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# Voices

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*Welcome*  
to our December edition of Voices



Ipswich Hospice Care Inc.  
**Voices**  
CHRISTMAS APPEAL  
*Quality of life through care*

## What do you want for Christmas?

We are hoping that Hospice may be on your wish list...

Christmas is traditionally a time of joy and celebration with family and friends, neighbours and work mates. But it can also be a very painful time of year, whether it's your first year without someone who has died, you were bereaved long ago, or you have someone who is currently ill. As time passes, special occasions like Christmas can help us begin to focus on happier memories of good times shared in the past. However they can also be difficult, intensely emotional times when we need to look after ourselves and those around us.

Throughout the year, Ipswich Hospice Care delivers the best possible care to those who need our help, from 24 hour nursing care of a terminally ill family member to pre- and post-bereavement support. It is the caring and compassion of our community which makes this possible – simply put, we cannot do what we do without you.

As a community organisation and registered charity, our services are offered at no-set fee. Around half

of our funding needs are met by the State and Federal Governments, which means that annually we must raise nearly one million dollars to continue offering our services.

This Christmas please consider adding Hospice to your gift shopping list by way of a donation. Whether you are able to make a one off gift, or a regular monthly donation, whether your gift is small or large, it will go towards providing the best possible care for people at the end of their life and bereavement support for their loved ones.

To make a donation please complete the enclosed donation form and return to Ipswich Hospice Care or make a donation online from the secure link on our website at [www.ipswichhospice.org.au](http://www.ipswichhospice.org.au).

**All donations \$2 and over are tax deductible. Remember your gift will make a difference!**

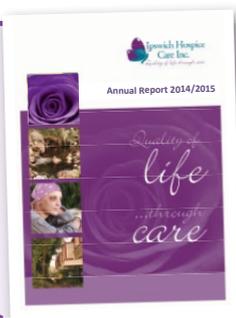
## Hospice Management 2015/2016

The Annual General Meeting of Ipswich Hospice Care was held on Wednesday 23rd September where the 2014/2015 Annual Report was presented and the Management Committee for 2015/2016 was elected.

The Executive Management Committee of Ipswich Hospice remains unchanged with Peter McMahon OAM staying on as Chairman, Jon Patterson as Vice-Chairman, Kerry Drennan as Treasurer, and Pam Lane as Secretary.

Only one change was made to the remaining committee members with the farewell of Anthony Elmore and welcome of Steph Shannon OAM. Re-elected to the Committee for a further term were Gerard Pender, Denise Hanly, Dr Scott Kirton, Kate Kunzelmann, Pat Evatt and Linda Hardy.

.....  
Thankyou to all the committee members, past and present, for their continued support of Ipswich Hospice Care.  
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## Hospice Annual Report

If you are interested in checking out all the wonderful services and programs we have delivered over the past twelve months, you can order a copy of our Annual Report by telephoning Hospice on (07) 3812 0063 or download a copy from [www.ipswichhospice.org.au](http://www.ipswichhospice.org.au).

## Email Newsletter?

Would you like to receive this newsletter electronically? It would help us save postage and paper. Contact Jessica Freiberg on 3812 0063 or email [jessica@ipswichhospice.org.au](mailto:jessica@ipswichhospice.org.au) with VOICES EMAIL REQUEST in the subject line.

# Grieving at Christmas time

When someone we love dies, there is a sense that we lose them again and again and again...

Each time we come to major events, or visit places we enjoyed together, or experience things that were once shared, we can be overwhelmed by the realisation that they are no longer here to share those moments.

The Christmas season can be particularly painful for those who are grieving. The world around them is filled with joy and laughter when their own world feels completely upside down, wracked with pain and emptiness. Thoughts of celebration are often far from their minds.

It's not just the 'firsts' of everything which are painful. We all expect the 'firsts' to be painful. The 'seconds' however bring the reminder that these types of days are going to roll around every year, and the person who is loved and missed will not be there.

Because of this, it is important to be gentle and compassionate with those who are grieving at this time of year. Remember that grief is a lifelong journey, so it's not our place to decide they need to "pick themselves up by their bootstraps" or to say "he/she would have wanted you to be happy".

The greatest gift we can give the grieving person is to allow them to decide what they do or do not want to do, rather than telling them they "have to come

...it is important to be gentle and compassionate with those who are grieving at this time of year.

and celebrate so that they won't be alone" or "can't cancel Christmas" or "do something completely different this year".

