

14 Henry Street,  
Gympie QLD 4570  
POSTAL ADDRESS:  
PO Box 80,  
Gympie 4570  
Ph: (07) 5482 9091  
[littlehaven.org.au](http://littlehaven.org.au)

# Haven Happenings

## Little Haven Palliative Care Newsletter

“Dream as if you'll live forever. Live as if you'll die today.”

James Dean



Oct—Dec 2023

**Dear Little Haven Members,**

It's nearly Christmas !! Which means it's nearly time for the **Volunteers Christmas Party**. We hope all our hard working volunteers can join us in celebrating another busy, often stressful (thanks to QHealth) but successful year in meeting our mission of providing dignified end of life care and support to all in our region who needed us. A team effort—Board, staff, volunteers and community. A community caring for our own!

With quite a few volunteers coming down with Covid after last years Christmas lunch we've moved to a bigger venue this year. We'll also be self catering **so please RSVP** as soon as possible to make sure we have plenty of food to go around.

**Happenings in and around the Little Haven Centre,**

They say change is inevitable and so it seems around here lately. In the past few months we've welcomed lovely new nurses Nyari, Marketa and Linda and farewelled “Amazing Amy”. Amy a highly respected team member for the past 7 years will be greatly missed. We wish her well for the future and appreciate her years of big hearted care.

We've welcomed Jodie back on to the Allied Health team, taking over the very valuable shared care coordination role. So lovely to have her back!

We finally had to let Susan retire :) Thank you Susan for the back up support you've provided during an extended period of transition for the admin team.

We welcomed Milena to the admin team working Tues, Thurs & Friday morning s.



The Little Haven Team on any given day has GROWN with old and new working well together ♥



**As the year draws to a close I'd like to thank all involved for their hard work and dedication again this year.** Staff and Volunteers making up an incredible team. I swear our volunteers have found the key to healthy aging. Like Val in

the chemo unit donating a day a week for 20+ years or new Volunteer Dave, joining us to “give back” and already making a big difference. ♥ I hope to catch up with you all at the Xmas Party.

Warm regards, *Sue Manton*

**THE FIVE PILLARS OF HEALTHY AGING**

- Good Nutrition ✓
- Physical Activity ✓
- Social Engagement ✓
- Mental Stimulation ✓
- Meaningful Activities & Relationships ✓

*is this you?*

**VOLUNTEER CHRISTMAS LUNCHEON**

12 Midday Tuesday 12th December  
Senior Citizens Centre, Mellor St, Gympie.  
**RSVP to the Office by Friday 8 December -**  
Ph: 5482 9091

Please advise any dietary requirements.  
If anyone would like to bring a Christmas Treat, please let the Office know.

LITTLE HAVEN PALLIATIVE CARE

Great turnout for the Little Haven AGM in October. A very social evening. I'd like to share this extract from **President Brandy's report**: “Thank you to the Little Haven Marketplace team. Post flood renovations look great and will hopefully hold us in good stead for the next round. Our volunteers seem to come from a generation that gives selflessly with enthusiasm and energy – year in and year out. We see this quality in our respite volunteers, our complementary therapy volunteers, and all who give their time freely to be part of Little Haven. Last year we began talking as a community about a hospice. We have been scoping for land and ideas of what this may look like – and we have opened a fundraising account specifically for this as it is something our community is vocally supportive of. While we are still actively building our ideas around a hospice for Little Haven, until we have a secure and appropriately structured funding arrangement it is important for the board to prioritize operational costs.

2023 has been frustrating, to say the least, for our CEO. After years of tirelessly advocating for equitable funding and recognition – we are again at the table with Queensland Health. In 2019 we believed that we had finally been heard – that our model – in its unchanged form – would be funded into the future. The 2023 offer of funding, however, failed to account for the growth of our region, and ageing population, the socioeconomic needs of our community.

We won the first battle a few years ago when we received funding. Now the next battle is to see a renegotiation of our contract to allow for growth and maintaining our mission and research backed model of care.

**We won't put a price on compassion.”**



### An excerpt from Ageist Magazine .....

We speak a lot about the importance of fuelling our bodies with the proper foods, working out regularly, de-stressing and prioritizing sleep. One area of life that may be just as, if not more important than the healthy habits we participate in is *belonging*, especially as we age. Fortunately, retirement as we know it is changing and for the better.

