

Happy 20th Birthday!



ISSUE 2, 2017

THE Foundation has celebrated its 20th birthday this month.

Staff, sponsors, volunteers and donors gathered to celebrate the Foundation's achievements, at a special party on March 21.

Health Minister Cameron Dick was not able to be present, however he did meet with staff and volunteers the week before, to mark the occasion.

The Foundation's achievements during the past 20 years are many - more than \$14 million provided to improving health services with some major projects occurring in that time.

The most public of which was the Paediatric Playground Project, at a cost of \$1.3 million, as well as the Integrated Patient System at \$1.6 million, \$700,000 towards the PET-CT scanner and almost \$400,000 for the brainlab spinal and trauma equipment in theatres.

The Foundation's first major

purchase was the paediatric transport cot which cost \$135,000 and was bought in 2003. Recently the cot was replaced by a newer model, the superceded model donated by Cairns Hospital to Papua New Guinea.

Foundation chairman Dr Ken Chapman (**pictured above**) said the accomplishments were the result of hard work by volunteers, staff, sponsors and fundraisers.

"This is really a time when we say 'Thank you' to everyone who has worked so hard to achieve these outcomes," Dr Chapman said.

The Foundation was established in March 1997 under the Hospitals Foundations Act 1982 and various Acts of Parliament.

It is a non-profit charity that supports Cairns and Hinterland Hospital and Health Service, Torres and Cape Hospital and Health

Service, or in geographical terms - from Cardwell to the Torres Strait and west to Croyden.

This area includes nine hospitals, two multi-purpose health services and 53 primary health centres and encompasses a population of about 270,000 people.

"Our hospital and health service primary care areas are womens, paediatric, indigenous, mens, cardiac, thoracic and mental health, orthopaedics, general, emergency and tropical medicine, cancer care, medical research, rural and remote, health education including preventative lifestyle strategies," Dr Chapman said.

"Our volunteers, sponsors, donors and staff all know they are making a difference in what they do, every day and we couldn't do it without the community's support," Dr Chapman said.



Cyclists save many lives

The annual Mount Franklin Cardiac Challenge is one of the biggest fundraising events in the Far North.

The event, a three-day bike ride from Cairns to Cooktown, is now in its 11th year and has produced some spectacular outcomes.

Not only has it changed the lives of thousands of participants in a myriad of ways, but it also changes the lives of cardiac patients.

Since inception, the event has raised more than \$2.5 million, which has gone to a variety of cardiac services in the region.

Foundation fundraising and marketing manager and Cardiac Challenge ride director Glenys Duncombe said 1614 cyclists have participated, riding a combined total of about 868,000km in the event.

Heart disease is a major health issue in Far North Queensland,

which has a larger-than-state-average percentage of both older and Indigenous residents, who are susceptible to developing cardiac problems.

The diagnosis and treatment of heart disease also can be challenging in the Far North, due to the number of remote communities that do not have ready access to specialised health services.

Even cardiac patients who live in the city of Cairns may find themselves compelled to leave home, family and friends, and travel to a hospital in Townsville or Brisbane to undergo a surgical procedure that Cairns Hospital is not currently equipped to handle.

But thanks to the Cardiac Challenge, things are changing.

Crucial medical equipment purchases and services funded by the Cardiac Challenge include:

- Echocardiography (ultrasound)

system for young heart patients: this updated equipment assists the paediatric cardiologist at Cairns Hospital, who treats youngsters ranging in age from premature babies (one in every 100 children is born with a heart problem) to 18-year-olds.

Portable echocardiography system for young heart patients: purchased in 2011, this equipment enables the Cairns Hospital paediatric cardiologist to assess young patients in the field.

Two intra-aortic balloon pumps: both the first pump, bought in 2008, and a second portable model funded in 2013, were obtained for the Cardiac Catheterisation Laboratory at Cairns Hospital, which handles patients with heart problems.

- Register now at www.cardiacchallenge.com.au.

