



Pound the Pavement 4 EPC is back in 2025!



Staff Spotlight - Meet Gaylene Coulton



Cheque'ing Out



Legacy Recipe: Scones

A Living Legacy donation to EPC

With reluctance I hand my well-used and dog-eared 2005 Therapeutic Guidelines Palliative Care Book to a new staff member. Reluctantly because they are no longer in print. Most of the nurses at EPC have a copy but they are all quite old now.

EPC nurses rely heavily on these books, especially in locations where the electronic palliative care version is not accessible. We use these books so often because they contain a range of evidence-based practical treatment advice to assist practitioners with excellent decision making.

This is what our nurses say about the Therapeutic Guidelines Palliative Care Book:

"I always carry it. It's my palliative care bible"
 "The first place I go to when I need palliative care information"
 "I use it all the time for symptom management, especially for unusual symptoms. I often refer to it prior to walking into a client's home"



Ellen and James



EPC nurses: Louise, Jenika, Ralph, Lisa

We discovered that a new print run of the Therapeutic Guidelines Palliative Care Book was happening this year. We put it on our wish list but we didn't know where we would find the funding. Fortunately, two wonderful donors, Ellen and James Lew, generously donated enough money to provide each nurse and doctor with a brand new 2025 version. This news was received with so much excitement from our team.

We are so grateful for the wonderful support of our donors who make an incredible difference to us, our clients and their families. Receiving the updated Therapeutic Guidelines Palliative Care Book will ensure that EPC practitioners continue to provide the very best, up-to-date care for each of our clients.

If you would like to create your own Living Legacy donation to EPC, contact us at fundraising@epcvic.org.au. **Story written by: Jenika Graze (EPC Nurse).**

Message from Gaylene

Hello friends! Winter is here after the beautiful changes of autumn.

I love the change of seasons in Melbourne, especially after growing up in Brisbane where winter lasted only two days! It reminds me that life keeps moving on around us, whether we are ready or not.

Change is inevitable, even if it makes us uncomfortable. Here at EPC, we have undergone large-scale changes since I started nearly three years ago. Demand for our services continues to increase, but as I mentioned in the last newsletter, our government funding has not. This has required us to be innovative in how we deliver our services.

One such innovation is the introduction of the PerEmpo (Person Empowerment) tool, which will commence in June. This web-based portal allows our clinicians to discuss with clients their goals and what is important to them. For example, it might be crucial for a client to spend time in their garden and have the confidence to leave the house a few times a week. This helps clinicians tailor care to suit the client's goals. In one case, a nurse increased a client's understanding of how to use medication to manage anxiety and shortness of breath. They referred the client to our Occupational Therapist to arrange handrails and for a volunteer to visit regularly and take them shopping. We can then evaluate if our care plans are achieving the desired outcomes.

I hope you enjoy our newsletter.

Adjunct A/Prof Gaylene Coulton
Chief Executive Officer

Pound the Pavement 4 EPC is back in 2025!

Sunday 12 October @10am

Come and join the fun at our 4th annual **Pound the Pavement 4 EPC** event! We will kick off at 10am on Sunday 12 October to run or walk a lap or two around Lillydale Lake (2.5kms or 5kms), in honour of those whose lives have been touched by EPC.

With your support we can continue to deliver our outstanding services for free to help those in the community who really need it.

100% of all money raised from Pound the Pavement 4 EPC in 2025 will directly fund services which support those caring for loved ones who are dying. This is crucial in maintaining the carer's health and wellbeing as the role of a carer can be exhausting.

EPC helps carers in many ways including:

- **Palliative Support Clinicians** providing psychosocial and practical support.
- **Nurses** assisting and educating carers on symptom management and giving help overnight where needed.
- **Volunteers** offering a range of services such as companionship and respite.
- **Occupational Therapists** assisting with home modifications.
- **Bereavement services** are available for up to 13 months after the carer's loss.
- **24 hour nurse-on-call service** ensures that clients and carers can access support at any time of the day or night if required.

★ **Our fundraising target this year is \$40,000** ★

Once you've completed your walk, enjoy a delicious BBQ, cake stall, coffee, raffle, and the opportunity to chat with many EPC staff members. Bring a picnic blanket and stay for lunch. We can't wait to see you there!

Early Bird Registration Prices (Available from 2 June - 2 July)

Adult: \$30

Adult with PTP4EPC 2025 T-Shirt: \$60

Pensioner/Student: \$20

Pensioner/Student with PTP4EPC 2025 T-Shirt: \$50

Child: \$10

Child with PTP4EPC 2025 T-Shirt: \$40

Dogs: Free!

Register here:

epc.grassrootz.com/pound-the-pavement-4-epc-2025



EPC's Aged Care Expo

EPC recently held its inaugural Palliative Care in Aged Care Education Expo which was a great success. This event was attended by aged care professionals and fully booked out.

The day was packed with presentations from a range of different organisations and aged care staff, as well as from some of our own wonderful EPC team.

