I would like to say thank you to the many people along with their group or club who coordinate ongoing fundraising activities for the Hospice. People like Irene and the U3A Swimmers, Robyn and the Quilters (who held their quilt display during the Carnival of Flowers) and Lynne Newton along with her amazing family who are involved with the Darling Downs District Manchester Unity Independent Order of Oddfellows Queensland, to name a few.

Thank you so much to all of you for your continued support in raising funds.



*Mark*

**Putting the FUN  
back into  
FUNdraising!**

### **Darling Downs District of the Manchester Unity Independent Order of Oddfellows**



**Lynne Newton (Past Grand Master and Immediate Past District Grand Master), Ashley Newton (Grand Master) and Emily Newton (District Deputy Grand Master) made a generous donation to the Hospice.**



## Allison Leech

### Director of Nursing

I was recently at a meeting of some of the Hospice/Palliative Care Services in South East Queensland, organised through Palliative Care Queensland.

Queensland is unique in its delivery of Palliative Care services, with a group of services, including our Hospice, that have grown from community need, and are highly regarded and supported by their local communities. This does not happen in other areas of Australia, and our local services are envied by others within Palliative Care Australia.

In South-East Queensland, hospices such as ourselves, Ipswich, Hopewell (Gold Coast) and the new children's hospice (Hummingbird House) and community Hospice services Karuna (Windsor – Brisbane North), Cittamani (Palmwoods – Sunshine Coast) and Little Haven (Gympie) are providing quality palliative care to clients and families in a variety of ways, to meet the needs of our communities.

Hospice can mean different things to different groups, and we at the Toowoomba Hospice are very fortunate to have the wonderful support of our local community to enable us to provide palliative care to those in need.

The second Saturday of October has been set aside every year in the calendar as World Hospice and Palliative Care Day. This year it is Saturday October 14th 2017.

World Hospice and Palliative Care Day is a unified day of action to celebrate and support hospice and palliative care around the world. Every 2 years there is also *Voices for Hospices* – a wave of concerts taking place on World Hospice and Palliative Care Day.

The theme for World Hospice and Palliative

Care Day 2017 is:

*Universal Health Coverage and Palliative Care – Don't leave those suffering behind*

The aims of World Hospice and Palliative Care Day are:

- To share our vision to increase the availability of hospice and palliative care throughout the world by creating opportunities to speak out about the issues
- To raise awareness and understanding of the needs – medical, social, practical, spiritual – of people living with a life limiting illness and their families
- To raise funds to support and develop hospice and palliative care services around the world.

World Hospice and Palliative Care Day is organised by a committee of the Worldwide Hospice Palliative Care Alliance, a network of hospice and palliative care national and regional organisations that support the development of hospice and palliative care worldwide.

Last year, and again this year, we have the happy coincidence that one of our supporter fundraising activities is being held on World Hospice Day – The **Lone Eagle Flying School** flight day at Clifton airfield.

We are looking forward again to a wonderful day, raising funds as we raise ourselves up flying around Clifton. Please come along and join us – for any of our upcoming activities to support the work of the Toowoomba Hospice, as we continue to care for those in need of our service.

*Allison*

# Sharene Gosley

## Volunteer Coordinator



Well, Spring has sprung and the days are gorgeous! I hope you are making some time to get outside and enjoy it.

Thank you to all those wonderful people who contributed to yet another successful Race Day for the Hospice. It takes many people to make an event such as this come together. We thank the wrappers of prizes, the raffle ticket sellers, entry ticket sellers, receipt writers, collectors and donors of raffle prizes, photographers, lucky number board sellers and those who helped ferry items over to the Turf Club and helped me set up. We appreciate all of you!

If you thought we would be winding down our fundraising for the last part of the year, you would be wrong indeed. So much is happening that we would love you to be involved with.

Check out our list of events on page 6....

Phew!!!.... makes me exhausted just thinking about all these events! If you are able to come along and support at any of these events we would love to see you. Or if you can volunteer at any of these events, please call me today and let me know.

Please don't sit back and think, "Oh, they don't

need my help", or "There's plenty of other people who can do it", or "If they really needed my help they would ask". This **IS** us asking for your help! All these events raise valuable funds for the Hospice and we need your help to make them a success; so I'm waiting by the phone – for your call!

