



# far north queensland hospital foundation

SUMMER 2024



## Milestones celebrated

**More than 30 years of fundraising achievements have been celebrated as the Far North Queensland Hospital Foundation marked the 20th and 10th work anniversaries of Fundraising and Marketing Manager Glenys Duncombe and Communications Officer Robyn Rankin recently.**

Ms Duncombe, whose local pedigree extends back several generations, attended Cairns West State School and she is proud to say, Trinity Bay High School.

Her journey in fundraising began with her daughter Renee's leukaemia diagnosis. This prompted Glenys and her whole family to start fundraising for the Leukemia Foundation.

After the tragic loss of Renee, Glenys became even more passionate and started working for the Leukemia Foundation. When the FNQHF position became available, she knew she was perfect for the role.

While not a "born and bred" local, Ms Rankin has proven her passion for health care and the region.

She came to the Foundation after 20 years in newspapers both here and elsewhere in regional Queensland and quickly adapted her skills to the role.

Her own health experiences, as well as supporting family members through the journey to end-of-life, have given her a unique perspective and compassion.

When we look back through the annual reports, we see that for the first one issued just after Ms Duncombe started, fundraising achieved \$392,000. Under her stewardship,

that figure has grown and this year the Foundation announced a figure achieved by fundraising of 10 times that amount.

Since then, she has led the fundraising team that has raised an incredible \$30.8 million.

Ms Duncombe rode the very first Cardiac Challenge. She took on the Wayne Leonard's Motorcycle Muster and helped drive fundraising to achieve \$1 million in the 19 years the event took place (And riding behind Mr Leonard into the Children's Ward at Cairns Hospital on a Harley Davidson!)

The personal friendships developed along the way have been an incredible source of strength and support and she is absolutely passionate about Far North Queenslanders and what we can achieve.

She strongly believes FNQ deserves the very best and if it's not provided for us, we can go out and do it for ourselves.

# Bringing life-changing care to our community – thanks to you.



Imagine a day where no one in Far North Queensland has to travel far for life-changing surgery. Where cutting-edge technology is within reach of every family, friend, and neighbour. That day is closer than ever, and it starts with you.

Your donation, large or small, can help fund a state-of-the-art surgical robot that will bring advanced, life-changing care to our community.

This technology has the power to transform lives – faster recovery, less pain, and surgery so precise it's redefining what's possible. Our skilled surgeons will be able to perform complex procedures right here, without the burden of long-distance travel.

**Help transform health care for our community, so that when someone you care about needs critical surgery, they'll have access to the very best.**



**Donate today – scan the QR code or call 07 4226 6327. You can bring us closer to making world-class care a reality in FNQ.**

far north queensland  
**hospital**  
foundation



**W**e may not know each other personally, but I feel we're connected through a shared love for our Far North Queensland community. I'm Dr. Roxanne Wu, Clinical Director of Surgery at Cairns Hospital.

Every day, I see firsthand the incredible strength and resilience that defines our local community. FNQ isn't just where I work – it's my home. That's why I'm reaching out to you today.

Our dedicated team of doctors, nurses, and support staff works tirelessly to provide the best care possible. But sometimes, even the best efforts aren't enough without the right tools.

Bringing DaNi, a world-class surgical robot, to FNQ would be a game-changer, giving every patient access to advanced care, right here in our community. No more long journeys, no more uncertainty about getting the care they deserve.

It's about creating a future where no one has to choose between critical care and staying close to family. Help us to help you!

DaNi is more than just a fancy piece of technology; it's hope. Hope for faster recoveries, less pain, and a future where no one has to travel hundreds of kilometres for world-class surgery. Imagine what this could mean for our community.

Every dollar takes us closer:

Together, let's create a future where everyone in FNQ has access to the best care.

Please donate today and be part of this transformation.

Donate now [www.fnqhf.org.au](http://www.fnqhf.org.au).

Warm regards,

***Dr Roxanne Wu***

**Clinical Director of Surgery  
Cairns Hospital**

***P.S. Every gift, no matter the size, helps bring us closer to life-changing care for FNQ. Please visit our donation page to see how you can help.***



## YEAR IN REVIEW 2023-2024

### Key Campaigns & Fundraising Events



- Overall fundraising efforts raised **\$2,672,823**
- Donate for DaNi: Raised \$1.68 million towards a **\$4.3 million** goal for a surgical robot.
- Starlit Soiree raised **\$757,250**.
- QSuper Cardiac Challenge raised **\$393,566**.
- Trinity Advisory Christmas Lunch raised **\$406,853** for Urology.
- Nu Nu Restaurant Melbourne Cup event **\$100,000** for Pregnancy Loss Room.
- Launched Containers for Change partnership
- Friends of the Foundation groups raised **\$681,099**.



