



changes

Tweed Palliative Support
INC.

Newsletter

Issue no 53



A great year ends on a sad note



2012 has been a great year and a sad year for TPS volunteers. Three of our wonderful volunteers passed away this year - all of them suddenly - and this affected us all deeply (see inside).



Last week our dear Joan who sits in the main street come rain, hail or beating down sun selling raffle tickets had a very serious stroke and remains in Murwillumbah Hospital. Joan has been selling tickets

outside Retravision for the last 3 years and raises between \$4000 and \$5000 per year for us. Taylor's Beta Electrical now look after Joan, so thanks boys. Let's hope it's not too long before Joan is back on her feet.

Major work at "Wedgetail" was undertaken this year with our driveway now completed and some minor building work underway at the house. A new van has been purchased for transporting clients and another van was purchased with some help from Twin Towns Club to replace Veronica (the Vito van) who drowned in the floods in January. Our equipment shed is fully operational and all equipment has now been moved from Camp Wollumbin. This has made storage and delivery of medical equipment to our clients much easier and time saving. A very big thank you to Phil Fogarty and the Lands Department for allowing us to use Camp Wollumbin for the last 4 years. We really appreciate your generosity.

Our op shop girls and boys have done a fantastic job over the last 12 months with Queen Street open 6 days a week and the shed now open 5 days a week. The community has continued to support us with generous donations coming in daily in such large quantities we sometimes have 6 volunteers working flat out trying to have all goods sorted and on the shelves! A huge thank you to Edna and her wonderful team.

Even though we still don't have the funds to operate "Wedgetail" as a hospice, the house continues to be well used. Virginia Morris and Dr Mathew Cherian ran our 3 day bereavement support groups here; 3 Sunshine Days were held this year bringing the total number to 20 with more than 100 people enjoying a relaxing day with wonderful food, therapies and new friends (four more are planned for next year); our annual training course was held with 15 new volunteers eagerly participating in the 10 week course and are now venturing out to support our palliative clients in the community.

The FDIA Charity Boxing Team calendar is on sale again this year (available at the op shops) with volunteers hopping on the Harley Davidson bikes belonging to the guys and girls from the American Motor



Cycle Club. This club does a fantastic job raising funds by selling raffle tickets at the Chinderah and Tumbulgum pubs and donating a huge amount to TPS. Thank you very much guys and thanks for allowing us to use your bikes for the photo!

So many groups and individuals have supported TPS during the year and we are all extremely grateful for their on-going support. With the fundraising efforts of our wonderful volunteers and the generosity of the community TPS has paid a whopping \$500,000 off of the original one million dollar loan! We will continue to care for our clients in the community and work towards opening "Wedgetail Retreat" as the first hospice for the Tweed. Thank you so much to the dedicated volunteer carers who do such a fabulous job caring for our clients in the community. We are getting closer to opening with the ground work almost completed. Just a little thing called money for wages is holding us back. Maybe 2013 will be a lucky year for TPS.

(Cont on page 2)



(Cont from page 1)

A huge thank you to the TPS Management Committee who do a fantastic job, most of them also working in the op shop, the office or as active carers.

Merry Christmas and best wishes to everyone, and thank you to you all for the support and generosity shown to us during the year.

Cheers ,

Meredith



Carolyn Barnby (TPS Fundraising Committee member) and friend with Vikki and Jim Walsh

Jim and Vikki Walsh who run the Roundhouse Bottle-O, Murwillumbah were not only happy to put one of our Charity Boxes in their bottle shop, but arranged to run a raffle which raised \$80 for us. Lots of goodies were donated by beer and wine representatives: an esky packed with T-shirts, caps, drinks glasses, champagne etc and of course the irresistible bear! Jim and Vikki also donated two dozen bottles of champagne for our Sunshine Days. Thanks so much, both of you for your support.



Meredith popped in to the Tumbulgum Pub to receive a cheque for \$3000 from American Motorcycle Club President, Craig Willis and the boys. Thank you all so much for your generosity.

Welcome to our new members:

Helen Grippo, Condong; Loraine McDonald, Murwillumbah; Jana Stranan, Tweed Heads; Gwen Reisenweber, Banora Point; Pamela Payne, Bray Park; Caroline Howells, Murwillumbah; Julie McCasker, Tweed Heads West; Adrienne Dalton, Murwillumbah; Wendy Watt, Pottsville; Shirley Mitchell, Tumbulgum; Delma Sutton, Tweed Heads; David Cowan, Bray Park

Don't forget to keep in touch with TPS via our website:

www.tweedpalliativesupport.com.au

In Memoriam

October was particularly tough for all of us at Tweed Palliative Support because we have had to deal with the death of three of our wonderful volunteer carers.