*'Hello Sharene speaking....'*



### Celebrating birthdays

**September** - Kath, Doug, Cheryl, Helen & Tricia.

**October** - Katie, Alison, Judy, Janice, Stephen, Kayla & Wilfred.

**November** - Julie, Louise, Ann, Barb, Sue, Peter, Wendy, Christine, Karin & Jen.

**And....**Sharene too – shhh don't let her know you know!



## **October and November**

**Upcoming Events not to be missed!**

**Come and join us!**

- **OPEN DAY AT THE LONE EAGLE FLYING SCHOOL IN CLIFTON ON SATURDAY, OCTOBER 14**
- **GROOVY GRANNIES GARAGE SALE, OCTOBER 14**
- **TOOWOOMBA STAMP CLUB, OCTOBER 14**
- **OUR INFORMATION STAND AT THE HOME SHOW, OCTOBER 20, 21 AND 22** (Volunteers are needed)
- **JAZZ BREAKFAST ON OCTOBER 29**
- **BATTLE OF THE PERSONAL TRAINERS, NOVEMBER 5**
- **MELBOURNE CUP LUNCHEON ON NOVEMBER 7**
- **WINE TRIP ON NOVEMBER 11**
- **CAROLS NIGHT ON NOVEMBER 26** (Volunteers are needed along with donations of baked goods/sweets and all things Christmassy for our stall)
- **TOOWOOMBA'S CHRISTMAS WONDERLAND FROM DECEMBER 2 - 24** (the Hospice will once again be manning the glow products stall, so we will be needing at least 6 volunteers per night)

For more information on the above events please call the office 46598500 or visit our Website & Facebook

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





## Spotlight on Staff and Volunteers



After looking for some way to give back to the community, I began volunteering at the Hospice in June 2010. Initially I was to help in the kitchen and then a few days before I was due to start I was asked if I minded working in front reception instead.

*(Thus began my afternoons in the hilarious and sometimes ordered chaos of administration!!)*

Being able to attend to many seemingly small tasks such as laminating name tags and postage can be time-consuming but contributes to the smooth running of the Hospice and is a source of great satisfaction to me knowing I've helped.

From items that are generously donated by many businesses and individuals I organise the raffles which contribute in a huge way to our fundraising and I also bake for the Camellia Show and other events. I love being here in this friendly, welcoming, accepting Hospice family which provides such a valuable service to the Toowoomba community.



**Barb Bissett**



**Val Vance**

Val joined the Hospice back in 2009 and began working at front reception. However, Val and her husband Kingsley have now made the decision to move to the Sunshine Coast, which she says is too far to commute every Monday morning back to Toowoomba, so Val will be finishing up her volunteering with us.

Val has been the friendly face on Monday morning, greeting visitors and making everyone feel welcome.

We thank you for all your help over the years Val and we wish you and Kingsley all the very best in your new home. We will miss you!

*PS. We hope Kingsley recovers quickly enough to help with the removal!*

## Pastoral Care Coordinator Sue Thönell



As Pastoral Carers we strive to work unconditionally with our clients and their families by honouring their faith rather than projecting our own. This requires a broad knowledge and understanding of our similarities and differences so that we can provide appropriate emotional and spiritual support.

As part of our networking and training, our Pastoral Care Team attended a recent Pastoral Carer Education and Nurturing Day. The topic was 'Multi Culture – Multi Faith' with leaders from 8 different faiths sharing their principles, beliefs, customs and traditions. A time to share without prejudice or judgement. A time to focus on our similarities rather than our differences:

**Christianity** approx. 32% of the world's population: *'The light in the eyes of those whose heart is at peace radiates peace and goodwill to all people.'*

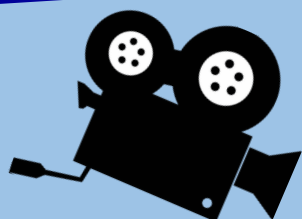
**Islam** approx. 22%: *'Riches are not from abundance of worldly goods, but from contented minds.'*

**Hinduism** 14%: *'There is nothing noble in being superior to some other man. True nobility is in being superior to your previous self.'*

**Judaism** 0.2%: *'The righteous need no monuments, their deeds are their monument.'*

# P PAGE

## Pictures Puzzles Promotions



Some of you will bump into a gentleman with a large camera wandering around over the next few weeks. We are making a new film about the Hospice which will be the fourth one, I think!

We use the film to publicly display what we do and also to introduce new volunteers and staff to the concept of the Hospice.

Please don't get worried about being on show. If you don't want to be filmed doing your excellent duties, just say so. The Management Committee have no such choice, I'm afraid!

We are very grateful to Mary and Henry Wagner who have given us a generous donation each time we have needed to update.

And we hope you make Jeff Black very welcome as he points his camera in every nook and cranny!

Warwick Groovy Grannies and Mark at 'Music on Mardon'



Our local War Widows Guild donated a 14th birthday gift of money to the Hospice. (and they were caught giving Chairman Graham a Birthday hug for his recent Birthday!)

**I've been toying with the idea of putting a CRYPTIC crossword in this space occasionally. I would appreciate any feedback on that idea. In the meantime, here's a cryptic clue from the *London Times* you may find interesting:**

*Two ducks and a wombat wandering in Queensland (nine letters)*

### SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9