



NPO 015-960

Newsletter July 2014

Dear Friends,

A warm welcome to our July Newsletter. We've had a busy few months and we hope you'll enjoy reading about what we've been up to.

- Our Candle of Compassion campaign continues to unfold in a positive way
- Charter for Compassion
- A 'thank you' from one of our patients
- Hospice AGM feedback
- Hospice Hugs and Fun at the Uplands Festival
- Philomena Movie Fundraiser a success
- Help with Grief and Loss
- The Departure Lounge—an article on death and dying, contributed by Di Atherton
- How you can help Hospice
- Did You Know? Some interesting facts about our organisation



'Candle of Compassion' Fundraising Campaign

We're very pleased that our Candle of Compassion fundraising campaign is gathering momentum. We have over 50 people contributing R50 (and more) on an ongoing monthly basis to Hospice. Our goal is 500 pledges so we do have a way to go but we are excited with the progress, and we're inspired to encourage more members of the community to participate.

If you'd like to pledge R50 per month to Hospice please download a debit order form [here](#) or set up a recurring payment to:

FNB White River Branch Code 270 552

Hospice White River

Cheque Account: 6202 566 8304

Please mark ref field with your **NAME** and add **COC**

FREE MOVIE TICKET WITH EACH R50 PLEDGED!

Each new commitment to donate R50 per month will be rewarded with a **free movie ticket** to Casterbridge Cinema. We are very grateful to Sue and Tracy of the Cinema for their generous and enthusiastic participation in our Candle of Compassion campaign.



Follow us on Facebook and Twitter

To keep up to date and receive news of our activities, to read interesting info and receive inspirational quotes tying in with our Candle of Compassion campaign, please follow us on Facebook!

We can also be followed on Twitter



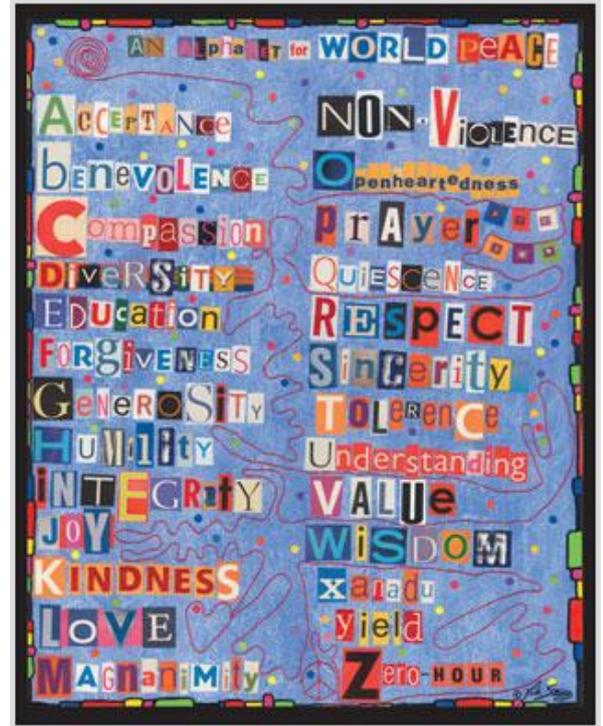
@Wrhospice



Hospice White River has been a member of the international peace movement **Charter for Compassion** for some time now. We very much identify with their ethos as explained below, an extract from their most recent newsletter. We feel this ties in with our Candle of Compassion campaign.

'Hundreds of regional, national, and international organizations with millions of members currently exist in the hope of establishing a more peaceful and non-violent world. Now, however, more than any other time in history, we have both greater urgency and greater opportunity to connect all of these people, to work together to imagine and then build a compassionate world. Imagine a world where everyone is committed to living by the principle of compassion. What could that mean for the more than seven billion people that now share the planet? Imagine the impact of vast numbers of people "bringing compassion to life" in their own lives, in all their families, in business, in education, in healthcare, in religious and spiritual practices, in the arts, and in an awareness of the environment. That is the vision and the commitment of the Charter for Compassion. We invite you to join us—to weave your compassion with the same heartfelt impulse of both friends and strangers throughout the Earth.'

www.charterforcompassion.org



Hospice White River Annual General Meeting



On Tuesday 27th May our AGM was held at Hospice House.