The attendees appreciated the range of palliative care education received and the comprehensiveness of the information provided. Thank you to the Aged Care Project team for organising such a great day.



Staff Spotlight - Meet Gaylene Coulton

Get to know our EPC team better with our staff spotlight section where we ask our team questions about themselves and their role at EPC.



1. What is your role at EPC?

Chief Executive Officer

2. Why did you pursue this role/career?

Early in my nursing career I worked in paediatric oncology. Palliative care was only starting to be recognised as a specialised field and the oncology unit didn't manage things well when children no longer responded to therapy. I hoped it could be done better so moved into community nursing then hospice then in-home specialist palliative care whilst studying for post-graduate qualifications. I moved into education before taking up management roles in community, primary and population health, and aged care. When this EPC role came up I knew it would be perfect for me to combine my passion for palliative care with my leadership skills and experience.

3. How long have you worked for EPC?

2.5yrs

4. What stands out to you about EPC as an organisation? It is not only our clinical staff that are passionate and committed to our clients and families. It is our volunteers and corporate services team that are equally committed to the provision of a great service to our community. Everyone turns up to do their best to ensure our clients and carers are well looked after.

5. What is something about you that others may not know?

I am quite shy and introverted which most people do not associate with CEO roles. I often have to put the 'face on' and step out of my comfort zone which is good for me.

6. What is the best part of your job and why?

I have always loved developing a vision for where an organisation needs to go and have implemented large scale transformational change in most of my previous CEO roles. It is challenging work to effect change in the way people and systems work but my role is to ensure that EPC is sustainable and successful for the next 25 years. I have a clear vision (but not all the answers) of what EPC looks like in 3-5 years and so working with the team and our consumers to design and implement that is one of my favourite parts of my role.

7. Describe a typical day for you?

I am fortunate that I have an excellent experienced leadership team that oversee the daily operations, so this allows me to focus a lot on Board Governance and strategy. My day is a mix of discussions, researching and planning i.e. meetings and emails!

Volunteer with EPC

Join our award winning volunteer team and make a real difference in your community. We are currently recruiting for new volunteers and there are lots of roles to choose from. Becoming an EPC volunteer means connecting with others, contributing to your local community, enriching lives with every day acts of kindness and so much more!

Current opportunities include:

- **Biography** - become part of our award-winning team who have worked with over 1,700 clients to write their biographies.
- **Community Support** - provide companionship to clients, social outings and respite support for carers to give them a break.
- **Dog walkers and "furry" volunteers** - walk a client's dog, or bring your own dog to visit a client at home.
- **Hairdressing** - provide a hair-cut and blow dry to a client at their home.
- **Smile Makers** - photograph clients and their families to create lasting memories.
- **Those who identify as Male** - help other men in your community to feel understood and connected.
- **Chinese, Mandarin, Cantonese, Italian, Hindi and Greek Speaking** - directly support clients who speak these languages, help us with translation and communication and also assist with our Biography program.


Volunteer training begins in August. For more information go to epcvc.org.au/volunteers-services or call our team on 1300 130 813.

Cheque'ing Out

Can't get a cheque book from the bank? Don't worry, there are alternative ways to donate to EPC!

The Australian Government is phasing out the use of cheques by 2030. Financial Institutions have to stop issuing them by 2028, and many have done this already. Although EPC still accepts cheques, here are some other ways you can donate to EPC once that cheque book runs out!

Donate online

 **Website** - epcvic.org.au and click the heart icon in the top right corner.

Use your credit card* or Apple Pay.

If you are setting up a regular payment you can do this via bank transfer.

Donate via phone

 **Phone** - Call EPC on 1300 130 813

Donate directly from your bank account or use your credit card*

Donating directly from your bank account is a great replacement for using cheques. EPC can process donations quickly over the phone. Once entered, your details are secure and private. We can also set up regular donations over the phone too.

Now is a great time to call to set up your monthly or annual donation! For more information about ways to donate to EPC go to epcvic.org.au/donate or read the donation form at the back of this newsletter.

Thank you for choosing to make a difference to those living with a terminal diagnosis in your community.

*credit cards = VISA, MASTERCARD & AMEX



Legacy Recipe: Scones



Nanna knew I loved to bake, and just weeks out from her death she slipped me her copy of 'Cookery The Australian Way' as she knew it would be a hot item among her daughters after her death. Being a high school home economics textbook it is a great beginners guide to all sorts of things. But one of the true staples is the Scone Foundation Recipe. Nothing fancy here, no lemonade, no cream, no vanilla, no chocolate chips, just the basics a mother of eight kids would have in the cupboard to quickly pull together to quiet hungry tummy's. Nanna would just roll it out and cut it into triangles to save time. I can vouch for the fact that a triangular scone is just as yum as a round one.

