

SUMMER 2020



Sue Sherrington with Foundation CEO Tony Williamson

Locals Helping Locals

CHRISTMAS has come early for all of Far North Queensland, with Trinity Accountants hosting a fundraising lunch for their clients in late November

More than \$70,000 has been raised for the Far North Queensland Hospital Foundation at the lunch.

Trinity Accountants owner Sue Sherrington said they wanted to bring their clients together in what had been a challenging year, and unite for a great, local cause.

"We've been working with the Foundation for a few years now, we contributed to the endoscopy campaign, and we see the amazing work they do in the community,"

Mrs Sherrington said.

"Because the Foundation supports so many aspects of health care – from cancer to cardiac to urology to children to surgery, we feel that everyone in the community benefits from what they do," she said.

So the Trinity Accountants team got together and worked out how they could support their local charity.

"Not only have our clients been extremely generous in buying tickets for the lunch, which have been very popular, but we've also had more than \$21,000 worth of raffle prizes donated. It's going to be an amazing day," she said.

Donations will go directly to the Foundation, in its drive to purchase urology equipment that will help early detection of prostate cancer.

Foundation CEO Tony Williamson was thrilled with the initiative and the sort of community support that it showed.

"Lots of people in the community have been really suffering this year but events like this are a wonderful way to bring people together and support each other," Mr Williamson said.

"This has been an incredible initiative, it's been a great day with incredible support. Thank you so much to the team at Trinity Accountants," he said.

Teens see fruits of labour

A GROUP of teenagers who took on and won the challenge of riding from Cairns to Cooktown for cardiac services, saw those very services up close on a tour in October.

Five teenagers, part of team Wheelie Good in the QSuper Cardiac Challenge, won the highest fundraising team in this year's event, with a total of \$16,265 out of a total \$295,392 raised so far this year.

The team wore the coveted highest fundraiser yellow jersey for the final ride into Cooktown. The students attend St Andrew's Catholic College, St Augustine's College, Trinity Bay State High School and Cairns State High School.

A radio interview with the team inspired a local businesswoman to sponsor their fundraising efforts.

Local businesswoman Coral Hoult heard the interview in August and sponsored the team \$7550 over three donations.

She has had a heart condition but it was the teenagers' passion and hard work that inspired her to donate.

"Both my late husband and I have had reason to use the heart teams in Cairns. We had the most intense and critical care when it was needed most.

"The sincerity and maturity of the group of Wheelies at such a young age to raise money and then take time out of their school holidays to ride in the Challenge is inspiration and I chose to reward them for their amazing effort, consequently supporting the cardiac unit.

Not only did her donations help the team to the yellow jersey, but Mrs Hoult and her son drove to Cooktown on the final day of the event, to watch the youngsters reach their destination.

"They were so excited and proud of their achievements and I'm really proud of them too. It's great to see young people off their devices and helping their community. If they sign up next year, I'll sponsor them again too."



Andre Ahloy, Zeetah Nuttall, Thomas Barber, cycling coach and parent Jeremy White, Hannah White, Jack Bradley, donor Coral Hoult and Dr Greg Starmer.

Cairns Hospital director of cardiology (and former St Augustine's student) Dr Greg Starmer, said the fundraising efforts of people like the Wheelie Good students and hundreds of others, have contributed to the ongoing purchase of life-saving equipment for people with cardiac issues in Far North Queensland.

"It's great to see the next generation getting involved in such a good cause and looking after their own heart health so they won't require our services in the future," Dr Starmer said.

Far North Queensland Hospital Foundation Fundraising and Marketing Manager Glenys Duncombe was delighted to arrange the Wheelie Good visit to the cardiac unit.

"People who donate to the Foundation love seeing where their money goes – they love seeing that it stays local and 100 per cent of donations really do go to the intended use. We've fundraised more than \$4 million for cardiac services and it's incredible to hear the stories every day of how that makes a difference to local people in Far North Queensland," Ms Duncombe said.

Having QSuper as the Cardiac Challenge's major sponsor this year is a critical component, as it enables every single dollar raised to go directly to cardiac care in the Far North.



