

Pastoral Healthcare Network - Australia



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

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December 2014

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Pastoral Healthcare Network Australia

Who are we ?

A registered Health Promotion Charity, a not for profit organisation providing Primary Health Care, 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**

Once each school term.

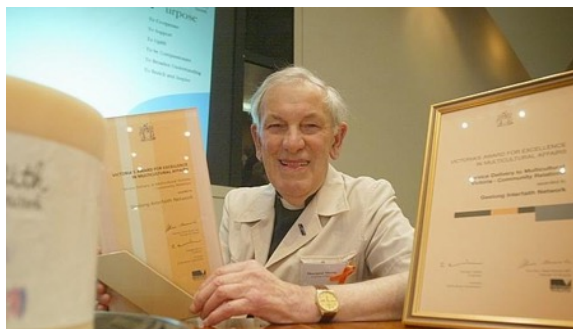
Our calendar for 2015 will be finalised at the start of the year. It is published on our website.

HEALTH MINISTRY ASSOCIATES - PASTORAL MINISTRIES:

Our work is made possible by the dedicated team of volunteer Health Ministry Associates who support our programs, but we are always looking for volunteers who would be able to assist. If you have time and would like to support our work in any of the areas in the list, please contact us at the office.

1. Cutting/Sewing felt pocket hearts
2. Providing Community nursing services
3. Knitting prayer shawls
4. Editing our newsletter
5. Assisting with membership drives
6. Fundraising
7. Laminating
8. Admin support
9. Assisting with mail outs

We mourn the passing of Mons. James Murray.



The 'Mons' as he was popularly referred to, was an Ambassador and great supporter of the work of PHNA over the past 7 years. He was inspirational in his capacity to work with the disadvantaged and marginalised - typified by his involvement with referee support services, right up until the week before his death.

He was a regular visitor to our centre where he blessed our prayer shawls and was a willing supporter of our clients as a 'Doctor of the Spirit' providing Pastoral and spiritual care to compliment their physical and emotional care.

Leonie was invited to pay tribute to his work on Pulse Radio .

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.
- Particular thanks to Tienielle Welsh who has done an amazing job in promoting our Prayer Shawls for those who have experienced a still birth. Tienielle has been interviewed on 3AW and local Geelong radio to spread the word about the Shawl program and has arranged for members of the East Geelong Senior citizens to knit Prayer Shawls.
- Tienielle is also doing some work with *Sids for Kids* who plan to do a pilot program about the possible benefits of shawls for families who experience a still birth.
- Special thanks to our knitters of Prayer Shawls for Adults - Ivy, Kathleen, Judy, Pam, Rhonda, Joyce and Ellen.
- Our pocket hearts are lovingly made by Geraldine and members of the East Geelong senior citizens group, for which we are so grateful.
- Heart felt thanks also go to the Wesley Centre for Life Enrichment who generously provide our office space and utilities.
- Shayne Sullivan and team also receive special mention for their generosity in providing the Geelong Natural Therapies centre and masseurs for our monthly TLC Days



• **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 and Wing and a Prayer Book shop in Malop St Geelong.

- **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.



PASTORAL NURSING REPORT

Pastoral Nursing services continue to be offered on Thursdays at the 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. A prime example of Pastoral Nursing in action is working with refugees highlighting the effectiveness of how our nurses bridge the gaps in healthcare. We are currently working with an asylum seeker accompanying her to medical appointments and efforts to gain employment and to gain citizenship.



Education

The online *Foundations in Faith Community Nursing* Course is now available as a fully online course with

discussion forums with Nurses in practice from both Australia and the USA. All participants will be assigned a mentor to guide them through the course and into practice. The course can be accessed year round for a cost of \$250. The revised international curriculum has been integrated into the content. Please contact Leonie Rastas at leonie@apnrc.org for more information.



FOUNDATIONS AND FUTURES
Joining the Song
OF FAITH COMMUNITY
NURSING PRACTICE
WESTBERG SYMPOSIUM 2015
CHURCH HEALTH CENTER.ORG

The annual Westberg Symposium for Nurses, Clergy and Pastoral workers will be held in April 2015 in Memphis Tennessee and Leonie will be presenting a workshop on Spiritual Care and the application of the Prayer Shawl and Pocket Heart ministry, particularly involving infant deaths from stillbirth and sudden infant death. Self Care using reflective practice and the Ignation examen will also be explored.

The World Forum for Faith Community Nurses

The forum is now holding international teleconferences to plan and implement promotion and implementation of our model of care more widely. Dr Anne Van Loon RN from Adelaide and myself are the Australian Representatives.

Blood Pressure Screening

Blood pressure screening sessions were held at two of our TLC days and will be increasing the number of these in 2105. Two screening sessions were also held at the Wesley church after services and were well attended.

Leonie Rastas RN.RM.



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.

Colbrow have been actively promoting 5 Wishes in a variety of forums in related conferences such as:

- At the national ACP and End of Life Conference talking on matters of life and death with Q&A host Tony Jones.
- "Food for thought" with Maggie Beer.

As mentioned, 5 wishes offers an Advanced Care Plan with a difference - viz. a focus on spiritual and emotional care. If you suddenly became seriously ill (collapse, car accident etc) and you were unable to speak for yourself, what would you like your family and friends to know? What would you like your doctors and nursing staff to know? Have you ever thought about that ? Five Wishes helps you to plan and gives you a voice when you could potentially have none.

The team at PHNA wish you and your families a Merry Christmas and a Happy New Year.

If you know of anybody who is suffering (grief, loss or illness) and you feel would benefit from receiving a prayer shawl, please contact us (at the numbers listed above) and we will arrange for one to be provided.



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. "Healing Hearts", Parish Nursing books, Prayer Shawls, Sign Chi Do DVD's and "Comfort packs", containing something for all five senses.

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

PH 5249 5799 or 0408217375

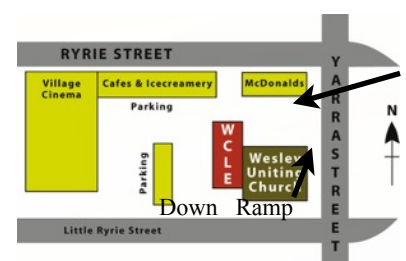
Contact details:

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



TIPS For A Stress free Christmas

Christmas is a time of joy, of love and of giving but so often it can become a time of stress and isolation. Try one of the suggestions below for a stress free and Christ centred Christmas.

Nine points for a stress free and Gospel based Christmas.

1. Do keep Christ in Christmas. Have a Christmas crib set with or even instead of your Christmas tree. Place your gifts before the crib, like the three Kings.
2. Do remember that it is a time of giving not receiving.
3. Do teach your children and one another that it is not a time for expensive presents but for symbolic gifts. Perhaps save the expensive presents for more personal occasions such as birthdays.

4. Do remember that the gift tradition grew out of the activities of generous people wishing to share at this time.

5. Except for food provisions, do try to avoid shops for the week before and the week after Christmas.

6. Do plan months ahead for the purchase of gifts and food. This avoids the stress of last minute shopping and allows you to budget your spending.

7. Do send Christmas cards and contact family and friends.

8. Do spend some time in both personal and family prayer over the Christmas period. Apart from acknowledging God's presence, prayer gives us peace and reassurance of God with us.

Melbourne Catholic Archdiocese(2007)'Jesus is Christmas" website



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 of \$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