



## Christmas With Hospice Support

*Howard's warm smile says it all – with help from Hospice West Auckland, he's not just surviving, he's living well and looking forward to celebrating another Christmas with his whānau.*

Every Thursday, Howard joins our group exercise class (physiotherapy set to music) where he works on strength and mobility. "The classes keep me moving," he says. "We have fun, we learn from each other, and at the end we share a cup of tea and cake. They're good people."

Howard first came to Hospice around 18 months ago, shortly after being diagnosed with cancer. During his many hospital appointments, a staff member suggested Hospice as a source of added support. "They told me, they help you with your health transition... so I said, of course," he recalls. Soon after, Hospice West Auckland got in touch, and that first meeting changed everything.

Howard admits he didn't know what Hospice really was at the time – like many in the community, he thought it was "a place you go in and don't come out." But now he's become one of our strongest advocates. "I gave it a go, and I haven't looked back," he says. "They look after you – it's a good thing, I'm glad I went."

What makes the biggest difference for Howard is the wraparound care: weekly classes, regular check-ins with his nurse Sipho, massage therapy, and knowing he can call anytime. "If I've got any problems, I just ring Sipho," he says. "Hospice helps me keep positive."

**"Hospice helps me keep positive."**

He also appreciates Hospice's commitment to cultural connection and inclusion. "They're making sure everyone feels supported – it's not one-size-fits-all."

With his positive attitude and Hospice support, Howard is focused on living well and grateful to be spending Christmas surrounded by the people he loves.

## Celebrating the Opening of He Whare Korowai – Home From Home

In November we were thrilled to celebrate the official opening of our 24/7 care service *He Whare Korowai – Home From Home* with events that truly reflected the heart of our community.

We began at first light with a beautiful Dawn Blessing, led with warmth and aroha. At our special Supporters Evening, we unveiled our stunning Donor Wall and shared with our supporters the result of their generosity, kindness and belief in this initiative.

Our Formal Opening was attended by dignitaries, board members, staff and many others who have been integral to Hospice West Auckland's journey and formally opened the space. We concluded the celebrations with a Community Open Day, welcoming community providers, friends and colleagues to explore the facility, meet our team and share in the excitement of this new chapter.

The overwhelming feeling was one of gratitude, unity and community spirit. *He Whare Korowai – Home From Home* has truly been brought to life by the community, for the community.



From left, Peter Larmer (Board Chair), Dr Celia Palmer (Clinical Director) and Phil Twyford.



# Paying Hospice Care Forward

When Helen thinks back on the care her parents received from Hospice West Auckland, she describes those experiences as both heartbreaking and profoundly meaningful. Her journey with Hospice began in 2002, when her father Stan was diagnosed with liver cancer. "Dad was very pragmatic; he just said, 'If you can't make me better, I just want to go.'"

Through their GP, the family was referred to Hospice, where a Spiritual Advisor made a deep impression. "My dad wasn't religious at all, but this guy was wonderful with him, they just clicked... he loved this man. It was amazing." Although Stan's time with Hospice was short, it left a lasting mark on the whole family.

More than a decade later, Helen's mother Joan was diagnosed with pancreatic cancer. "Mum wanted to stay at home, so I moved in to look after her."

Hospice West Auckland was a vital source of daily support. "There was a lot of hands-on care... and the nurses were just fantastic." The Creative Arts Therapist also visited Joan at home so she could paint, something she loved to do.

And as Joan's condition changed, the Hospice Nurses guided the family through each step. "They were marvellous... When everything feels overwhelming, that kind of practicality is exactly what you need. They monitored everything and reassured me."

"I was proud that I could do that for Mum," says Helen, "but my sister and I couldn't have done it on our own. We really needed the support around us to make it possible. For me, Hospice care was an amazingly positive experience, and something I'll always be grateful for."

Now, Helen has chosen to include Hospice West Auckland in her will. "At a time in your life when you need support the most, they're just there – at no cost, no fuss... There's no better cause than helping someone else get that same care."



## Leaving a gift in your will

This December, as we reflect on the generosity that sustains our work, we're grateful for supporters like Helen who ensure future families will receive the same compassionate care her family experienced.

To learn more about how easy it is to include a gift in your will, visit [www.hwa.org.nz/support-us/leave-a-gift-in-your-will/](http://www.hwa.org.nz/support-us/leave-a-gift-in-your-will/) or contact our Fundraising team on (09) 834 9752 for a confidential conversation.



## Running for Hospice

16-year-old Fred ran the 2025 Barfoot & Thompson Auckland Marathon in November and raised an incredible \$3,000 for Hospice West Auckland! Inspired by his Mum who is one of our wonderful Specialist Palliative Care Nurses and a past marathon runner herself, Fred wanted his efforts to go towards a great cause. Through his Mum he has seen and heard how much care, compassion and support Hospice provides to individuals and their whānau, and this helped to motivate him through his many hours of training and completing the half marathon. What an absolutely outstanding achievement!