About the QSuper Cardiac Challenge

The QSuper Cardiac Challenge is an annual fundraising bike ride from Cairns to Cooktown, hosted by the Far North Queensland Hospital Foundation. 2020 was the 14th time the Cardiac Challenge bike ride has been held, with more than \$4 million raised for cardiac services by the Foundation, in that time. Funds raised this year will go towards a cardiac ultrasound device and a specialised anaesthetic device for the new cardiac electrophysiology service.

About QSuper

QSuper is one of Australia's largest superannuation funds, with more than \$110 billion in funds under administration. From humble beginnings more than a century ago, today they manage the retirement savings of more than 585,000 members. More information: <https://qsuper.qld.gov.au>.

For further information visit www.cardiacchallenge.com.au



QSuper Q&A

Name Julie Bates

Where and in what position are you working?

QSuper Regional Relationship Manager

What region do you cover? North Queensland

How long have you been in the role? 3 months

Prior to starting in your role, had you heard of the QSuper Cardiac Challenge?

Yes, I had. I have friends who ride in the challenge every year as well as it being a well-publicised community fundraising event in the region.

How did you feel about being part of the event beforehand?

We are proud to support an initiative that helps our members working in cardiac health provide state-of-the-art care for residents in Far North Queensland.

What are some of your observations of the event?

The QSuper Cardiac Challenge is an extremely well-organised event and it is great to see so many people from all walks of life come together to support cardiac care in FNQ. The QSuper Cardiac Challenge creates great comradery between cyclists and rider packs, with everyone supporting each other. The fundraising efforts of the individuals is amazing and a credit to everyone involved.

Why do you think it is important for sponsors to be involved with community events such as this?

QSuper is committed to investing in initiatives that create long-term benefits for members, their families and communities.

The purpose of our sponsorship was to enable every single dollar raised to go directly towards cardiac care and by supporting the challenge, we're supporting the improvement of cardiac health and the wellbeing of residents in Far North Queensland.

INSIDE SUPER

QSuper podcast series
with host Robin Bailey



A brand new podcast series designed to make sense of superannuation has just been launched by QSuper, one of Australia's largest superannuation funds.

Inside Super sees host Robin Bailey teaming up with specialists from QSuper to tackle some of the big questions on your retirement savings over four short episodes.

Packed with helpful information and motivating discussions, these podcasts are an easy way to learn why knowing a little more about your super now could have a big effect later on.

Take control of your financial future today. Subscribe on iHeartRadio or wherever you get your podcasts.

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QSuper



Susanne Gane, Di Williams, Bev Prescott and Tony Birch.



Atherton day a winner

More than \$33,000 worth of equipment will be bought for Atherton Hospital as a result of an auction and cent sale in November.

The auction of donated items from the former Atherton Hospital nurses quarters netted \$27,000 for the Atherton Friends of the Hospital Foundation, with more than 100 registered bidders eagerly vying for items of unique history.

Funds will go to the Atherton Friends of the Hospital Foundation, a subsidiary of the Far North Queensland Hospital Foundation.

Foundation CEO Tony Williamson, a licensed real estate agent and auctioneer, facilitated the auction and was delighted with the result.

"We had a lot of really keen interest in many items, but particularly the beautiful arched windows, casement windows, the gynaecology bed, vintage high chair – there was an incredible array of historic items," Mr Williamson said.

The vintage Beale piano sold for \$800 to an Atherton local who bought it for his music student son, and the arched windows went for a total of \$12,000.

Mr Williamson paid tribute to the many volunteers who pulled the auction together, but also the Atherton Hospital Redevelopment project team, who negotiated salvaging the items as part of the construction contract and made sure they were saved from the old building before it was removed from the site.

"It took the project team and staff from the health services' Building Engineering and Maintenance Services a couple of weeks to remove all items from the old Primary Health Centre. Their efforts, along with those of the Foundation, have been richly rewarded with this excellent outcome," he said.

In addition to the auction, the Friends held their annual cent sale on the same day, generating a further \$5800 for health services in the local community.

"We'd like to thank everyone who came out and supported the local community

and we know many people will now have a piece of local history to treasure," Mr Williamson said. "This was the Atherton Friends' biggest fundraising to date and builds on a really local history of supporting the hospital."

Atherton Friends of the Hospital Foundation president Di Williams was equally thrilled with the outcome of the day.

"Everyone pulled together so well – we all worked really hard on the different aspects we were working on, everyone was really positive, we had amazing feedback and it was a great atmosphere," Mrs Williams said.

