

Pastoral Healthcare Network - Australia



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

Phone: 5249 5799 Mobile: 0408 217 375

email: phnaoffice@gmail.com

July 2014

web: sites.google.com/site/pasthcnw/

Printed with the kind support of Sacred Heart College, Geelong

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

- **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 ! We welcome support from the Wesley Craft Group who have commenced knitting shawls.!

Tennille Welsh has been very proactive in recruiting new knitters. She mentioned our program when she

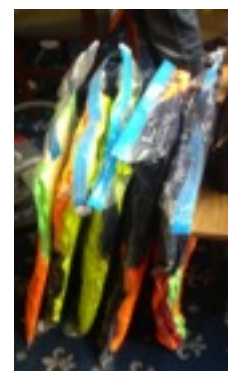
was being interviewed on 3AW in a session that explored the impact of having received the prayer shawl following the stillbirth of her son Oscar in 2011. She recounted the feelings of love and support she and her family felt after receiving the shawl and received a number of offers of help following the program. In addition she has been in contact with the East Geelong Senior Citizens group with several members offering assistance. (*See article - last page*)

Tanzanian Prayer Shawls:

Another 100 prayer shawls have been sent to Fr Theobald Mwanisawa in Tanzania, much to the delight of congregation members. In addition, we have donated \$100 to Education and \$100 to the Elderly to support the work of the church in their local area.



Sr. Carmel, Lynne, Marian and Joyce preparing the shawls



Vacuum packed ready to go !



Happy parishioners from St Francis Xavier parish in Tanzania



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 Auxiliary shop.



Geraldine Day (from East Geelong) has made several hundred hearts already this year !

Another important aspect of the Pastoral Associate's 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 Pastoral Nurses offer blood pressure testing and advice; and 2 registered therapists offer their skills to relax and soothe weary muscles.

The upcoming dates for TLC days are: July 25th and August 23rd (1 pm at Geelong Natural Therapies, 36 Shannon Ave., Geelong West 3218)

News Items:

- **Associates:** We give thanks for our wonderful group of associates, and would like to acknowledge Lyn, Marion, Colleen, Joyce, Belinda, Ellen, Shayne and Pamela for their regular help with activities for PHNA.

Sr Carmel O'Dwyer (Pastoral Associates Coordinator)

- **Membership:** We would very much like to increase our membership numbers in the coming year and are appealing for anyone who has time and energy to assist us in our work to contact us for more details - or more simply, complete the membership form attached to this newsletter.

Donations.

We thank our Generous **donors** who have given us both financial and in kind support throughout the year. Our special thanks go to the Sisters of Mercy (via the Griffen Foundation), who have given us a \$2000 grant to support our work in addition to \$500 to cover the postage of the Tanzanian Prayer Shawls.

PASTORAL NURSING REPORT

Pastoral Nursing services continue to be offered on Thursdays at Wesley Centre for Life Enrichment in Central Geelong, though much of our work occurs outside these hours. Referrals have come from many sources both inside the network and from the general community. Two prime examples of Pastoral Nursing in action highlight the effectiveness of how our nurses bridge the gaps in healthcare.

Education

The online *Foundations in Faith Community* nursing course is set to launch on September 7th and will be delivered over 10 weeks. The teaching team includes both local and international Parish nurses. The course will be taught via readings, online discussions, reflective writing and DVDs. The course cost is \$250. Please contact Leonie Rastas at leonie@apnrc.org for more information.

Blood Pressure Screening

Blood pressure screening sessions are held at our TLC days and continue to be a valuable support to those who take advantage of them

Leonie Rastas, our hard working Pastoral Healthcare Nursing Coordinator, is overseas at the moment, enjoying a well deserved break in Scandinavia and Europe with her family.

Five Wishes:

Many will be aware of the **Five Wishes** initiative that was brought to Australia from America by Leonie Rastas after her visit there in 2009. Five Wishes is an Advanced Care Planning document, that goes beyond the traditional purpose of detailing the personal needs in a medical sense, to include appropriate spiritual and emotional needs.

She saw the opportunity to bring this form of publication to Australia and introduced it to PHNA. Over many months, our group refined, developed and 'Australianised' the document, with the support and guidance of its developers in America.

