



In remembrance of Lockie



Pound the Pavement 4 EPC



Staff Spotlight: Meet Sally Hodgson



EPC: Australia's Leader in Biography Training

In remembrance of Lockie

My older brother Lockie passed this year, aged 33. He was, still is and always will be my hero. Although his intellectual disability of down syndrome impacted many of his physical and social abilities, including communication and speech, we had a very special connection. He made me feel safe and understood. He was always there when I needed him, with unconditional love. His smile and laughter would light up the room. I'm so lucky to have had such a beautiful soul as my brother.

Lockie was cared for by EPC for approximately 2 weeks, after a 6-month period from diagnosis. Before EPC, Lockie was in hospital for 13 weeks, with deteriorating health.

Our EPC nurses were especially compassionate and supportive during this time and walked us through what the next few weeks may look like. It was helpful to know what was to come, and how to best be prepared. EPC nurses were always available when we had questions and concerns.

During this time, we utilised EPC's volunteer professional photographer service. All the family were photographed at a picnic by a river. The photos we received truly capture the love we shared, and how peaceful Lockie felt that day.

I'm grateful for the way Lockie passed. It was peaceful, with limited pain, due to medication our EPC nurse had provided and shown us how to administer. We were also prepared for Lockie to bleed externally and we knew how to manage that too.

Story continued on page 2...



Lockie

Message from Gaylene

Welcome friends of EPC. It has been a challenging few months here for the EPC team. Our government funding has not kept pace with our increasing operational costs as you may have read in a recent Herald Sun article. EPC (like other community palliative care providers) are operating with a deficit budget. As this is not sustainable for any charity, the Board have had to make some hard and strong decisions.

At the end of July, we unfortunately had to cease our music, massage and occupational therapy services. These therapies were highly valued by the clients that received them, but they are not part of our Department of Health contracted services. This means they are unfunded, and we were heavily reliant on our fundraising to pay for them. We sadly said goodbye to ten of our colleagues. Andrew, Rudi, Tia, Maria and Danielle (massage therapists); Cindy and Rachel (music therapists); and Liz, Rachel and Aleshia (occupational therapists) and they will be greatly missed by the staff and clients. We wish them all the best in their future endeavours.

In brighter news, EPC will be launching a new fundraising strategy to increase our revenue and community profile. Every donation is greatly appreciated and goes directly towards services for future clients and carers, so you know your generosity is going to a good cause.

We continue our advocacy to government and the opposition for funding to meet the service demand. Everyone deserves to be able to access palliative care when they need it. I hope you enjoy this newsletter.

Adjunct Associate Professor Gaylene Coulton
CEO, EPC

In remembrance of Lockie continued

Despite this high risk Lockie passed quietly, with all of us in the room saying goodbye and holding his hand. Although this is the worst thing to happen to anyone, I am grateful that he passed calmly and quickly, without pain or discomfort.

The next morning, when our EPC nurse came to confirm that Lockie had passed, I asked her if she could say it out loud, as I was in disbelief and needed to hear it. When she did, she gave me a great big hug. I really needed her words and support in that moment and it's something I won't ever forget.

Part of me is still processing that he's gone. Part of me always believed he would get better and we would have years of more time.

My advice to anyone caring for someone at home with a terminal illness is to utilise EPC's services and make your time memorable. Get professional photos. Play games together. Call EPC if you have ANY questions or concerns, big or small. And most importantly, be kind to yourself, and be present with your loved one while they're still here.

EPC is an incredible service. They do so much more than provide medical help. They prepare you for their passing and provide experiences like the professional photographer and bereavement counselling. Most of all, everyone at EPC is so compassionate and kind. I am grateful that Lockie, and all the family, were supported by EPC and that we had final loving memories with him in less pain and discomfort.

Andrea and her family have created a team, The Lockstars, in memory of her brother Lockie at **Pound the Pavement 4 EPC** this year.

Thank you Andrea for sharing your story.



Lockie and Andrea

Save the date - Pound the Pavement 4 EPC!



POUND THE PAVEMENT 4 EPC

SUNDAY 12 OCTOBER, 2025
START AT 10AM | LILLYDALE LAKE

REGISTER OR DONATE NOW!

Registration Prices

- Adult: \$40
- Pensioner/Student: \$30
- Child (U18): \$20
- Official T-shirt: \$40
- Dogs: Free!

Register or donate here:
epc.grassrootz.com/pound-the-pavement-4-epc-2025
or scan the QR code above.



