

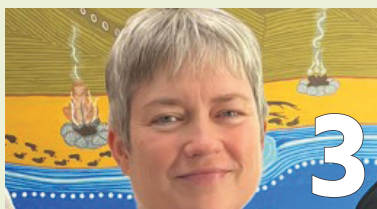


Palliative care. Living well every day.

Issue 4
December 2025



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Honouring our wonderful Lockie

Lockie was born with Down Syndrome and was our son for 33 years. He enjoyed being a big part of our family, with me, dad Michael and sister Andy. We never did anything or went anywhere without our boy. He was a pleasure to be around. He loved travelling, eating out, swimming, animation, music, bush and beach walks and swinging madly off play equipment. He won several Special Olympic gold medals for Gymnastics. He travelled with us all around Australia and the world.

Lockie was very cheeky and funny and gave the best hugs ever. Although unable to communicate verbally, he touched every person he met with his open heart and love. He taught us how to be present and take great joy in the simple things in life.

Lockie suddenly developed Acute Myeloid Leukaemia. He spent many weeks in hospital until he told us he'd had enough. He was becoming anxious with any hospital visit so we knew that we would do everything to keep him at home.

We had a few short weeks with EPC. The kindness and care shown to us all was exceptional. Nurses came daily and gave me crucial after-hours support. They even arranged their volunteer photographer to capture a large family picnic with one day's notice.



Merrilyn, Michael, Lockie and Andrea

EPC's help meant Lockie could enjoy his last few weeks surrounded with love and pass away peacefully in his own bed.

This year we participated in **Pound the Pavement 4 EPC** with family and friends in remembrance of Lockie. It was a great day for us. We appreciated the opportunity to honour him and we were pleased to do what we could to show our appreciation to everyone at EPC.

Thank you Merrilyn for sharing your story.

Message from Gaylene

Welcome EPC friends. EPC has been so fortunate to care for thousands of clients this year as they traverse their end-of-life journey. Similarly, we have provided many hours of support to carers and families during this time and the bereavement period following.

As YOUR dedicated palliative care provider in Eastern Melbourne, we are deeply grateful for the generous donations made by you or your families. This support plays a vital role in helping us deliver our comprehensive 24-hour, 7-day-a-week care, something we simply couldn't do without you.

We invite you to continue making a difference by supporting our upcoming Giving Tuesday and Care for the Carer appeals. Every contribution helps us provide comfort, dignity, and support to those who need it most.

We have recently welcomed Louise Brown, Fundraising Manager and Adele Braun, Volunteer Coordinator – Fundraising, to the team to implement our fundraising strategy I mentioned in my previous newsletter. We said farewell to Emily Gurr, Fundraising Coordinator, whose leadership of PTP4EPC made it our most successful event to date.

We are in the process of consolidating our two office locations to bring our Inner team, currently based at Kew, to our main office at Mitcham. Bringing all our EPC staff and volunteers together under one roof has been a long-held aspiration.

May I take this opportunity to personally thank our 160 clinical and corporate services staff and our (over 200) volunteers for their passion and dedication to our purpose in palliative care provision – living well every day.

I hope your festive season brings joy in little moments.

Adjunct Assoc Professor Gaylene Coulton
Chief Executive Officer

Pound the Pavement 4 EPC - A huge success!

A record crowd gathered on Sunday 12 October, for our annual **Pound the Pavement 4 EPC (PTP4EPC)** and what an incredible day it was. Together we raised just over \$50,000 to support people living at home with a terminal diagnosis—well above our target of \$40,000!

Over 300 participants and 31 dogs joined us at Lilydale Lake to complete either the 2.5km walk (1 lap) or the 5km walk/jog (2 laps) around the lake, while two virtual participants took part closer to home.

The post-walk celebration was buzzing! The raffle was super-sized with a whopping 28 prizes. The **Bake Your Day** cake stall was a sweet success and raised almost \$4,000. Maroondah Rotary Club fired up the grill and served over 200 sausages in bread. Bendigo Bank – Blackburn South, joined in the fun with some giveaways and The Coffee Nook kept the energy flowing with hundreds of cups of coffee!

Funds raised will go directly to EPC's Care for the Carers Appeal, supporting services that play a vital role in the physical and emotional wellbeing of those caring for someone receiving palliative care at home.

EPC CEO, Adjunct Associate Professor Gaylene Coulton, shared heartfelt gratitude for the incredible generosity shown by our community: ***"Your donations ensure EPC clients experience the best possible quality of life, as it assists us to provide tailored support to their carers."***

Thank you to our incredible participants for your enthusiasm and warmth, our generous raffle donors for the amazing prizes and our dedicated event partners, staff and volunteers for making PTP4EPC 2025 such a memorable success. Your support and community spirit make it all possible year after year!

