



# Newtown News

## Whiringa -ā-Nuku / October 2022

### World Hospice Day edition

Nā te Whare Hapori o Newtown /

Brought to you by the Newtown Community Centre

Tō koutou makahini hapori: mō Newtown, nā ngā tāngata o Newtown /

Your community zine: for Newtown, by Newtowners

# Kia ora Newtown

Kia ora e te whānau,

I guess **World Hospice Day** (8th October) could be considered a bit of a bleak topic for the Newtown News, but, hey, death and dying is an integral part of life - as the saying goes, "no one gets out of here alive!" To be honest, I've lived a very privileged life and I haven't had to deal very much with death. That's certainly not the case for everyone. I think about the inequality of health outcomes for Māori in Aotearoa, caused by the ongoing effects of colonisation (Alice Snedden did a great video on this here: [bit.ly/3Cen9bb](https://bit.ly/3Cen9bb)), and I think about all the people I know who have lived in war or conflict zones - all of whom have to face death on the regular. I reflect on how lucky I am, but also how I should think about this kaupapa more!

So, I loved hearing about Stella's mahi at Mary Potter Hospice as a nurse in our Notorious Newtowner interview, and learning more about their history and work through the other article in this edition, including the sage advice - "to prepare for death, you should live life to the fullest!" Many of my family work in healthcare, including palliative care - supporting people at the end of their lives. I'd like to thank them, and all the other healthcare workers who are still working hard on this difficult mahi, even when the difficulty settings have been cranked up to 11 thanks to this ongoing dang pandemic.

On the covid note, we're still wearing masks in the community centre and I give a little mask-smile to everyone I see wearing one around Newtown. Thanks to yous for the solidarity with our community members who are most at risk of covid. This little poem on the right made me smile (behind my mask!), and here is a great article about why we should keep masking up - for our mates! [bit.ly/3xXeBmM](https://bit.ly/3xXeBmM)



**Plague Poems**

@PlaguePoems

I know you long to see  
a friendly smile  
but please understand  
that a mask  
is a friendly smile.

6:05 am · 27 Sep 2022 · Twitter for iPhone

Ngā mihi, Ellie - [ellie@newtowncommunity.org.nz](mailto:ellie@newtowncommunity.org.nz)

Thanks for the support of our amazing local businesses! Please support 'em back!



ELYSIUM

*The views and opinions expressed in this publication are solely those of the original authors and other contributors. They do not necessarily reflect those of the Newtown Community & Cultural Centre.*

# Notorious NEWTowner

*Stella Zemrani and Ellie talked life, death and everything inbetween (well, mostly forests, books and Newtown!) over a peppermint tea at the community centre*

Stella has an infectious grin which is sense-able even under her mask - I've known her for a good few years through friends, but it was rad to sit down and hear more about what she gets up to! Her whakapapa is English and Moroccan - she's only engaged with her Moroccan roots more recently and is finding it pretty fascinating.

She's lived in Newtown for 3 years this time, but has lived here on and off over the years - she now also works in the 'burb, as a nurse up at the Mary Potter Hospice on Mein Street, supporting people who are coming to the end of their lives - "it's confronting but rewarding and sad but beautiful. It's humbling!" she says of her mahi.

There's a lot more to the service than I thought - she explains that Mary Potter provide a huge wraparound service, supporting people not just with their medical needs, but also social, spiritual, childcare and getting out to people in the community - "there's so much more to having a terminal illness than people realise - it's not just the pain and the disease, it's also the emotional, the practical, how it affects the wider whānau - often people just don't know what to expect because it's all new. Our work is about making it as nice as it possibly can be." Sounds like a good aspiration to me!

Despite giving a lot of aroha in her mahi, Stella still has the time and energy to put her effort to other good causes - she volunteers sorting donations at our local animal op shop Opportunity for Animals and serving cuppas at the Free Store on Willis Street - "it all ties into my values - access to food, sustainability and supporting all Wellingtonians! There's so much unfairness and inequity - I can't make huge changes but I can do a bit."

