



Our Mission is to provide the South West community with excellence in respite and end-of-life care within a home-like environment; embracing respect and compassion for all people.

Upcoming Events

- Parkinson's Support Group - last Friday of each month
- Bereavement Support Group - every 2nd Monday
- Memory Lane - 3rd Weds of each month

We acknowledge the valuable contribution to Anam Cara Colac, of the following businesses, organisations and community groups:

- StevCom
- Rotary Club of Colac West
- Lions Club of Colac
- Meriba Services Club
- Rob Jamieson Trees
- Colac Men's Shed
- Colac Central Bowling Club Inc
- FRRR
- WVPHN
- H & L Hecht Trust
- Findex Community Fund
- Colac Community Enterprises
- McLaren Hunt Financial Group

**QIC Accredited Organisation
Member - Palliative Care
Victoria Inc (PCV)
Member - International
Association for Hospice and
Palliative Care (IAHPC)**

Anam Cara Colac acknowledges Aboriginal and Torres Strait Islander Peoples as the First Australians and especially the Gulidjan (also known as the Kolakngat) people who occupied the Lake Colac region of Victoria.

A word from ... Karen Eccles, Hospice Manager

This Christmas marks 10 years since I had the good fortune to be appointed as Hospice Manager of Anam Cara Colac. These years have been the most enjoyable and fulfilling of my nursing career, so it is with very mixed feelings that I have made the decision to step down. During my tenure as Hospice Manager there have been many changes in how Anam Cara cares for our community. The amount of support provided through our original services of Overnight Respite, Day Respite and End-of-Life Care has increased significantly. In my first year as manager, 24 guests and their support networks were assisted by Anam Cara. We now average around 80 guests each year and have been there for almost 500 families in our region since opening. Additionally, we support many more people from our community who are living with chronic illness, through support groups, information sessions and advice. In the last 10 years we have found many new ways to contribute, using feedback from the community to guide us in targeting what we do to where it can have the most benefit. Anam Cara in 2023 is a very different place to when I began this job. Despite being located out of town we are very much a hub of the community. We are very much a place of life and laughter.

Approaching the end of my time as manager has led me to reflect on why



Karen Eccles & Naomi Lettieri

this has been such a rewarding time for me. Hospice care is a very different model of care, providing an option that is homelike, with a non-clinical focus. Our emphasis is on truly person-centred care, aiming to replicate the home environments of the guests we care for. We keep the person and their support network as the focus of the care and support their wishes, rather than taking over the care. What has made it most special is having the time and opportunity to really connect with, and getting to know the people we support, knowing that they feel in control of their care, respected and valued.

I feel privileged that I have had the opportunity to contribute to the growth of Anam Cara Colac and more widely to hospice care in Australia, by supporting new hospices, networking and sharing our experiences and passion. I am more grateful than I can say for the support of the Committee of Management, the fantastic volunteers and staff who have made this job so enjoyable and much easier than it could have been, because we all share the same love of what we do. I wish Naomi Lettieri well as she embarks on her journey as Hospice Manager.

Contact Us

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Staff Gratitude Event

We recently held a Staff Gratitude Event where Maryjane Crabtree & Diane Wright presented several of our staff with flowers and certificates for more than 10 years of service to Anam Cara Colac. Each staff member was recognised for their valuable contribution to our community hospice.



Pictured L to R: Diane Wright, Helen Rolls, Maryjane Crabtree, Sue Spowart, Karen Eccles, Margret Barry and Julie Rowland. Absent is Janine Jackson.

Anam Cara House Geelong - Official Opening

In late October, Diane and Andrew Wright attended the official opening of Anam Cara House Geelong. Overnight and end-of-life care will commence in February 2024 at the new facility in Waurm Ponds. Initially these services will be available to privately insured or self funded guests.