**So what can we do to be helpful – for others or ourselves?**

For everyone, the experience will be different, and what will help them to make their way through 'special' but difficult days will vary. Encourage them to think ahead and to have a plan in place (or maybe even a couple of plans, so that they can go with the one that seems right to them on the day – or maybe it's simply the least wrong option).

They may want to continue to celebrate in the way they always have, or do something completely different. They may want to cancel Christmas altogether.

Finding ways to remember the person who is not with them in the same way anymore might be helpful. They may want to light a candle, talk about them, set a place at the table, have a drink

for them or some other ritual that may allow their importance to be acknowledged.

**If it is you who is grieving**, remembering that it's okay to have a cry and to be sad is important. Sometimes though, we also need to give ourselves permission to laugh and enjoy those around us. The more naturally we include those who have died in our lives, our story telling and our celebrations, the more naturally we can move back and forth between treasured memories and painful absence.

Most importantly, ensure that you take care of yourself. Be good to yourself, don't expect too much of yourself, be a positive influence on yourself.

If you need support, find ways to ask for it. You may look to family and friends. You may also prefer to talk to someone who didn't know the person who died and who can provide support and who is not also grieving their loss.

**If you or someone you know needs support through grief and loss, please call Hilda's House at Ipswich Hospice Care on telephone 3812 1163.**

## Hospice remembrance trees

Christmas is a time when you can feel the loss of a loved one more than perhaps at any other time of the year. In the weeks leading to Christmas, the "Hospice Remembrance Trees" event at Booval Fair is a popular way for the community to remember their loved ones by writing a special message and placing it with a shiny bauble on one of our Christmas Trees.

The message tags are purchased at \$2 each and help to raise vital funds for Ipswich Hospice. Our merchandise will also be available for sale or you can help by making a small donation at the event. Hospice Volunteers will be at the event collecting for Hospice... so please remember to bring a few coins and give generously.

The event will run from Monday 30th November – Wednesday 23rd December at Booval Fair Shopping Centre. So when you see the Hospice Remembrance Trees, take a moment to reflect on the things that really matter and spare a kind thought for the good work the Hospice does throughout the year.

**Purchase a message tag for \$2 at Booval Fair Shopping Centre.**

*Pictured: Hospice Volunteers at the Remembrance Tree Booth  
#1 Mary Ware; #2 Helen Menzies and Carol Tomlinson*



## Friends of Hospice

Over \$410,000 has been donated to Hospice via the Friends of Hospice.

Friends of Hospice was developed by a dedicated group of volunteers committed to raising funds for the purchase of items which may enhance the quality of life and care of the guests at Hospice. The group formed in 1996 and has raised funds through a number of activities.

As part of the current fundraising efforts Friends of Hospice operate a commercial enterprise – The Friends of Hospice Bookshop. This store is conducted by volunteers and all goods sold in this store have been generously donated. The second hand book store – Ipswich’s best – is located at Shop 3, Old Flour Mill, 227 Brisbane Street, Ipswich.

To date Friends of Hospice have donated over \$410,000 to Ipswich Hospice Care and have enabled the purchase of medical equipment, supplies, furniture, air-conditioning units for each guest room and many other items of support to guests and their families.

New members and volunteers are always welcome. For all membership enquiries please call Ipswich Hospice on (07) 3812 0063. The Store is open Monday-Friday 8.30am-4.00pm and Saturday 8.30am-12noon.

Ipswich Hospice Care is very grateful for the efforts of Friends of Hospice and thank them for the continued support.

New members and volunteers are always welcome.

## Thank You to Steph Shannon

This December Steph Shannon OAM, a Hospice and Hilda’s House Volunteer of 11 years and facilitator of the Kids’ Grief Group will be retiring. We would like to thank Steph for her knowledge, experience and dedication during this time and wish her all the best for the future—which will still include Hospice, as Steph was elected to the Hospice Management Committee at the recent AGM.

### *a message from Steph...*

I would like to take this opportunity to acknowledge the camaraderie extended to me during my 11 years at Hilda’s House both by fellow volunteers and staff members past and current. For me it has been a memorable journey and it is my intention to ‘sign off’ on Thursday 10th December.