Celebrating 20 years of achievements

far north queensland hospital foundation



Cafes underpin success

The Far North Queensland Hospital Foundation's commercial operations play an integral role in improving health care in the region.

The hospital carpark, *dcafe*, Sea Breeze Café, vending machines, ATM's and patient interactive system all contribute to the Foundation's bottom line.

Because of these commercial enterprises, all administrative costs are completely covered which means every cent donated goes to its intended cause, Foundation CEO Tony Franz said.

The Sea Breeze Café provides quality food and drinks, as well as a full range of gifts and toiletry items for patients, staff and visitors to the hospital.

Sea Breeze Café is on the ground floor of Block B, in a relaxed location overlooking the Cairns Esplanade. It has indoor and outdoor dining, and a view to rival any in Cairns.

The *dcafe*, on the ground floor of Block D at the northern end of Cairns Hospital, offers a wide range of nutritious food and drinks in a relaxed and modern setting. Staff prepare a full selection of hot meals, wraps, rolls, salads, coffee, smoothies, juices and tea.

The Cairns Hospital car park, Block E, on the corner of Grove and Digger streets, provides a crucial service for hospital staff and the public. The provision of 667 undercover parking spaces provides a secure and comfortable environment and meets the large demand. The entry fee is a small



investment for the security and ease of parking on site at the hospital. An all-weather sky bridge over Lake St, on level 2, allows easy access to Block D and the rest of the hospital.

The Foundation co-ordinates and manages a variety of vending services throughout the hospital that include fresh bean to cup

coffee/tea machines as well as drink and snack machines. ATM's are in the Block B information area and the Sea Breeze Café for the convenience of staff, patients and visitors to Cairns Hospital.

- **How you can help: Buy a cup of coffee, snack or meal from one of our cafes, or use the hospital carpark.**



Celebrating 20 years of achievements



Celebrating 20 years of achievements

far north queensland hospital foundation



Other purchases

- 2 x Intra-aortic balloon pumps
- 3 x Omnibeds
- 4 x BiPAP ventilators
- 5 x Vein illumination devices
- 5 x Pneumatic walker casts
- 6 x Bladder scanners
- 9 x Electric beds
- 10 x Dialysis machines
- 11 x Phototherapy units
- 12 x Breast pumps
- 15 x Wheelchairs
- 19 x Ultrasound machines
- 19 x Defibrillators
- 21 x Patient treatment chairs
- 25 x Recliner chairs
- 50 x Sofa/Overnight chairs
- 50 x Bassinet mattresses
- 53 x Pressure relieving mattresses
- 113 x Patient chairs
- 115 x monitoring devices



Take the roads less travelled

THE Far North's newest fundraising bike ride will take participants to places they may never have heard of, let alone visited.

Hosted by the Far North Queensland Hospital Foundation, the R'n'R MTB Adventure is a five-day trip starting in Mareeba, travelling through Almaden, Mount Surprise, Einasleigh and finishing in Forsayth in April.

From there, riders can either make their own way back to the coast or as an optional extra, take the iconic Savannahlander train trip back.

Keen cyclists Dean Clapp and Anja von Keyserlingk say the idea came about with a group of friends who like discovering new ride adventures.

The pair, owners of Crocodile Express Daintree River Cruises, have previously ridden from Cairns to Broome on a tandem bicycle, unsupported.

"I guess we've become cyclists over time – we do the Cardiac Challenge and love that. We love that cycling takes us places we wouldn't otherwise see and it keeps us fitter and healthier than we would be otherwise," Mr Clapp said.

"We just went for a ride one day with a group of friends – we knew roughly where we were going but it's just a great adventure out there," Ms von

Keyserlingk said.

"It's a great adventure – there's not much traffic, it's off-road and it takes you places you've never seen before. Some of those outback country towns could really do with the boost," she said.

Foundation fundraising and marketing manager Glenys Duncombe said the new ride, being held at the end of April, was a great way to see stunning and diverse countryside while fundraising for improved health services.