### Equipment Purchased:

- **\$1.32 million** towards essential health care services in the region, enabling the acquisition of vital medical equipment.
- Equipment purchases across Far North Queensland public health services, including Cairns, Atherton, Babinda, Cooktown, Herberton, Gordonvale, Innisfail, Mareeba, Mossman, Tully and Weipa
- Since inception, the Foundation has contributed more than **\$27 million** in grant funding



### Research & Training:

- **\$263,791** awarded in research & education grants.
- Since 2007, nearly **\$2 million** contributed to research.
- **\$20,000** in education grants for Queensland Health staff.



### Volunteers:

- **Almost 1000 registered volunteers** from Tully to the Torres Strait.
- Cairns: 90 hospital volunteers contributed **15,000 hours** across **20 roles**.
- 250 fundraisers are active throughout the Cairns region.
- Friends of the Foundation (FoF): Contributed **11,000 hours** and funded **\$590,810** in equipment for 10 groups.
- 25 "Craft Lady" volunteers raised \$32,000.



### Support for hospital staff:

- Beyond grants, the Foundation also sponsors and supports a range of events that celebrate and acknowledge the hard work and dedication of hospital staff.
- Events include the **Nursing and Midwifery Awards**, **Research & Innovation Symposium**, **Allied Health Excellence Awards**, **CHHS Excellence Awards**, **Deck the Wards**, and the **Cairns Hospital Wellbeing Expo**.

### Social Enterprises:

- Launched FNQ Foundation Feast catering & fresh food vending at Cairns Hospital.
- Two cafés, a catering service, car park, and **50+** vending machines.
- These ventures fully cover operational expenses, allowing 100% of donations to fund health care improvements



2023 → 2024



# Trinity backs FNQ innovation

**An extraordinary display of community generosity has resulted in more than \$406,000 being raised at the fifth annual Trinity Advisory Christmas Charity Luncheon, held on Friday, November 22, 2024 for the Far North Queensland Hospital Foundation's Donate for DaNi campaign.**

This remarkable achievement surpasses previous records, including the \$230,000 raised in 2022 and the \$405,000 milestone reached in 2023, underscoring the event's growing impact and the community's unwavering commitment to enhancing local health care services.

Trinity Advisory owners and directors Rod and Sue Sherrington expressed their heartfelt gratitude: "We are overwhelmed by the generosity of our clients and sponsors. Their support has been instrumental in achieving this record-breaking result, bringing the total raised over the past five years to \$1,267,000."

The Donate for DaNi campaign aims to secure \$4.3 million to acquire a state-of-the-art surgical robot for Cairns Hospital, enhancing surgical precision and patient outcomes.

Trinity Advisory and their clients' latest effort means the campaign has now raised more than half the total needed, in less than 12 months.

Foundation CEO Gina Hogan said the event's

success brings the community significantly closer to the goal.

"The community's support is a testament to the collective commitment to advancing health care in our region. We extend our deepest appreciation to all attendees, donors, and sponsors whose contributions have been pivotal in this fundraising triumph," Mrs Hogan said.

"Rod and Sue's formula is an absolute winner and we're incredibly grateful that they and their clients are such incredible supporters of us but also of the community where they live and work," she said.

For more information or to contribute to the 'Donate for DaNi' campaign, visit [www.fnqhf.org.au](http://www.fnqhf.org.au).







# Nu Nu's 21st event shines

**The Far North Queensland Hospital Foundation (FNQHF) has been swept up in a wave of pink-tinged generosity, with the 21st Melbourne Cup Luncheon at Nu Nu Restaurant raising an incredible \$120,000 for the Foundation's Donate for DaNi campaign.**

Set against the stunning backdrop of the Coral Sea, the luncheon brought together a spirited flock of flamingo-inspired attendees for a day of glamour, fun, and heartfelt giving. Guests enjoyed world-class cuisine, breathtaking views, and the warm camaraderie of like-minded supporters, all in the name of advancing surgical care for our community.

"The Flamingo Luncheon was more than just a celebration of the Melbourne Cup; it was a celebration of generosity and community spirit," Foundation CEO Gina Hogan said.

"Every dollar raised brings us closer to our goal of \$4.3 million to purchase the Da Vinci surgical robot, affectionately named DaNi,

for Cairns Hospital. This remarkable piece of technology will revolutionise surgical care in our region," Mrs Hogan said.

