



# changes

Tweed Palliative Support  
INC.

Newsletter

## TPS Special Edition



Hello everyone and welcome to our Special Edition of the Tweed Palliative Support Inc newsletter, "Changes."

For those of you who don't know about our organization, this newsletter is to give you some information and background about our service. Tweed Palliative Support Inc or TPS was founded in 1998 following a public meeting held in Murwillumbah. TPS is a community run volunteer service providing support and practical assistance to people diagnosed with a life-limiting illness. We receive no regular or ongoing government funding to support our service but rely on the fundraising efforts of our members and donations from the community.

TPS trains 20 new volunteer carers per year, mans our office 5 days a week, auspices 2 cancer support groups, runs a bereavement support group and operates 2 busy op shops.

Our core activity, however, is to support and care for palliative clients in the community. All of these activities are carried out by a dedicated group of volunteers. Over the last 14 years we have cared for more than 1000 clients and trained over 300 volunteer carers!

In 2009 we had the opportunity to purchase a beautiful purpose-built quality-of-life retreat just outside Murwillumbah to become the first hospice for the Tweed. With the help of a local member of the community \$1,000,000 was loaned to TPS to secure the purchase of "Wedgetail Retreat". Already \$500,000 has been paid off the loan with funds raised through our op shops and the generous support of the community. Our goal is to open the hospice in the very near future.

There is no hospice between Brisbane and Newcastle and we believe people living with a life-limiting illness should not be forced to spend their last days or weeks in a nursing home or a busy public hospital. The beautiful, tranquil setting of "Wedgetail Retreat" provides a perfect option.

If you want to help us, check the back page for details of how you can make a difference to your community by supporting our efforts.

Thank you for taking the time to read our newsletter and please give us a call if you think you can help us.

*Meredith Dennis,*

*President*



Check out our new website: [www.tweedpalliativesupport.com.au](http://www.tweedpalliativesupport.com.au)

# A short history of Tweed Palliative Support

<p><b>1998</b></p> <p>Formation of TPS following a public meeting where an urgent need for home-based palliative services was identified</p> <p>Free office space supplied by Nick Aldridge of Main Street, Murwillumbah</p> <p>First computers donated; palliative care books donated by well-known palliative care nurse, Eileen Saxby, which form the basis of our now extensive library</p> <p>First volunteer carer group trained</p> <p>First client</p> <p>Huge fundraising push throughout 1998 and 1999</p>	<p><b>2005</b></p> <p>Meredith named Citizen of the Year</p> <p><b>2006</b></p> <p>Donation of our treasured van “Veronica” by Tweed Clubs</p> <p>“Sunshine Days” commenced: a special day of indulgence for cancer sufferers where guests are treated to massage and other therapies, beauty treatment, delicious food and wine</p> <p>Opening of our 1st op shop, “Harrods on the Hill” opposite M’bah Hospital</p> <p><b>2007</b></p> <p>Opening of our 2nd op shop, “The Blue Light Op Shop Behind the Cop Shop”- space donated by Bob Robertson</p> <p>Opening of our 3rd op shop on Queen Street</p> <p>Camp Wollumbin shed offered gratis by NSW Lands Dept for storage of our medical equipment</p> <p>Bereavement Support Groups commenced</p> <p>TPS moved into rented premises at “Lillipilli Cottage”</p> <p><b>2008</b></p> <p>TPS Vice President Bill Brodie named Volunteer of the Year</p> <p>Partnership with The Good Guys, South Tweed resulting in donations of over \$10,000</p> <p><b>2009</b></p> <p>Purchase of additional car for op shop pickups.</p> <p>Donation of trailer by PRD Nationwide Real Estate</p>	<p>Meredith named Murwillumbah Volunteer of the Year</p> <p>Offer of \$1 million loan for purchase of The Bright Side of Life to ultimately become Tweed’s first hospice</p> <p>Subsequent purchase of The Bright Side with the addition of \$100,000 from community donations. Property renamed “Wedgetail Retreat”</p> <p>“Wedgetail Retreat named M’bah’s Project of the Year</p> <p><b>2010</b></p> <p>Meredith awarded NSW Premier’s Community Service Award</p> <p>TPS won inaugural NSW/ACT Regional Achievement &amp; Community Award</p> <p><b>2011</b></p> <p>Op Shop Manager, Edna Gorton, named Tweed Volunteer of the Year</p> <p>Bill and Anne Brodie won the 2011 NRMA Senior Volunteer Helping People Award</p> <p><b>2012</b></p> <p>“Wedgetail” driveway completed with funding from Community Building Partnership Program</p> <p>Purchase of second van after the sad demise of “Veronica”</p> <p>Purchase of additional people mover for “Wedgetail Retreat”</p> <p><b>Since its inception, TPS has supported over 1000 clients and their families, trained 300 volunteer carers (not including the 25 people who work in the op shops and Bill’s pick up volunteers).</b></p>
<p><b>1999</b></p> <p>Moved to Nullum Street premises</p> <p>Extensive advertising to promote palliative care</p> <p><b>2000</b></p> <p>Logo competition won by Ruth Venner</p> <p>Fundraising: markets, open gardens, trivia nights, raffles</p> <p><b>2001</b></p> <p>TPS President Meredith Dennis named Volunteer of the Year</p> <p><b>2002</b></p> <p>TPS entered Faith Marr as their Banana Queen</p> <p>Umbrella for Cancer Support groups set up</p> <p><b>2004</b></p> <p>Mrs Margot Anthony AM became TPS’s Patron</p>		