"We know there is plenty of need for improved health services in the Far North and that's what we're aiming to do with this new adventure – improve facilities and improve health outcomes," Ms Duncombe said.

"There are some medical conditions where if people live in a regional area, they have less chance of survival than if they live in a big city so we're trying to redress that imbalance," she said.

For further information about the new ride visit www.rnrmtbadventure.org.au.

Photo: Dean Clapp and Anja von Keyserlingk are excited about the new fundraising bike ride.

Far North Queensland Hospital Foundation

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Jetskiers assist patients

CANCER patients in Cairns Hospital will be more comfortable and have better treatment, thanks to jetski riders.

Some of the funds raised from the annual Trinity Powersports Sea-Fari jetski island hop on Australia Day, have gone towards a bladder scanner and special cooling fans in the Cancer Care Ward at Cairns Hospital.

The Trinity Powersports Sea-Fari is a jetski powered island hop through the Great Barrier Reef's iconic northern waters – between Yorkeys Knob and Port Douglas, on Australia Day each year.

Considered one of the most spectacular jet-ski routes in the world, the event raises money for the Cancer Care Ward at Cairns Hospital via donations to the Far North Queensland Hospital Foundation. The funds raised are used to enrich the lives of people undergoing treatment for cancer in Far North Queensland.

Sea-Fari is in memory of Cairns Hospital cancer patient Brian "Unit" Wilson whose vision for an aquatic fundraising event has generated more than \$176,000 since its inception in 2011.

Foundation CEO Tony Franz said the \$21,000 contribution would help make cancer treatment a little more comfortable.

"We all know cancer is a difficult



Cairns Hospital Cancer Care Ward staff Jazmin Yendall, Mat Greener, Dr Brian Bolbol, Jisha Ittiavirah, Samjhana Shrestha and Nurse Unit Manager Danielle Peever with the new Dyson fans and bladder scanner, funded by the Trinity Powersports Sea-Fari.

diagnosis to contend with, but these items can go some way to making treatment a little more comfortable," Mr Franz said.

Cancer Care Ward Nurse Unit Manager Danielle Peever said the bladder scanner would be used daily in the unit.

"What it does, is measures bladder volume non-invasively, helps prevent unnecessary catheterisation, improves efficiency and reduces unnecessary patient movement," Ms Peever said.

"This is extremely beneficial to patients who may be debilitated due to increased pain and suffering due to their diagnosis or

treatment," she said.

The eight Dyson bladeless fans are particularly beneficial for cancer patients in hospital, as their temperature regulation can be affected by tumours.

"Some patients can suffer on a roller coaster of uncontrollable heat and cold within minutes – shivering uncontrollably with cold and then within minutes feeling like they are in a volcano. This can also be from the chemotherapy or due to infection. As much as the hospital is air conditioned, sometimes individual patients need more intense cooling which these fans provide," Ms Peever said.



Motorcycle Muster launched

The 2017 Wayne Leonard's Motorcycle Muster will be held in August.

Fundraising and marketing manager Glenys Duncombe said participants would again travel to Mission Beach, due to the popularity of the venue in 2016.

"Funds raised from 2017's

event will go towards surgical and theatre, as highlighted by the experiences of well known motorcyclist and participant Geoff Nielson, who lost his leg in an accident last year," Ms Duncombe said.

Visit www.motorcyclemuster.com.au.



Fridge's latest generous gift

INDIVIDUAL fridges for premature babies' milk at Cairns Hospital will keep a mothers' breast milk at the correct temperature at the cot side ready for use thanks to a donation of 28 individual fridges from The Good Guys Cairns to Far North Queensland Hospital Foundation.

Cairns Hospital Special Care Nursery Nurse Unit manager Jonelle Mayers, said the 28 individual fridges worth \$5600, will be used for new mums staying in the unit to store their breastmilk. The fridges provide a new convenience for mums as they won't have to leave their baby's side to retrieve their milk.

