



# Haven Happenings



Oct / Nov  
2012

I always prefer to believe the best of everybody, it saves so much trouble. ~  
Rudyard Kipling

## About Little Haven

Little Haven Palliative Care is a not for profit charity providing compassionate and professional palliative care to the terminally ill and their families in Gympie and surrounding areas (approx 70Km radius).

A free in the home hospice service, Little Haven specialist nurses are on call 24 hours a day 7 days a week, respite volunteers and complementary therapists working in cooperation with the treating medical doctors, to provide comprehensive support for the physical, emotional, psychological and spiritual needs of the individual.

We also provide free equipment loan and bereavement support to community members dealing with grief and loss, as well as education to health professionals and the community on palliative care, death and dying and loss and grief.

By taking quality hospice palliative care into the home our goal is to offer an opportunity for people with a terminal illness – and their loved ones – to have the highest possible quality remaining life.

Little Haven receives limited Government funding and relies on the generosity of the local community and our hard working volunteers to fund a \$300000 annual shortfall.

**Our philosophy is based on the palliative care principles of dignity, love and compassionate care.**



**Hi Everyone and Welcome.** There is absolutely no doubt that the year takes on a terrifying pace as it hurtles to it's close. The past months have been jam packed with events and still there remains 2 of our biggest to come..... Springtime at Springhalls was fabulous once again thanks to the generosity of

Dr George and Kim for opening their beautiful house and garden to us. **Photos and details overleaf.**

The Little Haven AGM where we thanked outgoing President David Guy and welcomed Brandy to the helm (story below) was very well attended receiving compliments on our achievements from all.

The Little Haven Marketeers showed their quick response to the offer of a few rows of Strawberries ripe for the picking and within days had arranged a Street Stall - a howling success with strawberries, scones and jam sold out in hours and the result \$ 599 to Little Haven.

Other fundraisers in September included **7 a side cricket on Sept 16<sup>th</sup> - \$650, The Imbil Market on Sept 30<sup>th</sup> - \$289 and The Father's Day Raffle raised a fantastic \$2873.** In October we've had the Lady Mayoress Concert and The BOQ Broncos Charity Golf Day. The Golf Day was extremely well supported - Thanks to Jellina White (BOQ Gympie) Darren Burns, Ross Groundwater and the Broncos players for all their help in making this a great day!

Coming up we have our Melbourne Cup camel races, The Little Haven Shop popping up from Nov 19<sup>th</sup> - Dec 8<sup>th</sup> and A Christmas Affair (Please see back cover for full details) I would love to see you all there helping us celebrate the year at **The Friday Night Cocktail Party Nov 30<sup>th</sup>.** **Members of Little Haven who don't always have the time to help out with volunteering are asked to show their support by attending this community event .**

The patient load as always is full to overflowing, and with the economy tightening for businesses we really have to drive our own fundraising more than ever. So big breath and dig in for a busy few weeks ahead.  
Regards Sue Manton

**The Little Haven committee thanks David (& Lynda) most sincerely for all his diligent work over the last six years and very much appreciates his offer of ongoing support. Little Haven functions would just not be the same without the Guy family.**



At Little Haven's September AGM, Brandy Murley accepted the position of President of the incoming 2013 Committee, with Dr Betty Fricke (Vice President), Craig Lena (Treasurer), Sue Manton (Manager), and Committee Members Walter Bentley, Annette Guerts, Sue Bagust, Helen Hall, Narelle Hosking , Jill Dinneen and Jo Thomas. Brandy is the granddaughter of Little Haven's well-known founder, Phyl Little, who introduced palliative care in our area over thirty years ago when she organised her friends to help fund better care for the incurably ill in our community.

Brandy accepting the leadership of the organisation is more than a heart-warming continuation of Phyl Little's vision; it is a validation of the significance of the service that Little Haven provides to this community and reminds us yet again of Little Haven's integral role as part of Gympie's life cycle. Brandy shared her memories of her grandmother sitting at a dining table crowded with paperwork and plans for her vision of a new model of palliative care, when Phyl first designed the "hands and dove" logo still used by Little Haven in today's logo.

Sue Manton, Business Manager , welcomed Brandy warmly: "Phyl Little's imagination started this service and it remains ours to keep going and growing. Our history and level of support brings a responsibility of which the Little Haven staff and committee are very mindful. Phyl's vision for palliative care 30 years ago is what has made our community an acknowledged leader in palliative care today. I wonder if Phyl imagined this day, when her granddaughter would be the custodian of her vision".

