

Harbour Hospice Compassionate Touch Programme

Hospice will shortly launch a new volunteer programme to allow us to support and connect with more patients in the community and in our Inpatient Units through hand and foot massage. Harbour Hospice currently employs two part-time massage therapists who struggle to keep up with the demand for the service from our patients and carers. We have also been aware of very successful massage programmes delivered by volunteers at other Hospices throughout New Zealand and will shortly add this very beneficial service to our range of volunteer services.

Harbour Hospice supports patients and families of those who have been diagnosed with a terminal illness. In the year to June 2021, we supported 1298 patients aged 15-104.

Improving the quality of life for Hospice patients and their carer is at the heart of what we do and massage in palliative care can be hugely beneficial. Some of the benefits include a more relaxed state, less pain and anxiety, better breathing and better quality of sleep. This along with the benefit of having the company of others for a time and something to look forward to making it a very popular programme at other Hospices. Feedback from our Clinical teams suggest it will be equally popular at Harbour Hospice with our patients and their carer.

Harbour Hospice is a registered charity and supplies its services to patients and their families free of charge. However, the service does come at great cost and while our volunteers give their time for free, there is training and resources associated with the programme that we need to find the money for.

We estimate initial set-up costs as follows:

Training day and certification \$80 per volunteer

Resource kits are estimated at \$50 per volunteer (hard to put a firm figure on as some supplies will come from existing Hospice supplies purchased in bulk while others we will need to purchase)

We plan to initially train 15 volunteers so the cost will be approximately \$1,950.

We would welcome the support of our local community to make this programme a reality. For a sponsor we can offer a story in our Hospice Matters newsletter which goes to approximately 10,000 supporters as well as social media exposure. We're open to discussion depending upon the support offered.