When she's (occasionally) taking a bit of time for herself, Stella loves to get out walking on Mount Vic in the sunshine, to "have a good stomp in the green and the quiet". She's getting back into running and is DEFINITELY doing a ½ marathon soon (she says it being published here will give her some accountability to actually do this. YOU CAN DO IT STELLA!!) She's also returning to reading "I've really been getting sucked into books lately - I've been looking forward to my lunch break, or going to bed early so I can read!" She's a real good scrappy cook as well, great at making things "from the bare bones and scraps at the back of the fridge."

She loves Newtown (obvs, who wouldn't), and some of her fave spots are Pranah for a veggie treat or Bebemos for dinner ("they have the best hot chips"! ) She reckons "Newtown's got everything you need, but also is close to green spaces, the forest and the ocean!"

*If you see Stella around Newtown, say kia ora, and make sure to tell her she can totally do that half marathon!*



# Hospice Happenings

*Ellie got the lowdown about Mary Potter Hospice from Philippa to mark World Hospice Day (8th October!)*

**What's Mary Potter Hospice's history? How long have you been running? How long has the Newtown branch been open?**

The story of Mary Potter Hospice began when the Little Company of Mary, a group of Catholic Sisters founded by the Venerable Mary Potter, established Calvary Hospital at Florence Street in Newtown in 1929.

They advocated in the early 1970s to set up beds to nurse the dying and by 1979, the Sisters had established New Zealand's first Hospice: Mary Potter Hospice.

In 1988 the Little Company of Mary sold Calvary Hospital and gifted Mary Potter Hospice to the people of Wellington as an independent non-sectarian charitable trust, the Mary Potter Hospice Foundation. The Sisters believed that the Hospice should sit supported within the community

Work began on building the current inpatient unit in Mein Street, Newtown, in 1989 - pictured below!

**Tell us about your mahi! I know you have wraparound services for people reaching the end of their lives – what support exactly do you provide?**



Mary Potter Hospice doesn't just meet the physical and medical needs but also the emotional, spiritual and social needs of patients and their families and whānau.

Services include the Inpatient Unit in Newtown and Community Hospices in Porirua and Kāpiti. Maintaining a community focus, services are provided wherever people are – at home, in Aged Residential Care or in the Inpatient Unit in Newtown. We support around 900 patients each year, ranging in ages from young children to very elderly.

The Hospice employs social workers, counsellors, nurses, doctors, health care assistants and a range of other therapists. We support patients through our Māori and Pacific liaison roles. Volunteers remain essential to the life and vibrancy of all Hospice services, and connect the Hospice back to our local communities.

Everything Mary Potter Hospice provides is free-of-charge.

## Do you think death and dying should be more normalised in our society? How do we do that if so?

Dying is a fact of life, and something that we should talk about more. It's going to happen to all of us. At the Hospice we help patients and their whānau to understand what is happening to them, and to work through some of their big questions.

## What can people do to prepare for the end of their lives?

Probably the most important thing is to live your life to the full! Having good conversations with family and friends about what is important to you is crucial so everyone knows your wishes.

## How can people support your awesome mahi?

Each year we need to raise about \$7 million to keep running. Our Hospice op shops and events like the Strawberry Festivals and our annual appeal are a big help. But we still need to ask our generous Wellington, Porirua and Kāpiti communities to help us. Please donate items to our shops, purchase from them, or make a donation if you are able via [marypotter.org.nz](http://marypotter.org.nz)

We also rely on a large team of about 500 volunteers to help us in our work, and there are many volunteer roles available on our website.

Ki ngā hāpori whānui, ngā mihi  
To the community, thank you



*Mary Potter Hospice patients can receive care here in the inpatient unit in Newtown, or in the place they call home.*

# History Files



A picture of Calvary Hospital on Florence Street - where Wakefield Hospital now is in 1950. This was the original Mary Potter Hospice!

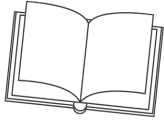
Picture from Chris Rabey



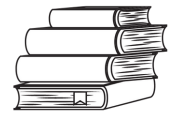
"A community member and regular visitor to the community centre dropped me off some baking a couple of weeks ago - it had been a hard, tiring week but this kind gesture really brightened it. Thanks so much!"

