

# Peninsula Home Hospice NEWS

(PHH) December 2023



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Janet Phillips (CEO)

## Update from Janet (CEO)

As we head into the Festive Season, it is always a good time to reflect on the past year. It has been another successful year at PHH with the team continuing to expand with new projects and an increase in client numbers.

We achieved accreditation for another four years with the Australian Council on Healthcare Standards earlier this year and our team proudly showcased the innovation and quality of care provided to our clients.

We held an All-Staff Day in October to bring the team together to work on the Best Care Quality Framework which means our clients will get the best care every time. There was lots of hard work and laughter during the day and I would like to thank the team for their high level of dedication and passion for their work at PHH.

The General Practitioner Palliative Care Special Interest Group has been running for three years with Dr Akshay Kulkarni at the helm as Chair and Dr Lizzy Gascoigne as Secretary.

The final education session was held in October, and we will have a celebratory dinner to acknowledge the

work of this group, in December. Although this project has been funded for three years, we plan to continue with the group and increase the number of GP's joining in 2024.

Every year we are honoured to have the wonderful support of our Volunteers who contribute to client and carer support both at home and in the Palliative Care Unit at Peninsula Health. We also have Volunteers supporting the administration team in the office and a dynamic garden team that has our garden looking so beautiful.

The Board has played a significant role in innovation, growth and strong leadership. I wish to thank the Board who are all Volunteers, for their time and commitment to PHH.

I wish everyone a safe and joyful Festive Season and a happy, healthy New Year.



All-Staff Training Day

# Residential Aged Care Project Update

The Royal Commission into Aged Care made 11 Palliative Care and End-of-Life recommendations. Palliative and end-of-life care should be considered core business for aged care providers. Pain must be minimised, their dignity maintained, and their wishes respected. Their families should be supported and informed.

In response to these findings, we are very excited to commence a government funded project that will increase palliative care support for residents in Residential Aged Care Facilities( RACFs), across our catchment. We are trialling a new model that will involve Palliative Care Needs Rounds at each facility that is engaged with this project.

Our team includes a Palliative Care Medical Consultant, a Counsellor Case Worker and a Specialist Palliative Care Nurse. This team will have regular meetings at each Residential Aged Care Facility to identify any resident that requires specialist palliative care.

This model is aimed to empower staff working in RACFs, to provide excellent palliative care to residents as required.

What we are hoping to achieve with this new model, is fewer admissions to hospital, better controlled symptoms and psychosocial support to ensure the resident and their families are being provided with high quality care.

This Project is funded for 12 months, and we are hoping to achieve significant positive outcomes that will drive ongoing funding so we can support all RACFs in our catchment area.



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## Frankston Rotary Landscaping Project



A lot has happened over the last five years! Not only has our organisation seen incredible growth but so too has our garden which was generously landscaped by the amazing Frankston Rotary Club in 2018.

Frankston Rotary Club have continued to support us by again organising a fantastic day on Sunday 13 August 2023 and giving our garden a massive refresh.

In 2018 the Frankston Rotary Club led by Graeme Gordon (the Captain) and Ken Rowe, spearheaded a huge undertaking of turning a very unattractive space around our building into a lush, inviting space for relaxation and reflection.

Graeme has now retired but Ken continues to lead this dedicated group of Rotarians who have again made sure our garden is loved and inviting for everyone who comes to our office. New mulch, gravel for our paths and

replacement of plants will see our garden once again thrive and with the ongoing maintenance by the PHH Gardening volunteer group we will continue to see our garden as a haven, not only for our clients, staff and visitors but also for the amazing birdlife who now call it home. They also helped with The Tom Pickford Golf Classic. We cannot thank Frankston Rotary Club enough for their continued support and generosity!





# Community Engagement and Fundraising

As 2023 ends, we would like to thank you, our supporters, for a wonderful year.

We continue to extend our reach into new areas of the community to bring awareness to Palliative Care and Peninsula Home Hospice. Word of mouth and client stories continue to be the most powerful way we can share the message about Palliative Care and how we can work together to live well and die well.

