



**POUND THE PAVEMENT 4 EPC** 23K raised this year!



Oceanic Conference



Overnight Respite Nurse Appeal



Help others this Christmas

## POUND THE PAVEMENT 4 EPC

### 23K raised this year!

The sun was shining and spring was in the air on Sunday 8 October at this year's POUND THE PAVEMENT 4 EPC. Over 300 people walked and jogged their way around the 5km circuit at Lillydale Lake.

Many kind EPC supporters participated in honour of loved ones that were, or currently are, cared for by EPC. From individuals through to large groups of families and friends, people of all ages and many dogs, enjoyed the day.

EPC staff and volunteers gave their time to make sure the day ran smoothly. Our first EPC Information tent was constantly busy and we thank Bunnings Nunawading for donating packets of rosemary seeds to give to those thinking about a loved one on that day.

Our additional fundraising activities were very successful with Maroondah Rotary again providing a delicious BBQ, our first ever EPC Cake Stall and our raffle of the Christmas Hamper, courtesy of Heritage and Heritage Funerals.



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### Message from Gaylene

Welcome readers to our last newsletter for 2023. I would like to take this opportunity to acknowledge the fantastic efforts of our team.

At the 2023 AGM we recognised long serving staff and volunteers. This includes Drey Baldwin (20yrs), Louise Nicholls (15yrs) and Jill Cheah (15yrs) as well as other staff and volunteers who have been with EPC for 10 and 5 years. A fabulous contribution from you all, thank you.

We also farewelled four Committee of Management (CoM) members. Kevin Francis, Peter Gurr, Anne Hunt and Nicole Jolley have stood down and we welcomed Christine Fyffe as a new member. Former long-serving CoM and Subcommittee member Harry Sampson has also stepped down from his involvement. I thank the incredible contribution these members have volunteered to EPC's development over the last 25 years.

I would like to say thank you to the whole staffing team and volunteers for the work contributed this year in responding to increased community need. I would also like to thank our donors and fundraisers – your contributions allow us to keep parts of our service going such as equipment loans and overnight respite. We couldn't offer these without your generosity.

I hope you all have a safe and enjoyable festive season. I appreciate this will be a time of grief and loss also for many of you and I hope you are able to practise self-care and self-kindness over this difficult time.

Gaylene Coulton  
CEO, EPC

# POUND THE PAVEMENT 4 EPC

...Continued from Cover Story

We are so grateful to everyone that participated and fundraised for us in this event this year. The result of \$23,043 is outstanding and will all go to EPC's Equipment for Home Appeal, to help us provide essential and hard to source equipment that clients need to stay at home and out of hospital or a hospice.

Next year's POUND THE PAVEMENT 4 EPC will be held on Sunday 13 October, 2024 so save this date! We look forward to holding the event again next year.

## Top 5 Individual Fundraisers:

1. Richard Bisset
2. Richard Scott
3. Lilian Antonelli
4. Sue Marshall
5. Margaret O'Donnell

## Top 5 Team Fundraisers:

1. Team Tickner
2. The Maltesers
3. Ethan Westwood
4. In Memory of Bruce Crossman
5. Team Jimbo



Total Raised:  
**\$23,043**  
Thankyou!

Thank you to our wonderful supporters...



We appreciate your **\$500** donation of profit from your BBQ.



Thank you for donating rosemary seed packets to give to those remembering a loved one.



HERITAGE & HERITAGE  
FUNERALS

Thank you for providing a gorgeous Christmas Hamper to raffle, raising **\$445**.



More photos on our website [www.epc.asn.au/pound-the-pavement-4-epc-gallery](http://www.epc.asn.au/pound-the-pavement-4-epc-gallery)

# Oceanic Conference

The 2023 Oceanic Palliative Care Conference was held in Sydney from 13 - 15 September and two of our wonderful team members, Aeh Tapekumkun and Sarah Begley, were invited to present. The conference was attended by over 800 industry leaders, experts, academics and practitioners from across Australia and beyond.