"Each fridge is placed directly next to their baby's cot so there is no chance of milk from one baby being given to another baby, inadvertently," Mrs Mayers said. "Mothers can then participate in discussions regarding the available milk for their baby and take ownership of the supply, because it is so visible.

"Nurses prefer the individual

fridges because we only keep the milk belonging to that baby, in the baby's environment. The individual fridges contribute towards best practice."

Mum Sharon Thompson says the fridges have been invaluable for her baby Hugh. "He was born 10 weeks early and I express milk several times a day at home and also when I come in to feed him. He's exclusively breastfed via a nasogastric tube at the moment but he's doing really well. He's amazing me with his progress," Ms Thompson said.

The Good Guys Cairns Store executive manager Michael Aw said his team was honoured to support its local cause partner, Far North Queensland Hospital Foundation, in a big way this year. "The Far North Queensland Hospital Foundation goes to great lengths to support local residents and families, especially those welcoming a newborn into the world," he said.

The Good Guys Cairns is committed to doing good and

making a difference in the local community, and we hope this donation will keep local mums comfortable and well equipped for the duration of their stay with our friends at Cairns Hospital."

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said The Good Guys Cairns had been extremely supportive of the Foundation for a long time.

"We always hold a Christmas gift wrap at The Good Guys Cairns store and the team has been very generous in making donations, in both cash and kind, and providing special gifts to families in need, over the years. This latest donation brings The Good Guys Cairns' donations to the Foundation to \$100,000, which is very generous," Ms Duncombe said.

Photo: Sharon Thompson and son Hugh, say thanks to Michael Aw for his generous donation of breast milk fridges.

Grandad gives jetski to family

SUPPORTING a cancer fundraiser has resulted in an unexpected surprise for retiree Ron Macey.

Mr Macey bought two tickets in the Trinity Powersports Sea-Fari jetski art union, and was stunned when he received the phone call that he had won.

"I bought them when it was at Smithfield Shopping Centre – we always support cancer fundraisers because my wife's had cancer twice," Mr Macey said.

"I've never won anything in my life and then we got this phone call out of the blue last week to say that I'd won," he said.

Mr Macey won a Sea-Doo GTI 130 jetski, including trailer and 12 months' registration, donated by Trinity Powersports.

Trinity Powersports product manager Rowland Burns said they were honoured to provide the art union prize.

"We encourage other local businesses to get involved and help those who can benefit from the funds raised for much-needed equipment," Mr Burns said.

The Trinity Powersports Sea-Fari is a jetski-powered island hop through the Great Barrier Reef's iconic northern waters – between Yorkeys Knob and Port Douglas, on Australia Day.

Considered one of the most



spectacular jetski routes in the world, the event raises money for the Cancer Care Ward at Cairns Hospital, via donations to the Far North Queensland Hospital Foundation.

Sea-Fari is in memory of Cairns Hospital cancer patient Brian "Unit" Wilson, whose vision for an aquatic fundraising event has generated more than \$176,000 since its inception in 2011.

Foundation fundraising and marketing manager Glenys Duncombe said everyone in

the community was impacted by cancer.

"This year we had a record number of jetski's registered at 35, and we raised more than \$36,000 which was a great achievement," Ms Duncombe said.

"It's really lovely to see the jetski go to someone like Mr Macey and we are assured his grandchildren will make great use of it," she said.

Photo: Glenys Duncombe and Rowland Burns congratulate Ron Macey and his grandson Luke.

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Home town treatment offered

DIABETES and skin cancer patients in the Far North can now have more treatment in their home town rather than having to travel away, thanks to the Far North Queensland Hospital Foundation.

Foundation CEO Tony Franz said the charity bought almost \$88,000 worth of equipment for Cooktown, Atherton and Innisfail Hospitals.

Diabetes equipment provided to each of Cooktown and Atherton hospitals will mean less need for patients to travel to Cairns for treatment they can have in their home town.

As well, a skin grafting machine for Innisfail Hospital, funded by the Innisfail Friends of the Foundation, will allow patients to have skin grafts there, rather than having to travel to a larger centre.

