

Supporter news

AUTUMN/NGAHURU 2025



When every second counts

How Expert Care at Wellington Regional Hospital Saved Joe's Life

In June last year, Joe Mayhew celebrated his 80th birthday in a way few could imagine - running the Wellington Marathon with his son Paul. A seasoned, but self-described "geriatric" runner, Joe had completed 25 marathons over nearly two decades.

At the halfway point of the marathon, Joe felt strong and confident. But at the 30km mark everything changed and Joe collapsed, suffering a sudden and severe cardiac arrest. Thanks to the quick actions of fellow runners, one of whom was a paramedic, he survived to tell his story.

But Joe's journey of treatment and recovery truly began when he arrived at Wellington Regional Hospital, where expert medical teams - supported by donor funded equipment - played a critical role in saving his life.

Joe was rushed to the Emergency Department, where doctors quickly stabilised him. His cardiac arrest had caused severe complications, including fractured ribs and sternum, and he was transferred to the Intensive Care Unit. Over the following days, surgeons repaired these injuries with titanium plates. Joe was then transferred to the Heart and Lung Unit for further assessment and treatment, where cardiologists in the specialised Cath Lab decided to implant a pacemaker to monitor and protect his heart, as well as inserting a stent to prop open a major vessel.

These lifesaving interventions were made possible because of the

hospital's state of the art facilities and skilled medical staff, with additional support from equipment and resources funded through Wellington Hospitals Foundation, ensuring the best possible care.

“The medical and surgical teams were incredible. From the emergency doctors to the nurses and physiotherapists, every person played a role in my survival and recovery.” JOE

The difference that donors like you are helping to make

Stories like Joe's show why your support is so important. While government funding ensures essential equipment is in place, it can only go so far. Wellington Hospitals Foundation helps bridge the gap - funding additional training, diagnostic tools, surgical and medical equipment, and other vital resources that helps thousands of patients every year.

For cardiac patients alone, your generosity has funded:

- A second MRI scanner - Providing fast, accurate diagnostics for critical care
- ECG machines, Pulse oximeters and Vein Finders - Helping doctors assess heart conditions quickly
- Advanced Medical Simulators and Training Models - Helping medical teams refine and practice lifesaving techniques.
- Cath Lab Simulation Training

Programmes - Supporting lifesaving cardiac procedures

- Telemetry Beds - Allowing real time cardiac monitoring
- Paediatric cardiac monitors - Ensuring the best care for young heart patients
- Educational models - Helping patients and families understand their treatment
- Physiotherapy equipment - Supporting recovery and rehabilitation
- Volunteers hospital wide - Providing comfort and guidance to patients and their families
- Renovated patient and family spaces - Creating calm, welcoming retreats for whānau
- ...And so much more!

Your Support Changes Lives. Your one-time or regular gift enhances care for patients, eases the journey for families, and helps equip the **dedicated hospital teams** who make it all possible.

“I am so grateful to everyone who helped save my life,” Joe says. “From chest surgeons to nurses, to physiotherapists, to kitchen staff - every single person played a role in my recovery. We are so blessed, and I can only offer my heartfelt gratitude for their work.” JOE

Today, Joe is back on his feet, training for another marathon. Your support helped make that possible.

Please donate today at
whf.org.nz



A message from the Chief Executive

Kia ora!

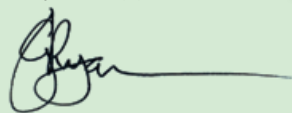
Every single day I'm reminded of just how critical it is to have access to great healthcare in our community. It's a hard thing to describe, but as a father with two young children – if it wasn't for the incredible hospital staff and advancements in technology, my children probably wouldn't be here.

Having now been with the Foundation for a year, I can honestly say it's been a life-changing experience. On one hand I've been exposed to high-stress moments in emergency situations and the devastating impact this can have on families. On the other hand, I've been completely blown away by the generosity and sense of community that sits around our work.

At the Foundation, one of those incredible examples of generosity is our 500 volunteers who gift their time to support our hospitals at Hutt Hospital, at Kenepuru in Porirua, and Wellington Regional Hospital in Newtown. They help in so many ways – helping patients get to where they need to be, helping in various wards and departments, to knitting beautiful garments for newborn babies. Some of our volunteers help every single week, and some of them for more than 15 years!