Leonie and Sr. Carmel met with the founder while he was in Australia for a Conference on 'End of Life Planning' and further reinforced our plans to promote and distribute the document.



Discussions then commenced with Colbrow HealthCare, who have had a long association with PHNA. They offered to take over the promotion, development and marketing of the document.

Wendy Miles, Business Development Manager for Colbrow visited our offices in Geelong to go through the changes that had been made and show us the final version.



With their professional expertise and experience in the area, Wendy and the Colbrow group had updated the document to take into account the myriad of legal variations and conditions that surround the Advanced Care Planning area. The Five Wishes program was officially launched at a ceremony in Melbourne in late May, as part of Palliative Care Week.

Members of the PHNA Board attended the launch.



We look forward to providing ongoing professional support to work with the community to integrate Faith and health while ministering God's love.

Leonie Rastas - Pastoral Healthcare 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.

Please contact the Office if you wish to purchase any of the listed items.

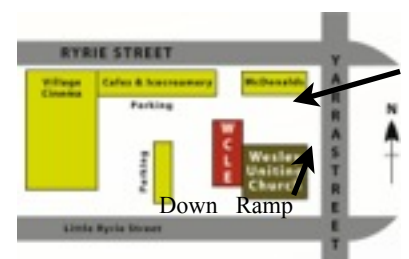
Contact details:

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

email: phnaoffice@gmail.com

Address: PHNA office is located in the Wesley Centre, 100 Yarra St., Geelong, 3220

VICTORIA. Australia Ph: 5249 5799 - Mob 0408217375





Tennille Welsh - Prayer Shawl promotions

Tennille has been doing great work in this area as reported in the Addy. ! Last count she had received over 150 responses to her call for support !

TENNILLE Welsh found a simple knitted shawl bringing untold comfort after the stillbirth of her son Oscar.

Midwife Leonie Rastas instinctively gave it to her and husband Mark as they grieved their unexpected loss in 2011. They were able to tenderly wrap their firstborn in it and it has remained a precious touchpoint on a powerful journey. "I wore that for weeks across my shoulders and it's on our bed now, it was something we could channel our grief into," Mrs Welsh said. "It's really nice, something that's always there."

Geelong's **Pastoral Health Care Network** distributes the shawls — called comfort or prayer shawls — along with small felt hearts people can carry with them every day, but is in need of volunteer knitters to keep meeting demand.

With SIDS and Kids Red Nose Day approaching on Friday, Mrs Welsh urged people with the skills and time to consider helping out. Existing knitters donate their own wool, preferred in white, pink, light blue, lemon or mauve, but network leaders are hoping to secure a bank of donated wool in future. "Some ladies say it can take a week, some say it takes a couple of days. If people wanted to do a shawl a month it would be OK," Mrs Welsh said. "There wouldn't be an expectation they need to produce X amount of shawls."

She urged interested knitters to contact her on 0418 175 091 for patterns and details. "The really important part about the shawls is they're instant," Mrs Welsh said. "The really important part about the shawls is they're instant," Mrs Welsh said. "They can be given by a nurse or midwife straight away and there's a connection there which helps with that memory trigger." Mrs Welsh said the shawls might also help parents who might have had traumatic births, or have babies in special care.

• DANNY LANNEN

GEELONG ADVERTISER

JUNE 26, 2014



Pastoral Healthcare Network

Australia Inc

ABN 53 032 134 976

MEMBERSHIP FORM 2014 - 2015

- 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 \$2.00 and over are tax deductible]
- Please tick if you require a receipt

Name: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Payment Method (circle) : Cash Cheque Credit Card Direct Credit

Cheque to be made payable to "Pastoral Healthcare Network Australia"

Card Type: _____ **Expiry Date:** ___ / ___ [Please note: American Express cards cannot be accepted]

Card Number: _____ **Exp. Date:** _____ / _____

Signature: _____

Direct Credit:

Bank: Bendigo Bank **BSB:** 633 - 000

Acct. Name: Pastoral Healthcare Network Australia Inc

Acct. No: 131929580 **Reference:** Your name

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

The Secretary, Pastoral Healthcare Network Australia, PO Box 3033 Shandeen Geelong West Vic 3218

Ph: 03 5249 5799

Email: phnaoffice@gmail.com