**Little Haven Cooloola / Sunshine Coast Palliative Care and Cancer Support Inc.**

**14 Henry Street, PO Box 80, Gympie QLD 4570**

**Phone: (07) 5482 9091 Fax: (07) 5482 9689 Email: haven@spiderweb.com.au**

## Fundraisers

### Springtime @ Springhalls

Springtime @ Springhalls – another fantastic fun fundraiser for Little Haven, raising \$8,000 in one sunny spring afternoon. Here's some happy snaps to help remember the day and to share our memories with those who couldn't be there!

Left



Clinical coordinator Bronwyn MacFarlane serving cake to therapist Sandra Walters

Below Left

Joyce Dispenses tea with a smile

Below

Committee Vice President 2012-2013 Dr Betty Fricke



Fiona clears the clutter



Above :Lynda Guy, Joyce O'Grady and retiring President David Guy share a joke



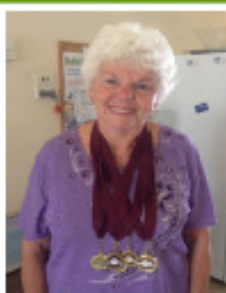
Sue Manton organises the parade of hats



Above: Sue Bagust enjoying the sunshine

### WELL DONE PENNY TAYLOR ...

I have been doing my Athletics since the beginning of the year with one of my goals in life to be completed. That being so I have been training towards competing in the Masters Games. I competed in 5 events and won 5 medals, all Gold. I feel quite proud of myself actually. Lots of training involved. How about that. Surprise!!



## Upcoming Fundraisers...

Helpers  
NEEDED

### GGH Hospital Stage Review

Little Haven will be catering and running the bar at this event. Help needed in Kitchen and Bar.

### The Little Haven Shop November

19th - Dec 8th To help out on the Roster please call Anne Morrisson on 53719034

### Blue Light Disco - Fri. 23rd Nov

Helpers with blue cards needed

### A Christmas Affair - Fri 30th Nov & Sat 1st Dec

**An Indulgence of Fine Art, Craft, Collectables & Gourmet** Roster available at Office to help on Door, Hall or Kitchen



## BIRTHDAYS OCT / NOV / DEC

TREEN, Lyn	7 October
SMITH, Carolyn	9 October
PHILLIPS, Verna	19 October
DELGADO, Jules	20 October
KRAUCHI, Lyn	26 October
MAYS, Dawn	26 October
HARRIS, Diana	26 October
HORNE, Penny	27 October
MURLEY, Brandy	28 October
MACFARLANE, Bronwyn	31 October
BAGUST, Sue	8 November
MANTON, Sue	12 November
RAATS, Maryanne Mercedes	12 November
CLUNE, Coralie	20 November
PEDDLE, Rev Rachel	20 November
VETHAM, Gloria	29 November
LEHNHOFF, Doreen	1 December
WILSHIRE, Barney	4 December
CAHILL, Maxine	5 December
TEBBUTT, Fay Lynette	8 December
WORINGTON, Jeanette	14 December
COATES, Bob	30 December

Wishing all our LH workers who are celebrating their birthday a very happy day and may there be many more to come!

Sorry if we have missed your birthday here; please let us know so that we can update our database.

## Welcome our newest volunteers

The Little Haven Orientation on 21<sup>st</sup> September welcomed five new volunteers to our organisation:

Valma June Edgelow  
Jane Lincoln  
Angela Margaret Beutel  
Alfred Harbas  
Jan Doolan

Among these five are new volunteers for respite, chemo support, home help, raffles, shop, and centre help. When you meet our newest volunteers, please do what you can to make them feel welcome.

**Thanks Christine for this - a timely reminder for all who wish to be known as Little Haven Volunteers**

### **BE AN ACTIVE MEMBER**

**Be an ACTIVE member,  
The kind that would be missed;  
Don't be just contented  
That your name is on the list.**

**Do attend the meetings  
And mingle with the crowd;  
Don't just stay at home  
And crab both long and loud.**

**Don't leave the work for just a few  
And gripe about the clique.  
Take time out to visit  
A member who is sick.**

**There is quite a program scheduled  
That means success, if done,  
And it can be accomplished  
With the help of everyone.**

**So attend the meetings regularly  
And help with hand and heart.  
Be an ACTIVE member  
And take an ACTIVE part.**

**Think this over, Member  
Are we right or are we wrong?  
Be an ACTIVE MEMBER,  
PLEASE DON'T JUST BELONG.**

## Caring for the Carer

Depression is an all too common side effect of being a carer especially when carers try to tough it out because they wish to be strong for everyone else. Research conducted by the Home Instead Senior Care® network in America reveals that carers who hide their emotions are 2.3 times more likely than other carers to have experienced depression. The Home Instead Senior Care network and care giving expert Dr. Amy D'Aprix recommends the following process to help carers come to grips with the rigors of care giving and to avoid depression:

**Acknowledge feelings.** It's OK to feel conflicting emotions as a family carer, Dr. D'Aprix notes. "Think of it as a pie. Perhaps 30 percent of the pie is anger and 20 percent is guilt, but the rest of the pie is love. Seeing it as a pie helps carers realize that care giving comes with a range of emotions, and that's OK."

