



HOPE

HOPE HEALTHCARE Newsletter

A ministry of The Anglican Deaconess Institution Sydney

Nineteenth Edition

Centenary celebrations

A Thanksgiving Service and a High Tea Garden Party were the key public events held in 2007 to mark our Centenary.

Our Thanksgiving Service was held at the St Anne Ryde Anglican Centre on 16 September with an estimated 100 people attending.

Speakers included Rev. David Tyndall, Hope Healthcare's Director of Chaplains and Pastoral Care who welcomed those to the event, Ms Thelma Thoms, former General Manager Braeside Hospital and Director of Nursing, who reflected on our past and The Right Reverend Dr. Glenn Davies, Bishop of North Sydney, who delivered the sermon.

In his address Hope Healthcare Chief Executive Officer Mark Newton spoke of a range of challenges and opportunities for Hope Healthcare in the future.

He spoke of his confidence that Hope Healthcare will have a bright future, "Over the last year we have made significant progress in the face of the challenges we face. Hope Healthcare is a wonderful organisation providing much needed health services to people at the most vulnerable time of their lives."

The Garden High Tea was held 22 September at Greenwich Hospital and staged in a marquee in a style reminiscent of celebrations in our earliest days.

Guest Speaker at the Garden High Tea, Marlene Mathews AO, Olympian and world record holder



Bishop of North Sydney Glenn Davies at our Thanksgiving Service.

over 100, 220 & 440 yards & 400 metres, former coach, sports administrator and today, National Patron of the Australian Palliative Care Foundation, spoke of her 'Golden Days' as an athlete through the 1950s. She provided some colourful anecdotes and talked about the highs and also the lows as a sportswoman.

100 Years of Hope a Century of Care

Marlene went on to relate the loss of her son, Tod, to a terminal illness just on two years ago and the experience of palliative care at Greenwich Hospital, looking after not just the patient but providing comfort and support to family and friends.

"I know I could not have got through the tragedy of losing a son if it had not been for the caring nature and support of the staff at Greenwich Hospital. The doctors, nurses and all the team working in palliative care are exceptional people," she said.



Marlene Mathews, presented with flowers in thanks by Hope Healthcare CEO Mark Newton.

Day Hospitals coming to your local facility

Responding to changing community needs in palliative care, new Day Hospitals are being established across our facilities.

With the success of the Palliative Care Day Hospital at Braeside Hospital which began operating in 2003, Day Hospitals are being opened at the Northern Beaches Palliative Care Service at Mona Vale, as well as Greenwich and Neringah Hospitals.

The Director of Palliative Care for our services in Northern Sydney, Dr Andrew Broadbent said that one of the contemporary roles in palliative care is to provide care where the patient wants it and today that is predominantly in the home.

"One of the best ways to keep people at home is to provide regular respite for the carers for a day that allows the carers to have a day to themselves. It also allows for a range of therapies to be continued without needing to be admitted to an inpatient unit for long periods. These include diversional therapy, art therapy, and physiotherapy therefore maintaining their physical and mental function for longer."

"Hope Healthcare prides itself in being able to deliver a comprehensive specialised



Reception at the Greenwich Palliative Care Day Hospital. This new service is based on the ground floor at Greenwich Hospital.

palliative care service, and as part of this continuum of care we are bringing Day Hospitals to Northern Sydney."

Singing for socialisation

An older person's Day Centre adds a choir to a broad range of activities on offer.

The Greenwich Day Centre situated in the grounds of Greenwich Hospital, provides a social setting for elderly people living at home in the local area. It is designed to offer mental and physical stimulation and importantly, day respite opportunities for carers, to those who are not readily able to participate in other available community activities.

Amongst the activities on offer at the Day Centre are supervised gentle exercises, discussions, games, excursions to art galleries, concerts, restaurants and picnics, as well as having visiting speakers from the police, library, health education etc, and performers providing music and singing.

In late 2006 the Centre clients were canvassed regarding making their own music and setting up a Greenwich Day Centre Choir. Their enthusiasm



Members of the Greenwich Day Centre in practice with Keryn Traversi on guitar and a guest student from St Ignatius' College Riverview.

since, has driven the project and with the support of Music Therapist Keryn Traversi from our Community and Aged Services, the group have been meeting once a month.