Top 5 Fundraising Teams

1. Shazzies Tribe \$4,087
2. The Maltesers \$3,650
3. Good Grief Group \$3,424
4. Ethan Westwood 2025 \$2,259
5. The Lockstars \$1,852

Top 5 Fundraising Individuals

1. Heinz and Cathy \$2,863
2. Amanda Ralph \$1,445
3. Andy Whithington \$1,320
4. Sauro Antonelli \$1,139
5. Neil Peters \$1,129

Photos taken on the day by our volunteer photographers can be downloaded from our website at:

www.epcvic.org.au/events-gallery



Thank you to our raffle donors and event partners:

- Bendigo Bank – Blackburn South
- Big Swing Golf
- Harrow and Harvest Cafe
- Lilydale Athenaeum Theatre
- Lilydale Police Social Club
- Maroondah Rotary Club
- Puffing Billy
- SAGE Hotel Ringwood
- St. John Ambulance
- The Coffee Nook
- The Lilydale International
- The Manhattan Hotel Ringwood
- Templestowe Secondary College
- Waverley Patchworkers
- Yarra View Garden Centre
- Yarra Valley Grand Hotel

Staff Spotlight: Meet Kerry Greive

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.



What is your role at EPC?

I have had a number of roles with EPC thanks to some great opportunities. I started as a nurse and at present I am the acting General Manager for Nursing and Medical Services. This role involves strategy and operations, the big picture for the future and keeping the wheels turning on a daily basis.

Why did you pursue this career?

Nursing is my second career. I previously worked for a pharmaceutical company for 15 years. I burnt out and randomly resigned one day. When I left, I started telling people I was going to pursue nursing, more for something to tell people than for any real desire. My mother found a post graduate 'entry to nursing' course I could do and off I went, because 'why not?'. As part of my training, I had the opportunity to do a community placement with Melbourne City Mission and found my calling by accident rather than design.

As part of my nursing graduate year with Peninsula Health, I worked on their palliative ward for four months and my interest was consolidated. At the end of my graduate year, I applied to palliative wards around Melbourne. EPC were bold enough to hire a new nurse straight out of her graduate year and I have loved working for them ever since.

How long have you worked for EPC?

Over five years, I started the month of the pandemic in 2020.

What is something that stands out to you about EPC as an organisation?

The passion of the staff and their dedication to keep the needs of the client front and center to all we do.

What is something about you that others may not know?

I am a huge introvert. I have developed strategies to enable me to work/play with others well, but I need time out to concentrate on self-regeneration/care on my days off. Without this I can turn into a pile of quivering insanity with poor emotional regulation.

What is the best part of your job and why?

I love working on projects for the future of EPC, projects that will allow EPC to continue offering high quality care to clients even though the way we work and the health care system is changing. We are lucky to have options such as virtual visits to allow clients to stay in contact with EPC and still make the most of each day.

Describe a typical day for you?

My role is highly varied with work looking at the here and now but also looking to the future and the sustainability of EPC. This of course involves meetings and emails but also talking with my staff and colleagues about what we can do better.

Giving Tuesday Appeal



Giving Tuesday (2 December) is a global celebration of generosity and the power to make a real difference.

This year, EPC aims to raise \$11,000 to purchase two hospital beds with air-alternating mattresses. These beds will support clients who cannot afford to hire them, helping ensure they can receive quality care in the comfort of their own home instead of in hospital.

Your kindness can make this possible. Donate on or before Giving Tuesday at www.epcvic.org.au or simply scan the QR code.



Together, we can bring comfort and dignity to those who need it most.

Volunteer of the Year



Meet our fabulous Community Team volunteer Irene who was awarded Volunteer of the Year 2025 by Knox City Council. This is her story.

In 2013, my partner was sent home from a lengthy stay in The Alfred hospital – he had been living with Multiple Myeloma for almost 10 years and all the available treatment had stopped working. We were put in touch with EPC.

Thanks to the kindness and support of EPC nurses and volunteers, we were able to have the last months of his life in the comfort of home. As time went on I became more appreciative of the support being offered to us by EPC – sometimes a phone call in the middle of the night, sometimes a volunteer visited to give me a much needed ‘time out’ for myself.

I was so grateful for the help I received from EPC, that once I retired from work, I joined as a volunteer. I did my training at Head Office in Mitcham and chose to be a ‘Community Support’ volunteer. I have had many clients – all ages, from all walks of life and without exception, all very appreciative of my time spent with them.

I’m also part of the Bereavement Support team and help at Bereavement Information sessions. This is such a worthwhile program. We can reassure newly bereaved family members/friends that whatever they are feeling at any given time after the death of a loved one is quite normal. This really is encouraging when it’s so easy to believe that no one else has ever felt like this. I too attended one of these same sessions in 2013.

