

Something In The Water At Settlers

We don't know what's in the water at Settlers Albany but it seems this community has an unusually high number of folk who do more than talk the talk when it comes to helping others. Whether it's raising funds for those suffering after the devastating earthquake in Nepal, or closer to home with organisations such as Rotary, Blind Foundation and Hospice, the residents at Settlers Lifestyle Village are out there doing it.

Another organisation proudly supported by Settlers' Sandra Robinson, Ann deGroot, Carol Jones, Joss Patten and Phillipa (Pip) Zink is St John.

We caught up with Pip after the village's recent Health & Wellbeing expo where St John was one of the many participating healthcare providers.

She tells us they're just five of over nine hundred volunteers nationwide.

All five women from Settlers are part of two St John programmes - Friends of the Emergency Dept (FEDs) and Hospital Friends. They give their time and care in hospital emergency departments as well as other wards providing people with a hand to hold and someone to talk to when they really need it.

"We're there to provide comfort, support and reassurance to patients, their families and friends in what can be a very stressful time, when hospital staff are so busy they may not be able to give them the attention and information they need," says Pip.

Everyone who volunteers to help with St John is qualified in some way. Pip brings more than 50 years nursing experience to the role including several years with the NZ Defence Force, Nursing Tutor at Manukau Institute of Technology and people skills learned as a flight attendant with NAC.

"That dates me!" she laughs.

All five of these wonderful ladies say they feel fortunate and privileged to enjoy comfortable lives at Settlers and to have had rewarding careers.

"Volunteering for St John is a way we can use our skill sets and life experience in order to give something back to the community."

Whatever they are putting in the water at Settlers Albany, we hope they keep it up!

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St John Hospital Friends volunteer, Pip Zink

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