The impact of our work at the Foundation is a powerful example of what's possible when our community comes together. The donations we receive, and the fundraising efforts of local schools, businesses and community groups are all incredible examples of generosity in action. Together, we've built a world class children's hospital – Te Wao Nui. Together, we've supported countless examples of medical equipment and technology that saves lives and improves patient outcomes.

I think we're all well aware that government funding only stretches so far, and while it's no surprise that our healthcare system is under pressure, I take huge pride in what we've been able to achieve together. You are part of our community. You are part of the solution. Thank you for your support!



Guy Ryan,
CE, Wellington Hospitals Foundation.

Hospital Volunteers

Our dedicated group of volunteers has grown significantly in size over the past year. We now proudly have a team of 500 loyal volunteers, working in roles across Wellington, Kenepuru and Hutt Hospitals. In 2024, our volunteer guides provided wayfinding advice, directions and assistance to over **55,000 people**. This is an incredible gift of time, service and support! Thanks also to our large group of talented volunteer knitters, quilters and sewers who enable us to distribute on average **10,800 knitted or sewn items** to various hospital wards every year.

Paw-some Support!

Pet therapy has been shown to reduce anxiety, improve well-being and lift spirits, and we see this impact on patients, staff and visitors to the hospital every day. We have recently expanded this service to include visits to Wellington Regional Hospital's Emergency Department, where around **64,039** people are seen every year. We are delighted that even more people will benefit from the comfort and companionship these wonderful Canine Friends dogs and their caring owners provide.

A huge thank you to our wonderful pet therapy teams for bringing such joy to our hospitals!



John and Arlo make twice-weekly visits to Te Wao Nui, ICU, Mental Health, and 7 South



Gay and Lola visit the elderly patients' ward and general medicine



🐾 Lulu and her owner Lindy were visiting Wellington Hospital ED while my son was waiting for an assessment from a doctor. It was a very very long day, lots of waiting and stress inducing medical checks for my 9 year old son who has ADHD and past traumas relating to medical appointments. Towards the end of the day we both enjoyed the change in mood that Lulu brought to our wait and Coop was able to focus on telling his friends and teachers about the Lulu part of the hospital visit, rather than the sad or scary things that upset him. For me, as an anxious parent looking after a frustrated scared child in the hospital, Lulu was a lovely heart-warming distraction in the moment. We may only have seen her for 5 minutes but those 5 minutes made a big impact. Thank you xx. 🐾

ROSE (AND COOP)

Our Community Makes a Difference

Sutherland Self Help Trust Funds Life Changing Equipment

Thanks to the incredible generosity of the Sutherland Self Help Trust, we've been able to fund a **Criticoool Cooling Machine** for the **Neonatal Intensive Care Unit**. Some babies are born deprived of oxygen, placing them at risk of hypoxic-ischemic encephalopathy (HIE) – a condition that can lead to epilepsy, developmental delays and motor and cognitive impairment. The Criticoool Cooling System plays a crucial role in these cases, gently lowering a baby's core temperature to reduce the risk of brain damage and improve oxygen flow to the brain and heart. This vital equipment gives precious pēpē the best possible chance at a healthy future.

We've also been able to fund a large **Sensory Modulation Kit** for the new Sensory Modulation Room at the **Mental**

Health Rangatahi Inpatient Facility in Kenepuru. Designed to provide a safe and calming environment, this purpose built space is now equipped with a range of sensory tools and safe furnishings to help young people manage stress, anxiety and overwhelming emotions. As a peaceful retreat within the busy unit, it will play a vital role in supporting the clinical team's efforts to reduce seclusion and restraint measures and empower patients to feel more in control of their mental health journey.



Staff celebrate the opening of the new Sensory Room.

Sutherland Self Help Trust
— GIVING SINCE 1962 —



Former seclusion space



The new Sensory Modulation Room

Comfort and Care for NICU Families

Having a baby in the Neonatal Intensive Care Unit (NICU) can be an overwhelming and emotional journey. Thanks to your generosity, Wellington Hospitals Foundation has been able to provide essential comforts that make this difficult time a little easier for families.