# Meet Cathy, Distribution Centre Volunteer

Cathy is one of the friendly faces behind the scenes in our retail Distribution Centre – the busy hub where donations are processed and distributed for sale across our network of stores. She joined Hospice seven years ago, and has become a much-loved regular at the Swanson Road Distribution Centre. Volunteering two days a week suits her perfectly: “I love keeping busy and just getting things done.”

Cathy’s volunteering became a family affair. “My friend Shorty came, my daughter-in-law (who’s Thai) didn’t have a work visa back then, so she used to volunteer and she was a workaholic!” she laughs. “My granddaughter volunteered too, then moved into a paid role at the Glen Eden Hospice Op Shop.”

One of the things Cathy enjoys most is the variety. “You never know what your day’s going to bring – it’s like treasure hunting,” she smiles. Although her main role is in the Distribution Centre, she’s always happy to step in wherever needed. “If I see a long line at the counter, I’ll jump in, I’ll sweep floors...”

Cathy loves how the Distribution Centre supports the wider community in sustainable ways. “Some items we receive aren’t quite right for retail but are still perfectly wearable. Instead of letting them go to waste, a community volunteer takes them to a homeless church in Glendene, where people can enjoy a meal and choose the clothing they need.”



Like many of our volunteers, Cathy has a personal connection to Hospice. “My sister-in-law was looked after by Hospice. A lot of people volunteer because they’ve had someone close cared for.”

She also likes helping people understand the purpose behind our shops. “People say things like, ‘They only take the good stuff.’ But it’s not about being picky — you go to an op shop to buy things you’d wear yourself. And we want the shops to raise as much as they can because it funds the care Hospice gives for free.”

## Make It An Op Shop Christmas

This year, make your Christmas shopping kinder on the planet and your budget by choosing an Op Shop Christmas. Our eight Hospice Op Shops across West Auckland are full of festive finds — quirky Secret Santa gifts, Christmas and party clothing, decorations, homewares and much more.

Shopping pre-loved is an easy way to live sustainably. Every item you choose stays out of landfill, gets a second life, and reduces demand for new manufacturing. It’s good for the planet, great for your wallet, and supports free Hospice care for local families.

Whether you’re after a unique gift, a stocking stuffer with personality, or something fabulous for your end-of-year celebrations, you’ll find it in one of our stores.



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## Events



### Farmers Baubles

For the 12th year in a row, Farmers is supporting Hospice with their Christmas campaign. This year's limited-edition bauble features Christmas holly, representing protection, good fortune, eternal life and resilience - so meaningful of the work that Hospices do.

Head into Farmers **NorthWest**, **LynnMall** or **WestCity** to purchase a bauble and the full proceeds will be donated to Hospice West Auckland. You can also make a donation to write a message on a card to a loved one and place it on their in-store Tree of Remembrance.



### Trees of Remembrance

Trees of Remembrance will be at community hotspots this December, where you can make a donation and add a message in memory of someone special. Every contribution, big or small, helps us provide Hospice care free of charge to our community.

For selected dates between **Wednesday 3rd – Sunday 21st December**, our volunteers will be located at: Mitre 10 Lincoln Road, Pak'n Save Alderman Drive, New World Kumeū, Mitre 10 Westgate, New World New Lynn and Bunnings New Lynn. Visit [www.hwa.org.nz/events](http://www.hwa.org.nz/events) for full details.



### 2026 Round the Bays

Join Auckland's biggest street party in Round the Bays Auckland 2026 with a 8.4km course filled with entertainment from the city to St Heliers. And make your steps count by choosing Hospice West Auckland as your charity to fundraise for. You can sign up as an individual or get a team together for more fundraising power, and we'll support your great efforts to help you reach your goals.

Register now at:

[www.rtbauckland26.grassrootz.com/hospice-west-auckland](http://www.rtbauckland26.grassrootz.com/hospice-west-auckland)

## Welcome to Our New Staff

We are delighted to welcome on board our new **He Whare Korowai – Home From Home** team. These wonderful Registered Nurses and Healthcare Assistants will be caring for our patients and their whānau at our renovated Hospice House facility in Te Atatū.



## Key Supporters

**Thank you to everyone who has supported He Whare Korowai – Home From Home with such generosity and kindness. With special thanks to our major supporters:**

- The Douglas Charitable Trust
- The Lion Clubs of West Auckland
- ANZ Staff Foundation
- Elsie Steele Trust
- 9 Leaf Clover Foundation
- The Trusts Community Foundation
- Davis Funeral Care
- Kelliher Charitable Trust
- James Laurenson

## Ways to Donate

Thank you for helping us continue to provide specialist palliative care free of charge to those in need.



Donations of \$5 and over will be receipted and are eligible for a tax credit.



Phone us on (09) 834 9752 to make a donation over the phone, or to hear more options for donating in person



Visit our website at [hwa.org.nz/donate](http://hwa.org.nz/donate) to make a donation online, or scan the QR code to link directly to our online donation page



Via internet banking:  
ASB Bank – Hospice West Auckland  
12-3039-0813192-04 Ref: DM1225



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