

Pastoral Healthcare Network - Australia



Wesley Centre, 100 Yarra St., Geelong VIC. 3220

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Pastoral Healthcare Network *Australia*

Who are we ?

A registered Health Promotion, not for profit organisation providing Primary Health Care and holistic health promotion and education, whilst intentionally nursing the spirit.

What do we do ?.....

We **Listen** !; We are **Available** !; We **CARE** !

How do we work?.....

- **Pastoral Nurse Consultations**

Every Thursday during school terms (for appointments phone 5249 5799)

- **Health Ministry Associates Team**

2nd & 3rd Thursday each Month - 10-12pm

- **TLC Pampering Days**

4th Saturday Each month 1 -3 pm (to book phone 5229 7954)

- **Prayer Shawl Blessing** & distribution

4th Thursday bi-monthly 1.30 - 3 pm

HEALTH MINISTRY ASSOCIATES - PASTORAL MINISTRIES:

Prayer Shawls. We are very happy to have welcomed several new knitters to our number. They are ladies who love knitting, and especially, knitting for such worthwhile purposes. However, some of them do not like doing fringes and it is great to see how quickly our Associates have learnt this skill!

Our Melbourne knitters (Kathleen and Judith) post there work to our Geelong office.

It would be lovely if there was space to write about some of the wonderful stories we ourselves experience from recipients themselves, or from grateful family, carers.

Stories tell of patients in Palliative Care wanting the shawl on their bed at all times, others express the wish it will be on them when they go home to their God.

Prayer Shawls to Tanzania: 75 prayer shawls were posted to Fr Theobald Mwanisawa in the St. Francis Xavier parish in Tanzania. We have received a very grateful response from Fr. Mwanisawa saying "...how blessed we have been."



PASTORAL NURSING REPORT

Healing Hearts continue to give great comfort to a variety of recipients. Children like the feel of one in their pocket when attending the funeral of a loved grandparent; others appreciate one with them when they go for surgery; yet others like to keep one on them at all times - even if it mistakenly goes to the wash in a shirt pocket! And of course we are happy to replace when requested. In addition to the PHNA office at Wesley, the hearts can also be purchased at St John of God Auxillary shop and the Wing and a Prayer bok shop in Malop st. Geelong

Another important aspect of the Pastoral Associates volunteer work is our monthly **TLC days**. These provide great opportunities for our clients to socialize, enjoy afternoon tea, have hand and foot massages; our REGISTERED Pastoral Nurses offer blood pressure testing and advice; and 2 registered therapists.

- Dawn service/wreath laying
- Leonie & 5 Wishes
- TLC day

News Items:

THANKING VOLUNTEERS/DONORS:

We give thanks for our wonderful group of **volunteers**, and would like to acknowledge Lyn, Marion, Colleen, Joyce, Win, Pat, Rod, Sr Carmel, Belinda, Ellen, Shayne, their regular help with activities for PHNA.

Donations..

We thank our Generous **donors** who have given us both financial and in kind support throughout the year.

Pastoral Nursing activity has been steady, with professional development days, blood pressure screening sessions , Nurse consultations and Five Wishes advanced care planning presentations and conference attendance.

In addition, Rose and Leonie, once again represented PHNA at the annual Nurses memorial service laying a wreath in honour of their colleagues who died during war service.

Five Wishes.

The Aging with Dignity organisation who produced the Five Wishes document, have also produced a version for younger adults titled 'Voicing my choices' which is proving very popular.

Two sessions on End of Life Care were recently held at the Wesley Centre For Life Enrichment where Five Wishes was Introduced.

PHNA was invited to share at a Disability Forum in Melbourne where Five wishes was well received by the delegates present.

Leonie recently attended the 'Advanced care Planning and End of Life' conference in Melbourne along with Paul Malley Aging with Dignity's President from the USA. There was great interest in the 'Five Wishes' document and our partners Colbrow Homecare also met with Paul to discuss a wider roll out of the program.

We are happy to address any groups large or small who would like to know more about 'Five Wishes' so do consider inviting us to your group , call the PHNA office to arrange a time.



Our services co

Education

Professional Development days at St Augustines have continued to provide insights into spirituality in healthcare and integrating faith and health to in order achieve optimum health & healing.

Our Parish Nursing Expo will be held on July 12th at Wesley Centre for Life Enrichment.

Blood Pressure Screening

Two blood pressure screening sessions were held at after Masses at St Augustines Church in Bourke st Melbourne after Masses in December and the waiting room was full.

Leonie Rastas - Nursing coordinator

Education & Resources

We promote health in Mind, Body and Spirit for both individual and community groups through:

1. Hosting the Australian Parish Nurse Resource Centre
2. Health Expos and Health Seminars.
3. Nurturing and education at our 'Time out for TLC' (tender loving care) days for carers and those suffering in any way.
4. Facilitating "Five Wishes", a planning and documentation tool for spiritual, religious, emotional & cultural needs for reference in the event of serious illness or accident.
5. We provide faith community information forums education and resources for Pastoral Nurses.
6. Meditation & Pre Surgery CD's
7. Sales of "Healing Hearts", Parish Nursing books, Prayer Shawls, Sign Chi Do DVD's, Comfort packs, containing something for all five senses.

Date Event

May 25th	TLC Day
May 30th	PHNA Nu
May 25th	TLC Day
June 3rd	PHNA Bc
June 7th	PN Profe
June 22nd	TLC day



Contact details:

PHNA-Geelong Website: <http://sites.google.com/site/pasthcnw/>

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Pastoral Healthcare Network Australia Inc

ABN 53 032 134 976

MEMBERSHIP FORM 2013 - 2014

▪ Full Membership: \$60.00

▪ Concession: \$40.00

[Full association membership entitlements – subject to approval]

▪ Friends of PHNA: \$25.00 [No voting rights but regular communications]

▪ Donation: _____ [Donations of \$2.00 and over are tax deductible]

▪ Please tick if you require a receipt

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.... or forward the membership form and payment to:

The Secretary
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