



changes

Tweed Palliative Support
INC.

Newsletter

Issue no 54



The Gift of Giving

Hello and welcome to the first edition of Changes for 2013 and welcome to our 15th year of TPS supporting palliative clients in the community. One of the greatest benefits of working with TPS is meeting the amazing people in our community who support us. I'm not just talking about our volunteer carers who provide transport, assist with shopping, and day to day errands or provide social support to our clients; or our wonderful op shop volunteers who sort, arrange and sell goods for sale in one of our 3 shops; or the girls who man our office 5 days a week and are usually the first point of contact with TPS; or the Management Committee who oversee the running of this wonderful organisation. I'm talking about the community who support us week in week out by running raffles, supporting various fundraising functions, purchasing raffle tickets, donating at funerals of loved ones, donating to our op shops. Or local businesses who provide services at reduced rates or donate goods for raffles (see list attached of businesses who supported our jumbo raffle). Our community is amazing and we would like to thank you all for your ongoing support.

There are a couple of people I would like to tell you about who were very generous to us last year.



Greg Buchanan first heard about TPS when he came to a Sunshine Day more than 3 years ago after being told about us by his social worker. Greg had been diagnosed with bowel cancer that had spread to his liver. He had endured surgery and chemotherapy and the Sunshine Day was an opportunity to relax and forget, just for the day, what he had been going through. What stood out in Greg's mind was the kindness shown to him by people he didn't even know; the volunteers who pampered, massaged, fed and spent the day with him. A day he said he will never forget. TPS provided transport and social support and months later after Greg had been to his doctor and received the all clear, he wanted to give back. It turned out that we had also cared for Greg's mum years earlier and he was very grateful for that. Greg had arranged to leave a very generous donation to TPS in his will but as he 'wasn't going to die anytime soon' he wanted to see the money go towards opening Wedgetail so he cashed in the money and gave us a very large donation. Thanks Greg (seen here sitting on his bike).

I first met Rajany Socklingham after she had moved to the Tweed to be cared for by her brother. Unfortunately her brother took her overseas ostensibly for special treatment for her jaw cancer (which never happened) and left her there while he returned to Australia and emptied her bank account of the proceeds of the sale of her house in Sydney. When she returned to Australia



(cont on page 3)



The Tweed Heads Community Men's Shed



Meredith with Alan Jones (Secretary), John Bridgehouse, Bill Trenear and Malcolm Leathley

Always willing to lend a hand, the 'boys' from the Men's Shed came out to Wedgetail to check out our inventory of medical equipment, much of which needs cleaning and repair. They have now set up a work area and will be servicing and repairing medical aids so TPS can continue to provide our clients with high quality equipment to enable them to stay in their homes. Thanks to all the Men's Shed volunteers.

Friendship

*It is not for me
To decide how fast you walk
Or to tell you what to see.
Only to point the way.
We will walk a different pace
We will see a different view
Along this road of life.
Yet I hope you will point out to me
That which I may have missed
And lend a hand
If I slip along the way.
For two friends together
Will make light a heavy load
While two strangers
Will struggle and perish, alone.
T Richens*

The Travelling Wheelbarrow: TPS's huge raffle!

Our Fundraising Committee came up with a fantastic raffle supported by many local businesses. The barrow made appearances at the Murwillumbah Race-course, Chillingham markets, Tweed City Shopping Centre and our own Sunshine Days. Contributors were: Mitre 10, Murwillumbah; Bowerbird Emporium, Murwillumbah; Boyds Bay Garden World, Tweed Heads; Roundhouse Bottle O, Murwillumbah; Taphouse, Kingscliff; Work 'N' Country Gear, Murwillumbah; House of Gabriel, Tumbulgum; Blockbuster Video, Murwillumbah; Organic Revolution, Murwillumbah; Fresh Whole Foods, Murwillumbah; Soul Pattison Chemist, Murwillumbah; Outdoorism, Murwillumbah; Murwillumbah Newsagency, Murwillumbah; Dinki Di, Murwillumbah; Barbeques Galore, Tweed Heads South; Toy Kingdom, Murwillumbah; Madura Tea, Clothiers Creek; |Allure, Murwillumbah; Lavender Blue, Murwillumbah; Amcal Chemist, Coolangatta; Loot Homewares, Tweed Heads; Amcal Chemist, Tweed Heads; Healthy Life, Kingscliff.

And the winners are 1st Prize: Carmel Tagget (pictured with Fundraising Committee member Carolyn Barnby), Murwillumbah; 2nd Prize: Liz Brookes, Banora Point; 3rd Prize: Chris Carroll, Tyalgum. Congratulations to you all! The total raised was \$1,395! Well done all.