With your support, we've fully furnished **three Parent Lounge areas**, creating calm, welcoming spaces where parents can rest and recharge while staying close to their precious pēpē. These quiet retreats offer families a moment of peace in an otherwise stressful time.

You've also helped fund **beautiful merino wraps, lovingly crafted by our volunteer sewers**, to keep our tiniest patients warm and snug. These soft, breathable wraps provide an extra layer of comfort and care for vulnerable premature and high risk newborns.

Your support helps make all this possible. In the last 10 years we've worked with our community's generous donors to invest **in excess of \$3 million into the NICU**, funding much needed medical equipment and other items for the service. Thank you for your continued generosity and for making a meaningful difference in the lives of NICU families.



More Sensory Modulation Kits needed for Mental Health, Addictions & Intellectual Disability Service

With mental health challenges increasing across New Zealand, there is a growing need to improve care for people facing emotional distress. Last year in the Wellington Region alone, our Child and Adolescent Mental Health Service (CAMHS) teams provided support for almost **5,000 children and young people**.

Sensory Modulation Kits are proven tools that help patients manage anxiety, agitation and panic through calming sensory input. **Each kit costs \$5,000 or more**, and we are working to fund additional kits for **inpatient and community based teams**, so that more patients can access these resources.

Each kit contains items such as weighted animals, textured tools and fidget devices; that help young people manage agitation, panic and emotional distress through controlled, repetitive movements and calming sensory input.

The resources are life changing and allow trained staff to create safe, calming spaces where patients can de-escalate, regain control and integrate sensory techniques into their treatment plans - improving their ability to engage in therapy and daily activities.

Please donate today at whf.org.nz and together we can provide the care and tools needed to make a real difference.



Rosemary Escott, Charge Nurse Manager NICU & Lydia Markham, Registered Nurse NICU

Helping Families Find the Right Words

When a parent is diagnosed with a terminal illness, finding the right words to support their children can feel impossible. But thanks to you, families don't have to face this alone.

Your generosity has helped fund a collection of age appropriate books to help children navigate this heart breaking time. These carefully chosen resources provide gentle guidance, helping children find words for their emotions, express their feelings and begin to process their grief in a way that feels safe and supportive.

Because of donors like you, families facing the unimaginable now have access to compassionate, meaningful tools when they need them most.



These resources are greatly appreciated by the team and provide appropriate resources which assist in explaining what a child or teenager is going through when a parent has a palliative care diagnosis. **GABRIELLE DRISCOLL, NURSING TEAM LEAD, PALLIATIVE CARE SERVICE**



PCS staff with a small selection of resources

Unexpected Hospital Stays Made a Little Easier

A hospital stay is rarely planned, and for many patients, an unexpected admission can mean arriving with nothing but the clothes they're wearing. That's why, thanks to generous donor support, Wellington Hospitals Foundation provides **patient care packs** - small, but essential packs containing toiletry items to help patients feel a little more comfortable during a stressful time.

Vicki, a WHF donor, recently experienced first-hand just how much of a difference this simple act of kindness can make:



Last year my husband and I chose to start contributing to the Wellington Hospitals Foundation - knowing it would help people without thinking of the practicalities of what that would mean. This week I found myself making an emergency dash to hospital. The care pack of toothbrush, toothpaste and shampoo made a huge difference - before my family had time to bring in other stuff. So I just wanted to say thanks very much, and delighted to know my donations will help others too. **VICKI**

Have you also got a donor story you'd like to share? Contact us at admin@whf.org.nz



Guy Ryan - Wellington Hospitals Foundation CE, Karen Fifield - Wellington Zoo CE, Shona Brunton - WHF Grants & Major Charity Partnerships Manager, Sian Robertson - Partnerships & Fundraising Manager Wellington Zoo

WHF Partners with Te Nukuaio Wellington Zoo

Wellington Hospitals Foundation is thrilled to announce a new **charity partnership with Te Nukuaio Wellington Zoo**, continuing many years of incredible support for children in hospital. This formal agreement with the zoo strengthens our shared commitment to supporting families with children receiving medical care.

This special initiative provides free zoo visits for long term families in Te Wao Nui Children's Hospital and Wellington Regional Hospital's Neonatal Intensive Care Unit - giving them a chance to step away from the hospital and enjoy precious time together.