Georgia Biever had been part of the original group of people involved with the birth of TPS fourteen years ago. Georgia attended the first community meeting held in Murwillumbah and the very first committee meeting was held in Georgia's kitchen in Dulguigan. Georgia completed the first training course in October 1998 and began caring for palliative patients in the Murwillumbah area. She remained a valued carer with TPS and went on to do her Thought Field Therapy training so she could provide an extra service to our clients. Georgia then began working with Gillian Cooper at The Bright Side of Life. She was a wonderful addition to the team and helped Gillian care for many clients who stayed at The Bright Side and provided wonderful end of life care to several people who chose to die there. Georgia was one of

the first therapists to put up her hand to be a part of our Sunshine Days and attended 19 of the 20 days held. She was usually last to leave with people queuing up to have some Thought Field Therapy. Her beautiful spirit and demeanour will be irreplaceable.

Georgia was a loving sister to her twin Dinah, a wife, a wonderful mother, an amazing grandmother, mother-in-law and a beautiful friend to many of us.

An inspiring spiritual celebration of Georgia's life was held at "Wedgetail" and attended by more than 100 people who knew and loved her, including her brother, Kevin from the US. She touched the hearts of so many of us and we are all that much better for having known her. She will always be loved and never forgotten.



Raylee Walsh completed her volunteer training with TPS in 2007. From her very first day with us we knew we had found someone very special with an amazing love of life. Even though Raylee was suffering from a terrible debilitating disease she never complained or asked "why me?". Raylee transported and cared for many of our clients and was always a constant in the kitchen at our

Sunshine Days. Her beautiful smile and happy personality made her a wonderful addition to any function. Every time I see frangipanis it reminds me of Raylee. She always had one behind her right ear and her little car had frangipani stickers all over the back window. Raylee was a valued member of the care team at Blue Care's Kirrahaven Aged Care Facility and loved caring for "her oldies". Her wedding in 2008 to Max was featured in Changes with her little pup "Honey" as bridesmaid. Raylee was a lovely caring woman and will be sadly missed by all who knew her.



Andrew Glynn joined TPS last year and completed his volunteer training in June this year. We were very fortunate to have Andrew working with us and he would work 4 or 5 days a week with Bill and the boys on the op shop pick ups. He was always available

to help with patient equipment deliveries even though he had a very busy life with 6 children and 8 grandchildren. Anyone who had lived in Murwillumbah would have heard of Andrew and his family as the Glynn name was very well known and respected in the community. We were all so shocked to hear of Andrew's sudden death and our deepest sympathy and heartfelt condolence goes to his family and his many friends. He will be deeply missed.

R.I.P. Georgia, Raylee and Andrew

A chance to say "Thank you"



So many individuals and organisations have helped, and continue to help TPS, that we decided to hold an afternoon tea as a way of thanking all those wonderful people for their invaluable support. As always, we seek not only financial assistance, but help to maintain our beautiful property, "Wedgetail Retreat" and its grounds.



Murwillumbah Show—2012

This year TPS had a table at the Murwillumbah Show to raise money with a great raffle and also to raise awareness of TPS, palliative care and end-of-life options. Elayne and Marg were amongst the many volunteers who helped out.



Membership raffle

The Winners in the Membership Raffle are

1. Patricia Brinson, Bray Park; 2. Maureen and Alan N Talbalumum; (IS THIS NORTH TUMBULGUM??)
3. Deirdre Stewart CHECK THIS OUT WITH KATHLEEN!!!!!! WHAT DID THEY WIN???????



Op shop news

We have had a great and exciting year both in the shop and shed. I would like to thank all of the wonderful volunteers for their continued support and assistance. Over the last few months we have had a really positive response to our request for more volunteers. Thanks to our new additions we now have the shed open 5 days a week and can operate much more efficiently in both the shed and Queen Street.



It is with much sadness that I inform all members of TPS of the unexpected passing on Saturday November 2nd of our very valuable volunteer, Andrew Glynn. Andrew had become part of the A Team assisting in delivery of medical equipment to our clients and the pick-up of donations for the op shops. Andrew you will be sadly missed by all of our team, it has been a wonderful experience for us all to have known and loved you.

