

ANZSPM

5-7 March
Aotearoa 2021 Multi-Disclipinary Retreat

Exploring Resilience within Palliative & End of Life Care

A weekend conference for health and social care professionals involved in palliative and end of life care.

This unique conference brings together speakers from diverse backgrounds with experience in end of life settings. The aim of the conference is to stimulate debate and 'out of the box' thinking, whilst also providing a context for reflection, renewal and restoration. It will include speaker led presentations and debates together with delegate discussions and experiential creative response. Attention to spirituality is woven through the conference. Its main themes will encompass communication, diversity and self-care.

Friday 5 March 2021

12:00pm	Arrival	
12:30pm	Buffet Lunch	
1:30pm	Karakia and Conference Information	
2:15pm	Resilience for those involved with Palliative Care	Eddie Condra
3:30pm	Tea Break	
4:00pm	Spirituality within Palliative Care	Willem Vink
5:15pm	Session close	
6:30pm	Evening meal for residential delegates	
8:00pm	The final score. How music can affect attitudes and resilience towards death and dying.	Ben Booker

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Saturday 6 March 2021

8:00am	Breakfast for residential delegates	
8:30am	Day delegates arrival and registration	
9:00am	Welcome, notices and conference information	
9:10am	Better breathing, tools to increase resilience in breathless patients	Diana Saunders
10:10am	Building resilience for palliative care through research	Heather McLeod
11:10am	Coffee	
11:30am	AHA moments – building a biographical canvas	Fiona Hewerdine
1:00pm	Lunch	
2:00pm	Reflective Space: Creative materials available, beautiful area to explore	
4:30pm	Tea	
4:45pm	'Dead right' cultivating meaningfulness, fostering resilience and palliating everyone outside of work	Ben Booker
6:30pm	Evening Meal	

Sunday 7 March 2021

8:00am	Breakfast for residential delegates	
8:30am	Day delegates arrive	
9:00am	Welcome, notices and conference information	
9:15am	50 word story, reflection and self care	Wendy Pattemore
10:30am	Experiencing and learning the techniques used in supervision	Liese Groot-Alberts
11:15am	Coffee	
11.45am	Experiencing and learning the techniques used in supervision	Liese Groot-Alberts
12:30pm	Final Plenary	
1:00pm	Lunch and Depart	

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Speakers

Ben Booker

Benjamin Booker has been inspired and disturbed by music ever since being given a glockenspiel for his first birthday. He began piano lessons in the bustling metropolis of Palmerston North aged six, and later furthered his studies in Wellington at the New Zealand School of Music, emerging a Bachelor of Music with first-class honours in 2012.

He played the celeste and harpsichord with New Zealand's National Youth Orchestra and completed honours research projects in performance practice and the links between music and conflict.

After having trained in medicine at Auckland University he joined Timaru Hospital as a doctor, where he continues to divide his time between sharpening his clinical acumen and inadvertently finding himself in the path of fast-walking surgeons.

In his personal life he enjoys following cricket and politics, however miserable those pursuits may be in the present time, as well as tramping and playing golf.

Eddie Condra

Eddie was born in Limerick, Ireland. There, he pursued a career in the church and was ordained as a priest in 1970 before moving to New Zealand that same December.

His pastoral work has included chaplaincy in a psychiatric hospital, facilitating the community reintegration of offenders, delivering anger management programmes in prisons, facilitating cultural changes in the police and prison services and the Catholic community, and co-founding Challenge 2000, a Wellington based Youth and Family Development Trust.

Today, Eddie is a trained counsellor, loves sailing, and has a reputation for rocking the boat.

Speakers

Liese Groot-Alberts

Liese was born in Fryslân in the Netherlands and today lives in New Zealand working internationally as a public and keynote speaker, palliative care educator, and mentor for healthcare professionals.

In 1972 her eldest daughter, aged nearly three, died suddenly two days after the birth of her son -leading to hope and despair, joy and sorrow. Out of this life-changing experience came her passion for working with healthcare professionals and volunteers.