Funds raised on the day bring total raised for the campaign since it was launched in May, to more than \$2 million of the \$4.3 million goal.

A heartfelt thank you goes out to the attendees, donors, and the Nu Nu Restaurant team, whose support and enthusiasm made the event such a resounding success. From fabulously feathered hats to dazzling pink ensembles, the luncheon was a true testament to the community's creativity and commitment.

In a mark of the event's popularity, organisers announced that tickets sold out in just six minutes from go-live.

The Donate for DaNi campaign aims to ensure that patients in Far North Queensland have access to state-of-the-art surgical technology, reducing the need to travel for life-changing procedures.

NuNu co-owner Mo Rowbottom said the event, which sold out in six minutes, was a

great way to give back to the community.

"Today has been all about friends getting together, having lots of fun, in a beautiful

setting in FNQ and we get to showcase a bounty of amazing food and most importantly,

raise as much as we can for the Far North Queensland Hospital Foundation or DaNi the Surgical Robot," Ms Rowbottom said.

"We really need this robot. It is more precise, less invasive half the recovery time and better patient outcome."

The race day included a silent auction, fashions of the field competition, Melbourne Cup sweepstakes and the famous horse race on the beach.

Ex-racehorse The Mighty Mister Nibbles and his owner Danielle Jackman won the cup for the second year.

"He won his first one, we got pipped last year and were back this year," Ms Jackman said.

To find out more about Donate for DaNi, visit [www.fnqhf.org.au](http://www.fnqhf.org.au)



# Challenge pedals past \$326K

**The 2024 QSuper Cardiac Challenge has united communities and raised more than \$326,000 to improve cardiac care for Far North Queenslanders.**

This year marked the fifth anniversary of QSuper, part of Australian Retirement Trust, as the proud sponsor of this iconic event—a gruelling yet rewarding 333-kilometre ride from Cairns to Cooktown. To date, the QSuper Cardiac Challenge has raised an astounding \$6 million through the Far North Queensland Hospital Foundation, transforming cardiac care across the region.

The impact of these funds has been profound, supporting life-saving advancements such as cardiac catheter laboratories and cardiology imaging machines, ensuring regional Queenslanders have access to world-class care closer to home.

The top fundraising team was once again Annie's Army with \$36,760 followed by the Canardly's on \$22,119 and Cardiac Maniacs on \$21,020.

Top fundraising individuals were Nick Lyngcoln on \$20,197, Shaun Karran on

\$11,000 and Sandy McEachan on \$8025.

Funds raised from this year's event will partly be used for a cardiac outreach vehicle as well as specialised beds, trolleys and imaging machines, to enable Cairns-based clinicians to better service patients throughout the region.

This year's event brought together 195 cyclists, 100 volunteers, and 38 supporters—all united by a shared commitment to better health outcomes.

Australian Retirement Trust's Head of Government and Regions, Patrick Twomey, who also participated, reflected on the spirit of the event.

"The QSuper Cardiac Challenge highlights the power of communities coming together to create real change. It's an honour to be part of something that delivers hope and care to those who need it most," said Patrick.

Foundation CEO Gina Hogan praised the dedication of participants and the unwavering support from Australian Retirement Trust.

"The QSuper Cardiac Challenge is a shining example of what we can achieve when a community comes together for a common cause. The dedication of the cyclists, volunteers and supporters is nothing short of inspiring.



## Visionaries fund FNQ care

**The need for FNQ residents to have access to the best surgical technology, has been recognised by "part-time" locals, who have donated \$100,000 to the Far North Queensland Hospital Foundation's Donate for DaNi campaign.**

The campaign is the Foundation's largest to date, with more than half the \$4.3 million target needed, already raised since launching in May this year.

Our visionary campaign to raise \$4.3 million for a surgical robot (aka DaNi), will revolutionise surgical care, enhancing precision, reducing recovery times, and improving outcomes for patients across our region. The state-of-the-art surgical robot replicates the surgeon's hand movements in real time. It lets surgeons perform complex procedures with

unmatched precision and control with minimally invasive techniques. This means smaller incisions, less pain, and quicker recovery times for patients.

Denise and Ellis Richardson (pictured), who spend part of the year in FNQ and the rest in Victoria, said they were motivated to donate for several reasons.

"Firstly, we believe that people in the Far North should have access to the best technology available and we know that technology helps attract the best doctors and those with the highest potential," Ellis Richardson said.

"We know the outcomes with the surgical robot are so much better and it's the future of surgical care," he said.