**Release feelings in a safe way.** Writing down your feelings is one effective way that family carers can get their feelings out. Joining a support group or talking to a therapist or non-judgmental friend are others.

**Manage the situation.** Often times there's no other way around it: carers need help. If you can't find that support with family or trusted friends, we can help.

**Find solutions.** "Make a list of the things you enjoy doing to reduce stress," Dr. D'Aprix advises. "Reading, watching a favourite television show, attending a faith service, exercising, visiting a museum, meeting friends and listening to music are all activities that many carers enjoy. Keep a list and build in mini breaks or bite-size getaways - 15 minutes at a time. It's not all or nothing."

Talk to us if you need help. Once we know what you need, Little Haven can help in so many ways from helping you talk to your doctor, finding a trusted respite carer for your own family's needs, arranging free complementary therapies for you - we have so many ways we can help. Best of all, our staff listen.

Phone, call in to our centre in Henry Street, or just talk to us the next time we visit your home. **We are here to help you, as well as the person you care for.**

### **YOU ARE INVITED to come along to Indoor Bowls**

Indoor Bowls is an easy, relaxed and enjoyable game with no skills required. A minimal fee of \$2.00 is charged for 3 games which takes approximately 2 - 3 hours. The age of our bowlers is between 20 and 100 years.

If you are a beginner - you will be assisted and coached to help you Master the game. On most weekends of the year there are social and Carnival events played both locally and away, if you wish to join in you will be most welcome.

**PLEASE NOTE - FLAT SOLED SHOES MUST BE WORN - BAREFOOT IS ACCEPTABLE.**

Tuesday Night 7.30pm Indoor Bowls Centre Gympie Club Graham Street Gympie  
Contact Wendy Belling 5482 5368





Christmas Gifts Galore at

# "A Christmas Affair"

An Indulgence of Fine Arts, Craft,  
Collectables & Gourmet

Friday Nov 30 & Saturday Dec 1

9am - 4pm Admission \$5.00 adults

The Civic Centre, Mellor St, Gympie

VISIT: [www.achristmasaffair.com.au](http://www.achristmasaffair.com.au)

Supporting Little Haven Palliative Care



Friday Night it's Party Time

## "COCKTAILS AT 7"

BOOK EARLY!

High Heels & High Art  
Official Exhibit Opening

Delicious drinks & finger food,  
quality art auction

Entertainment by

"Sneaky Pete"

TICKETS \$30

From Little Haven

5482 9091



## Little Haven's Honour Board

SEPT / OCT

### Community Donations

A Clark \$450

D Hughes \$100

N Grigg \$50

I Fitzgerald \$1000

J & S Byrnes \$120

Learners Dance Group \$227

Corbets Organics \$2000

Hair Review \$50

N & J Maxwell \$50

M & E Meldrum \$100

S Laird \$100

J Kelleher \$200

Rainbow Beach Blood Bank \$135

Gympie Central Ladies Tennis Club \$100

Mills Family \$3900

D Bentley \$50

Gympie Trefoil Association \$100

Gympie Cricket Association \$500

Evviva Jewellery \$100

Jessie Witham Craft Group \$250

K Sewell \$50

B Blanchfield \$1000

Gympie Ladies Auxiliary \$300

D Smith \$150

B Fricke \$100

D Powell \$50

G Kelk \$420

C Lees-Smith \$40

L Hall \$100

Payroll Deductions \$ 30

Betty Sinn's Bus Trips \$ 811 this period

Thank you also to those stores who host  
our

Small Change Tins: \$737

A Community Caring for  
Our Own

GET YOUR ORDERS IN NOW !!!!!

DELICIOUS CHRISTMAS 'PUDDING LANE'  
PLUM PUDDINGS



Classic Christmas  
Macadamia & Brandy  
Gluten Free

500gm serves 4-5 \$25

1kg serves 6-8 \$40

Orders taken until Monday 12 November

Collect at "A Christmas Affair"

Phone Jan 54 821871

Supporting Little Haven Palliative Care



## COMPLEMENTARY THERAPIES

@ Little Haven

Mondays: REIKI: 8.30 - 4pm

Tuesdays 9am: Guided Meditation

Tuesdays 10am Relaxation Massage

Wednesday 8am - 4pm Therapeutic Massage

Thursday 9am - 4pm : Smart Bowen Therapy:

Bush Flower Essence & Kinesiology  
anytime by appt.

For More information visit [littlehaven.org.au/  
complementarytherapies](http://littlehaven.org.au/complementarytherapies)  
a booking call 54829091.