Choir members actively participate, whether it be singing, playing a percussion

instrument or the piano.

Coordinator Elizabeth Barr said the reaction has been very encouraging, "It has proven really therapeutic for our clients. The Choir has quite a buzz and sense of purpose, it's been really great. Family members have even become involved."

Rapid response for the frail aged

Trial initiative promises quick delivery of care services in the community.

Many frail aged people and people with disabilities living in the community often wait up to two months or more to access community and other health related services.

Justin Ferby, Senior Case Manager and Jason Neilen, Manager, Complex Care within our Community and Aged Services, developed a pilot 'Lower North Shore Rapid Response Program' to demonstrate the potential to urgently assist people

at risk of a premature or inappropriate placement.

The program model targets frail aged persons over the age of 65 who are at risk of inappropriate admission to an aged care facility and who are either pre-crisis or in a crisis, perhaps due to no, or little support services.

Short-term services are immediately 'purchased' for the client and referrals are made to mainstream community services for



the on-going services.

Justin Ferby said the trial has proven a real success and ongoing funding is being sought to continue the program.

Courtyard renovation at Braeside

Work to re-build the western courtyard adjacent to Braeside's Aged Care Psychiatry unit had therapeutic garden design as its inspiration.

Purpose designed therapeutic gardens are recognised as being beneficial to both the physical and mental health of people, especially in the dementia and aged care setting. The Aged Care Psychiatry unit at Braeside Hospital has amongst its patients group of older people with mental health issues, some who exhibit challenging behaviours.

Good garden design has the potential to be used as part of behaviour management strategies for patients.

The garden design includes even-surfaced paths with a loop design, so users can follow a pathway without arriving at a dead-end, which can cause

confusion, screenings of plants to create a comfortable enclosed environment without obvious barriers and features including suitable seating and shelter from the wind and sun.

Circular paths, sympathetic planting, seating, a sail and screens to provide sun & wind protection.



A circle of giving

Until 1947 when we first received government subsidy, our work was supported wholly by donations and fees charged according to ability to pay. Our Circles have been major contributors and supporters over the last 100 years.

From our earliest days people from various Anglican parishes came together as Circles in support of Home of Peace Hospitals with prayer, financial support and donation of goods and services-in-kind.

The 1947 Annual Report records Wentworth Falls Circle's special Anniversary gift of two hygienators, Drummoyne Circle's donation of six traymobiles and Point Piper-Vaucluse Circle's donation to go towards one dozen lockers and one dozen bed-tables.

Amongst 33 Circles identified in an early Annual Report were ones from a diverse range of Sydney suburbs including Wahroonga, Ryde, Bankstown, Glebe, Randwick and Rose Bay as well as towns including Inverell, Bowral, Wentworth Falls and Austinmer.

Today the surviving Circle is the Lindfield Circle based at St Alban's Lindfield. The Circle celebrated its 86th year of support for our work earlier this year. That support is quite significant, their donation

Longer than a lifetime

Bequests have been crucial to Hope Healthcare, substantially helping us expand our care and enhance our services.

Significant bequests have contributed to the expansion of our services such as assisting the building of Braeside Hospital at Prairiewood. But any size bequest helps us do more.

By leaving a bequest to Hope Healthcare in their will, individuals become a partner in our important, life affirming work and that gift will offer a benefit to others in need that lasts longer than a lifetime.

Making a will is the first step. Dying without a will can create serious and unnecessary problems for family or intended beneficiaries as legislation sets out how estates are to be distributed and may be completely contrary to an individual's wishes.

By making a will you can ensure that all your affairs will be settled exactly as you wish. It is possible to prepare your own will but we strongly recommend that advice be sought from a properly qualified legal advisor.

earlier this year amounted to \$4,065.

The Rector of St Alban's is the Chair of the Circle. Pat Upton who is honorary Secretary/Treasurer has been involved with the Circle since 1992 after she retired from banking and took on the role. She said she became involved to carry on the tradition of the Circles' support.



Pat Upton, Honorary Secretary Treasurer of the Lindfield Circle, carrying on an 86 year tradition of support for the work of Hope Healthcare.