Life Membership

At our recent AGM, Life Membership was awarded to our Hospice Manager, Karen Eccles in recognition of her significant contribution to the development and ongoing success of Anam Cara Colac. Karen has continuously upheld and supported the values of Anam Cara Colac which have been reflected in her work and demeanor and demonstrated by her respect, compassion and kindness.



AGM & Recognition Event



Andrew & Diane Wright

Following the AGM, a celebration event was held to recognise the extraordinary contribution that both Diane and Andrew have made to the establishment and ongoing work at Anam Cara Colac. The event was held at the Colac Golf Club with over 70 people in attendance. Two of our Patrons, Michael Stewart and John Dowling, both spoke of the commitment and dedication of Diane and Andrew. A photo presentation highlighted the incredible journey that is the Anam Cara Colac story.

Service Club Donations

The local Colac Service Clubs have been very generous in their support of Anam Cara Colac in recent months. We extend our sincere gratitude to these groups for enabling us to purchase valuable equipment. The Rotary Club of Colac West funded the purchase of a new macerator, while the Lions Club of Colac and the Meriba Services Club paid for our new commercial washing machine. The Colac Men's Shed also custom built some timber shelves for our dining room. Your efforts and support are greatly appreciated!



Members of the Lions Club of Colac (left) and Meriba Services Club (below)



Find Us

Visit the Website - to find everything you need to know about Anam Cara Colac
www.anamcarahousecolac.org.au

On Facebook - "Like" us on Facebook to keep up with the happenings at the hospice.

Donate - Donations can be made by mail, phone, in person or via our website or Facebook page.

All donations over \$2 are tax deductible. Contact us today to make your donation.

Permaculture Garden Beds

We recently received a Permafund Grant from Permaculture Australia to build accessible wicking beds. With the assistance of Surf Coast Veggie Gardens, our maintenance staff and volunteers, the beds have been installed and filled. Our day respite guests and volunteers recently planted some summer veggies. We look forward to tasting some of the produce!



Left: Guest John, with volunteers Faye & Lyn planting the veggies.

Right: Phil & Murray preparing the site.

Container Deposit Scheme

Victoria's Container Deposit Scheme launched on 1 November. Did you know that when you recycle your containers, you can elect to donate your funds to a charity? Anam Cara Colac has now registered as a donation partner so be sure to select us to receive your donations!



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Positions Vacant

We are currently seeking applications from suitably qualified Registered Nurses for two vacancies:

- Clinical Nurse Manager (Job Share Permanent Part Time).
- Community Liaison Nurse (20 hours per week, Permanent Part Time)

Both positions offer the opportunity to be part of a community owned, purpose driven service set in a picturesque, rural South West Victoria location. If you have a passion for holistic palliative care and enjoy working with a small team, then take a look at the current positions vacant on our website (www.anamcarahousecolac.org.au/get-involved/work-with-us) or contact our Hospice Manager, Karen Eccles, for further information. Both positions to commence in the new year.

Our new Cook

We are delighted to introduce our new hospice cook, Patti Tinson. Patti joined the Anam Cara Colac team in September and has been cooking up many delicious meals for our guests to enjoy.

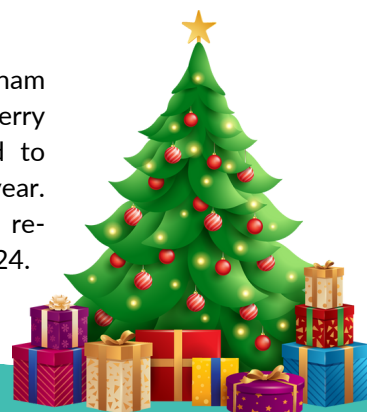


Vale Lorraine June Henderson OAM (18/04/1929 - 02/12/2023)

Our sincere condolences to Jane & Paul Davis and family. June was a loyal supporter of Anam Cara Colac.

Merry Christmas

The Staff & Volunteers of Anam Cara Colac wish you all a Merry Christmas. We look forward to seeing everyone in the new year. A reminder that Day Respite recommences from 9 January 2024.



a
place
like
home