Anne Brodie

Stop Press! Queen Street op shop is expanding into the shop next door and will be selling boutique furniture and *objets d'art* ! Naturally our prices will remain highly competitive and give the discerning shopper yet another exciting shopping opportunity. Ed



All of us at TPS were shocked and very saddened to hear of Andrew Glynn's sudden death. Although Andrew had been a committed and regular member of the op shop team for quite some time I did not meet him until March this year when he applied for the volunteer carers programme. During the interview it became evident to me that he was great carer material. At the time he was not confident that this was his path but he was prepared to give it a go even though he felt he may be going out of his comfort zone. I admired his courage and sense of gratitude for his own blessings in his life. He mentioned his good fortune for his big family and his own survival of serious illness. During the training I got to appreciate his quirky sense of humour and observed his open friendliness and compassion towards the other members in the group. We will miss his presence in the team and our thoughts and condolences are with his family.

Autumne



Tweed Coast Chapter of the American Motorcycle Club; Carole Baker; John Loebenstein; Hugh Burgett; Diane Bianchetti; Jacqueline Brooks; Noela Bishop; Gwendy Barton; Mary Wallace; Aloys Tromp; Murwillumbah Cancer Leukaemia Research Society; Lianne Johnston; Patricia Tripp; Ron Spence; Jan Curtis; Kathleen Merryweather; Fae Border; Hari Bains; G Burger; A Hann; D Owen; Eric Bruner; Elizabeth Bailey; Helen Seaton; Banora Point Uniting Church; Vietnam Vets Social Club; G Panton; Murwillumbah Croquet Club; M A Bishop; Nicola Stainlay; Dorothy Knight; Jim and Vicki Walsh; C Bishop; Karen Cobbett; Murwillumbah Work & Country Gear; Condong Bowling Club; R Richards; Kim Miller Memorial fundraiser; Warwick Sharp; Trish Sutherland; S J Dennis; Greg Buchanan; Curves South Tweed Heads; Lesley Johnson; Karen Vize; Goodwill Wines; Barry Austin; Brian and Manee Vize; Margaret Comino; Philip Wikman; Maryl-Ann Marshall; Robert Vize; Graham and Carol Marsh; C Dennis; Sylvia Lydiard; Kingscliff Beach Club 500 Club; AM Rotary Murwillumbah; Northern Rivers Bottle & Collectors Club; Daren Deserves; Alan Sprackland; Andrew Robertson; P Dickinson; Tony Gibbons; Carol Langan; Rotary Club of Murwillumbah; Ms Curran; Margaret White; Vize Design; Care & Concern Tweed/Coolangatta Catholic Parish; Nola Say; Pottsville Cellars; C J Mitchell; Patricia Pollett; Tweed/Broadwater Village Social Club; J E and V J Allun; B C and M M Brown; Sylvia Loader; J Glynn; Twin Towns/Coolangatta Uniting Church Ladies Fellowship; Rita Sullivan; Delma Sutton; C Horscroft; B Holt; Mr Gillespie; Catholic Women's League; South Tweed Over 50s Friendship Club; Kevin Skinner; Di Baxter; A Symes; The Estate of the late Rajany Sockalingam.

TWEED-MURWILLUMBAH CANCER SUPPORT GROUP TWEED BRUNSWICK BREAST CANCER SUPPORT GROUP

With the support of TPS two cancer support groups meet in Murwillumbah at the Community Health Centre. They are facilitated by Caroline Howells (Cancer Liaison Nurse at Murwillumbah Hospital), Lianne Johnston and Margaret Piper.

The monthly get togethers offer the opportunity for people to share experiences in a safe, friendly environment and provide ongoing friendship and mutual support for people living with a cancer diagnosis. The groups meet on the 1st and 2nd Monday each month.

The Tweed-Brunswick Breast Cancer Support Group is for breast cancer survivors.

They provide practical and emotional support for others with similar experiences and have developed a cohesive network with friendships that extend beyond monthly meetings.

The Tweed – Murwillumbah Cancer Support Group is for other cancer survivors, carers and partners. This year the group has attracted more participants. We aim, on alternate months, to have an independent speaker to tell us about their expertise or inform the group about a particular therapy. Speakers have included the naturopath, Sarah Franklin, who has the added qualification of oncology nursing experience and Karen Border who ran a lively and enjoyable hands-on session of reflexology – skills which we could take home and practice on our nearest and dearest. Wendy Neill, the Oncology Social Worker at the Tweed Hospital also gave valuable information on services available to people in the community; for example, the legal advice services provided by the Cancer Council. Margaret Piper has been involved in the group for several years and she provided a short version of the Living Well after Cancer workshop.

