


MARY POTTER
matters

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EDITION 1, 2025



YOU made all the difference in 2024

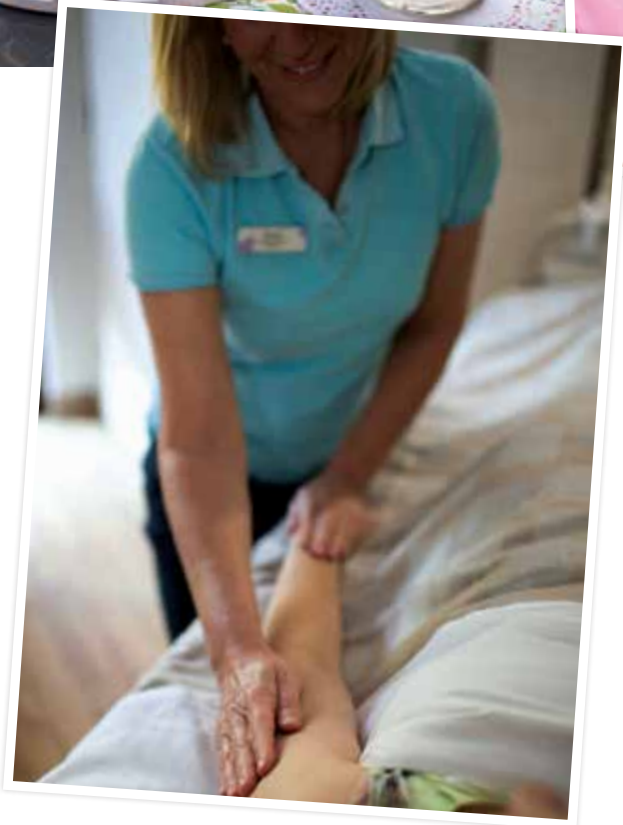
Our hearts are full of gratitude for all the love and support you've given to patients and families going through the worst time of their lives. This newsletter is given over to them – and their words of thanks are all to YOU...



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“ I am a 58-year-old male. Very left-brained. Very practical. Not given to a whole lot of emotion.

I cried today while availing myself of the amazing kindness shown by others I haven't met.”



“ So grateful for the gift of this retreat found here in the family kitchen – food, friendship, comfort, a ray of hope. This kitchen is the hug we need so we can go back to our mum's room to keep making memories together. *Thank you.*”



“ I could not have had a better place for my husband to spend the last weeks of his life. Mel from the Foundation arranged the most fabulous gathering with food and drinks for 15 of Jim's friends and family. This was truly a lovely touch. Nothing was too much trouble. So grateful to every one of the Foundation's donors.”

“ *So grateful* for the kindness of Karen, with her leg massage for Brenton – and a back, neck and shoulder massage for myself; your lovely social worker who visited us and talked at length with our 10-year-old granddaughter, and who gave her ‘The Invisible String’ book which she found so comforting and that she read to us over and over.”



“There are just no comparisons to the quality and meaning of palliative care as it is provided here. It’s simply the love and care that stands out. The warm, infectious smiles just made it all so much easier and calming for us. From the patient support coordinator to the volunteer team; from the physio’ to the Pastoral Care team; from Sig the counsellor to Rose the beauty therapist who kept Mum pampered with love, massages, facials and pampering; from all the beautiful nurses to the amazing Foundation staff, and their truly generous donors who keep the wheels turning in so many ways.”



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“The first day my Grandpa Malc was here it was Melbourne Cup Day. The nurses all had fascinators in their hair, there were two miniature ponies strolling around, and next thing a volunteer wheeled in a drinks trolley and gave me a champagne! Truly thankful for all the unexpected things like this that you do to ease such a difficult time.”



“When Craig’s time finally came, I am so grateful that it was in a place full of care, comfort and support that went above and beyond. My relief that I could bring our 3-year-old daughter in to visit him without worrying about her seeing anything traumatic or confusing was so comforting – she is still talking about your children’s toy room and the chalk drawing board! The calming massage and loving care given to me when everything felt like it was falling apart, was a huge gift. It meant I could carry on, stay and support Craig as I had wanted to. I cannot thank you all enough, for making such a grim, lonely, agonising time more bearable.”