I leave with a bank of just so many stories sad, tragic, funny, and enlightening from so many children who have shared with openness and trust. I always made reference to the fact that children are such good teachers if we but stop, listen and give them opportunity and nurture them to explore themselves and all their feelings. After nearly 58 years of working with children, they continue to amaze me with their capacity and resilience.

It is with mixed feelings that I prepare for the next chapter in my life that will evolve but I also know that the time for this decision is the ‘right time’. I take pride in the Kid’s Grief Program which is now firmly anchored as a successful support program for our grieving children. I take pride in the publication ‘Listen to the Children’ now preparing for a second print. I also take pride in knowing and sharing so many experiences with each and every one of you with all your unique attributes.

I wish for the vision of Hilda to continue long into the future in the safe and guiding hands and hearts that have shaped it as a ‘place of grief and support’ that is so respected by our community today.

*Go gently, Steph*

## Not Simply a Kids Toy

*It’s one thing to know that our loved ones who pass away remain in our hearts, but we also know that sometimes we care for someone right here and now.*

The Hilda’s House ‘OK Bear’ is designed to bring comfort to those who are missing someone they love. Our bear tells the ‘cuddler’ “I’m here for you.” The saying was conceived by one of the children in our Kids’ Grief Group and as a team we instantly knew that it made sense for the Hilda’s House bear.

OK Bear is not only for children. We all know that even adults need someone or something to cuddle sometimes.

**Purchase your OK Bear at Hilda’s House or Hospice Reception for \$25.**



## HOSPICE EVENT WRAP UP

### Harper James Hockings Swim-a-thon and WOD for Harper

Harper was born on the 22 November 2006 with blonde hair and blue eyes! He was a longed for special gift for the family and was loved and adored by his mum, dad and older brothers.

Tragically on the 29th March 2008, when he was just 16 months old, Harper lost his life in a pool drowning.

In memory of Harper, the Hockings' family with the support of the Peter McMahon Swim Factory started the Harper James Hockings Swim-a-thon, a charity event to highlight the importance of pool safety and to help support other victims of drowning deaths by raising valuable funds for Ipswich Hospice Care and Hilda's House bereavement support for adults and children.

As part of the Swim-a-thon event Ipswich Girls' Grammar School also hold a Swim/Walk-a-thon during school time for all the students and staff to participate.

The Hockings family also started and manage the WOD for Harper Cross Fit Competition each year. An event that sees 90 teams compete in 3 rounds of exercises before the top 5 teams in each category (male and female) fight it out in the final.

This year these three events raised close to \$20,000 for Hospice. Thank you to everyone involved from participants, supporters, sponsors, suppliers and donors – it wouldn't have been possible without you.



Harper James Hockings



Every dollar from every donation made to Ipswich Hospice Care will go towards fulfilling the goal to provide the highest quality palliative care for terminally ill people and supporting bereaved people in our community.

### QT Charity Golf Day

The QT Charity Golf Day is a regular on the Hospice Calendar, and while the weather stopped play for a while this year, a great day was held by all, even if some got a little wet.

\$15,000 was raised this year and again it wouldn't have been possible with the generous sponsors, teams, players, prize and auction donors and suppliers. Thank you.

## Fundraising for Hospice at your workplace

Many employees in the local area donate to Ipswich Hospice through a regular payroll deduction. Do you? With your support, we can continue to support people to live a quality of life that is positive and meaningful and that's something we can all feel good about.

Workplace Giving is effortless and, particularly when a team of people are involved, can increase morale, improve team building and provide a positive connection to your local community. Donations are made through payroll, and shown on your payment summary at the end of the year for an automatic tax saving.

For Employers, Workplace Giving can provide a low cost way to create a community-business

partnership and build employee morale. Many Ipswich companies feel strongly about supporting the local community and the charitable organisations that need help to continue their important work in our great city and region.

As an indication of Ipswich Hospice Care's employee commitment to this charity and the work that we do on a daily basis, many of our own staff make a fortnightly donation from their wages, providing a small and steady income for Hospice.

**Workplace Giving is an easy way to support Ipswich Hospice. For more information on joining our Team of Payroll Deduction Donors, please telephone Hospice on 07 3812 0063.**

## 4 ways to donate

mail

37 Chermside Road,  
Eastern Heights QLD 4305

phone

07 3812 0063

fax

07 3812 0232

web

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

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