We don't aspire to hit 65, (now 67 in Australia) throw in the towel and do nothing for the next several decades. No, thanks. In fact, losing a sense of purpose can have serious mental and physical implications. That is why we encourage people to get involved in their communities, find their purpose and bring meaning to their life. Doing so will benefit you and help others. A great way to do this is to volunteer. You can find a sense of belonging, renewed purpose and opportunities for personal growth through volunteer work in your community. This is the opportunity for personal growth through volunteer work in your community. This is especially important the older we get, as volunteering *enhances physical and mental wellbeing*, promotes an active lifestyle and combats social isolation. It also gives you a chance to share your wealth of knowledge and experience, leaving a lasting impact on future generations. Hopefully, you're thinking "That sounds great" - But you may be also be wondering "Where and how do I start?"

The key to getting the most out of volunteering is finding the right fit. If you love working with kids, you may prefer volunteer work mentoring young people in your local community. Of, if you've got particular skills or experience that can be useful to others, you'll want a role that lets you put those skills or experience that can be useful to others, you'll want a role that lets you put those skills to good use.

Regardless of age, volunteering is a powerful force that bridges generations, breaks barriers and empowers people to make a lasting impact on the work around them. **Volunteering is about being useful to others.**



## VOLUNTEER

Fundraising  
2023 AGM Report

**From the Volunteer—Fundraising Report ...** "2022/2023 has been a wonderful year at the Market Place. No natural disasters to impede our progress and progress it has been. The donations have been rolling in continuously with many families and friends of our patients choosing Little Haven as their choice of place to donate furniture, household goods etc.

**Raffles** – Diana has been an amazing source of fundraising this year with her many raffles and craft stalls both in Gympie and in Tin Can Bay. She has a fantastic band of fellow raffle sellers including Judy (who also vols at the MP) and Karen (our amazing Book Sale superstar). **Other Fund-Raising Events** – throughout the year our trusty band of events volunteers have gone above and beyond to help at the various events we have either catered for or organised.

### INCOME – FUNDRAISING

	THIS YEAR	LAST YEAR
Functions	77,310.17	51,109.60
Market Place	384,779.16	272,643.38
Raffles	27,200.65	23,184.90
Other Sources	13,398.45	34,212.00
<b>Total Income</b>	<b>502,688.43</b>	<b>381,149.88</b>

### EXPENSES – FUNDRAISING

	THIS YEAR	LAST YEAR
Functions	23,322.56	5,555.85
Market Place	24,140.71	61,185.12
Raffles	182.72	-
Other Sources	514.86	
<b>Total Expenses</b>	<b>48,160.85</b>	<b>66,740.97</b>

**From the CEO Report 22/23** "Phew no wonder it's been an exhausting (and rewarding) year for all. Thank you to all the area coordinators for your dedication. Di does more than sell raffle tickets; she nurtures the raffle sellers and looks out for their health. Similarly, the Marketplace. Our volunteers do a great job of supporting each other while working incredibly hard and raising incredible amounts of money.

In reality the marketplace turnover has grown 16% over the last 2 years or 8% per year. Any retail business would be delighted with that result, but considering it was achieved despite the shop being wiped out by the Gympie February 2022 floods, it is a remarkable result. Full credit to Trevor, Jill, Brenda and the team at the Marketplace. In addition and subsequent to the flood recovery, we have been able to secure a total of \$140,000 in Government grants for repairs and future flood damage mitigation at our marketplace premises. "

**From the Allied Health Coordinators Report:** "A valued part of the allied health role is overseeing the respite volunteers. I have recently heard much about "Compassionate Communities" and our respite volunteers bring this philosophy to life. These are people in our community willing to step up and be part of a person's circle of support at the end of their life. Working with this generosity reminds me of Little Haven's roots in the community. Those who decided many years ago to take an active role in ensuring people in our community have access to palliative care."



# 2023 Gratitude Walk in Pictures

[VIEW GALLERY](#)

View Over 200 images of the day.



Little Haven Memorial Service



“Doing it For Toots”  
Lumsden Family fundraisers



Historical Motor Cycle Club of Gympie (HMCC) Donation



Windsong Troubadours



Heart of Gold Catering Crew



Gympie Autoglass



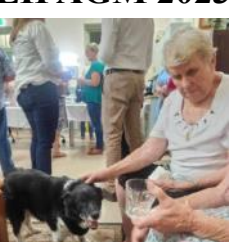
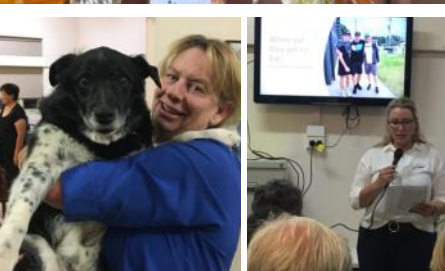
Gympie Bridge Club

Audi Small -Shave for LH

We are so grateful for our Generous Community Donors who constantly dig deep to support Little Haven's work



