

Running For Angela

Aron is running in the 2024 Barfoot & Thompson Auckland Marathon to fundraise for Hospice and honour the memory of his wife Angela.

The couple connected at a Mangawhai Tavern concert. "We spent the whole concert together, we danced together, had our first kiss, and after we left we texted each other until three o'clock in the morning," says Aron. "After our third date I just knew this was it."

Twelve years later, Angela developed a tremor in her hand and then woke one morning with the side of her mouth drooping, prompting a day of scans and tests at Waitakere Hospital. "I'll never forget that moment when the doctor walked back in," says Aron. "He knelt down next to the bed and I knew then that we were in real trouble." A scan revealed a mass in Angela's brain – and their entire world changed. Her condition deteriorated rapidly, and that was when Hospice stepped in.

Aron became Angela's fulltime carer, meaning she could stay at home and be with their children. "And I would have cared for her a million times over, but I couldn't have done it without Hospice," he says. "We had nurses, physios,

therapists, whatever we needed. From coordinating equipment to liaising with District Nurses to organising extra carers – Hospice did all that, and without them we would have had no idea. Our nurse Charlie became part of our family, she was there for all of us."



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Tragically, Angela passed away just three short months after her diagnosis.

Months later, Hospice continues to support Aron and his family through the grief process with counselling and arts therapy sessions.

Inspired to give back, Aron has now signed up to run the 2024 Barfoot & Thompson Auckland Marathon to fundraise for Hospice.

"Hospice do so much and it means so much!" says Aron. "The effect that you have on people is indescribable. We could raise a million dollars and it wouldn't be enough to show our gratitude."

If you would like to support the Running for Angela team, please scan the QR code to donate.



In the past year, Hospice West Auckland has:



Cared for
780
 patients



Provided
737
 patients and
 whānau with
 holistic support



Made
27,215
 contacts with
 patients



Volunteered
46,519
 hours



Driven
332,622
 kilometres



Delivered
93
 education and
 training sessions



Palliative Care Counsellors: *Journeying With You*

Palliative Care Counsellors Maxine and Amy walk alongside patients on their end-of-life journey, and help whānau to navigate the grief and bereavement process following the loss of a loved one.

Palliative care counselling is a special role that begins with understanding each person's unique needs. "We are journeying with them into the unknown – we go where they go. It's always patient-led," says Maxine. Amy says that although it may seem obvious what brings a Hospice patient to counselling, it's important to see what 'sits on top' for them: "A person may want to talk about loss of identity, the frustration they are experiencing, a relationship, or the fear of being a burden to others," she explains. "When working with people facing end of life, there's a lot of 'meaning making': the legacy you're leaving behind and how you want to be remembered, relationships you have with others, values you've instilled in your children, for example."

"It's a privilege and an honour to be alongside and involved in people's journey that way."

Outside of Hospice, it's not uncommon for people to wonder about the emotional weight of being a palliative care counsellor, and the resilience it must require. However, Maxine and Amy were both always drawn to working in grief counselling and agree that their careers are hugely fulfilling. "It's so rewarding because we are connecting with people at such a real, potent time in their lives," says Maxine. "It's a privilege and an honour to be alongside and involved in people's journey in that way," adds Amy.

"At Hospice we know that our emotional self is just as important as our physical self, as our spiritual self... we can provide that wrap-around care," says Maxine.

Hospice West Auckland's Kaiārahi - *Cultural Lead*

Hospice West Auckland has appointed its first Kaiārahi – Cultural Lead, Wyllowe Poata. Wyllowe joined Hospice in 2023 as Learning and Development Advisor, and is now breaking ground in her new role leading the organisation's cultural initiatives.

The appointment of this key leadership role reinforces HWA's commitment to honouring and enriching cultural values throughout the organisation. "We are leading by example in promoting cultural competence in all aspects of our services," explains Dean Kelly, CEO. "It's about providing the best specialist palliative care that respects and cherishes a person's culture, whatever that may be."

Initially Wyllowe will concentrate on Te Ao Māori at Hospice West Auckland before focusing on other cultures prevalent in the community. "It's great to see so much passion for sharing our culture," says Wyllowe. "It's a legacy we are carving and I'm so proud to be part of it. We're leaving our culture in a better place."