Nanna's Scones for Eight Children

2 cups (270g) self raising flour

¼ teaspoon salt

1 tablespoon (20g) butter

¼ cup milk

1. Line 2 oven trays with baking paper.
2. Set your oven to 220°C.
3. Rub the butter into the flour and salt using your fingertips.
4. Mix into a soft dough with the milk adding a little bit extra if needed.
5. Turn onto a lightly floured surface and knead until smooth and elastic. Just a few minutes.
6. Roll out to 2cm thick and cut into shapes using a 6cm cutter or knife.
7. Arrange on an oven tray allowing room to spread and glaze the tops with milk.
8. Place in the centre of the oven and bake for 10-15mins until golden brown. To test, the sides of the scone should be dry.
9. Transfer to a cooling rack for a few minutes.
10. Serve warm or cool.

Written by: Kerry Greive (EPC Clinical Nurse Consultant)

Tax Appeal Time!

We are once again coming up to the end of the financial year – Tax Time! Get your donation in today so that you can claim on your return.

June is also a great time to set up your regular gift to EPC. Predicting our income can be difficult. Regular donations assist us to plan, especially if it is directed to one of our Appeals which highlight the areas that are most reliant on donations. Current Appeals are listed below.

♥ Thank you for your support ♥

I would like to make a tax deductible donation* of

☐ \$_____ (please nominate)

Frequency

- ☐ Once off
- ☐ Weekly
- ☐ Monthly
- ☐ Annually

Name

Address

SuburbState

Postcode

Phone

Email

My donation is in memory of

Please direct my payment to

- ☐ General Donations
- ☐ Overnight Support Appeal
- ☐ Equipment for Home Appeal
- ☐ Stay at Home Appeal
- ☐ Syringe Driver Appeal
- ☐ Care for the Carers Appeal

* All donations \$2 and over are tax deductible. Receipts are sent to the payee.

How to Donate to EPC

You can donate to EPC in many ways:

- **Scan** the QR Code
- **Click** ♥ Donate Now at epcvic.org.au
- **Call** 1300 130 813



Or complete the below form and send it to EPC via:

- **Email** to fundraising@epcvic.org.au
- **SMS** to 0404 912 875
- **Mail** to PO Box 2110 Rangeview 3132

Method of Payment

CREDIT CARD/DEBIT CARD

Cardholders name

Signature

☐ Visa

☐ Mastercard

☐ Amex

☐ Cheque/Money Order
(payable to Eastern Palliative Care Ltd)

Card Number

Expiry date

BANK TRANSFER

Bank Account Name

BSB

-

Bank Account Number

Signature

- ☐ I have already included EPC in my Will
- ☐ Please send me information about leaving a bequest to EPC
- ☐ I am considering leaving a gift in my Will to EPC

All information is collected in accordance with **EPC's Privacy Policy** (no spam). If you would like **further information** about EPC fundraising activities or to read our **Privacy Policy**, please visit our website (epcvic.org.au).

In Lieu of Flower Donations and In Memoriam

Thank you to the families of the following people, who requested donations to EPC 'In lieu of flowers' at their loved ones memorial service or created an 'In Memoriam' fundraising page. We are so grateful that you thought of EPC during such a difficult time.

Ronald Hickman

Filomena Santuccione

Requesting donations in these ways provide friends and family with avenues to express their condolences to you, honour your loved one and thank EPC. For more information go to epcvic.org.au.

2025 Key Dates

Jun 2	Early Bird Registration Opens for Pound the Pavement 4 EPC
Jun 4	Train the Trainer - Developing your own Biography Program
Jun 16	EPC Foundations (Health Professionals Course)
Jul 2	Early Bird Registration Closes for Pound the Pavement 4 EPC
Aug-Sep	Volunteer Training Intake Sessions
Oct 12	Pound the Pavement 4 EPC
Dec 2	Giving Tuesday Appeal

If this newsletter has arrived at a difficult time, we sincerely apologise. If you would like bereavement support, it is available for the first 13 months after your loved one's death. Please contact us on 1300 130 813. All donors are added to EPC's quarterly newsletter email list. To opt out, simply call us or email fundraising@epcvic.org.au

Eastern Palliative Care Ltd (EPC) is located in Melbourne on Wurundjeri Country. EPC wishes to acknowledge the traditional owners of this land, the Wurundjeri People and their Elders past and present.



WE NEED YOUR HELP!



EPC is a not for profit organisation that relies on donations, bequests and fundraising to maintain service delivery. As our State Government Funding has not increased, we need your help more than ever!

Your donation will assist us to provide specialist palliative care for those that have a life-limiting or terminal illness, and their families, across Eastern Metropolitan Melbourne.

Please consider making a monthly gift to EPC to help maintain our vital services. To donate go to epcvic.org.au or scan this QR code. Thank you for supporting us!



Eastern Palliative Care Ltd

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subscribing on social media:**



Visit our website epcvic.org.au to receive our newsletter by email. Email contactus@epcvic.org.au to unsubscribe.

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