“With the recent passing of my children's grandmother, I was at a loss at how to help and guide them through this tough time. We were given two Backpacks of Love, and I would like to thank you for these amazing gifts; everything in the pack was so well-thought-out and gave my children much joy. The memory lantern was a beautiful idea, and my children drew lots of memories. They loved the teddy bear, the photo album, and the press-out colouring book. The story book ‘The Invisible String’ meant something very special to us. Someone with a kind and thoughtful heart made these Backpacks of Love, and I think they are what every child needs when someone they love passes away.

Thank you.”



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‘Now I know’

What happens when one of our beloved long-time donors becomes a patient?

These words are from a beautiful letter that Myrith wrote to us about her recent experience of receiving palliative care at home.



“After supporting The Mary Potter Foundation for many years, I now know first-hand what we donors contribute to – and how valuable and important it is.

The Welcome pack I received was such a lovely surprise, and very well-timed as my daughter was away, leaving me by myself.

On the same day, Clinical nurse Jenny showed up with a birthday gift for me! It made my day.

I am also doing art and craft therapy with Vicki – though it is much more than an art session (which I am sure Vicki knows).

This cancer road is strewn with stumbling blocks, but with help from Mary Potter I feel loved and supported.



 Thank you ...

... for giving patients like Myrith your loving support and some unexpected surprises to buoy their spirits.



Everyone is so kind and helpful. I feel like a person, not just a cancer or chemotherapy patient. You are all doing God's work in helping those who are travelling an often-fearful road – thank you.”

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Massage for the sole and soul

Thanks to your loving support of the RESTORE program, cancer patients can have hands-on therapy while undergoing cancer treatment. Oncology massage therapists Meagan and Carolyn told us ‘We see such delight from patients when we offer a foot massage. They often joke with us that it’s the main reason they show up!’



How grateful their patients are to you for making this service a reality:

“Having my feet massaged during treatment has really helped my neuropathy – and my mental health. The massage service is so important to have – it makes the chemo’ so much more bearable.”

“My feet are yodelling! Great conversation, and really appreciate the tender care and comfort. Totally relaxing, and just so grateful to the Foundation’s donors for making this available to us. Thank you again, it’s so wonderful to drift off from the cancer treatment into a state of bliss.”

A word from Calvary Aged Care

Thank you for the moments of unexpected joy you’ve brought to palliative and end-of-life residents in Calvary Aged Care homes.

Here’s just one example of what you’ve made happen:

“I am writing to express our gratitude for the exceptional support and care provided by The Mary Potter Foundation during a recent celebration for one of our aged care residents, Nina. The celebration was a poignant moment for both Nina and her family, and your contributions added so much warmth to the occasion. We loved how the catering was tailored to meet this lady’s specific needs and preferences.

Your support not only lifted Nina’s spirits, but also provided solace and cherished moments for her family.

Your donors’ commitment to enhancing the lives of those in need is a testament to the profound difference that can be made through genuine care and empathy.

Thank you for being a beacon of compassion in the realm of palliative care.”



All that we can add to these grateful words are our own: We would be lost without you.

 **Thank you**

for the love, compassion and support you gave to so many who needed you in 2024.

HOW TO *Get involved*

2025 WALK FOR LOVE **SAVE THE DATE**

Sunday 25 May 2025

Registrations open March 2025.

Walk, Do Your Own, or have a student walk in memory for you.

For more information, please visit walkforlove.org.au, or alternatively please call us on 08 8239 0119.



CARING HEARTS GRIEF GROUP MEETINGS

Meetings are held monthly at Calvary North Adelaide Hospital
2nd Tuesday of each month | 10am – 12 noon
Next meetings will be on 11 February and 11 March 2025

Open to any immediate family member who has lost a loved one at Calvary SA.

To RSVP, please email your name and phone number to reception@marypotter.org.au or call us on 08 8239 0119.

For more details, including upcoming dates in 2025, please visit www.marypotter.org.au/caring-hearts

CATHOLIC MASS | MEMORIAL SERVICE & MASS

Thursday 8 May 2025 | 1:30pm Ecumenical Service

Wednesday 5 November 2025 | 12pm Mass

Thursday 12 November 2025 | 1:30pm Ecumenical Service

Services are held in the Chapel of the Maternal Heart.

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OUR MISSION

Inspiring people to share our belief that caring for people at the end of their lives is an honour and a privilege and to work with us to support living every day, every hour.



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Business Hours:

Monday-Thursday
9am to 5pm,
and Friday 9am to 4pm



ORGANISATIONAL
MEMBER
CODE COMPLIANT

A member of the Professional Body
for Australian Fundraising



A registered charity with the
Australian Charities and
Not-for-profits Commission (ACNC)