Mr Franz said the equipment, at a total value of \$87,724, was a result of fundraising and commercial activities by the Foundation and its volunteers.

“We’ve contributed \$14 million to improving health services in the past 20 years and this is a great way we can improve outcomes for patients in the region.”

Cooktown Renal Service Nurse Unit Manager Karen Coad said the Sonosite Turbo had been an awesome addition to their unit.

“This amazing little piece of machinery makes the lives of our patients a lot easier.

“When their veins become difficult to cannulate, our brand new Sonosite means we may be able to prevent unnecessary travel to Cairns for our patients. It is really good for us – I use it



on up to four patients a day.”

Atherton Renal Satellites and Home Therapies acting Nurse Unit Manager Karen Brown said the equipment enables nurses to monitor veins on site, rather than the patient having to travel to Cairns for further investigation.

“Patients with difficult cannulation often have to present to Cairns. With the aid of ultrasound guidance, the patient will be able to remain in Atherton.

“In short it will enable patients to remain in their centre of care and not have to travel or put a strain on the Cairns unit.

“It also prevents damage to fistula’s through improving success rates on needling and enables the nurse to identify problems that may interfere with dialysis before they become a problem.

“Early detection leads to less invasive treatments for the patient.

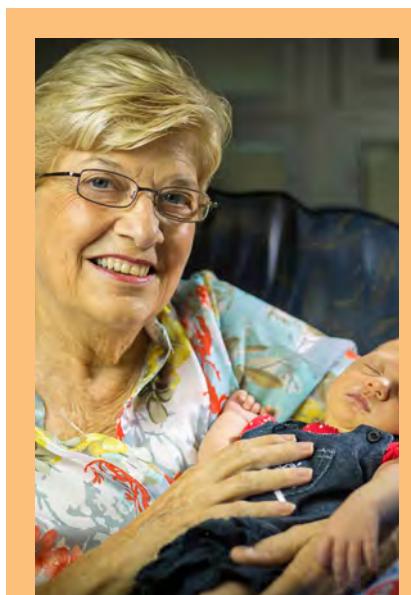
“We are feeling very lucky to have such amazing community support and are grateful for this amazing piece of equipment which will change the patient journey in such a positive way.”

Innisfail Hospital Theatre Nurse Unit Manager Donna Low said that due to public awareness of skin cancers, staff were seeing an increase in patient numbers who need surgery.

“Our new Zimmer Air Dermatome allows the surgeon to perform skin grafting to skin cancer with minimal disturbance therefore helping the healing process.

“Currently patients are often required to travel to a larger centre, to have their procedures performed, when we now are able to provide a service locally,” Ms Low said.

Photo: Tolga patient Patricia Santacaterina receiving treatment with the new piece of equipment at Atherton Hospital.



Volunteers thanked

SHOPPING and fundraising really do go hand-in-hand, as was proved in Cairns at Christmas.

The Far North Queensland Hospital Foundation received almost \$27,000 from Cairns Central shoppers in December 2016.

More than 135 volunteers, spent 1624 hours, over 406 shifts, wrapping more than 10,000 gifts during the Christmas season at Cairns Central.

Foundation fundraising and marketing manager Glenys Duncombe said close to \$23,000 was received from the Christmas Wrap, and almost another \$6000 from the Trinity Powersports Sea-Fari Great Barrier Reef Island hop art union, which was hosted in the Centre in December.

Cairns Central centre manager Christie-Lee Jackson said she was thrilled that Cairns shoppers again dug deep for this worthy cause, "Customers donate a gold coin per gift to be wrapped, so that means the Hospital volunteers were very busy this year, wrapping over 10,000 gifts during the Christmas season at Cairns Central," she said.

To thank the volunteers for their hard work and dedication to the health services of the Far North,

Cairns Central hosted a morning tea at Tosca's on Tuesday 31 January.