Denise Richardson, who was involved locally with the Look Good, Feel Better breast cancer program in the region for many years, said she had often seen



people have to travel elsewhere for treatment which was difficult for both the patient and their families.

Foundation CEO Gina Hogan thanked the couple for their ongoing generosity.

# friends of the foundation

## Supporting our community

## Mossman

ALMOST \$200,000 worth of equipment to improve patient outcomes and ease the patient journey, has been handed over to Mossman Hospital.

Fundraising activities in the past 12 months by the Mossman Hospital Friends of the Foundation (a subsidiary of the Far North Queensland Hospital Foundation), resulted in numerous pieces of equipment being installed.

Mossman Friends President Deb Kachel said money for the purchases came from fundraising events such as high teas, lunches, trivia nights, barefoot bowls, as well as the raffles, sausage sizzles, sale of special merchandise, and carpark at the Mossman Show.

"The Mossman Hospital Friends of the Foundation volunteers are extremely grateful for the support of our amazing community; our local businesses and individuals who help us organise events and donate prizes, and community members

who attend our events and support our other fundraising efforts," Mrs Kachel said.

Chief among the equipment bought was more than \$72,000 worth of patient monitors, partly funded by an event at Hemingways Brewery Port Douglas, and the Mossman Hospital Friends of the Foundation.

Hospital, Acute and Aged Care Nurse Unit Manager Ruth Crimmins said the patient monitoring system upgrade in the Acute Ward was long awaited.

"This up-to-date tech will enable clinicians to see real time changes in the patient's condition from various areas of the hospital not just the bedside. It creates a safer environment for the patient and increases the capabilities of this hospital," Ms Crimmins said.

Mossman Oral Health Staff Dentist Dr Gerry de Waal expressed his gratitude for the \$53,836 new dental chair.

"Our patients have noticed and commented on our new chair and are just as grateful as the staff to have this modernised version. We look forward to treating patients with all the latest functions. Gerry and Shelley are a very Happy Dental Team," Dr de Waal said.

Infusion Clinic Clinical Nurse Tanya Clarke paid tribute to Mossman's Pink in the

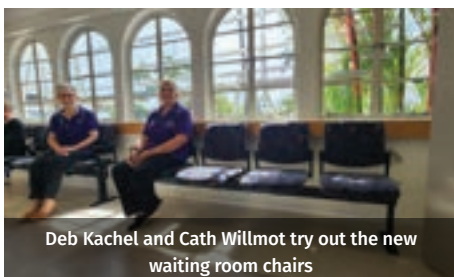
Tropics and local branch of the Leukemia Foundation for donating a total of four infusion chairs to the service.

"Often patients are required to sit for long periods of time while receiving their infusion, these new chairs enhance patient comfort by offering various positions and swivels to maintain good circulation and finding the perfect patient fit," Ms Clarke said of the \$29,000 equipment.

"They also offer height adjustments for medical and nursing staff to perform procedures and overall improve patient outcomes. We could not be happier with this high-quality equipment thanks to the generous support of our local community care groups and Mossman Hospital Friends of the Foundation".

Director of Nursing & Midwifery & Facility Manager Peter LeGriffon paid tribute to the Mossman Rotary Club for donating the design and build of a sturdy gazebo structure through the Mossman Hospital Friends of the Foundation.

"Crafted for durability and all-weather use, it is now the centrepiece for an envisioned sensory garden setting and close by retreat for patients and visitors outside of the hospital space," Mr LeGriffon said of the \$25,000 gift.



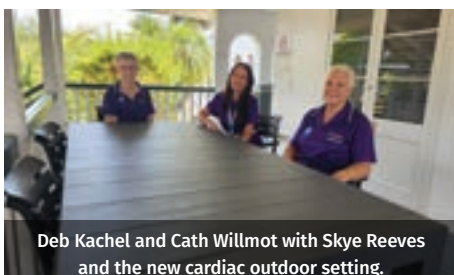
Deb Kachel and Cath Willmot try out the new waiting room chairs



Deb Kachel and Cath Willmot with "patient" Sean



Dr Gerry de Waal, Deb Kachel and Cath Willmot, Shelley Irvin, and Skye Reeves



Deb Kachel and Cath Willmot with Skye Reeves and the new cardiac outdoor setting.



Deb Kachel and Cath Willmot at the new gazebo.



Deb Kachel and Cath Willmot with Pink in the Tropics' Maria Atkinson and Romona Verri from the Leukemia Foundation and one of the new infusion chairs.