Aeh, a Nurse Practitioner at EPC, presented on 'The Last Stretch: evaluation of overnight nursing respite to facilitate end-of-life-care at home in community palliative care', which highlighted his project findings and recommendations for overnight nursing respite at EPC.

Aeh chose to work on this existing EPC quality project as overnight respite is a valuable resource provided to clients to help them achieve their wish to stay home until the end. Overnight respite also supports carers to have time to rest and recharge. Aeh said that "at EPC we always strive to do better" which is what prompted him to examine the current processes and find ways for improvement.

Sarah, a Clinical Nurse Educator at EPC, showcased a learning package she developed aimed at instructing new nurses in opioid conversions. The comprehensive suite included a blend of written materials and in-person teaching, covering fundamental principles, a step-by-step conversion guide with examples, prompts for patient-specific considerations, and expanded conversion charts. By presenting at the Palliative Care Australia conference, Sarah aspires to offer a model for organisations seeking to implement similar packages. Notably, several organisations have already adopted this effective tool.



# Annual General Meeting

On Thursday 16 November, we held our 25th Annual General Meeting at our Mitcham Office. It was a lovely occasion with both the National Volunteer Program Award and Years of Service Awards celebrated for both staff and volunteers.

On the night, Krystal Wallis gave an insightful talk about the volunteering program at EPC. We also honoured our wonderful volunteers with a re-enactment by Margaret and Krystal of receiving the 2023 Outstanding Achievement in Volunteering Award at the Palliative Care conference this year.

The Committee of Management welcomed Christine Fyffe as a new member and Margaret Stewart has been re-elected as Chair, Dr. Andrew Barnden as Deputy Chair, and Dr. Ray Snyder as Treasurer. A wonderful evening was had by all.



# Going Green with EPC

We want to thank everyone for supporting our Going Green Initiative as we strive to decrease our carbon footprint and move towards a more eco friendly future.

As part of our Going Green Initiative, we have been sending all newsletters via email unless you have specifically requested to receive a hard copy or do not have an email address on our files.

We will continue to find ways to work towards a more sustainable future and appreciate all your support in our going green efforts.

If you wish to register an email address with us to receive a newsletter, please let us know by calling 1300 130 813 or email us at [epccip@epc.asn.au](mailto:epccip@epc.asn.au)

# Overnight Respite Nurse Appeal

Please donate to EPC's Overnight Respite Nurse Appeal. If a client meets the criteria, we can arrange for a Registered Nurse to stay in the home overnight. They then provide the required care so the carer can get much needed rest knowing their loved one is well looked after. This enables more people to die at home, if that is their wish, instead of needing to be transferred to a hospital.

Demand for this service is very high and EPC currently has limited funding to run this program. To give to the Overnight Respite Nurse Appeal you can select it when you donate online at [www.epc.asn.au](http://www.epc.asn.au)



# EPC's 2024 Online Auction

## Help us find exciting items to Auction!

Our biggest online fundraiser will be back in 2024! Can you help us find amazing Auction items? We need your help to secure lots of interesting items for this hugely popular and successful event! From products, to experiences, to vouchers, we are looking for items that will thrill - big and small.

Want to support a local business? We will promote them as part of this event. Items (no second hand goods) can be delivered to EPC Reception upon arrangement.

To discuss how you can help please contact the Fundraising Coordinator, Emily Gurr on 1300 130 813 or [fundraising@epc.asn.au](mailto:fundraising@epc.asn.au)

All funds raised by EPC's 2024 Online Auction will go to EPC's Overnight Respite Nurse Appeal. For more information visit [www.epc.asn.au/fundraising](http://www.epc.asn.au/fundraising)



# Greeting Cards

Spread some festive cheer this holiday season with a thoughtful message sent to friends and family in one of our greeting cards. Our greeting cards are now available for purchase.

You can select from four different designs in our wonderful range. Your purchase supports EPC during this festive season. Available now at \$2 each.

Simply call 1300 130 813, pay over the phone and receive them via post (postage charges will apply). You can also pop in and purchase them from our Mitcham office.