We encourage new participants to these groups. Some people find it useful and beneficial to continue attending every month; others prefer to drop in as needed. Everyone is most welcome.

Again during the year the groups joined the local Relay for Life in March and along with their partners celebrated 12 years of friendship in November at the Caldera Restaurant, Kingscliff TAFE where a great evening was had by all.

Tweed Mini Field of Women

The 11th Tweed Mini Field of Women was held on Saturday 20th October at the Tweed Heads Bowls Club. It was a special day for the 50 guests who met for breakfast. Support group members Julie Kelly and Jean Kenny were inspirational when they spoke of their own personal experiences. The traditional planting of the pink silhouettes was a moving tribute to all women with breast cancer and for those who have died of the disease. Funds raised will support the very valued work of the BCNA.

Lianne



Relay for Life 2013

Address: Cudgen Leagues Club. Start time: 3:00 pm Start date: 23rd March 2013

Registration fees: Early bird registration \$15 per person (pay by 11th March 2013).

Registrations from 12th March 2013 onwards \$20 per person.

Contact organiser: Rhian Paton-Kelly (02) 6627 0300 Email: rhianp@nswcc.org.au





Today we were proud and very happy to celebrate the 20th Sunshine Day. Proud because of the support given by so many volunteers to make this day very successful, and happy because of the special time we are able to provide for our clients and their guests.

These days cannot take place without sponsorship and today two of our stalwart sponsors enabled us to cater in so many ways for our thirty-three visitors. We were honoured to have the Vietnam Vets on board once again, also Wazza Lewis and his fun crew from F.D.I.A. Charity Boxing Fitness. Thanks again to everyone involved for their generosity and for helping us care for others.

Our day cannot survive without our amazing volunteer complementary therapists. We'd like you to meet them.

Our Volunteer Coordinator of the Complementary Therapists, Chris, has over 35 years practical experience in the Health & Lifestyle fields and is the author of several books. Chris conducted the Introductions, also a session on 'Laughing Your Way to Better Health'.

Brian and Ruth-Ann work in the medical profession in Tweed Heads and bring their varied skills and support to Sunshine Day. Massage was offered by Claire, Julie,

Lisa, Mary and Megan, whilst Sue brought Sound Therapy and Reiki to the mix. Trish, Michelle, Mukthi and Brian are also professional Reiki therapists.

Reflexology is always popular and today Anna, Anita, Katy and Alison cared for many of our guests. Thought Field Therapy with Georgia is also popular.

Always with us to set up the Pamper Parlour are Jill and her 'Look Good, Feel Better' ladies who cater for all with facials, manicures and hand massage. Outdoors on the sunny veranda are the foot spas manned by more volunteers and so many of our guests have never experienced this wonderfully relaxing attention before.

Sincerest thanks to all our therapists who are certainly kept busy throughout the day. Their skills and friendly, caring approach are so much appreciated by all.

The renowned morning tea and lunch catered by TPS and their supporters always rate a special mention. Not a day for counting calories! And the champagne is a delightful welcome surprise.

We ask our guests to evaluate their day as feedback is important to us and is invariably very positive. Today one of our folk said, "It's so nice to have a wonderful time which is not medically orientated."



Christmas opening hours

The office will close from Friday December 21st and reopen on Monday January 14th. The op shop will only close on Christmas Day and Boxing Day. The Shed will close Friday 14th December and reopen Monday January 14th. Anyone needing furniture urgently can come to the Queen Street shop or call Edna on 0417 060 085.

FDIA calendar

Here's a great stocking stuffer idea! The FDIA calendar is now on sale at the op shops for only \$10. Once again the guys and girls of FDIA Charity Boxing have put together a fun fundraiser for TPS. With the help of the American Motor Cycle Club who roared up to "Wedgetail" to assist with the 'photo shoot' we hopped on to their mighty machines for our May page. All proceeds go to TPS.



TPS Volunteers Christmas Party

Our annual Christmas party for volunteers will be held early in the New Year. Details will be advised on our website www.tweedpalliativesupport.com.au

Disclaimer: Please note that the information contained in Changes is obtained from a variety of sources and that the views expressed are not necessarily those of TPS.

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Vice President: Bill Brodie

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Secretary: Deirdre Stewart

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Volunteer Co-Ordinator: Meredith Dennis

Newsletter Editor: Deirdre Stewart.

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Tess Thompson, Autumnne Camidge,
Margaret Stevenson, Maria Bashford,
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