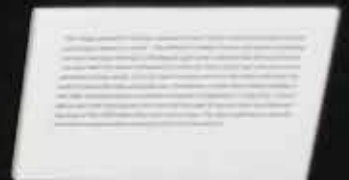
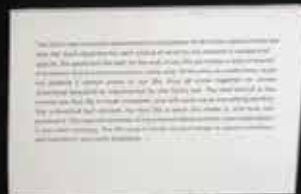


# THE LAUREL LATEST

Winter 2019



## Calling all budding artists!

### In this edition

Latest from Tony | Vale Shirley Richardson

Volunteer Spotlight | Tree of Life

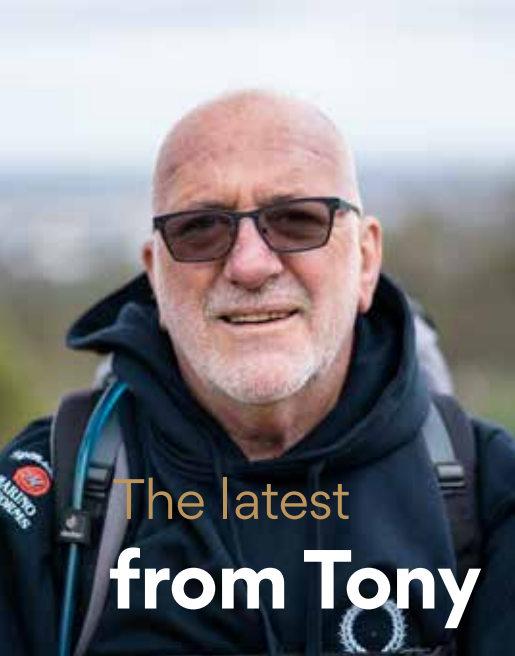
Upcoming events | Your impact in 2018/2019



Laurel  
Palliative Care  
Foundation

[www.laurelpallcarefoundation.org.au](http://www.laurelpallcarefoundation.org.au)

Keeping you up to date! Laurel Palliative Care Foundation News is distributed with our Tax and Christmas Appeals twice a year to keep you informed on Foundation activities, events, projects and services.



## The latest from Tony

**As I reflect on all of the highlights of this past financial year, I'm heartened at what has been made possible by individuals, community groups and organisations who have shown their support for people and their families, when a cure for illness is no longer possible.**

During the 2018/2019 financial year, our donors and supporters have enabled us to distribute over \$112,000 to Southern Adelaide Palliative Services (SAPS) in funding to meet patient and family care needs both at Laurel Hospice and in the community.

We continue to operate in a very competitive environment, with a large number of charities chasing the 'charity dollar'. We know that people do everything they can to support their charities of choice.

We can only continue to provide the best of care at Laurel Hospice and within our Southern Adelaide community through your help and generosity - which we appreciate so much!

**Our heartfelt thanks for the difference you make through your donations, contributions and support.**

**Tony Lawson**  
Executive Officer  
Laurel Palliative Care Foundation

### COVER STORY...

# Calling all budding artists - The LEAF Project



**When a young person returns to school after a significant change such as the loss of a loved one, it is a difficult time.**

In a school environment, this can be confronting and challenging with peers feeling uncertainty and discomfort around how best to support a fellow class mate. As a result, students often feel isolated when they need heightened support most of all.

The LEAF Project, which the Laurel Palliative Care Foundation is proud to fund and support, provides a unique opportunity for participating schools to become leaders in developing and normalising the sensitive discussion around death, dying, grief and life cycles.

The program assists schools and their communities to develop and build on a culture that is accepting and supportive of all students on different life journeys, through the creative and visual vehicle of art.

See the program in action with Mercedes College Middle School students' journey through the LEAF Project here:

[youtu.be/\\_7hokXOhnlc](https://youtu.be/_7hokXOhnlc)

“The LEAF Project helped me think a different way about life and death. I was able to express my feelings through art, without having to find words.”

Bella



## VALE Shirley Richardson



**One of our most loved volunteers, Shirley Richardson passed away in December last year.**

Shirley was a treasure – a gracious and kind lady who was always happy to help. For the last 22 years and well over 10,000 hours of service, Shirley volunteered in numerous areas throughout both Daw House Hospice and the new Laurel Hospice, supporting patients and their families in the gentlest of ways.

Shirley's commitment, professionalism, cheerful temperament, wisdom and good humour will be sadly missed, but it was an honour and privilege to have known her.



## Volunteer Spotlight - Introducing Chrissie Page

### Tell us a bit more about you...

Born and raised in Victor Harbor when it was still a little coastal village, I've been fortunate enough to travel within Australia and overseas with my film, theatre and television career but I still dream of a life by the sea and the sand between my toes!

### How long have you been a palliative care volunteer?

I've worked at both Daw House Hospice and Laurel Hospice for 11 years, within the Creative Expression Group, supporting patients and their families who are addressing one of the most difficult stages of life.