Pat said they have 25 members in the Circle and while most live locally, some live outside Sydney. Tradition pays a part in their support too. "One man who does live out of Sydney has been carrying on the

support initiated by his grandmother many years ago."

We are dependant on our friends and supporters to provide funds to purchase additional equipment and for enhancement of our services.

CAN YOU PLEASE HELP?

DONATIONS ARE TAX DEDUCTIBLE

Yes, I would like to make a donation of \$ 135 45 95 Other \$ (write amount)

I enclose my cheque/money order (payable to Hope Healthcare)

OR, once only, debit my credit card (details below)

OR I pledge a regular credit card donation of \$ (write amount)

Monthly 3 monthly 6 monthly Yearly

until I advise otherwise, commencing from (write date)

Please debit my: Mastercard Visa

Card No.

Expiry date Signature

To be used for (optional)

Mr/Mrs/Miss/Ms/Dr/Rev

Address

Postcode

Telephone Email

Mail to Hope Healthcare, PO Box 5084, Greenwich NSW 2065

THERE ARE MANY OTHER WAYS YOU CAN HELP US

I would like information about becoming a Friend of Neringah/ Greenwich/Braeside *(circle hospital you wish to support)*

I would like information about being a Volunteer

Please send me, in confidence, information on how I can help Hope Healthcare through my Will

Meeting patient needs

The introduction of single-bedded rooms in Palliative Care at Greenwich is proving very popular with patients and family.

Work undertaken to create three single bedded rooms in the Palliative Care unit at Greenwich Hospital with ensuite type bathroom facilities has proven a success with occupancy rates at near 98 percent.

Whilst some patients may appreciate the companionship that is available in small multi bedded wards, many prefer the privacy that a single room gives to them and their family. They may also appreciate the reduced disturbances, allowing for better sleep and healing, as well as enhanced family time and improved quality of life.

These new rooms have helped lift the



One of the new single-bedded rooms with ensuite bathroom facilities in Greenwich Hospital's Palliative Care unit.

occupancy rate of the whole ward, and are attracting patients to the ward whom may have gone to other hospitals instead.

With the popularity of these new rooms, our aim is to extend the number of and therefore improve the availability of these rooms to more patients and family.

Doing more to assist following a loss

Expansion of the Bereavement Support Volunteer network in our northern facilities.

While each person feels grief differently following the death of a loved one, it is natural to feel sudden times of grief and sadness. The bereavement period can be an extremely difficult time for palliative care families.

A person who listens without criticism or judgment, and without telling you how you should feel can be invaluable at these times. In addition to other bereavement resources that are available in the community, Hope Healthcare offers Bereavement Support Volunteers who do just that.

With the vital help of our Bereavement Support Volunteers, we have been providing a telephone based support service at Neringah Hospital and the Northern Beaches Palliative Care Service for a number of years.

This service has now been expanded to cover family of patients at Greenwich Hospital.

A record of a century

Our centenary history booklet provides highlights of our past work.

Our Centenary provided the opportunity to review our history and the significant contribution we have made with our health and community services. As part of our activity to celebrate the occasion, we developed a booklet as a record of highlights of our history.

Hospitals of Hope is the resulting 32-page booklet produced to mark our centenary. It looks

Bereavement Support Volunteers contact bereaved family members approximately six weeks after their relative has died. They provide short-term telephone support and assistance and if needed, referral to our Bereavement Service.

The Bereavement Support Volunteers are given initial training, ongoing education and are supervised by our Bereavement Coordinator.



Bereavement Support Volunteer Alan Totman has been based at Neringah for over three years. He said he finds the role very satisfying; giving somebody grieving a chance to talk freely to someone they don't know, about feelings they may not feel comfortable talking to their own close family and friends about.

For more information, contact the Bereavement Coordinator for our services in Sydney's north on 9903 8208.



The front cover of our centenary booklet, Hospitals of Hope.

back at the establishment of Home of Peace Hospitals with highlights of our last 100 years.

You are welcome to request a copy. You can go to our website (at http://www.hopehealthcare.com.au/centenary_celebrations.htm) and order one.

Hope Healthcare Limited

- a not-for-profit provider of specialised public health and community services

ABN 72 074 354 028

PO Box 5084 Greenwich NSW 2065

Tel 02 9903 8133

www.hopehealthcare.com.au