Having a child in hospital for weeks or months is incredibly tough, not just for the patient but for the entire family. For siblings, routines are disrupted and moments of fun can feel out of reach. The Zoo Pass Programme offers a special opportunity for families to step away from the hospital setting, reconnect and create memories together.

Hynds Foundation Helps Kids Feel More at Home in Hutt Hospital

A huge thank you to the Hynds Foundation for their incredible generosity in supporting the **Children's Ward at Hutt Hospital**. Thanks to their donation, young patients and their families now have access to essential comforts that make their hospital stay a little easier. With their support, we've been able to provide:

- A new display panel at the ward entrance to provide staff updates and important notices
- Televisions in patient rooms to help children feel more at home
- Distraction therapy tools, including toys and games which help Play Specialists engage with children during their stay.

These thoughtful additions help create a warm, welcoming environment for children spending time in Hutt Hospital.



Enhancing Patient Care After Surgery

Every year, more than 17,200 patients come through the Post Anaesthesia Care Unit (PACU) at Wellington Regional Hospital, where they receive important care after surgery.

Thanks to your generosity, Wellington Hospitals Foundation has funded **three AirVo3 machines** - specialist equipment that provides high-flow oxygen to help patients breathe more easily as they move between surgery and recovery.

Before this, when demand was high, PACU had to borrow a transport unit from Te Wao Nui Children's Hospital, but only when it wasn't needed for young patients. Now, thanks to donors like you, PACU has extra equipment making care safer, more consistent and easier for hospital teams. Your support helps provide the right tools for the best possible care.



PACU staff with one of the new AirVo3 machines

Supporting Cancer Patients with Comfort and Care

In our last newsletter, we celebrated the generosity of the World Marudào Karate Organisation, whose annual charity quiz helped fund two new Comfortline2 Treatment Chairs for patients undergoing treatment in the Wellington Blood and Cancer Centre.

We're delighted to share that Daniel Angus from **Kensway Consultants Ltd** has also stepped in to support Blood and Cancer patients by generously funding an additional treatment chair.

The Wellington Blood and Cancer Centre provides specialist cancer care, including chemotherapy and immunotherapy, to patients from across Wellington, Wairarapa, and the Kāpiti Coast. Many patients spend long hours in treatment and having a comfortable, fully adjustable chair makes a significant difference to their experience. Unlike the old manual chairs, **Comfortline2 Treatment Chairs** allow patients to adjust their position independently, are easy for staff to move and have important safety features for emergencies. It's thanks to the kindness of our community that patients can now receive their treatment in greater comfort and dignity.



KENSWAY

Music Making a Difference in Nuclear Medicine

Long medical scans can be challenging, especially for young patients and those undergoing cancer treatments. Thanks to donor support, Wellington Hospitals Foundation has funded two UE Boom Bluetooth speakers for the Nuclear Medicine department, helping to create a more calming environment for patients.

"These are especially helpful for patients, including children, who have really long scan times and need to stay very still," says Hannah, a Nuclear Medicine Technologist. "Many of our patients are anxious and music helps make the experience more tolerable."

With your support, we can continue to enhance patient comfort during difficult procedures. Thank you for making a difference!



Nuclear Medicine staff with the new speakers.

Charity Golf Days Drive Support for our Hospitals

It was a hole-in-one kind of day at two fantastic charity golf fundraisers hosted by **Capital City Motors** and **Grant Thornton**, at Boulcott's Farm Heritage Golf Course. A huge thank you to these caring corporates for their ongoing support, and to all their participants and sponsors. Proceeds from the Capital City Motors Charity Golf Day will be put towards the greatest need across our hospitals, while funds raised from Grant Thornton's event will go towards projects for Te Wao Nui Child Health Service.

Sharni Robson - CCM, Jermaine Pepe - CCM, Shona Brunton - WHF, Matthew Carman - CCM, Guy Ryan - WHF



Emily Holliday - GT, Shona Brunton & Guy Ryan - WHF, David Ruscoe GT.





Turning the Page on Hospital Stays

Late last year, as part of our expanded volunteer service at Hutt Hospital, Wellington Hospitals Foundation introduced a weekly book and magazine run, bringing a little comfort and entertainment to patients. All books and magazines have been generously donated by the community - a local retirement home, the library which provides large-print books; and a local Four Square that donates

magazines. Best of all, patients get to keep whatever they choose.