Save the date for our 4th annual **Pound the Pavement 4 EPC** event! We will kick off at 10am on Sunday 12 October to run or walk a lap or two around Lillydale Lake (2.5kms or 5kms), in honour of those whose lives have been touched by EPC.

Once you've completed your walk, enjoy a delicious BBQ, **Bake Your Day** cake stall, coffee, raffle, and the opportunity to chat with many EPC staff members.

Bring a picnic blanket and stay for lunch. There will be a wide variety of offerings like hot cheese toasties, savoury muffins and so much more. We can't wait to see you there!

Staff Spotlight: Meet Sally Hodgson

Get to know our EPC team better with our staff spotlight section where we ask our team questions about themselves and their role at EPC.



1. What is your role at EPC?

My role at EPC is CIP (Central Information Point) or as we plebs would say – ‘RECEPTION’.

2. Why did you pursue this role/career?

I applied for my original position in June of 1995 after a short break from having worked as a secretary for a Chartered Accountant in Russell Street Melbourne for 10 years.

3. How long have you worked for EPC?

30 years. Since it was previously Mid Eastern Palliative Care.

4. What stands out to you about EPC as an organisation?

I love EPC and everything it stands for, although I actually had to look the word ‘Palliative’ up in the dictionary before applying for my position; there was very little known about Palliative Care in 1995.

5. What is something about you that others may not know?

I am a cake decorator and have been fortunate to have made wedding cakes for my sons' weddings and I am a closet pianist - I love to play when no-one is around to listen.

6. What is the best part of your job and why?

The best part of my job is the Meeting and Greeting – I love the interaction with people and have forged some amazing lasting friendships over the years from both staff and volunteers.

7. Describe a typical day for you?

There is no such thing as a typical day in my position. Variety is the spice of life and I get plenty of variety at CIP. Other than checking and distributing messages first thing I could be making up home Care Folders for our nurses to take out when doing an assessment, assisting Catherine in accounts entering invoices into MYOB, entering donations into our data-base and issuing receipts/thank you letters, dashing (or power strolling) up to the post office to collect the mail, organising and reconciling the banking - there's never a dull moment at CIP.

EPC: Australia's Leader in Biography Training

EPC is internationally recognised for its Biography Program. The program's impact is supported by both academic research and lived experience, making it a powerful tool in caring for the whole person.

Recently, EPC welcomed its first international participant, **Nyeri Hospice in Kenya**. Nyeri Hospice's CEO, Stephen Musya, wanted to empower staff with skills in volunteer recruitment and biography writing.

The training provided practical guidance and ethical insights into biography writing—an area previously unexplored in Kenyan hospice care. Mr Musya said **“We are deeply grateful for this opportunity. It has instilled confidence and capability in our team, positioning us to deliver comprehensive palliative care not only in Kenya but across Africa where this type of training is rare.”**

If you would like to donate towards scholarships, which will help organisations in Australia and overseas access Biography Training, go to epcvc.org.au/donate.



The Nyeri Hospice Team

In Lieu of Flower Donations and In Memoriam

Thank you to the families of the following people, who requested donations to EPC 'In lieu of flowers' at their loved ones memorial service or created an 'In Memoriam' fundraising page. We are so grateful that you thought of EPC during such a difficult time.

Judith Lucille Brownfield
"Steven" Seng Chong Chew
Robert Dick

Noel Donovan
Sharon Dymond
Robert Hickman

Mark Hutchesson
Eve Lan Ong

Requesting donations in these ways provide friends and family with avenues to express their condolences to you, honour your loved one and thank EPC. For more information go to epc.org.au/support.

2025 Key Dates

Sep	Volunteer Training Intake Sessions
Oct 12	Pound the Pavement 4 EPC
Dec 2	Giving Tuesday Appeal



If this newsletter has arrived at a difficult time, we sincerely apologise. If you would like bereavement support, please contact us on 1300 130 813. All donors are added to EPC's quarterly newsletter email list. To opt out, simply call us or email contactus@epc.org.au

Eastern Palliative Care Ltd (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 and present.



Start your Will for free.

  Safewill

1-15 September

We're excited to launch Free Wills Fortnight with Safewill. This is your chance to write a legally binding Will, completely free. Available from 1-15 September.

This is your opportunity to:

- Take care of what matters most
- Write your Will in under 20 minutes
- Access Australia's leading online Will platform - at no cost

Don't miss your chance to start your Will for free. Go to epc.org.au/safewill-epc or scan the QR code to secure your legacy.



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