# Cancer Support Groups

Since 2002 TPS has played host to two cancer support groups: The Tweed Brunswick Breast Cancer Support Group and the Tweed-Murwillumbah Cancer Support Group. The groups meet monthly, are informal and new members are always welcome to share mutual, practical and emotional support. Ring the office for meeting details or check on our website under 'Events'.

# Sunshine Days

An off-shoot of these groups, the Sunshine Days, was created to provide those people who have had a cancer diagnosis with a day of pampering and indulgence. TPS volunteers and therapists treat participants to massage and other therapies, beauty treatments and delicious food in the beautiful surroundings of "Wedgetail Retreat". Sunshine Days are proudly supported by FDIA Charity Boxing and Murwillumbah Vietnam Vets.



# Bereavement Support Groups

Professional grief counsellors run bereavement support groups where the complications and challenges that may arise for individuals experiencing recent loss are explored. The sessions are conducted in a supportive, relaxed and picturesque environment where participants have the opportunity to gain greater understanding of their individual experience.

# How you can help us

TPS is fortunate to enjoy a wide range of community support, without which we could not continue to provide our free services to the people of the Tweed. You can help by: completing the form below and becoming a member; hold a fundraiser, join our next training course to become a volunteer carer; work in our op shops; help out with op shop pick-ups—or there are many ways to assist us financially by making a dona-

tion through cheque, money order, cash or bank transfer. Bank transfer details are: Southern Cross Credit Union, BSB: 722 744, Account number: 88760. Reference: Please use your name as the banking reference. When donating by bank transfer, please contact the office so that we can send you a tax receipt.

Below are some of our loyal supporters:



## 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

## Tweed Palliative Support Inc.

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palliativesupport@bigpond.com

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## Our Committee:

**President:** Meredith Dennis

**Vice President:** Bill Brodie

**Treasurer:** Julie Addison

**Secretary:** Deirdre Stewart

## Committee Members:

**Office Manager:** Rhona Marr

**Volunteer Co-Ordinator:** Meredith Dennis

**Newsletter Editor:** Deirdre Stewart.

Mary Anne Bishop, Anne Brodie, Tess Thompson, Autumnne Camidge, Margaret Stevenson, Maria Bashford, Kate Baldwin