# friends of the foundation

Supporting our community

Patient comfort in the outpatient waiting area has been eased with the donation of \$6800 worth of stabilised, padded seating.

Emergency Department Associate Nurse Unit Manager Patricia Wheeler said sometimes waiting to be seen can seem a lot longer when seated in stiff, plastic chairs. "Patients and visitors can now sit in comfort with stabilised, padded seating, finished in an eye-catching cultural design."

A new exercise bike has been welcomed by clinicians and patients of the physiotherapy clinic.

Senior Physiotherapist Jonathon Papastamatis said the \$2329 bike was used almost daily to assess and rehabilitate patients across the cardiac rehabilitation program, physiotherapy outpatient service and in respiratory care.

"I'd like to thank the Mossman Hospital Friends of the Foundation for their generosity and help in improving and diversifying our clinical capabilities in the physio space," he said.



Senior Physiotherapist Jonathon Papastamatis tries out the exercise bike.

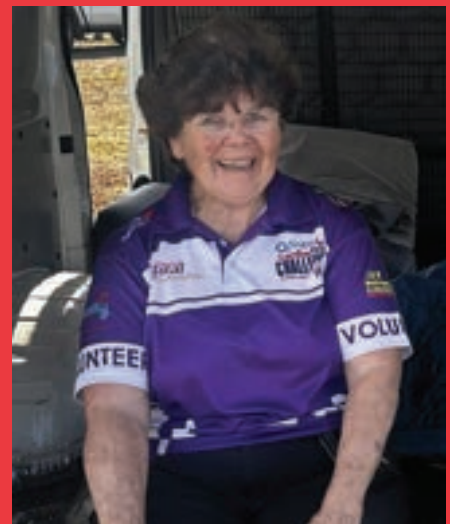
## Farewell Robyn Boundy

**It is with the heaviest of hearts that we announced the sad passing of our board member Robyn Boundy, who left us after a short illness in October. Her loss is a tremendous blow not only to our Foundation but to the entire community she so passionately served.**

Robyn joined our board in January 2020 and quickly became a fierce advocate for enhancing health services across Far North Queensland. Her contributions to the Mareeba Friends of the Hospital Foundation committee and beyond were extraordinary. Her spirit, warmth, and tireless efforts to improve the lives of others will be greatly missed, but her legacy will never be forgotten.

In addition to her invaluable work with our Foundation, Robyn served as chair of the Hinterland Hub of the CHHHS Community Consultative Committee and chair of the Tablelands Health Community Council. She was also a member of the Australian Institute of Company Directors and previously held the roles of Queensland Pork Producers State Vice President and Secretary, as well as treasurer of the Mareeba Business Women's Club and secretary of the Tablelands Industry Workforce Group.

In recognition of her exceptional contributions, Rotary Mareeba honoured Robyn as their 2023/2024 Rotarian of the Year in July. Her impact extended far beyond her formal roles, as she was



a champion for all in the Far North, advocating tirelessly for both urban and rural communities.

In honour of Robyn's legacy, her family has requested an in-memoriam fund be established - something she herself wished for. All donations will go directly to the Mareeba Friends of the Foundation, supporting the health care causes Robyn held so close to her heart.

Donations can be accepted here: <https://bit.ly/RobynBoundy>

We feel privileged to have known and worked alongside Robyn. Her kindness, generosity, and dedication to our vision have left an indelible mark on our hearts and our community.



# Research Symposium success

**A taste of research in the tropics was among the themes of the annual Cairns and Hinterland Hospital and Health Service Research and Innovation Symposium, recently.**

We were proud to sponsor this important event, which included delicious catering by FNQ Foundation Feast.

More than 150 people joined the annual Research and Innovation Symposium on Friday both online and in person. Thank you to all the presenters for a fascinating day of showcasing current research and quality improvement activities in practice across North Queensland.

Our CEO Gina Hogan presented sponsored awards to Nicola Franks for the Best presentation by an emerging researcher, and Vanessa Sparke, for People's Choice Podium presentation.

Investing in local research is one of our key pillars, as we know that research is vital to

developing new treatments for local people.

And it is awesome to see our local health workforce growing their knowledge and research capacity.

