



## Humanity is the best medicine of all

Niamh was a House Officer at Cranford Hospice for three months this year as part of her Junior Doctor programme. We had to share her beautiful words with you, to show the caring and compassionate work that you have helped us share with our medical community.

"To all the wonderful people that make Cranford Hospice what it is, Thank you so much for having me these past three months. I don't think I have ever felt so seen, heard and supported as a human being in my job. I felt truly part of the team and of the organisation – not just a cog in the machine.

I am not the same doctor – and, indeed, the same person – who walked through the front doors three months ago.

From the medical standpoint,



*"I am not the same doctor – and, indeed, the same person – who walked through the front doors three months ago ... Yes, I have learnt so much about death, but I have learnt so much about life."*

Niamh

I feel much more comfortable ringing hospice for advice, much less powerless in managing people with advanced illnesses, and much more confident in having emotive conversations with patients and families.

Now that I have seen good symptom control, I can recognise suffering. I feel rehumanised. I had not realised how disconnected I have become from the caring and compassionate side of medicine.

But now I get it I may have to come

back for cups of tea when I start to inevitably lose it. Every single one of you is an asset to this place – never forgot that. It doesn't matter what your job title is – we are all human, and sharing that humanity with our patients and families is the best medicine of all.

Yes, I have learnt so much about death, but I have learnt so much about life.

Much aroha, Niamh."

### Contact us

300 Knight Street  
Hastings 4122

Phone (06) 878 7047  
Email [events@cranfordhospice.org.nz](mailto:events@cranfordhospice.org.nz)  
[facebook.com/cranfordhospice](https://facebook.com/cranfordhospice)  
[cranfordhospice.org.nz](http://cranfordhospice.org.nz)



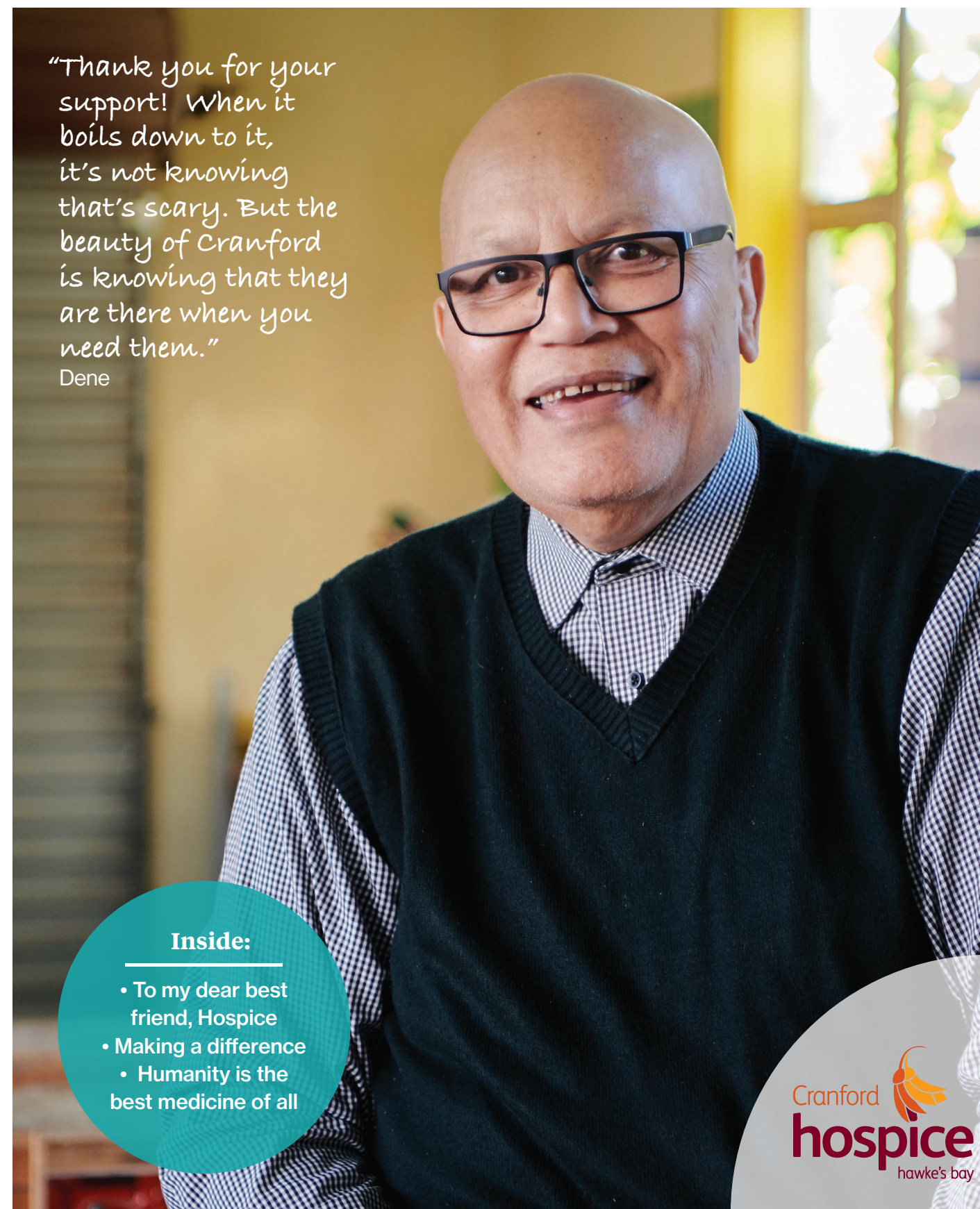
# Aroha

Spring  
Newsletter  
2019

The difference you're making in the lives of people being cared for by Hospice

*"Thank you for your support! When it boils down to it, it's not knowing that's scary. But the beauty of Cranford is knowing that they are there when you need them."*

Dene



### Inside:

- To my dear best friend, Hospice
- Making a difference
- Humanity is the best medicine of all





## Dene's Story

**Dene's story was shared in our July Appeal and with your help over \$70,000 was pledged towards our nurses!**

For Dene, Cranford Hospice helps him be comfortable and gives him security,

"The nurses make sure you are comfortable so you can share your emotions, that's important. Having people who know what they're talking about and bringing family into discussions, that's the beauty of Cranford."