It was a very pleasant meeting lead by our Chairman Gary Duke, with about 15 people attending. It was good to reflect on the past year's activities and accomplishments, and we were delighted to welcome new board members: Rob Sykes and Marina Erasmus. Our Nursing Coordinator Elsa Swane-pool gave an in-depth report on all that goes into the care of patients and this was very informative and interesting for our visitors. The marketing report high-lighted our Candle of Compassion campaign and touched on the forthcoming fundraising activities.

We're looking forward to a successful year ahead, working with a great team and continuing with our service to the community. The meeting ended on a positive note with guests staying on for drinks and snacks.

Help with Grief and Loss

Loss and grief comprise all the human emotions caused when everything we're familiar with changes. Dealing effectively with grief can make all the difference and can mean ease and comfort during a difficult time. Hospice can be of assistance to people who are struggling with the emotions and uncharted territory of the loss of a loved one, or of the loss of 'life as we know it' when diagnosed with a life-threatening illness. As part of our service Hospice provides counselling - help and support are only a phone call or email away.



A testimonial from a Hospice patient



We're happy to share this 'thank you' received recently from a patient, showing that Hospice care certainly goes the extra mile:

"Thank you for giving up so much of your precious time to take me to Medi-Clinic for radiation. I can't tell you how much I appreciated it. Everything you do is done with such good grace and a lovely smile and I always look forward to seeing you, for whatever reason. Thank you for all the interest you have taken in this wretched cancer. It seems to have gone on forever, but I know that you are always there, the prime mover in the treatment to heal it and surely now it will only take time to heal it. All my gratitude and thanks to you." - Ann

Hospice Hugs and Fun at the Uplands Festival 2014

We had a wonderful time at the Uplands Festival at the end of May, where we had a stall in the Craft Market. Winnie the Pooh was our mascot and he became acquainted with hundreds of festival goers, dispensing 'free hugs', laughter and smiles to people of all ages. He was hugely popular with the children!

Our Chairman Gary Duke happily became Winnie the Pooh and spent hours cocooned in the very warm bear suit, despite temperatures in the high 20's. Pooh Bear also sold loads of honey on behalf of Hospice, as well as cookies and cupcakes. It was a great exercise in raising positive awareness about our organisation and we were very grateful to all those who volunteered and assisted us over the Festival weekend.



Gary Duke, Chairman of Hospice, gears up for Pooh duty with the assistance of Jana Fourie, our Admin Coordinator



Winnie the Pooh befriended hundreds of festival goers, spreading the joy and fun far and wide



Tom, May and Janet visiting our stall and having some fun with Pooh Bear



Philomena Movie Fundraiser a Great Success

We had a successful movie fundraiser evening at Casterbridge Cinema on Friday 27th June, at which the wonderful movie 'Philomena' was screened. Many local catering outlets supported us by providing delicious snack platters and hot soup for our guests. Our local White River and Nelspruit community turned up in force and we were delighted to have a full house of 96 people! This brought in much needed funds for us, and we were also able to raise further awareness of our activities and in particular of the Candle of Compassion campaign. The food, company and movie were all brilliant and a good evening was had by all.

We look forward to holding another movie fundraiser in the near future.

The Departure Lounge

- an article on death and dying, contributed by Di Atherton

I find it sad that in our Western society we often do not know how to deal with death and dying. In indigenous cultures the passing of an individual is as honoured as a birth is celebrated. Death is a part of the natural cycle of life. Everything in Nature is born, grows, matures, withers and dies. There are specific rituals around the passing of a person in these indigenous cultures, allowing those remaining behind a healthy period of mourning and grieving, giving them space to process the experience.



Somehow today we have lost the connection to this natural cycle. We are happy to do the births, coming of age, engagements, weddings, graduations, retirement etc. But we would rather avoid and ignore death if we possibly can! Death frightens us, which is only natural. It is an unknown. An "ending". There are many theories and surmise as to what happens when we die, but not much that satisfies the logical, rational mind. So we would rather not think about it at all. Sadly, even those suffering from a terminal or life-threatening illness will often ignore it themselves, pretending all is well in the hope that some miracle will occur and when they remove their head from the sand, life has gone back to normal.

We do not know how to deal with the many emotions we have internalized and repressed when we experience death, because society expects us to "get on with it". Once the funeral is done and dusted, we are expected to pick up where we left off. We struggle when faced with terminal illness in a loved one, especially someone who has always been perceived as the strong, coping person in the family.

And yet it does not have to be so. The passing of a loved one can be a powerful and bitter-sweet time. In order to experience the process, we have to be fully present and acknowledge each and every emotion. The fear, the anger, the regrets, the deepest and most honest sharing and the love fully expressed.