"We would like to sincerely to thank everyone, near and far who supported and continue to support us in our work to improve health outcomes in Atherton, she said.



Donated baby enables training

A SPECIAL simulation baby has been bought for the Intensive Care Unit at Cairns Hospital to enable regular training.

ICU Nurse Educator Kathryn Charlesworth said the training mannequin would allow them to conduct real-life clinical simulations for babies and children on a regular basis.

"We have an adult mannequin which we use regularly for staff training but up until now we have had to borrow a simulator to conduct training on babies and children from the Skills Centre, which isn't always convenient for them or us," Ms Charlesworth said.

Training will be delivered to all staff who work in the ICU. This will involve the whole of the multidisciplinary team including nurses, doctors and allied health staff to cultivate a whole team approach to clinical care.

The Cairns Hospital ICU can manage any paediatric patient from newborn to 16, and the new simulator will enable training to be conducted on patients of different ages.

"It will primarily enable us to recognise the signs of deterioration in a patient, with the goal of early recognition as we know this leads to better patient outcomes. The SIM baby will also enable us to train staff in more serious situations like cardiac arrest. This doesn't happen often in children in ICU but when it does, it's important to have our staff with the most up to date skills so we can respond immediately and appropriately."

The SIM baby mannequin was provided by the Far North Queensland Hospital Foundation at a cost of almost \$54,577.

Foundation CEO Tony Williamson said almost \$25,000 came from regular donors Anne and Leslie Mills, a \$23,000 bequest, and the rest was topped up by Foundation general funds.

The Mills Foundation donation brings their total contributions to the FNQHF to more than \$513,221.

"The Mills Family have been incredibly generous to patients in FNQ, through us – dating back as far as 2008 so being able to show them the equipment they have supplied, here today, is really important to us," Mr Williamson said.

Mrs Mills said while they had supported areas from Mareeba, to Forsyth, Cooktown, Georgetown, Croydon and Cairns Hospital, care of babies had always been close to their hearts.

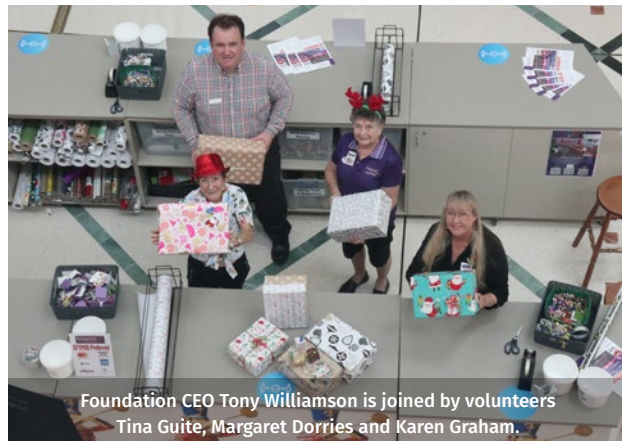
"One of our grandchildren spent some time in the Special Care Nursery when he was born, so helping provide this equipment is important to us," Mrs Mills said.



Kathryn Charlesworth with Anne and Leslie Mills



Foundation chairman Dr Ken Chapman with Kathryn Charlesworth



Foundation CEO Tony Williamson is joined by volunteers Tina Guite, Margaret Dorries and Karen Graham.

Volunteers get wrap happy

CHEERY volunteers are more than a little wrap happy this Christmas.

Hundreds of dedicated volunteers are giving up their time this month to wrap gifts in return for a donation to the Far North Queensland Hospital Foundation.

Foundation CEO Tony Williamson underwent some wrap training this week, learning some of the intricacies of the craft.

Some volunteers use the event as a team-building exercise in their workplace, others volunteer with their family and some have moved away but every year when they come "home" for Christmas, they always volunteer at Christmas Wrap.

"Funds raised from Christmas Wrap previously have contributed to the surgical microscope, women's ultrasound, orthopaedic surgery equipment, paediatric playground and the cardiac catheter laboratory," Mr Williamson said.

Cairns Central Centre Manager Christie-Lee Jackson said: "Cairns Central is delighted to continue to partner with the Far North Queensland Hospital Foundation for the annual charity Christmas gift wrap, which has been going for more than 15 years. We are truly overwhelmed by the generosity of the community, giving up their own time to help such a worthy local fundraiser," Ms Jackson said.