Thank you for all your support!



## Making a difference on our life journey

*"Sometimes it's hard, sometimes it's easy. We cry, we laugh. Often a hug is all that is needed but then often the whole day is taken up with one person who needs special attention."*

**Many of you will recognise Anne who has just celebrated 50 years of nursing!**

Having opened our doors just two years prior to her arrival, Anne has walked alongside and supported many families and whānau while they cared for their loved ones at the end of their life. With generous support from people like yourself, Anne has been part of the growth of the hospice in Hawke's Bay and talks about why she chose to work in this field of nursing.



"I began working at Cranford to help support our growing family but then grew to love this threshold nursing. Our patients and their families are on their life journey like any of us. They are secure in who they are, where they are going and their place in the family. Then the diagnosis that their life is limited with no cure available so often finds them on a dark, often frightening deviation where the future as they knew it has gone and the road signs seem to be in a foreign language.

Our task is to meet these ones

where they are, identify who they are, what can be done to help, and to accompany them and their families through this part of their journey.

Sometimes it's hard, sometimes it's easy. We cry, we laugh. Often a hug is all that is needed but then often the whole day is taken up with one person who needs special attention. When that happens, the wider team is focused together, working extremely hard to make a difference for that patient. It's such a great feeling when that is accomplished. On these days the whole team celebrates!

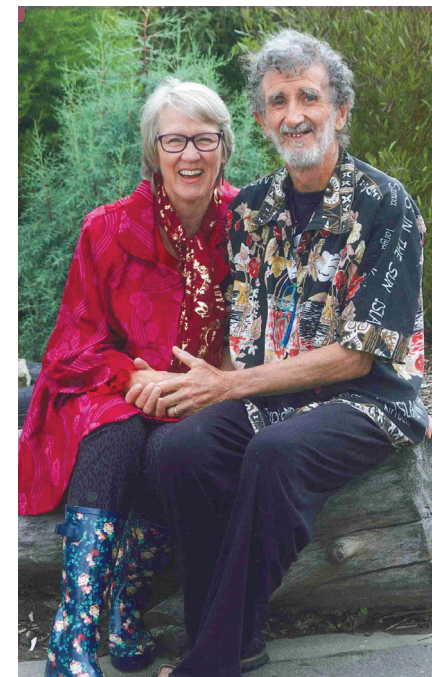
I look back over the years and acknowledge the richness this work has brought to my own life. My kete is full. To share the things I carry with others, and to empower the people I have worked with gives me joy. I love my work."

Hospice nurses, like Anne, make a real difference in the journeys of families and whanau on this new path, and they can only do so because people like you have supported hospice for over 35 years.

We are so grateful, thank you!

## To my dear best friend, Hospice

*"As is the nature of a true friend, Hospice learnt quickly our needs and hearts desires and did everything to both meet the needs and enrich our most treasured preferences..."*



"I want to thank you so much for all the support you have given in the last year as Ray and I navigated the journey with cancer.

As I tell our story, I often dearly refer to Hospice as my best friend, because many qualities of a best friend were so evident: amazing availability, super supportive, wonderful warmth, to describe a few. Hospice helped make our journey with cancer cohesive. All our hoped for lifestyle practices and of course the outcome were able to be experienced, and when the pathway or our footsteps became uneasy Hospice enabled and empowered us to regain our footing.

As is the nature of a true friend, Hospice learnt quickly our needs and hearts desires and did everything to both meet the needs

Humility  
Tolerance  
Kindness  
Peace  
Action  
Patience  
Love

and enrich our most treasured preferences, so that right to the gate-way into our eternal kingdom, we walked comforted and assured with the knowledge that we were heard and understood. In that way our relationship was also like having a friendly and trustworthy family. Such is the nature of the intimacy that cancer can create.

Ray and I honestly believe that the last year was one of the best in our already wonderful marriage. It has also been an amazing year of reconciliation, within family, with friends and in the community, all of whom we cherish. We experienced profound levels of love and charity in so many ways.

Thank you, HOSPICE.  
Ellaïne



## Dates for the diary

**Z Good in the Hood**

**When:** Voting open all of September  
**Where:** Z Karamu Road or Z Taradale

**#Shop4Good Family Fun Day**

**When:** Saturday 28 September 10am to 4pm  
**Where:** Cranford Hospice Hastings Store, 306 Queen Street West, Hastings

**Hawke's Bay Wine Auction**

**Pre-tasting event** – Wednesday 2 October  
**Main auction** – Saturday 9 November  
Visit [hawkesbaywineauction.co.nz](http://hawkesbaywineauction.co.nz)

**Hastings Karamu Rotary Charity Golf Tournament**

**When:** Friday 4th October  
**Where:** Hastings Golf Club, Bridge Pa  
Entries open to all

**Celebration of Remembrance**

**When:** Wednesday 27 November, 5.30pm  
**Where:** Cranford Hospice  
RSVP to [events@cranfordhospice.co.nz](mailto:events@cranfordhospice.co.nz) by Wednesday 13 November

**The Cranford Hospice Trust Annual General Meeting**

**When:** Thursday 28 November, 4pm  
**Where:** Cranford Hospice

Visit [cranfordhospice.org.nz](http://cranfordhospice.org.nz) or phone 06 878 7047 for more information