From Ellie at the Community Centre

# FIND YOUR NEXT READ



WITH TE WHARE PUKAPUKA O OMĀRŌRŌ /  
NEWTOWN LIBRARY



## Rewild Yourself: 23 Spellbinding Ways to Make Nature More Visible

By Simon Barnes

Library link: [bit.ly/3xRMXYo](https://bit.ly/3xRMXYo)

**Review by:** Sasha Kershaw

**Collage by:** Lily Sumah &  
Te Atawhai Scott

In *Rewild Yourself*, Barnes beckons us to join him in a world filled with wonder. He paints pictures of wild places we miss because we're no longer looking and seeing, listening and hearing.

With a bonny flair, Barnes shares with us tips and tricks to reawaken our senses and help bring the natural world back within reach.

To be fair – pathways worn by otters and moles may be few and far between in the landscapes of Newtown – and we're unlikely to spy a rhinoceros .... but the invitation to

notice might find you hearing tūī or manu pango calls in the early morning. You might choose a path through Wellington's green belt rather than the asphalt roadside and find yourself stopping to closer inspect a butterfly or to cast your eye out to sea in the hopes of spotting land-hugging gulls or other further to sea birds, or perhaps even dolphins or orca.

At the very least Barnes will leave you wondering what small steps you might take to become a little closer to the wild or to bring the wild a little closer to you.



*Editor's note - collages don't show up the best in B&W -  
see this in it's full glory online at [bit.ly/newtownnews](https://bit.ly/newtownnews)*

# What's the Happs?

## At the Community Centre, 2a Green St

### **Rainbow Dragon Club - Sundays, 6-9pm**

Are you a woman and/or a member of the LGBTQTIA+ community? Like games? This new tabletop and board game group is meeting up weekly at the community centre to play some games! More info at [bit.ly/3UGED7u](https://bit.ly/3UGED7u)

### **Monthly collage workshops! 1st Tuesday of the month (4th Oct), 6-8pm**

Make all your xmas cards waaaay in advance, or just get creative with collage! 1TC for timebankers, or donation for room hire for everyone else. More info at [bit.ly/3LLWMwB](https://bit.ly/3LLWMwB)

### **Free legal advice! 1st and 3rd Wednesday of the month, 11-12.**

No appointment needed, just come along & see a Community Law rōia / lawyer!

## **Newtown Hall, 71 Daniell Street**

### **Latin American styles at Everybody Dance! Mondays, 5.30-6.30pm**

Try out dances of Latin America for just \$2. Everyone welcome, whether you know how to dance or would just wanna give it a go! [bit.ly/3Mn56BK](https://bit.ly/3Mn56BK)

### **Fun With Music, Saturdays 1-3pm starting 1st October.**

5-13 year old kids (parents welcome to stay as well!) are invited to come along to these fun music sessions - make friends and have fun making music and instruments! Free! For more info, email [funwithmusicwellington@gmail.com](mailto:funwithmusicwellington@gmail.com) or call 021 633 566.

## Elsewhere!

### **Pōti! Vote! Before 8th October**

Remember to post your ballot by 4th October, or drop to Newtown Library by midday 8th October, or else you'll probably turn into a pumpkin (or at least you won't be represented by councillors you agree with!) If your papers never turned up in the post, you can cast a special vote at Newtown Library after 3rd October!

### **School Holiday programme stuff! All at Newtown Library (or in space?!)**

#### **Our Place in Space**

In Celebration of World Space Week 2022, our school holiday programmes will encourage tamariki to explore the stars.

#### **Wednesday 5 October, 3.30pm - Movie time.**

We will show a Space themed family movie! Jet down to enjoy!

#### **Friday 7 October, 11am - Let's Go LEGO® fun time: The Final Frontier.**

We will build lego models using Space as our inspiration. Recommended for children aged 5+ with their caregivers.

#### **Wednesday 12th October, 10.30am - Pre School Story Time.**

Our interactive Pre School Story Time session, a will be space themed. This session, aimed at 2 -4 year olds.

There's a huge list of holiday events across the library network, including VR, robots, crafts, and more! Be sure to check out [wcl.govt.nz/kidsholidays](https://wcl.govt.nz/kidsholidays)

## Get in touch

[www.newtowncommunity.org.nz](http://www.newtowncommunity.org.nz) / [www.facebook.com/Newtown.Community.Centre](https://www.facebook.com/Newtown.Community.Centre)  
04 389 4786 / [info@newtowncommunity.org.nz](mailto:info@newtowncommunity.org.nz)