Mr Williamson said the Foundation also announced that Stockland Cairns has joined the Foundation's wrapping stable, of Cairns Central and DFO Cairns.

"We've raised just over \$200,000 from Christmas Wrap since 2001 – it's become a Christmas institution both for wrappers and customers, and we're thrilled it could go ahead this year."

Mr Williamson also paid tribute to CCW Cabinet Works for their support of our gift hut at Cairns Central.



Nectarine and Apricot Coconut Chia Puddings

Ingredients:

2 x 270ml cans coconut milk
 3/4 cup white chia seeds
 1 teaspoon vanilla extract
 4 yellow nectarines, stone removed, cut into thin wedges
 4 apricots, stone removed, finely diced
 1/2 cup maple syrup, to serve
 1/4 cup toasted flaked coconut, to serve

Method:

Place coconut milk, chia seeds and vanilla into a bowl and stir until well combined. Set aside for 15 minutes to thicken.

Spoon half the chia mixture into the base of 4x 1 cup capacity glasses or glass bowls. Top with half the peaches and apricots. Spoon remaining chia seed mixture over fruit. Place remaining fruit onto chia seed mixture. Place in refrigerator for 1 hour or until cold. Drizzle maple syrup over fruit. Sprinkle with coconut and serve.



Café Chat

Name : Clinton Pattenden

Age : 56

Role : Chef in D'café, master sandwich and wrap designer under the strong influence of Mr T (Tiguana).

Home : I am originally from Sussex which is in the countryside of England surrounded by forests. I moved to Australia in 1991 where I flew into Sydney and with my knife box and suitcase, tried to make Australia my new home. After a year I moved up to Cairns and have stayed out at Yorkeys Knob for the remainder of my stay here.

Foundation : I started with the Foundation as a volunteer just after my wife was finishing her radiation treatment for breast cancer, and after a very funny conversation with Annette who knew my wife because of the Leukaemia Foundation, found myself in D'cafe working alongside Siobhan. I think I am on my 2nd month now and still enjoy the very happy and professional working environment.

Stars : I am a Virgo and most people who are into stars and stuff reckon I am a typical Virgo.

Interests : I have a mixture of interests as I progress through life, first and foremost my biggest interest is keeping my lovely wife Lori happy, once I may succeed in this endeavour I will move onto my children Oliver 16, who is learning how to drive and Henry 14 almost 15 who keeps me busy with soccer and now futsal. I have been known to hit an occasional good golf shot, pretty handy at the snooker table only to scare Mr T, love a good movie especially all the Marvel and DC films, chill out at home reading crime and adventure books. I think Mathew Riley has written some great stories, full of adventure, as soon as you're into the first paragraph. And as of recently looks like I may be taking up soccer myself very soon, even if it is for the over 45's.

Home : When I get home most days it is getting the food ready for dinner, completing my exercise routine, quick swim in the pool (75m if I'm having a good day), walk the dog, accidentally pop into my mates house have a couple of whiskies then toddle off home and cook a late dinner with the family.

Work : I guess I enjoy working for the Hospital Foundation so much at the moment because I have a bit of stability in my life. Cairns is going through a very rough patch at the moment, and I feel like I am part of something bigger. I may not be with customers all the time but the small engagements I have had with the people coming through D'cafe if I keep a positive energy coming out of me and give a smile or offer of help, you never know how much that small gift you have readily given may alter somebodies day.

I must confess the Foundation does a lot more than what I first envisioned. I knew of essential equipment that has been donated and a little bit about some of the charities like the recent bike ride to Cooktown. The Foundation is a business that is grown on helping the community in any way it can and I am very lucky to be a part of it.



Nu Nu Restaurant owners Nick Holloway, Jason Rowbottom, Mo Rowbottom and Amy Ascot.

Nu Nu's new record

What a simply INCREDIBLE day at Nu Nu Restaurant on November 3, for their annual Melbourne Cup function.

Thank you to everyone for helping us raise \$31,000 on the day.

Thank you Nu Nu management and staff, donors and participants.

Bookings for this year's event at the popular Palm Cove location sold out within 10 minutes of it being launched onto the Nu Nu Restaurant website.