Over a period of several years from 1988, she had the privilege to work for Dr. Elisabeth Kubler-Ross conducting workshops in New Zealand, Australia, USA and Europe. After Dr. Ross' retirement she has continued to develop her own workshops and seminars.

Liese conducts training in trauma, loss, grief and bereavement, Palliative Care, as well as self-care for the carer, resilience, spirituality, mentoring and working with difference, and finding strength and hope in connectedness.

Fiona Hewerdine

Fiona is a speech and language therapist originally trained in Edinburgh and then further in New Zealand following her emigration with her husband 20 years ago where they continue to reside, along with their three children.

She blends her original UK training in counselling with her Master in Health Sciences with special papers in Palliative Care, along with additional training as an interactive drawing therapist to work with palliative patients to create visual biographies to externalise their feelings and to transfer knowledge to those they hold close.

Fiona is a member of the Motor Neurone Disease Council and the Expert Advisor for Palliative Care and Neurogenerative Disease for NZSTA. She has been employed in Tauranga under the Bay of Plenty District Health Board for 20 years. Fiona is currently working in the community, specialising in head and neck cancer, and has a position with patients in the Bay for co-design.

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Heather McLeod

Heather is an actuary by training and has worked on healthcare financing, health policy and social security policy for more than 25 years. Heather is originally from South Africa, where she consulted to the National Treasury and the Department of Health and served on several statutory bodies, including the regulator of health insurance. She developed and taught courses on healthcare financing and in public health at several universities.

Heather has lived in New Zealand since 2010. She worked for the Ministry of Health, supporting the Palliative Care Council from 2012 to 2015. In 2015 she returned to full-time consulting and has worked with the Ministry of Health, the Palliative Care Advisory Panel, District Health Boards, Hospice New Zealand, the New Zealand Aged Care Association, and other NGOs on strategic issues related to end of life care.

Heather continues to have a visiting appointment in statistics and actuarial science at the University of Stellenbosch and is an Honorary Senior Research Fellow in the School of Nursing at the University of Auckland. She is a country girl at heart and lives, with her horses, in Hanmer Springs on South Island.

Wendy Pattemore

Wendy is a Community Palliative Care Specialist. She came to this from a 25 year background of Family Medicine in Auckland, England and Christchurch. She is married to Philip, a paediatrician, and has two adult sons.

She loves working with people in their own spaces and is constantly surprised and encouraged by the people she meets.

Wendy has a keen interest in developing Palliative Care in Majority world countries and has spent time in India, Africa and Cambodia looking at service availability. Most recently she has been in Tonga co-running a pain management and Palliative Care workshop.

Speakers

Diana Saunders

Diana emigrated from the South-East of England to New Zealand over a decade ago, bringing with her a horse, dog and husband to embrace the Kiwi way of life. She currently shares the Team Leader position of the in-patient unit at Hospice South Canterbury and is the lead of the out-patient Better Breathing Programme.

Diana has over 30 years of nursing experience, a BSC(Hons) degree in Respiratory Care, as well as Post Graduate Certificates in Teaching & Learning and most recently Palliative Care.

Her role with the Better Breathing Programme is a current fulfillment for her passion in providing Palliative support, aiding those often considered past improvement and "revolving door" admissions.

Willem Vink

Willem was born and raised in Kaiapoi near Christchurch, one of eight children to Dutch parents. When his older sister trained as a nurse, Willem also became interested in nursing and completed his training, registering in 1981. Willem soon found his niche in Palliative Care, working in a variety of settings before joining the Christchurch Hospital Palliative Care Service in 2005.

Following his completion of a Clinical Masters in Health Sciences, his position was upgraded by the CDHB to Nurse Practitioner Palliative Care in 2010. Willem's role continues to evolve and now includes travelling to the West Coast every second month to assist with community consultations.

Willem has a lifelong interest in spirituality and studied theology, completing a Bachelor of Theology in 1985. Willem's spiritual interest, combined with his wealth of nursing experience in palliative care, communication skills and end-of-life care, initiates many opportunities for patients and Whanau to discuss issues that are important to them. These conversations build the essence of Willem's philosophy of care.

He is married to Trish, they have four adult children and two beautiful granddaughters.