# Help others this Christmas

Your Christmas donation to EPC will help us to deliver our service at a time of year when there is great need. Living at home with a terminal diagnosis can be more challenging during the Festive Season and we always have a spike in demand at this time.

Please donate now to help our clients at this emotional time of year. 100% of your donation will go directly to their care, in real time, to the areas of most need.




We thank everyone that has donated to EPC this year. Your kindness and support always makes a big difference, and it is particularly appreciated during December. We wish all our donors a safe and peaceful Christmas.

## How to Donate to EPC

There are many ways to donate to EPC. Simply choose one of the options below that is easiest for you.



### To Donate

-  **Click Donate**  at [www.epc.asn.au](http://www.epc.asn.au)
-  **Call** 1300 130 813

### Or alternatively you can

Complete the below form and return via one of the three methods;

- Email** a copy of the completed form to [fundraising@epc.asn.au](mailto:fundraising@epc.asn.au)
- SMS** a photo of the completed form to 0404 912 875
- Mail** via enclosed reply paid envelope

## Thank you for your donation!

### I would like to make a tax deductible donation\* of

\$\_\_\_\_\_ (please nominate)

One-time gift       Monthly recurring gift

Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ State \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

My donation is in honour of \_\_\_\_\_

### Method of payment

Cardholders name \_\_\_\_\_

Signature \_\_\_\_\_

- Visa       Mastercard       Amex
- Cheque/Money Order  
(payable to Eastern Palliative Care Association Inc.)

Card Number \_\_\_\_\_

□□□□ □□□□ □□□□ □□□□

Expiry date \_\_\_\_\_

□□ □□

\* All donations \$2 and over are tax deductible. Receipts are sent to the payee.

### Please direct my payment to

- Equipment for Home Appeal
- Stay at Home Appeal
- Overnight Respite Nurse Appeal
- General Donations



- I have already included EPC in my Will
- Please send me information about leaving a bequest to EPC
- I am considering leaving a gift in my Will to EPC

All information is collected in accordance with **EPC's Privacy Policy** (no spam). If you would like **further information** about EPC fundraising activities or to read our **Privacy Policy**, please visit our website ([www.epc.asn.au](http://www.epc.asn.au)).

# In Lieu of Flowers

Thank you to the families of the following people, who arranged for donations to EPC in lieu of flowers at their memorial service. We are most grateful that you thought of EPC during such a difficult time.

Jannette 'Jann' Fullerton   Barry Phillips   Dr James 'Roland' Williams   Pia Malandra   John Hughes

Planning a memorial service is challenging. You may not wish to receive flowers or you may wish to thank EPC publicly. Requesting donations to EPC in lieu of flowers is a way to do this and also provides a way for others to express their condolences. If you wish to receive flowers and also request donations to EPC, instead of using the term "in lieu of flowers", simply state "Please donate to EPC in X's honour at [www.epc.asn.au](http://www.epc.asn.au)"

## 2024 Key Dates

EPC client services are available on public holidays

8 February 2024	Introduction to Palliative Care for RNs
May 2024	National Palliative Care Week & EPC's 2024 Online Auction
6 June 2024	Introduction to Palliative Care for PCA's
13 October 2024	POUND THE PAVEMENT 4 EPC



## In Memoriam

Thank you to the below families who have set up **In Memoriam** pages on EPC's online donation page:

**Simon Soon**

**Julie Scott**

To set up your own, visit [www.epc.asn.au/in-memoriam](http://www.epc.asn.au/in-memoriam) for more information

If this newsletter has arrived at a difficult time, we sincerely apologise. We understand the difficulty in moving on after experiencing a loss. If you would like bereavement support, please contact us on 1300 130 813. Although the majority of our funding comes from Government sources, EPC also relies on community fundraising, bequests and donations to maintain the wide array of services and programs we provide. All donors are added to EPC's quarterly newsletter email list. To opt out, simply call us or email [fundraising@epc.asn.au](mailto:fundraising@epc.asn.au)

Eastern Palliative Care (EPC) is located in Melbourne on Wurundjeri Country. EPC wishes to acknowledge the traditional owners of this land, the Wurundjeri People and their Elders past, present and emerging.



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