In the 16 years the event has been held, \$210,000 has now been raised for the Far North Queensland Hospital Foundation.



Mossman & Douglas friends of the foundation

Supporting our community

As with the wider world 2020 has been a challenging one for the Mossman and Douglas Friends of the Foundation but has any year so underlined the importance of our health care system?

With all events cancelled for many months, once restrictions eased the volunteers swung into action with gusto! With the generous assistance of local businesses we have been able to hold a High Tea and Fashion show at Temptations Cafe with gorgeous floral displays by Mossman Florists, several sausage sizzles and raffles for meat trays and local fruit and vegetable vouchers thanks to Mossman Butchers and Scomazzon's farming. We have also been holding a craft stall at the very popular local Mossman Markets which also gives volunteers the opportunity to raise awareness in the community of the precious resource we have in our local hospital.

The Douglas Shire is sharing the Christmas spirit this year with Carols and a Night Market under the Raintrees in Mossman at which we will be selling handmade treats and Christmas Crafts. After such an extraordinary year Mossman and Douglas Friends of the Foundation has managed to raise almost \$6,000 a fantastic effort when considering the financial impacts felt by many this year. However the ability of the volunteers to raise awareness of the work of the Hospital and the Foundation in the community is invaluable as we look to 2021 with an increased awareness of the crucial role our local hospitals play in keeping our communities healthy.



Deborah Kachel and Nadia Zammataro
– Market Stall at Mossman Markets.



Christine Rowbury, Deborah Kachel
and Lynne Lennox – Art Auction



Nadia Zammataro and Julia Leu – Art Auction



Kerry Shepherdson, Libby Cuckson and Naomi Dwyer
(Cooking Reuben Dwyer) – sausage sizzle
at Mossman Markets.



Tully friends of the foundation

Supporting our community



Tony Williamson, Taleah Davies, Tahylah Reis and Clive Skarott.



Clive Skarott, Dr Alfred Sang and Suzette Harney.



Suzette Reis, Melissa LaSpina, Christine Boric.

In November, the Tully Friends of the Hospital Foundation received a visit from Foundation CEO Tony Williamson and Clive Skarott, Chairman of the Cairns and Hinterland Hospital and Health Service. Suzy Reis (Tully Friends of the Hospital Foundation) also presented Taylah Reis and Taleah Davies, two young, hardworking and deserving Foundation volunteers with a small token of appreciation for their work helping out the group! Tigers Leagues Club hosted afternoon tea.

Innisfail's new equipment

ALMOST \$40,000 worth of medical equipment was handed over to staff of Innisfail Hospital in October.

An Accuvein worth \$14,663, fibrescope worth \$15,667, ear toilet worth \$7331

and birthing pool worth \$1380 are the result of dedicated fundraising in the Innisfail community.

The Innisfail Friends of the Hospital Foundation thanked the community for its continued support in making our hospital as good as a hospital should be.

"Also a special mention to Innisfail McDonalds for their continued yearly support in assisting the Foundation's vital equipment initiatives," president Estelle Kopp said.

"We are ever so grateful for every one of you and we make the commitment to you to strive forward in our future efforts to ensure that your medical treatment is compatible with all health care needs," she said.



Innisfail midwifery group practice midwife Tasmine Mueller is joined by Acting Maternity Unit Manager Alvin Cheam, Cassowary Coast Mayor Mark Nolan, midwife Jennifer Keil, Estelle Kopp and Innisfail McDonalds supervisor Sarah Ghensi. Photo: Maria Girgenti



Mark Nolan Cassowary Coast Mayor, Tony Williamson CEO Far North Queensland Hospital Foundation, Clive Skarott AM Cairns and Hinterland Hospital and Health Service chairman, Estelle Kopp President FOF Innisfail Hospital branch. Photo: Maria Girgenti

Mums and bubs benefit

A SPECIAL ultrasound bought through community fundraising is helping improve health outcomes for mothers and babies in the Far North.

The \$70,000 ultrasound was bought with funds raised at the 2019 Nu Nu Restaurant Melbourne Cup, 2019 Christmas Wrap, as well as general funds from the Far North Queensland Hospital Foundation.

Being used on a daily basis on birth suite at Cairns Hospital, the ultrasound is used to assess blood flow and potentially even diagnose life-threatening conditions while babies are still in utero, to assist with time-critical diagnosis and treatment.