Think of this time as being in a Departure Lounge. Any departure lounge has that same bitter-sweet feel to it. Fond farewells, tears, sharing, laughter, holding someone tight before they turn and walk away. Mixed feelings of excitement, relief, sadness, joy in the one who is moving on. Deep heartbreak in the ones left behind.

If we are fortunate, we get to spend some time with the loved one in the Departure Lounge. We get closure, loose ends are tied up. Feelings expressed, memories exchanged, laughter mingles with tears. In the Departure Lounge we get real. There is no time for pretence, or shallow exchanges. It is raw, honest and emotional. Some are in and through the Departure Lounge before we even realize they have gone. We are left with aftermath of shock and grief and the "what ifs" and the "if only".

Nobody expects us to have all the answers. And it is not about what we say. It is the energy we carry in our hearts. It is being there for the terminally ill person in the true sense of the word. Not just because we feel it is our duty, or out of guilt, but being there with an open heart, simply filled with love and holding that person in that love. They will feel that. No words are necessary. Sometimes words are completely inadequate anyway, to convey the depth of meaning and emotion being felt.

Being in the Departure Lounge is more about being rather than doing. For some the Departure Lounge can be a lonely place and all they want is some quiet, reassuring company. A comforting presence, the touch of a hand. Others are eager to talk, to share experiences. Some want to relive events from the past, others have questions. What will happen at the end? It is perfectly OK to say "I don't know"! Reassure them that they will be surrounded by love until the very end. Don't be offended if they say they want to be left alone. They are mentally preparing themselves for what lies ahead, putting affairs in order, even if it's just in their own minds. Letting go, saying goodbye.

Being in the Departure Lounge with a loved one is an experience never to be forgotten. It can be a deeply spiritual, even transformational experience no matter what a person's religious beliefs are. It changes one. Be as fully present as possible, there will be no opportunity to go back and do it again! Try not to let fear get in the way of the process. Take it moment by moment, step by step.

The Departure Lounge is where we come face to face with our mortality, but also with the realization that we are so much more than just a body. When someone we love has been suffering for a long time, it is a place where relief and deep peace are experienced. It is a place of letting go, surrendering and simply allowing a time-honoured process that has been around for as long as human beings have walked this planet. ♥

How YOU can help Hospice!!

Most importantly we require ongoing funding to continue the work that we do. For some years we have received funding from the National Lottery and this may no longer be forthcoming.

We are implementing the 'Candle of Compassion' campaign to generate a sustainable stream of income. We invite all members of the community to support this drive by donating on an ongoing monthly basis **the amount of R50** (or any other amount that is affordable).

R50 can be pledged to us by completing a debit order form, download [here](#), or by setting up a recurring payment to the following account:

FNB White River Branch Code 270 552

Hospice White River

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Please mark ref field with your **NAME** and add **COC**

To make a donation please follow this link

Make a
Donation

Did you know? Some facts about the work that we do...

Weekly on Wednesday morning we host a Support Group for Hospice patients and family members, at Hospice House. We provide tea and cakes and occasionally entertainment. The gathering is all about sharing friendship and giving and receiving support for each other. It is a good space for our professional nurses and volunteers to have a chat with patients and families and to keep up with how they are doing. Every year we provide over 800 teas and coffees for people who attend our Wednesday Support Group.



In the past year our professional nurses made over 950 home visits to our patients who are on our care program - attending to their medical needs, addressing their queries and concerns and giving them the emotional support that is needed when a person is facing a life threatening illness. Our professional nurses provide valuable support for family members too, offering encouragement, guidance and reassurance during what can be a difficult time for many people.



With thanks...

We are very grateful to all those individuals and businesses within the community who continue to support us—a big thank you to all of you. Your generosity is invaluable in assisting us to do the work we do. Our hope is that this newsletter provides the community with a good insight into the service that we provide.

Until next time, warm regards,

All at Hospice White River



Hospice White River Charity Golf Day

6th August 2014



WHITE RIVER COUNTRY CLUB

Format: Better ball
R170 per player

First tee off time is 11am

Great prizes including Nearest Pins & Longest Drives

Bookings: 013-751 3781

Sponsorship opportunities available

For sponsorship and prizes

Andrea Matthews 013-750 3044 or 072-2031501

Email: marketing-wrh@tiscali.co.za



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White River Country Club

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