Ms Duncombe said funds raised from events such as Christmas Wrap, went to purchase items such as the brainlab orthopaedic surgery equipment, paediatric playground, education, training and research grants and interactive patient stations.

"Every cent that we receive through donations stays local and every cent goes to its intended cause because all our administrative costs are covered by our commercial operations," Ms Duncombe said.

"Since the Foundation's inception 20 years ago, we have contributed more than \$14 million to improving health care in the Far North, and events such as this really do make a difference to patient outcomes," Ms Duncombe said.

As well, more than \$2506 was raised through gift wrapping at The Good Guys Cairns by 17 volunteers, working 253 hours over 76 shifts.

Photo: Cairns Central centre manager Christie-Lee Jackson hands over a giant cheque to Foundation fundraising and marketing manager Glenys Duncombe.

Gifts in wills

EVERY day, Far North Queensland residents benefit from health equipment and expertise funded by the Far North Queensland Hospital Foundation.

All funds raised by the Foundation are spent on providing better health care services for people who live in this region.

A bequest to the Foundation will help us to continue improving the health prospects of your community and other communities in the Far North.

Many people mistakenly believe only wealthy people leave money to a charity. In fact, most gifts in wills are made by ordinary Australians, who want to make a difference.

No matter how small, every sum donated to the Foundation is appreciated and put to good use. Every dollar counts.

The Foundation and its staff and volunteers work hard to improve health care facilities throughout the region,

When you are writing or updating your will, please consider leaving something to the Far North Queensland Hospital Foundation.



dcafe recipe

Jamaican jerk chicken

What you need

1 tbspn allspice berries, 1 tbspn black peppercorns, 1 tbspn dried chilli flakes, $\frac{1}{2}$ tbspn muscovado sugar, 2 tbspns runny honey, a few sprigs fresh flat-leaf parsley, a few sprigs fresh coriander, 2 Scotch bonnet or red Thai chillies, 1 clove garlic, olive oil, eight chicken thighs - skin on, beer for drizzling - optional, one lime, 3cm piece fresh ginger, peeled and chopped.

Method

Blitz the allspice berries, peppercorns and chilli flakes until fine, then mix in the sugar and honey herbs, chillies, garlic and ginger, add to the spice mixture and blitz again. Add the green parts of the spring onions and a good

drizzle of oil and mix well. Pour the marinade over the chicken and massage it in – wear rubber gloves if you want as those chillies are hot! Leave to marinate in the fridge for at least one to two hours, but preferably overnight. Place the chicken, skin-side down, on the barbecue over a medium heat and cook for 40 to 50 minutes, turning often, or until the chicken is golden and cooked through. Drizzle over a little beer near the end of cooking for extra stickiness. You also could cook them in the oven at 200°C/400°F/gas 6 for 25 to 30 minutes, turning occasionally. Serve with your favourite coleslaw with freshly chopped pineapple matchsticks and a bunch of fresh mint. This will help to contrast the spicy chicken.



Grateful recipients

THE increasingly popular Entertainment Book is a fabulous way to gain discounts on eateries and accommodation not only across the Far North, but around the nation.

When you buy your copy of the Entertainment Book, you can do so through the Foundation, ensuring 20 per cent of the sale proceeds goes to us. In the past year, the Foundation received almost \$1500 – every cent makes a difference to improving health services in Far North Queensland.

www.entertainmentbook.com.au/orderbooks/9118k34

- Yes, please keep me informed about activities at the Foundation.
- Yes, please send me more information about becoming a volunteer with the Foundation.
- Yes, please send me more information about the "Friends of the Foundation".

Please name your region _____

- Cooktown Mareeba Mossman Gordonvale
- Cow Bay Cairns Babinda Innisfail
- Yes, please send me more information:
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- Yes, I would like to help the Hospital Foundation with a donation of

\$ _____.

PAYMENT METHOD

Visa Mastercard Cheque

or you can donate online: www.fnqhf.org.au

If you wish to receive a receipt please tick this box and it will be posted within 14 days.



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