Foundation CEO Tony Williamson said it was incredibly rewarding to see community donations leading to better health outcomes.

Cairns Hospital obstetrics registrar Dr Ebony Gilbee and Cairns Hospital Midwifery Unit Manager Mary McGuinness with the new ultrasound.



"That's really what we're all about – people can and do donate to us very happily, knowing their hard-earned dollars will stay in the Far North and that every cent donated, goes where it's intended," Mr Williamson said.

Bookings for this year's event at the popular Palm Cove location sold out within 10 minutes.

In the 16 years the event has been held, \$210,000 has been raised for the Far North Queensland Hospital Foundation.



Researcher feature

Name : Dr Andreas Kupz

Age : 40

Where and in what position are you working?

I am Senior Research Fellow at the Australian Institute of Tropical Health and Medicine, James Cook University.

Tell us which grant you received and how you are going to use it?

I received the \$50,000 grant in early 2020. The grant is being used to pay for laboratory reagents, patient incentivisation, travel to study sites and research assistant time

How did you hear about the Foundation's research grants? JCU newsletter

What is your project about?

Understanding the human immune responses to BCG, the vaccine that is used to prevent tuberculosis in children. The results of this study will inform the development of a new vaccine.

How did you come to be studying this particular field? I have worked on different bacterial diseases for the last 14 years. Tuberculosis is one of the most important bacterial diseases globally.

Where are you based? AITHM, Cairns

Where will your research take place?

JCU/AITHM Cairns, Cairns Hospital, Thursday Island Hospital and Bamaga Hospital

Why is your research important?

Tuberculosis is the leading cause of infectious death globally (annually more people die from TB than from COVID-19). The current vaccine, BCG, has low efficacy in adults and needs to be replaced with an improved vaccine.

How will your research benefit the FNQ community?

FNQ is one of the few regions in Australia in which TB still occurs. Developing a better vaccine against TB will potentially benefit many communities in FNQ by reducing the burden of disease and the associated morbidity.

Vollie Q&A

Name: Lynley Brighting

Age: 65

Have you always lived in FNQ? If not, where did you come from and how long have you been here?

I have been in Cairns since 1989 and am originally from New Zealand.

Volunteer role Information desk, raffle seller, fundraising helper

How long have you been volunteering with us? 15 years

How did you come to start volunteering with us?

It was suggested to me by the volunteer people in the city.

Star sign: Gemini

Interest, hobbies, past-times? Animals, family, art, singing, choral society, photography, swimming

Tell us about your family – kids, grandkids, great grandkids?

I have five children and 14 grandchildren. One daughter and four sons.

Are you retired? If so, what did you do before leaving the workforce?

I am on a disability pension due to two major road accidents but I was a photographer for more than 10 years.

What do you enjoy about volunteering with us?

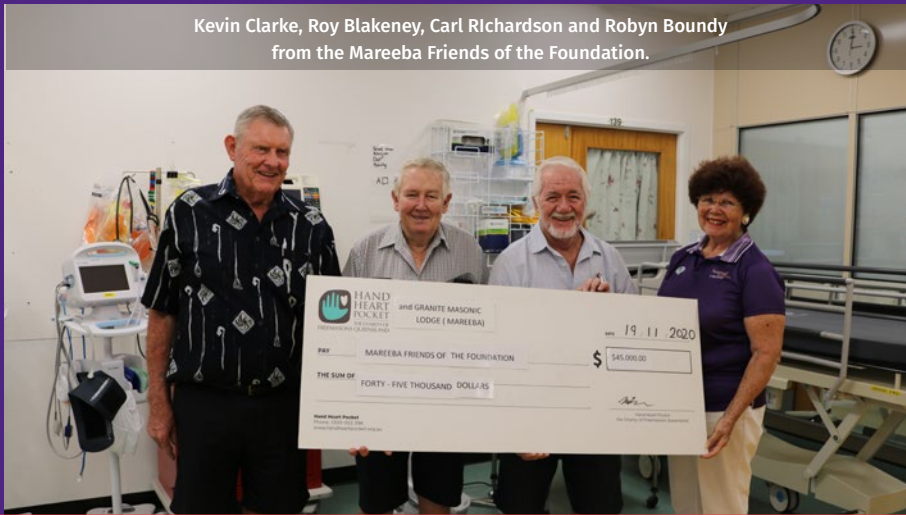
I love being a part of a great lot of people from all walks of life – young and older. I hope I can continue for many years yet.