LH AGM 2023



*“Words cannot describe how much Little Haven means to me. Their support of me as a carer to palliative care relatives and friends at the end of their lives was invaluable. They waded through flood waters and move hell on earth to deliver their caring & understanding services. Little Haven palliative care is a necessary service that should be fully funded and lauded for all they do! I love them!”*  
Carers Survey response Rec'd 28/09/23



## Little Haven's Honour Board July to October Donations



Adamson, Alec	1,000	Honour, Susan	103
AIA Group	51	Hulin, Danielle	52
Alma Street Pre-Prep	1,040	James, Julie	1,000
Bagast, Sue	100	Kondziolka, Linda	70
Barnes, Glenys	100	Lees, Barry	759
Bath, Henry	50	Lidbetter, Tori	301
Jamie Beck & Amanda Byrne	600	Murray Bill & Edith	50
Benham Enterprises	2,000	Nahrung, Ralphine	100
Berry, Ian	1,033	Newman, Liz	103
Blakeney, Sue	4,000	O'Grady, Joyce	170
Bovington-Milgate, Amanda	100	Plant Presents	50
Carswell, Lani	50	Play for Purpose	52
Clark, Nola	50	Rainbird, Jan	52
Chaplin, Shirley	50	Roberts, Leanne	50
Cooloola Dragon Boat Club	500	Ryan, Noela	50
Fleming Family	100	Saunders, Bronwyn	50
Gympie Contract Bridge Club	700	Smith, Wendy	207
Gympie Golf Club - Ladies Pink	200	Tarrant, Pauline	200
Gympie Wesleyan Methodist Church	500	Tin Can Bay Country Club & Bowls Club	1,640
Condon, Barbara	555	Wason, Rhonda	103
Harris, Diana	1,600	Webb, Terry	400
Harwood, N & S	200	Wenzel, Ian	120
Hehir, E M	200	White, Bronwyn	1,000
		Williams, Anne	100
		Various under \$50	
Historical Motorcycle Club	2,000		



Your support  
makes a big  
difference

### Thank You to our regular igivers

ALFORD, Ms Frances	GRUAR, N & D	MCDONALD, Kathryn
BORASO, Wendy	HENSEL, R & M	MANTON, Clare
BROWN, Beverley	HOSKING, Narelle	Manton, Laura
COATES, Judith	KUBIK, Damien	MANTON, Sue
DART, Angela	LICKERMAN, D	R&R Ins. Group
FRICKE, A & B	MCAULAY, Lisa	SAUNDERS, Bronwyn



SAVORY, Ellie  
SMITH, Phil  
VINER, Sarah  
YOUNG, Geoff

Thank you to the families who directed Beneficiary Donations to Little Haven in Memory of their loved ones ♥

William Beck	Michael Heywood	Sean Pinchin	Russell Wason
Bill Benham	Chris James	Charles "Pat" Ryan	Chris White
Denis Condon	June Lynch	John Tarrant	Paul Woodrow
Wes Fleming	Maureen Barnes	Teresa Maud Taylor	♥

A big Thank you to Audi Small—for raising \$1405 bravely shaving her head in memory of her Mum, Dad and Mother in Law Kim ♥

### Thank you to our 2023 Gratitude Walk Business Sponsors and Fundraising Teams

- ♥ Doing It for Toots Raising \$1805
- ♥ Southside Medical Centre Raising \$1325
- ♥ Harmonious Disability Care 2023 Raising \$1050
- ♥ Little Haven Team 2023 Raising \$4220
- ♥ Dancelife Gympie Raising \$420
- ♥ Hayley James—Smart Cookies Raising \$400

Gratitude Walk and Fun Run

### LH Fundraising July—Oct 2023



Raffles : \$ 6177  
Container Refund Scheme: \$871  
Market Place : \$154950  
LH Small Change Tins \$1769  
Craft \$3340  
2023 Gratitude Walk \$9945  
Rotary Quilt & Craft Show \$12958  
Cooloola Debutante Ball \$5226  
Heart of Gold IFF Café \$ 3003  
Doing it for Toots Golf Day \$17000  
♥

Sunday the 22nd of October saw Rob Lumsden, Debbie Wilcox and Bill Nolan do an amazing job organising and running the inaugural 'Doing it for Toots' Charity Golf Day at Gunabul Homestead. It was a beautiful day, very well organised and supported with over 100 players and raising \$17,000. A huge thank you, Rob, Debbie, Bill, all of your helpers, the Gunabul Homestead team and the 40 plus very generous business sponsors.



### Are you looking to join our Volunteer team?

Call the office to register for our next Volunteer Training Day on Wednesday January 31st. And enjoy the secret to healthy aging. ☺