As there are so many charity recipe books being published, we decided to put the TPS recipes in our newsletter as a series. We hope you enjoy them!

Sticky Date Pudding

1 cup	chopped dates
1 tsp	bicarbonate of soda
60g	butter
2	eggs
180g	castor sugar
180g	self raising flour
1 tsp	vanilla
125g	butter
180g	dark brown sugar



Place one cup of chopped dates in a saucepan. Add 1 cup of water and bring to the boil. Remove from heat and stir in 1 teaspoon of bicarbonate of soda. Add 60 grams of butter and stir until melted. In a separate bowl beat 2 eggs. Add 180 grams of castor sugar and mix well. Add date mixture to egg mixture. Add 180 grams of self-raising flour and a teaspoon of vanilla. Mix well. Place in an 8" square tin and cook in a moderate oven for 45-60 minutes.

Caramel Sauce

Melt 125 grams of butter, add 180 grams dark brown sugar and stir well. When melted add half a cup of cream and stir well until combined. Serve pudding warm with sauces and cream or ice cream

Justine Elliott MHR

(cont from page 1)

she had nowhere to live, no possessions and knew no one. We helped her move into a new apartment and managed to retrieve some of her possessions as she began trying to build some sort of life. Rajany also came to a Sunshine Day and was overwhelmed with the love and kindness shown by complete strangers. We supported her and cared for her up until the time she went back to Sydney to be with her sister in law where she died a week later. Rajany had also left a donation to TPS in her will. Thank you Rajany a lovely, generous lady. RIP.

We are all still working very hard towards opening Wedgetail as the first hospice for the Tweed. An application was submitted in January to the Department of Health and Aging for palliative care funding to pay for staff wages. This is all that's holding us up. (There is still no word as we go to press.) We continue to support more that 120 clients in the community at any one time and all funds raised through the op shop are being directed to paying off our loan. One of our members has very generously paid for solar power to be installed at Wedgetail and that will help reduce electricity costs. The drive has been finished, we have our new TPS van (see page 4), work under the house has been completed, the new gazebo is nearly finished and the garden is well on the way to being revamped. We are ready to go! All we need is that funding so let's keep our fingers crossed.

Cheers

Meredith

N.B. Don't forget that tax time is coming up. All donations over \$2 to TPS are tax deductible. See the form on the back page.



Murwillumbah Women's Bowling Club; Judith Treweeke; Janelle Pritchard; M & S Lowrie; FDIA Charity Boxing & Fitness; Coolangatta & Tweed Heads Golf Club, Ladies Committee; Annette Symes; Catherine Dennis; Jenny Blackburn; Murwillumbah Services Memorial Club; Chillingham Community Association; Margaret Donovan; Mr and Mrs D Anthony; Samantha Handley; Karen Cobbett; Bill & Linda Peterson; L Johnson; L Reeve; Gillon Holdings Pty Ltd; Murwillumbah Leukaemia & Cancer Research Society; JD & LF Reeve; S Handley; the family and friends of Chris Frost; the family and friends of Jean Dent



Our new van gets its colours

Our new Hyundai iLoad van is now sporting the TPS logo in glorious purple and green. Watch out for the van as it speeds about its business of delivering medical aids and serving the community.

Don't worry about avoiding temptation. As you grow older, it will avoid you.

Winston Churchill

Welcome to The Furniture Gallery!

Once again the Queen Street op shop is bulging at the seams and needs to spread out. Enter Shop 3, the old Nortec building three doors down from the original op shop on Queen Street. Recently vacated, this huge space, named The Furniture Gallery, provides additional storage space and displays our pre-loved 'better' furniture.

Edna, Elayne and the op shop volunteers wasted no time in setting up theme rooms to showcase the goods for sale. If you haven't visited our op shops, do drop in - you'll be given a warm welcome from the hard working TPS volunteers.





Elayne and Edna grin and bear it!



A few weeks ago, a Tweed woman called TPS to organise for a pick up for the op shop. Bill arrived at her house to find 600 teddy bears waiting! As she was moving to a smaller house she kept 200 of her favourite bears and decided to give the rest away.

The bears arrived at the op shop much to the amazement of the volunteers. The girls made a fabulous display with piles of teddies all over the store.

That night a gentleman from Tweed was out to dinner and heard about the bears.

Next morning he came into the op shop and made Edna an offer she couldn't refuse! The bears were then loaded into his station wagon to be delivered around the state to children's wards in public hospitals. Hundreds of sick children throughout NSW were about to receive a happy surprise.

These two people wish to remain anonymous, but their act of kindness will not.