Do you have any funny tales about volunteering with us?

There are so many that I won't tell but we have a laugh most days. Recently a lady came up and asked where she should take a kidney stone. We suggested pathology and when leaving she turned round and said "It's not even mine!" But it's a place where you can support those who are scared, worried or obviously grieving. It's my main purpose some days, to get up. My eldest son has had three heart attacks. The first is what is called by Dr Greg Starmer a widow maker. He was wind surfing at the time and only 38. He then had another two heart attacks. He said to me that he wouldn't have lived if it hadn't been for the Foundation as they had raised the money for the catheter lab. He would not have made it to Townsville. He had to be flown by the Royal Flying Doctors to have a defibrillator inserted but now with more money being raised, he can have any further procedures here.



Kevin Clarke, Roy Blakeney, Carl Richardson and Robyn Boundy from the Mareeba Friends of the Foundation.



Freemason's give Mareeba a hand

Freemasons COVID-19 Grant helps Mareeba Hospital in fight against pandemic.

Mareeba Hospital has been given a hand up in their fight against the coronavirus pandemic with vital new equipment donated by the local Freemasons.

Granite Freemasons Lodge together with Hand Heart Pocket the Charity of Freemasons Queensland have provided almost \$45,000 towards additional equipment including a Lifepak 15 defibrillator, trauma stretcher trolley and a mobile workstation.

Mareeba Hospital COVID/OPERA ward Nurse Unit Manager Tanya Barker said clinicians were extremely grateful for the Freemasons donation in providing medical equipment used to prevent or treat emergency situations during potential COVID-19 public health emergency situations. "The Lifepak 15 defibrillator, trauma stretcher trolley

and mobile workstation are critical in maintaining staff and patient safety, reducing and rationalising the use of PPE and supporting optimal health outcomes," Ms Barker said.

Granite Freemasons Lodge representative Roy Blakeney said the Lodge contributed \$5000 in addition to Hand Heart Pocket having provided almost \$40,000 through its Grassroots Grants program.

"When the Far North Queensland Hospital Foundation put out the call for donations to help support hospitals within the Cairns and Hinterland District amid the pandemic, we felt it was important to respond to this need by supporting our local health service here in Mareeba," Mr Blakeney said. "Indeed, the Lodge, with the help of Hand Heart Pocket has provided over \$140,000 towards charitable initiatives in the region in the last four years alone. This includes \$4400 for Mareeba Meals on Wheels, \$42,500 towards the

new palliative care room at Mareeba Garden Settlement, \$15,000 for the local Men's Shed, plus over \$23,000 for the Mareeba Hospital rehabilitation unit just to name a few."

Mareeba Friends of the Foundation president Neil Setford welcomed the funding, saying it would greatly assist the 52-bed hospital which services about 20,000 residents.

"The outpouring of support for our regional hospital has been amazing," Mr Setford said. "We are especially grateful to the local Freemasons for their generosity to help equip our local hospital. Last year the Freemasons also donated funds towards a Malmet blanket warming cabinet and bladder scanner in the Rural Older Persons Evaluation and Rehabilitation Assessment (OPERA) Unit at a cost of almost \$25,000. Physical pain and psychological stressor post-surgery and or injury can be reduced with the application of a warm blanket. Pre-warmed blankets can also reassure patients that the nurses and doctors genuinely care about their comfort and wellbeing and assist in prevention of prolonged recovery. Additionally, warmed blankets can be used to maintain core temperature in patients who are acutely unwell," Ms Barker said. "The Verathon prime plus Bladder scanner is beneficial to every patient in the sub-acute OPERA Unit. Accurate diagnosis, evaluation and treatment associated with the bladder includes early detection of Urinary tract infections which may lead to rapid patient deterioration discomfort and pain."

Hand Heart Pocket Chief Executive Officer Gary Mark said the charity was focused on assisting its existing charity partners and working with Freemason Lodges to increase support at a grassroots level during the Coronavirus pandemic.



HOW TO CONTACT OR SUPPORT US

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