Our four incredible volunteers - Diana, Marilyn, Joan (pictured), and Nancy - visit the wards each week, offering reading material. The response from patients and staff has been overwhelmingly positive, with many appreciating the chance to enjoy a good book or magazine during their hospital stay.

On one of their rounds, our volunteer met a patient (prisoner) who was under the watchful eye of 3 prison guards in a single room. He politely asked if he could have a book to read. Without missing a beat, Nancy, who is about 75 and known for her deadpan wit, simply asked...

“What sort of books are you interested in - crime, maybe?”

With a grin the patient replied, “No, I’ve given that up!”

Thank you to our generous donors and dedicated volunteers for making this initiative such a success.

Give the gift of a lifetime After remembering loved ones in their Wills, many people want to leave something to help make a difference. Leaving a bequest to Wellington Hospitals Foundation is a lasting gift that will ensure our hospitals can continue to provide world-class treatment and care today, tomorrow and forever. Every gift, no matter how big or small, has a significant impact on the lives of our hospitals’ patients and their families. Thank you. Email admin@whf.org.nz to find out more.

It is reassuring to know that our hospitals are here for us when we need them most. We are honoured to offer a way for families who may have experienced exceptional care from our hospital teams, to express their gratitude. To support all areas of your hospitals please donate at whf.org.nz/donate

Did you know that if you have donated to us in the past 4 years you may be eligible for a rebate of 33.33%. For more information or to make a claim, head to IRD’s website: www.ird.govt.nz

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Thank you to all our Charity Partners and Major Supporters

Our sincere thanks to all our charity partners and major sponsors. ■ Bakker Family Trust ■ Buddle Findlay Child Health Foundation ■ Busy Bee Quilt Shop ■ Capital City Motors ■ Child’s Play Charity ■ David and Tracey Platt ■ DLA Piper ■ Douglas James Catley Foundation ■ Estate of Nicolaos Macris ■ Four Winds Foundation ■ Freemasons New Zealand ■ Grant Thornton Wellington ■ Grassroots Trust ■ Hospitality New Zealand ■ Holistec Systems Ltd ■ Hynds Foundation ■ Jack Jeffs Charitable Trust ■ Kathleen Brooker Estate ■ Lions International Districts 202M, 202E and 202D ■ Lions Clubs International Foundation ■ Little Sprouts Charitable Trust ■ Lloyd Morrison Foundation ■ Macaulay Metals ■ Sir Mark Dunajtschik and Dorothy Spotswood ■ McKee Fehl ■ Mitsubishi Porirua ■ Moore Wilson’s ■ Munro Benge ■ New Zealand Community Trust ■ Noel Leeming Group ■ Nikau Foundation ■ NZME ■ One Foundation ■ Pelorus Trust ■ Pub Charity Ltd ■ PWC Foundation ■ Perpetual Guardian ■ Rapid Relief Team New Zealand ■ Recycling For Charity ■ Rotary International District 9940 ■ Sky Network Television Ltd ■ The Freemasons Charity ■ The Lion Foundation ■ The Lloyd Morgan Charitable Trust ■ The Newman Family Trust ■ The Southern Trust ■ The Sutherland Self Help Trust ■ Tonks Family Foundation ■ TG Macarthy Trust ■ Trinity Group Holdings ■ Trust House Foundation ■ Wellington Masonic Club Inc ■ Wellington Rugby Football Union / Wellington Lions ■ Westpac ■ Weta Workshop ■ Woolf Photography ■ World Marudào Karate Organisation ■ and all our supporters

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- Make a regular or one-off donation online at whf.org.nz/donate
- Leave a Bequest. Make an important contribution in the future, without affecting your current circumstances. Email: admin@whf.org.nz to find out more.
- Volunteer in one of Wellington’s hospitals. For more information, visit whf.org.nz/volunteer, or email: volunteer@whf.org.nz
- Hold a fundraiser to raise money for an area in the hospital of your choice.
- Become a Charity Partner and collaborate with us in support of your hospitals. Email: Shona.Brunton@whf.org.nz to find out more.