Red Hill Op Shop celebrated their 40th birthday having a low-key celebration with customers, volunteers and members on October 14. The history of Red Hill Op Shop is immense and their support of us from inception is extraordinary as we are their main beneficiary.

Our supporting Auxiliaries & Fundraisers have worked hard for us all year to raise awareness and funds. Approximately \$150,000 has been raised by these hardworking volunteers. This helps us provide much needed additional support to clients.

We thank all our donors, including our Pledge donors who donate regularly, and those who have donated in memory of a loved one on our service. We are so grateful to have this recognition for the work we do.

As we look to 2024, our 40<sup>th</sup> anniversary year, we will be continuing our community conversations throughout our catchment area. We will share our plans for events and community engagement as they

are locked in. We wish to include and acknowledge everyone who has been involved with PHH over this period and will be highlighting milestones for the past 40 years.

Palliative Care week will be a focus for us to fundraise for Overnight Nursing Care, the Client Support fund and Syringe Drivers. The Women of Action will be back holding two events, one North and one South of the Mornington Peninsula. The Mornington Auxiliary will continue holding events for fundraising and for the golfers planning their yearly trips, make sure it includes the new format 10th Annual Peninsula Home Hospice Charity Golf Classic in Yarrowonga from 26 May -30 May 2024 and The Tom Pickford Charity Golf Day on 7 October 2024. There will be some new events too, so keep an eye on our website.

We will seek to deepen our connection with community through targeting groups who we feel will benefit from our message. If you have any ideas or suggestions, we would love to hear from you. Similarly, if you are keen to volunteer for an event or be involved please reach out to us by email [fundraising@peninsulahospice.com.au](mailto:fundraising@peninsulahospice.com.au).

Once again, we wish to thank you, our community, for a fantastic year.



Westernport Mahjong Group Including Jill Florimel and Meg Merton



Tom Pickford's family at The Tom Pickford Charity Golf Day



Yarrowonga Golf Classic with Pat Randall and Dario Prighel MC



Red Hill Op Shop 40 Year Anniversary



Yarrowonga - Guest Speak Marty Doyle and Mornington Auxiliary Members



Sally, Helen Fairlie PHH Board and Janet Phillips CEO

**Red Hill Op Shop**  
The Red Hill Op Shop are wonderful supporters of ours and we are their main beneficiaries. So when you donate items to them it's another way of supporting us!  
33 Mechanics Road, Red Hill  
Check for opening hours

# Helpful tips on Grief and the Holiday Season

Christmas and the Holiday Season can bring a range of emotions as people come together to enjoy the festivities. It can also be a sad and lonely time when feelings intensify as people miss and grieve for loved ones who have died.

We all handle grief in different ways but here are some suggestions that may be helpful:

- ◇ Acknowledge the holidays will be different and may be difficult. Often the anticipation and build up can feel worse than the day itself
- ◇ Give yourself permission not to do the things that you are finding too hard or to do things differently
- ◇ Find ways to remember your loved one – for example lighting a candle, a special decoration on the tree or time spent in a place that has meaning for you
- ◇ Know it is okay to change plans at the last minute or have no plans
- ◇ Look after yourself, try to get some daily exercise preferably outside and eat well
- ◇ Allow yourself to feel and express what you need to. Share stories of the person or raise a glass in their memory
- ◇ Seek out support – it's good to let someone know how you are feeling or if you are struggling
- ◇ Holidays can be tough but also its okay to enjoy this time and be happy
- ◇ Importantly treat yourself gently and with kindness

## Upcoming Events

Wednesday 13 Dec 2023 - Community Engagement Stall - Main Street Mornington

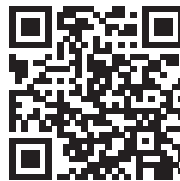
**2024**

26 - 30 May 2024 - Peninsula Home Hospice Yarrowonga Charity Golf Classic Link to entry form.

Contact [fundraising@peninsulahospice.com.au](mailto:fundraising@peninsulahospice.com.au) for information or go to our website



With a Community Benefits Card you can donate to our organisation.



[peninsulahospice.com.au](http://peninsulahospice.com.au)

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