

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 - 4th Friday of each month
- Bereavement Support Group - every 2nd Monday
- Memory Lane Dementia Group - 3rd Weds of each month
- Day Respite Open Day - 11 April
- Bereavement Support Meal - 19 April at 5.30pm
- Palliative Care Week Event - 21 May 2024

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

- Meriba Services Club
- Colac P & A Society
- The William Angliss Charitable Fund
- The Jack Brockhoff Foundation
- The Thomas O'Toole Foundation
- The AL Lane Foundation
- Mary Mackillop Today
- The Estate of GWA Griffiths
- William & Lindsay Brodie Foundation
- R&J Uebergang Foundation
- Gwen & Edna Jones Foundation
- Margaret Castle

**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.

Contact Us

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A word from ... Maryjane Crabtree, President

This March, a government taskforce released a report recommending measures to make more Australians self-fund their aged care, as it becomes increasingly apparent that the Australian population is aging and will need more care than the government expects to be able to fund. Inside this decade, we will see more Australians over 65 than under 18 for the first time.

At Anam Cara Colac, we are seeing this playing out in growing demand for our service. Last year, in addition to expanding our range of respite and in home services, we cared for 20 guests in their final days. This year looks to be even busier. We love being able to provide our dedicated and compassionate care to more members of our community, but in the absence of secure and recurrent government funding, and very limited access to private health insurance dollars, we are dependent on the generosity of our community to keep our doors always open for guests who need end-of-life care.

It was this community that raised the initial money to purchase and set up Anam Cara House Colac and create the Anam Cara Colac Foundation Fund. We aim to supplement the income from the fund investments by diligently applying to government and philanthropic trusts for grants, a constant and time-consuming task supported by our Funding and Grants co-ordinator and executive team.



That is why our annual giving campaign has become a vital piece of our funding strategy. Last year our wonderful South West Victorian community donated a fabulous \$108,000 to our annual campaign, and we thank you all again for that generosity. Every cent of that has gone towards providing care. Our service is accessible to all community members, with no financial bias. We look towards our 2024 campaign to do even better, as our costs rise. At Anam Cara Colac, we do our very best to keep our costs at minimum, something we could not do without in-kind support from many Colac area businesses and the 1000's of hours our volunteers contribute - but it still costs nearly \$3,000 per day to stay open. Around 85% of our costs are in wages, another way we contribute to our community - as an employer!

As the end of the financial year approaches, we will be asking our community to support us again, as we cannot do what we do for our guests and their friends and families, without that support. Our Annual Appeal will launch in early June, so please answer our call!

Soul Friend

Nurse Manager - Sue Spowart

In December, we farewelled Sue Spowart as our Nurse Manager. Sue has enjoyed some annual leave and will be returning to Anam Cara for casual nursing shifts in the future. Sue is one of our original staff members and was awarded Life Membership in 2022. Thank you Sue for all that you do for Anam Cara Colac.



Mt Gambier Hospice

Diane & Andrew Wright recently attended the 2024 Key 2 Kindness Charity Ball in support of a Community Hospice in Mt Gambier, where Diane was guest speaker. At the event, guests pledged \$20,000 to fund a feasibility study into a stand alone facility. A further \$25,000 was raised to continue funding the In Home Hospice Care service. Diane hoped that the evening would be the first step towards establishing their own Community Hospice in Mt Gambier.



Hospice Manager - Karen Eccles



We recently held a farewell celebration for Karen Eccles. Karen has been Hospice Manager for ten years. Karen has overseen the enormous growth of Anam Cara Colac which now includes 30 staff and 30 volunteers. We thank Karen for her invaluable contribution and look forward to welcoming her back to an RN role after her long service leave.

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Life Story Training

The "Stories for Life" volunteer training program is a thoughtful and compassionate way to honor individuals and create lasting legacies for their families. Collaborating with life coach Linnet Hunter from Wildsky coaching, adds a professional touch to the program.

We use flexibility in documenting stories through various mediums such as pictures, poems, recordings, or finished books to allow volunteers to tailor their approach based on the preferences and needs of the individuals involved.

This program not only benefits the individuals nearing the end-of-life or in palliative care but also provides a meaningful and fulfilling experience for the volunteers involved. It's a beautiful way to acknowledge and celebrate the rich tapestry of each person's life.

Our Staff & Volunteers with Linnet Hunter at the first training session



Day Respite Open Day

We invite you to attend our Day Respite Open Day on 11 April 2024 from 11am to 2pm.

Carers and people living with a chronic illness benefit greatly from accessing regular social support and some time out. Come and see what activities and fun our day respite guests participate in and join in the fun. Lunch provided. Please RSVP by 8 April on 52338203 or manager@anamcarahousecolac.org.au

Palliative Care Week

Save The Date - 21 May 2024.

Guest speaker Violet Platt, CEO, Palliative Care Victoria

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.