**Congratulations to all the winners:**

**Best poster presentation:** James Cuskelly & Craig McDonald

High-frequency pathology and point of care testing in intensive care (HiP-POCET)

**Best 10 min presentation:** Jodi Sariman & Caroline Witter

**Young People Living with Cancer in Far North Queensland:** Connection Helps Throughout Treatment Relocation Experiences

**Best first-time Symposium presenter:** Sarah Whitehouse

**Necrotizing soft tissue infections in Far North Queensland:** A twenty-year retrospective study

**Best 3 min Lightning presentation:** Ibadat Sidhu & Catherine Gilchrist

The Impact of Vaping on Treatment Outcomes

in Patients Receiving Periodontal Therapy

**Most Innovative project:** Ann Carrington & Alex Dancyger

Domestic Violence Training Resources to Build Dental Workforce Capability and Facilitate Best Practice

**People's Choice Poster Presentation:** Joa Son & Gabrielle Carbajal

The Impact of the National Oral Health Plan 2015024 on oral health outcomes, policies and workforce in the rural and remote population of Queensland, Australia

**People's Choice Podium presentation:** Vanessa Sparke

Infection transmission viewed through a diverse cultural and spiritual lens when science doesn't prevail.

**Best presentation by an emerging researcher:** Nicola Franks

**Psycho-TROPIC:** A prospective, observational audit.

## WOULD YOU LIKE TO GIVE BACK TO OTHERS IN NEED?

**Become a volunteer at the Far North Queensland Hospital Foundation! Make an impact in health care and be part of a compassionate community.**



**Email: [volunteer@fnqhf.org.au](mailto:volunteer@fnqhf.org.au) or call 42268993**

far north queensland  
**hospital**  
foundation

VOLUNTEER



# Bank cements relationship

**MORE than \$25,000 was raised at three banking golf days this year, with the Foundation's Donate for DaNi campaign the beneficiary.**

The Foundation's very long-standing relationship with CBA was cemented once again at a golf day that raised more than \$15,000.

This year's event, held at Cairns Golf Club, resulted in substantial funds raised for the Foundation's Donate for DaNi campaign which will revolutionise surgical care, enhancing precision, reducing recovery times, and improving outcomes for patients across our region.

Golf days hosted by CBA with the Foundation as the beneficiary, extend back to at least 2009. Previous fundraising efforts they have supported include our Paediatric Playground.

CBA also has put teams in the Cardiac Challenge and conducted a Kokoda Trek fundraiser for us.

The bank also provided the Foundation with a grant to enable us to update our technology and enable more of a move into cloud-based technology.

The CBA team also are keen gift-wrappers each year.

Thanks also to the incredible generosity of players and sponsors at the recent ANZ Australia Charity Golf Day at the Cairns Golf Club.

Almost \$8000 was raised to support our DaNi surgical robot campaign.

Naturally, we couldn't do what we do without our Purple Angels, who were out in force - thank you, team!

And it was a case of golfing dreams come true,



# Expo supports campaign

**More than \$2500 was raised for Donate for DaNi at the KidsLife EXPO recently.**

Despite the weather trying to rain on the parade for the first KidsLife Magazine KidsLife EXPO in 16 years, the sun came out right on 9am and prayers were answered with 1500 visitors flowing through the gates.

There were singers, dancers, a choir, wildlife presentations, Japanese drummers, a circus show and workshop, disco, magic show, child expert presentations, kids' workshops and games, arts and crafts, kitten adoption, a roving kangaroo, King Neptune on stilts, roving acrobat and performance, fairies and mermaids, non-stop bubble fun, a jumping

castle, fun photo booth, face painting, farm animals, balloon sculpting, juggling, magic, cubby house building, book launches, exhibitions, market stalls, yummy food vans, sweet treats, treasure hunts, monster raffles and all day prizes! It really was a HUGE day of fun for the whole family.

Through this, organisers were able to raise much-needed funds for the Far North Queensland Hospital Foundation's Donate for DaNi campaign.

We couldn't have done any of it without the amazing support of our sponsors - Catholic Education Diocese of Cairns, Piccone's Family of Companies (Piccones IGA Pease St, Piccones IGA Edmonton, My Village

Bakehouse), Childs World Early Learning Centres, Seville Mercy Centre, Triple M Cairns, Hit Far North Queensland, Channel 10 and our amazing stall holders and food vendors.

The team at CityLife & KidsLife are already planning next year's event to be bigger and better in June 2025. So stay tuned for all the details!





# ANZ tees off for robot

Thanks also to the incredible generosity of players and sponsors at the recent ANZ Australia Charity Golf Day at the Cairns Golf Club.

Almost \$8000 was raised to support our DaNi surgical robot campaign.

Naturally, we couldn't do what we do without our Purple Angels, who were out in force - thank you, team!



We can support you  
24 hours a day and 7 days a week

## Support Services

Our Support Workers are chosen by you! and are ready to assist you with your individual needs.