Photo courtesy of the Tweed Valley Weekly

The Uki pub disaster

A short time ago a great tragedy hit the people of the lovely little village of Uki. Their 100 year old heritage listed pub had burnt to the ground. For years this charming country pub had drawn visitors from all over the country and over the generations. Now it is no more. Along with everything else that was lost in the inferno was a TPS charity donation box, which the owner kindly allowed us to place there.



Sacred Celebrancy

Have you ever wondered why sometimes you leave an event like a funeral service, feeling deeply touched, open hearted and connected And yet other times you arrive home feeling left out, incomplete or disconnected ?

Through my recent studies and work in this field, I have come to understand that the energy of the sacred can play a fundamental role in our own journey as a loved one passes away. Particularly in the celebrating and the remembering of them through a Funeral, Memorial Service or Life Celebration.

The sacred is that which we hold with reverence, with love, with gentleness. And it is this same sacredness that can hold us, reconnect us to our strength and open our hearts to love – even when we feel our pain may never end.

Sitting with families, loved ones and friends who may be losing or have lost this most precious treasure from their lives, is in itself an act of opening our hearts and beginning to build the sacred, reverent space in which we create a beautiful honouring ceremony.



Holding this space I feel deeply the impact the sacred has on our ability to heal - to move forward when the time is ready, feeling loved, held and valued.

As a celebrant, I value my own role in supporting families and loved ones through this time – a time of honouring the loved one who has passed away, for honouring each and everyone present and for honouring the feeling and the presence of the grief and the loss itself.

The sacred holds an energy of love and compassion for all of you who are beginning this new journey of

grief and of healing.

If you or your loved one would like this time in your lives to feel sacred and honoured, please feel free to contact me.

Amala Janice Aldridge

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Welcome to our new members:

Jenny Blackburn, Tweed Heads; Robert Davies, Mt Burrell; Mrs S Gillon, Tasmania; Gwen & Noel Doughan

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The Art of Giving Receiving: Sunshine Day

Shafts of sunshine streamed down into the central room at Tweed Palliative Support's beautiful Wedgetail retreat, casting an enticing wash of gentle warmth and light upon the gathering crowd. And warmth and light were exactly what the many dedicated volunteers gifted in abundance at this recent Sunshine Day. With open hearts and ready hands, a day of pampering, listening, experiencing, laughing and delectable culinary delights unfolded, leaving many richer for the experience.

By 9.30am a cacophony of chatter heralded a bustling day ahead. It was a full house: with 35 guests, 20 volunteers and around 30 therapists attending. All were linked by loving kindness – many with the intention of gifting to others but, almost as importantly, showing the value of loving self-care. Many of the cancer patients spoke of lives dedicated to supporting and giving to others. And now it was time for them to receive: although, in many instances, this was both a novel and difficult task. It begs the question of why, in our culture, we are so often ready to give to others, and yet, in times of genuine stress and vulnerability, seemingly challenged to freely accept support for ourselves.

Medical journeys were recounted: particularly touching were those of sisters, both attending and both battling cancer. Likewise the day was graced by mother and daughter, simultaneously fighting this noble battle, supporting each other to encourage healing; another mother beamed with pride when speaking of her companion for the day - her (healthy) daughter who had pulled out all stops to fundraise for cancer treatment, and to go all out in so many, many practical ways simply to ease the burden of her mother's journey. It spoke deeply of a pure, loving, dedicated and selfless space.

And yet there was a reciprocal giving happening for therapists, guests and TPS volunteers alike. Here was the opportunity to bask in the light of loving energies; here was the opportunity to witness the resilience of these individuals, fighting for their lives, and yet who still rejoiced in life and who still smiled – both inside and out – exuding positivity and calmness. This was true testimony to the strength of the human spirit. One could not but help admire such courageous souls and feel honoured to be of service to them in their journey. If you feel so inspired to join us in whatever capacity, we hope you can come along next time.



by Thali Bower-Williams



TPS Volunteers Party

Our annual volunteers party will be held on Saturday 6th April from 12:00 noon at The House of Gabriel, Tumbulgum. For bookings and menu, please call the office on (02) 6672 8459. Partners welcome!

Calling all Carers!

The next Carers Meeting is being held on Monday April 8th from 2:00pm to 4:00 pm. PLEASE NOTE THE TIME HAS CHANGED! The speaker will be Cathy Paine, the regional support co-ordinator of the Leukaemia Foundation. Cathy is coming from Lismore so we'd love to have a fabulous turn out of volunteers.

I'd like to

- Become a member/renew membership of TPS and encl \$20 (inc GST)*
- Make a donation to TPS. My tax deductible gift of \$ is encl.*

(please tick your choice)

Name:

Address:

Telephone:e-mail:

Please note that we do not have credit card facilities. Please make cheques payable to:

Tweed Palliative Support Inc, P O Box 458, Murwillumbah 2484

ABN 37 368 905 867

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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