### What interested you in palliative and hospice care?

On attending a bereavement workshop in Byron Bay with a friend who had lost a family member, my purpose in the volunteering world became clear, around healing, creativity and purpose. I was challenged and elated, when on returning to Adelaide I saw a call out for volunteers at the then Daw House Hospice, and I felt as though I'd found my calling.

### Outside of work, what are your great loves?

My great passion in life is the arts and I work as a performer/storyteller in theatre, film and television. Everyone has a story to tell and I feel privileged to listen to stories at the end stage of people's lives. It's an absolute honour being part of other people's journeys.

**Chrissie has been part of the palliative care art therapy team at Laurel Hospice and within Southern Adelaide's community for over 11 years.**

With her beautiful caring nature, she has been a favourite among many patients and families over the years. Chrissie was kind enough to share a little more about herself...

## Upcoming LPCF Fundraising events

**Get behind our latest fundraiser with an Entertainment Book Membership for just \$70 - save on dining, entertainment and travel whilst supporting the Laurel Palliative Care Foundation.**

**To order yours now visit:**

**[www.entertainmentbook.com.au/orderbooks/952d444](http://www.entertainmentbook.com.au/orderbooks/952d444)**

Don't forget the Telethon SA launch in August, along with our popular Irish Race Day on Saturday 7 September at Morphettville Racecourse.

**Book tickets now and visit: [www.trybooking.com/BCWAO](http://www.trybooking.com/BCWAO)**

**Get in early for these fun events and support the continuing work of our Foundation.**



**Located in the beautiful gardens of Centennial Park, the Tree of Life is a bespoke sculpture representative of an oak tree with steel hand-crafted leaves created to honour and remember loved ones in a special, lasting way.**

Dedicating a leaf is a unique way to celebrate the life of someone significant whilst helping a cause close to your heart.

Your contribution and set up cost is \$200 plus GST, which ensures your personalised dedication remains as a perpetual leaf on the tree for years to come – this helps people work through bereavement as it becomes a peaceful place for them to visit and heal.

**If you would like to honour your loved one through the purchase of a perpetual leaf, contact us on 08 8404 2485 or email: [info@laurelpalliativecarefoundation.com.au](mailto:info@laurelpalliativecarefoundation.com.au)**

# Thank you!

## Your impact so far in 2018-2019



**Thanks to your support the Foundation has experienced a successful year on many fronts with your help!**

### Here's how:

- 16 trekkers travelled to Nepal, fundraising over \$60,000
- 60 punters enjoyed our Irish Race Day raising over \$6,000
- 174 trivia buffs attended our Quiz Night fundraising over \$13,000
- 1083 tickets were purchased from our Telethon SA lottery allocation raising over \$7,000
- 414 gifts in memoriam were given
- 25 perpetual leaves were purchased for our Tree of Life
- 190 personal donations were made to support our work
- Over 100 students participated in the LEAF Project
- 963 have followed us on Facebook
- CMV Staff Foundation provided a \$5,000 grant towards the LEAF Project
- Berry Funerals kindly donated \$2,000

Whatever way you choose to support the Foundation, eventually a patient undergoing treatment within Laurel Hospice or our community is impacted.

**Thank you for what you make possible.**

**This is how we have turned your donations and involvement into practical support so far:**

- Part funding for the care of 391 patients and their families in Laurel Hospice
- Provided support via art therapy to over 1000 patients and their families through our Creative Expression Group and Art Psychotherapist
- Funded over 82 visits from the Delta Therapy Dogs Program
- Received a bariatric chair funded by the Australian Lions Foundation and various Lions Clubs - Aberfoyle & Districts, Hallett Cove & Districts, McLaren Districts, Noarlunga-Morphett Vale and Willunga & Districts
- Supported 155 people engaged in counselling via Bereavement Services
- Funded written biographies through our Biography program
- Supported special occasion celebrations for patients including our first ever Hospice wedding
- Provided over 300 massages, facials and various complementary therapies through the Wellbeing Service in Laurel Hospice and our community
- Initiated an Education and Scholarship Policy which provides funds and support to clinicians, allied health professionals and volunteers to undertake scholarships, attend education/training courses and conferences

## Love, live and leave a legacy

**Remember us in your will and make a lasting impact.**

**Please contact Debbie on 08 8404 2485 or email [info@laurelpallcarefoundation.org.au](mailto:info@laurelpallcarefoundation.org.au)**



**Laurel  
Palliative Care  
Foundation**

## Stay in touch

**Keep up to date on the latest news and upcoming events or follow us on social media!**

**Phone:**  
08 8404 2485

**Email:**  
[info@laurelpallcarefoundation.org.au](mailto:info@laurelpallcarefoundation.org.au)

**Visit:**  
[www.laurelpallcarefoundation.org.au](http://www.laurelpallcarefoundation.org.au)

**Thank you for taking the time to read our newsletter and please feel proud of what you make possible through your continued support and generosity.**

**If you have any feedback, please email or call Tony or Debbie.**



**Government  
of South Australia**  
SA Health

“Here’s to the most wonderful caring community – we appreciate and value all you did for our son in such a holistic environment. Many thanks again, words don’t seem enough.”

Cheryl, mother of Tom – Laurel Hospice patient