



# Dove Tales



| Mon  | Tue  | Wed   | Thu                                | Fri   | Sat | Sun |
|--|--|---|------------------------------------|---|-----|-----|
|  |  | 1<br>Art Table 10.30-2.30pm<br>Men's Group 10.30-11.30am  | 2                                  | 3<br>Youth Support Group 11.30am-1pm                                  | 4   | 5   |
| 6 Chair Yoga 11.30–12.15pm<br>Carer's Support Group 1.30-2.30pm<br>Life Story Group 10.30-12.30pm  | 7<br>Orchid Group 10.30–11.30am<br>Mind Body Breath–1.30-2.30pm  | 8<br>Art Table 10.30-2.30pm   | 9<br>Bereavement Group 10.30-12pm  | 10<br>Patient Support Group 1.30-2.30pm<br>(see inside for more info) | 11  | 12  |
| 13<br>Chair Yoga 11.30–12.15pm<br>Life Story Group 10.30-12.30pm                                   | 14<br>Orchid Group 10.30–11.30am<br>Mind Body Breath–1.30-2.30pm | 15<br>Art Table 10.30-2.30pm<br>Carer's Education 10.30-12.30pm #1<br>Restoring Wellness 6pm #1 | 16                                 | 17<br>Youth Support Group 11.30am-1pm                                 | 18  | 19  |
| 20 Chair Yoga 11.30–12.15pm<br>Carer's Support Group 1.30-2.30pm<br>Life Story Group 10.30-12.30pm | 21<br>Orchid Group 10.30–11.30am<br>Mind Body Breath–1.30-2.30pm | 22<br>Art Table 10.30-2.30pm<br>Carer's Education 10.30-12.30pm #2<br>Restoring Wellness 6pm #2 | 23<br>Bereavement Group 10.30-12pm | 24<br>Patient Support Group 1.30-2.30pm<br>(see inside for more info) | 25  | 26  |
| 27<br>Chair Yoga 11.30–12.15pm<br>Life Story Group 10.30-12.30pm                                   | 28<br>Orchid Group 10.30–11.30am<br>Mind Body Breath–1.30-2.30pm | 29<br>Art Table 10.30-2.30pm<br>Carer's Education 10.30-12.30pm #3<br>Restoring Wellness 6pm #3 | 30                                 | 31<br>Youth Support Group 11.30am-1pm                                 |     |     |

## Cold and Flu Season

It's that time of year when the weather changes, the bugs start flying around and we start to catch a cold or a flu. It's really important that if you think you're brewing a germ, please don't come to Dove House. We have many patients who have very weak immune systems and it's vital we try not to share colds or flu.

## Cancellations

On that note, we do understand that last minute cancellations are unavoidable.

***But wherever practical, please give us as much notice as possible.***

Dove Hospice is a holistic, wellness focused service for those affected by life threatening illness. Funding comes from the hard work of our retail team in our second-hand shops and the enormous generosity of the community. Because of this we can offer the services at Dove Hospice at no cost to you; however, there is a significant cost to Dove Hospice through people cancelling at short notice or not showing up.

We know this is a difficult time for you and there can be unpredictable issues that prevent you attending appointments. Cancellations are sometimes unavoidable. However, we do ask that you give as much notice of your cancellation as you can.

**We recommend a minimum of 48 hours' notice or more where possible.** We also ask that when you are scheduling appointments you consider factors that may prevent your attendance such as school holidays.

Thank you for your cooperation.



## Carer's Education Workshop

Are you a caregiver for a loved one? Perhaps for your partner, an adult child or one of your parents? This can be an incredibly difficult time; at times it may all become overwhelming. However it can also be an opportunity to cultivate intimacy, wisdom and insight. In this four week education workshop - you will be guided by others who understand the journey you are on. We offer a supportive and safe environment where you can share concerns and prepare for the road ahead. The focus is on mindful caregiving and giving you useful resources -supporting you to achieve serenity and wellness for yourself as you care for your loved one.

It includes a presentation by Doctor Graeme Kidd, advice given and any questions answered by a Hospice Nurse, tips for self care, addressing the fears and anxieties of the carer, practical help for nursing a loved one at home, advanced care planning and more. You'll have an opportunity to share your concerns, learn how to build support networks, discuss the impact on relationships and learn relaxation and self-care techniques.

- \* Starts Wednesday 15th May 2019
- \* Runs for 4 weeks each Wednesday until 5th June 2019
- \* Dove House, 10.30am—12.30pm
- \* Morning Tea will be provided
- \* Please confirm your attendance: call Reception 09 575 4555

## How is that different to the Carer Support Group?

The Carer Support Group runs fortnightly throughout the year. Unlike the Carer's Education Workshop (above) the Carer Support Group focusses on the immediate needs of group members for support. Each member is caring for or about a loved one with a life-threatening illness, and through their own experiences provides support and draws on the support of others in the group. Group facilitators assist in guiding discussions that allow group members to explore together their struggles and their successes. Through the support of the group, you may find new ways to maintain your own wellbeing and replenish your capacity to care for your loved one. The next group meets Monday May 6, from 1.30 – 2.30pm. Nau mai, haere mai, we look forward to seeing you there!



May 2019



## Ongoing Groups at Dove House

*If you wish to attend a group, please discuss with your counsellor, nurse or body therapist about whether the group is suitable for your care plan and may help meet your needs.*

**Chair Yoga:** Our Yoga teacher is an experienced Yoga Teacher. She assists patients by tailoring the yoga to their abilities and needs. Yoga provides gentle exercise and helps with relaxation, gentle stretching and increasing mobility. It is a useful stress management tool incorporating movement and breathing practices. This group is suitable for patients, carers and bereaved. Monday 11.30am to 12.15pm.