How we can support you to achieve your NDIS goals:

- Community Access, we have fully accessible vans
- Transport
- Fishing
- Sailing
- Golf
- Arts & Crafts
- Games
- Cooking/M meal Prep
- Walking/Hiking
- Budget Planning
- Basic Computer Skills
- Domestic Assistance
- Assisting to attend appointments
- Provide companionship and conversation
- Personal Care



We love to learn new things too, do you have a favourite activity? Just let our team know

Your Choice matters

## Pinnacle Support COORDINATION & SERVICES

We are passionate about  
making a difference in your life

At Pinnacle we support our clients in achieving their goals to maintain their continued independence. We are passionate about the needs of our clients and focused on connecting them with the correct supports in their community

## Support Coordination

Our Support Coordinators take the time to help you understand your NDIS plan. We will assist you to tailor your plan so it is 100% personalised to you and your goals

We will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently and be included in your community

Contact us for a chat

1800 228 228

or pop into our Regional Hub 2/130 Abbott Street, Cairns  
info@pinnaclesupport.com.au



# Allied health honours

## **Congratulations to Sorelle Doherty for her Overall Excellence in Clinical Care award at the 2024 Allied Health Awards.**

The Foundation was once again proud to sponsor this important and very well-supported event.

The awards recognise contributions of excellence from allied health staff within Cairns and Hinterland Hospital and Health Service.

Sorelle, an occupational therapist and Adult Community Health Team Leader, received the prestigious award for her "passion for the health and wellbeing of the Cairns community and the people she works with".

She was one of a record 110 nominees for

the annual event and joins a line-up of incredible winners.

Congratulations to all the winners of the 2024 awards:

Rural and remote practitioner award: social worker Cassandra Jones

Innovation award: physiotherapist Sophie Morris

Education, training and/or supervision award: allied health assistant Josh Jaensch

Leadership award: social worker Sally Green

Early career practitioner award: psychologist Madeline McCandlish

Research award: social worker Jodi Sariman

CHHS values award: occupational therapist Yvette Oiderman



# Bendigo on par for fun

And it was a case of golfing dreams come true, for the inaugural Bendigo Bank Networking Golf Day at the Cairns Golf Club. They had a fantastic day and were able to raise \$2210 for the DaNi surgical robot campaign.

A massive thank you to all the participants and prize sponsors who made this day unforgettable. Your support is making a real difference in health care.



# Vollie Q&A

**Name:** Krystyna Kelly

**Age:** 67

**Have you always lived in FNQ? If not, where did you come from and how long have you been here:** Came from the UK in 1986 to Brisbane and then Cairns. I've been living in Cairns for 25 years.

**Volunteer role:** Info desk and gen med.

**When did you start volunteering with us?** August 2024

**How did you come to start volunteering with us:** Recently retired from TAFE as a teacher.

**Star Sign:** Sagittarius

**Interest, hobbies, past-times:** Travel, reading murder mysteries.

**Tell us about your family – kids, grandkids, great grandkids?** Two daughters, five grandkids.

**What do you do with yourself when you are not helping us?** Volunteer at Lifeline.

**What do you enjoy about volunteering with us?** Everyone's friendly.

**Do you have any funny tales about volunteering with us?** Too many to tell!

**Favourite volunteering memory:** I love attending golf days

**What's the most rewarding part of volunteering:** Meeting and helping people

**If you could describe your volunteering experience in three words, what would they be:** Friendly. Helpful. Caring.

**How has volunteering impacted your life:** I get a warm fuzzy feeling from helping people.

**What advice would you give to someone thinking about volunteering:** Do it, it's rewarding.

To become a volunteer, visit [www.fnqhf.org.au/volunteer](http://www.fnqhf.org.au/volunteer) or email [volunteer@fnqhf.org.au](mailto:volunteer@fnqhf.org.au)