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The Best Job In The World

Kat's role of Clinical Nurse Specialist (Virtual) at Hospice West Auckland is 'the best job in the world'.

She provides specialist nursing advice virtually via phone and zoom, spends one day per fortnight out in the West Auckland community, and is part of the Afterhours Advisory team.

Remote working and virtual service delivery have become the norm, and for Hospice this is an important extension of delivering care. Being able to zoom at short notice with no travel time involved, to include whānau who can't be there in person on calls, to be there on screen in the wee hours of the night – these are all possible now.

Advice, demonstrations, reassurance and troubleshooting are just some of the invaluable supports that can all be ably provided virtually. "Caring for a loved one at home is a huge ask of families these days, so we teach carers how to do this," says Kat. The nurses working virtually also provide a lot of psychosocial support: "Just being able to spend 20 minutes on zoom or the phone, acknowledging how hard this is but that they're doing ok."



"I fell in love with palliative care because it was truly holistic. As a career it doesn't get any better – my life is enriched massively by my work."

Despite predominantly working remotely, Kat emphasizes that she makes strong connections with her patients and their whānau. "You're seeing people often at their most vulnerable. You're in their home and they're in the midst of it - and you're in it with them. Those connections stay with you."

Kat finds her role to be hugely rewarding, with relationships that have 'no capacity for surface level – they're so real.' "Asking how someone is, is very meaningful and important," she says.



The Kumeū Hospice Op Shop

- Dress the Manager Challenge

The team from the Kumeū Hospice Op Shop at 46 Main Road, Kumeū, have taken the 'Dress the Manager' challenge! Follow us on our BestOpShops social media for more fun looks.



Donate Your Pre-loved Goods

Did you know we can pick up your pre-loved furniture, large items and bulk load Op Shop donations for free?

Phone us on **0508 4 HOSPICE / 0508 4 467 742** to arrange collection.

Donations are also accepted at all 7 Hospice Op Shops across West Auckland.



7 Hospice Op Shops

Henderson, New Lynn, Glen Eden, Te Atatū, Massey, Helensville and Kumeū

Issy's Dream Job

Issy is a retail assistant at the Helensville Hospice Op Shop – a job she says has changed her life. “I moved to Helensville to be near my daughter, and through the Hospice Shop I’ve met so many people and made good friends,” she says.

As is typical for a Hospice Op Shop, no two days are the same. On any given day Issy could be serving on the till, working on a display, quality-checking clothes, sorting through donations or pricing, or even doing the end-of-day reconciliation.

The Helensville Hospice Op Shop has a supportive base of regular customers. “We have lovely customers and know most of them by name,” Issy explains. “There’s one customer I’ve become friends with who comes in, sits down and chats with everybody – it’s definitely her happy place.” Sometimes shoppers or people donating goods share their own Hospice stories, which Issy says is a nice way to reinforce that vital connection between the retail store and its purpose to raise funds for providing free specialist palliative care to the community.



Remembering Loved Ones

Our mid-year Service of Remembrance was an incredibly special time to come together in our community to honour and remember those we have lost. Part of the service included the Remembrance Circle, where natural objects were placed as tangible reminders of our loved ones. With care and reverence, the Remembrance Circle was returned to the earth.



Gold Partnership Agreement with Davis Funerals

Hospice West Auckland is proud to announce the signing of a Gold Partnership with leading Auckland funeral services provider Davis Funerals. This agreement marks a new chapter in Davis Funerals’ extensive history supporting Hospice West Auckland and will have a significant impact on our ability to continue caring for our community in their times of need.

Key Supporters

Thank you to our key sponsors for their commitment and outstanding support.



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Ways to Donate

Thank you for helping us continue to provide specialist palliative care free of charge to those in need.



Donations of \$5 and over will be receipted and are eligible for a tax credit.



Phone us on (09) 834 9752 to make a donation over the phone, or to hear more options for donating in person



Visit our website at hwa.org.nz/donate to make a donation online, or scan the QR code to link directly to our online donation page



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