**Art and Healing Table:** The Art and Healing Table facilitators assist you to experience the healing power of expressing yourself through art. The group combines creativity and company to enhance your wellbeing and to experience affirming support. No previous art experience is required. On your first time please come at the beginning of the session so you can be introduced to the facilitator. You do not have to stay for the full session – how long you stay in each session depends on you. Wednesday 10.30am to 2.30pm.

**Orchid Group:** Those with advanced and/or metastatic disease meet to share experiences and information. It is about facing the challenges of daily life when also coping with serious illness. Facilitated by Dove House staff, and followed by some time to talk with other participants. Tuesday 10.30am to 12pm.

**Mind Body and Breath:** Our facilitator is an experienced mindfulness and yoga teacher. The class combines gentle movement with breathing to create a feeling of mindfulness. This group is useful for relaxation and stress management and helps you to learn a tool that can be used anywhere when you feel stressed. The facilitator who runs this group also teaches both mindfulness and Yoga in the community. Tuesday 1.30pm to 2.30pm

**Young Adults Group:** This is a group for patients up to their mid-forties. The challenges of managing careers, young families, or the sense of loss around not being able to progress with these things are some of the challenges that may differ from the challenges faced by those who have older families and are better established in the workplace or retired. Facilitated by Dove House staff. Alternate Fridays 11.30am to 1.00pm.

**Carer's Group:** The Carer Support Group is for anyone caring for or close to a loved one who lives with a life-threatening illness. The group is led by an experienced facilitator who will provide a safe space for you to share. The focus of this group is to support you to achieve wellbeing for yourself as you care for your loved one. Alternate Mondays 1.30pm—2.30pm

**Patient Support Group:** This Patient Support Group is for Dove Hospice patients with a potentially life-threatening illness, who may possibly go on to a full recovery from their illness. This group may open possibilities for practical and emotional support as you share your personal experiences. Alternate Fridays 1.30pm—2.30pm

## Coping with Cancer

The free *Coping with Cancer* talks (run by experienced Cancer Society psychologists and nurses) are educational programmes providing an opportunity for people with cancer and those supporting them to meet others and learn strategies for coping with cancer.

Come along with a supporter or on your own - there is no need to book.

- May 2019 - 'Finding a new normal'
- June 2019 – 'Emotions and support'
- July 2019 - 'Managing stress and sleep'

To find out more visit [www.cancernz.org.nz](http://www.cancernz.org.nz)

**Talks held at** Manurewa, Pukekohe, New Lynn, Henderson and in the city at Grafton.



## Thrills, pills and a headscarf

If you don't already follow her, you really need to head over to this insightful blog:

Thrills, pills and a headscarf.

The latest article on Immunotherapy is a great read: educational but will raise a smile. Make sure you subscribe whilst you're there.

<http://thrillspillsandaheadscarf.blogspot.com/2019/03/immunotherapy-according-to-meridee.html>





# Invitation

to attend

## Rotary Club of Newmarket's

### Circus Quirkus

Sunday 09<sup>th</sup> June 2019

3 Performances: 11:00 am - 2:00 pm - 5:00 pm

**Logan Campbell Centre**

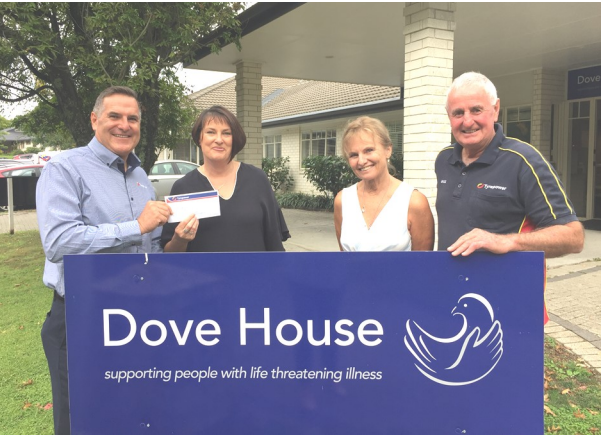
**ASB Showgrounds - Greenlane**

[www.facebook.com/CircusQuirkus](http://www.facebook.com/CircusQuirkus)[www.circusquirkus.com](http://www.circusquirkus.com)

**The Circus Quirkus is free of charge for patients and families—please call 092823844 for tickets—be quick!**

## Thank you!

Thank you to Gemmel's Tyrepower who recently presented Dove Hospice with a donation, raised from the sale of Cooper's Tyres at their Glen Innes branch. The cheque was handed over to Dove's Executive Director Julie Sexton and CEO of Clinical Services Janine Ewan. The Managers of Gemmel's were shown around Dove House to learn about the services offered and understand how their generous donation would be used. We thank Gemmel's and welcome them to our compassionate community!



## Look Good Feel Better—For Men

It isn't just women who suffer from the appearance-related side effects of cancer treatment.

If you're a man undergoing chemotherapy or radiation, you'll notice increased hair loss, flaky skin, pigmentation changes and more. A Look Good Feel Better Men's Class is free for all men undergoing treatment for any type of cancer at any stage.

It's about helping men look after themselves, feel stronger and more in control during and after their cancer treatment. The 90 minute class is relaxed and with plenty of practical and easy to follow tips and techniques. It covers the aspects of caring for hair, skin, body and mind.

Each participant will be given a pack of items to support them with what they have learnt throughout the session back at home. For further information about the Auckland classes phone 370 0602 or 0800 865 432.

**And for the ladies.....**

Don't forget you can attend Look Good Feel Better every year, whilst you are on treatment. If you need help just ask the nurses, or phone 0800 865432 or register directly on the website [www.lgfb.co.nz](http://www.lgfb.co.nz).