To be trusted with heart-felt stories, despairing tears and honest feelings is a privilege I never take for granted. I thoroughly recommend being a volunteer with EPC! You give a little of yourself and you are given so much more in return.

Thank you Irene for sharing your story.

Oceanic Palliative Care Conference



The Oceanic Palliative Care Conference took place in early September with a number of EPC staff attending from multiple disciplines including Nursing/Medical, Allied Health and Volunteers.

The conference was a full three days of networking, thinking, learning and development. A wide range of topics were discussed and pulled apart including AI and the speed with which it is entering our world, Voluntary Assisted Dying and how the legislation differs between states in Australia, as well as the virtual health model and how this can further support client-directed care.

A highlight of the conference is always the gala dinner and we were privileged to have Jean Kittson as our MC for the evening. She was very entertaining as one would expect. EPC Central Team were one of the top three nominees for the Innovation in Palliative Care Award with regard to the introduction and ongoing use of virtual care options. Unfortunately we did not win but we are so very proud of our achievements and were honoured to rub shoulders with some of Oceanic’s best.

Order of Malta Movie Fundraiser

On Sunday 13 July 2025, the Order of Malta Hospice Home Care (Vic) hosted its highly anticipated Film Premiere Fundraiser at Lido Cinemas, bringing together supporters for an afternoon of entertainment and philanthropy. The event was held to support the vital work of EPC.

Guests enjoyed a special screening of the latest Superman movie, with a total of \$888.50 raised. A heartfelt thank you goes out to everyone who attended, donated and helped make the Film Premiere Fundraiser a resounding success. Special thanks to Lilian Antonelli and Alisia Romanin from the Order of Malta for all their hard work.

Give the Gift of Care

As 2025 draws to a close, many of us gather with loved ones to reflect, reconnect and celebrate. However, for the families receiving care from EPC, this time of year can be deeply emotional and vulnerable. We are there, 365 days a year, providing comfort, expert care and emotional support to those living with a terminal diagnosis and the families and carers who love them.

Please consider donating to EPC. **100% of your donation goes directly to the services we provide to clients.** Your generosity will help us bring peace, comfort and care. **Together, we can make this season brighter for those who need it most.**

I would like to make a tax deductible donation* of

☐ \$ _____

Frequency

- ☐ Once off ☐ Weekly
☐ Monthly ☐ Annually

Name _____

Address _____

Suburb _____ State _____

Postcode _____

Phone _____

Email _____

My donation is in memory of _____

Please direct my payment to

- ☐ General Donations
☐ Education Appeal
☐ Syringe Driver Appeal
☐ Care for the Carers Appeal
☐ Overnight Support Appeal


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

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.epcvic.org.au).

How to Donate to EPC



You can donate to EPC in many ways:

- **Scan** the QR Code
- **Click**  Donate Now at www.epcvic.org.au
- **Call** 1300 130 813

Or complete the below form and send it to EPC via:

- **Email** to fundraising@epcvic.org.au
- **SMS** to 0404 912 875
- **Mail** to PO Box 2110 Rangeview 3132

 Thank you for your support 

Method of Payment

CREDIT CARD/DEBIT CARD

Cardholders name _____

Signature _____

☐ Visa ☐ Mastercard ☐ Amex

☐ Cheque/Money Order
(payable to Eastern Palliative Care Ltd)

Card Number

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Expiry date

□□ □□

BANK TRANSFER

Bank Account Name _____

BSB

□□□ - □□□

Bank Account Number

□□□□ □□□□ □□□□ □□□□

Signature _____

- ☐ 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

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.

Barbara Belcher
Bhagavantam Dasika

Ronald Davidson
Alan Downie

Marie Kopecek
Anne McDonald

Michael Michaud
Kath Wyatt

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 www.epcvic.org.au.

2025 Key Dates

2 December	Giving Tuesday Appeal
25 December	Christmas Day
26 December	Boxing Day



Happy Holidays

If this newsletter has arrived at a difficult time, we sincerely apologise. If you would like bereavement support, it is available for the first 13 months after your loved one's death. 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 fundraising@epcvic.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.



EPC Greeting Cards

Looking for the perfect way to spread joy this festive season? Our newly designed EPC greeting cards are a wonderful way to brighten up someone's day.

With three cards to choose from – including a beautifully designed card by work experience student, **Anouk van Oirsouw** – there's something for everyone.

Available now for \$3 each, \$12 for 5 cards or \$22 for 10 cards. Every purchase helps support EPC during this special time of year. Visit us at our Mitcham office or call 1300 130 813, pay over the phone, and have your cards delivered straight to your door (postage charges apply).

Don't miss out – make your greetings extra special this festive season!



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