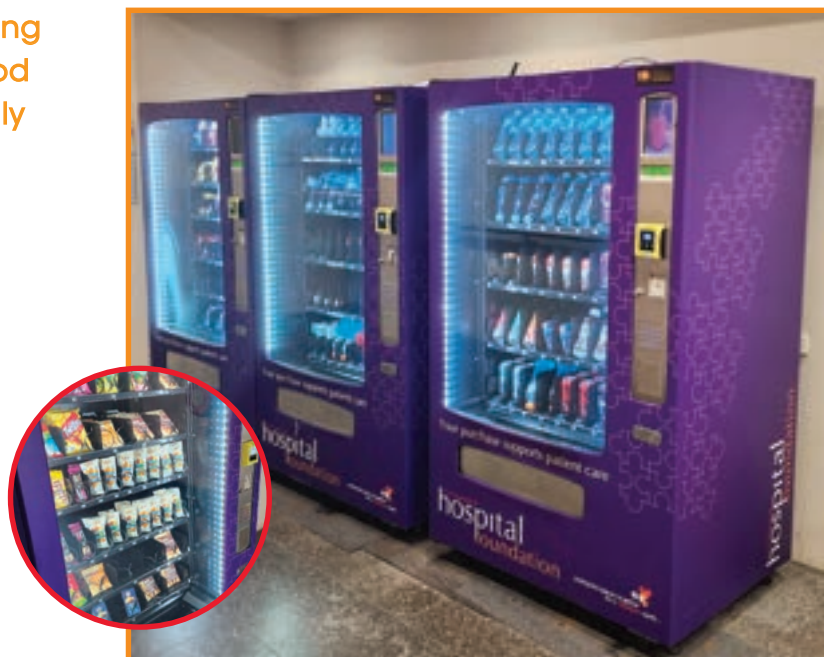


## WOULD YOU LIKE TO BOOST WORKPLACE PRODUCTIVITY WHILE SUPPORTING YOUR COMMUNITY?

Why not contact us for some vending machines for 24-hour access to food and drink for your staff, with the only expense being power to keep the machines running.

- ✓ Low overheads
- ✓ Improved productivity
- ✓ Make a positive difference to the community
- ✓ Support lifestyle goals
- ✓ 24/7 access

Contact our Commercial Manager Michael Hooper today to find out how.  
Ph: 42269741 or [cafe@fnqhf.org.au](mailto:cafe@fnqhf.org.au)







# Cafe Chat

**Name:** Julie Wilson

**Which café do you work at?** both

**Have you always lived in FNQ? If not, where did you come from and how long have you been here?** I am from Sydney but have been here for 32 years.

**What date did you start with the Foundation:** April 2023

**Star sign:** Virgo

**Interest, hobbies, past times:** music, martial arts, long lunches

**Tell us about your family – kids, grandkids, great grandkids?** Our family is a very close group, love having family dinners

**What do you do with yourself when you are not working with us?** I love keeping our house and garden beautiful, lots of cooking, long lunches

**What do you enjoy most about working with us?** I love the teams that I work with in both cafes, love that we contribute back to the community, it's very satisfying.

**What do you know about the Foundation and its role within the community?** That we have an amazing team of staff and volunteers who work tirelessly to give back every bit of our profits to community needs and much needed equipment. We do amazing fundraisers.

**FNQ**  
**foundation feast**  
Catering For A Cause



**ORDER  
YOUR NEXT  
CATERING @**

**W:** [www.fnqfoundationfeast.org.au](http://www.fnqfoundationfeast.org.au)

**E:** [catering@fnqhf.org.au](mailto:catering@fnqhf.org.au)

**P:** 07 4226 8993 **M:** 0417 151 775



Follow us on  

# Together, there are more ways to grow your super

**How you invest can make a big difference to your super.**

Now you can choose from up to 16 investment options to help boost your savings.  
It's just one way we're delivering on our commitment of more super, together.

Find out more at  
[qsuper.qld.gov.au](http://qsuper.qld.gov.au)



**Australian  
Retirement  
Trust**



QSuper products are issued by Australian Retirement Trust Pty Ltd (ABN 88 010 720 840, AFSL 228975) as trustee for Australian Retirement Trust (ABN 60 905 115 063). Consider the PDS and TMD before deciding at [qsuper.qld.gov.au/pds](http://qsuper.qld.gov.au/pds). 228120. 09/24.



## HOW TO CONTACT OR SUPPORT US

📍 Ground Floor Block E Car Park Corner of Grove & Digger Streets

✉ PO Box 957 Cairns Q 4870 ☎ 07 4226 6553 @ [ceo@fnqhf.org.au](mailto:ceo@fnqhf.org.au)

@ [admin@fnqhf.org.au](mailto:admin@fnqhf.org.au) 🗉 [fundraising@fnqhf.org.au](mailto:fundraising@fnqhf.org.au) 🤝 [volunteer@fnqhf.org.au](mailto:volunteer@fnqhf.org.au)

🌐 [www.fnqhf.org.au](http://www.fnqhf.org.au)



far north queensland  
**hospital**  
foundation

[www.fnqhf.org.au](http://www.fnqhf.org.au)

Proudly supported by LOTSA