

Celebrating 25 Years



1. Paediatric Playground Project, 2. cardiologists Dr Greg Starmer and Dr Anthony Brazzale in the old cardiac catheter laboratory before it was replaced, 3. the original SeaBreeze Cafe, where it all began; 4. our biggest donor ever Joyce Swinton with Fundraising and Marketing Manager Glenys Duncombe and CEO Gina Hogan; 5. Volunteers from the Far North Queensland Hospital Foundation 6. the surgical microscope with Dr Kristian Sorenson; 7. our longest running event, Wayne Leonard's Motorcycle Muster 2002-2019; 8. Dr Peter Boyd with Leslie and Anne Mills of the Mills Family Foundation, with Far North Queensland Hospital Foundation chairman Dr Ken Chapman.



Foundation CEO Gina Hogan and Chairman Dr Ken Chapman are ready to celebrate the Foundation's 25 years of achievement.

Celebrating 25 Years

Cairns and Far North Queensland will celebrate 25 years of wonderful achievement by their Hospital Foundation and its thousands of volunteers, donors and supporters working for their community across the region.

The celebrations kick off on June 4 with the Far North Queensland Hospital Foundation 25th Anniversary Ball announced.

From very modest beginnings in 1997, the Far North Queensland Hospital Foundation has grown to be the most successful and respected local charity and donated well over \$25 million worth of specialist medical equipment, support facilities and support for research and

education throughout FNQ along the way.

Chairman since inception Dr Ken Chapman said it was incredible to look back at the fantastic work and achievements of volunteers, fundraisers, event participants, donors and supporters and our team members working in our two cafes and organising everything we do.

"Not just in Cairns but in every hospital right around FNQ where we have local committees raising money for their local hospital," Dr Chapman said.

"It was certainly tough at the start but we have built strong businesses in our hospital cafes, car park and vending machines and these pay for all our staff and admin expenses so every cent of fundraising and donations goes to where it is needed most. This is why people trust

us with their support for our fundraising campaigns and great fundraising events like the QSuper Cardiac Challenge and the Arrow Experience. The legacy of results from this are the wonderful paediatric playground and the cardiac catheter lab, service upgrades like the now tertiary level endoscopy unit and state-of-the-art medical equipment not seen outside the capital cities is a real credit to everyone involved," he said

"But we can't rest on our laurels as we have so much more to achieve in working towards full tertiary university hospital services in Cairns and better facilities and services in all regional hospitals. So of course this will be a charity hospital ball as well as a great celebration of 25 years of achievement."



Northern Frontier Foundation's Linda Ly, Far North Queensland Hospital Foundation Financial Controller Joe Cristaldi and Cairns and Hinterland Hospital and Health Service COVID Services Nurse Unit Manager Alex Rogers.

Health heroes

As health staff bear the brunt of FNQ's COVID pressure, donors stepped up to help health heroes feel the love.

The Northern Frontier Foundation was the first major donor to the Far North Queensland Hospital Foundation's Health Heroes campaign, pitching in \$10,000.

In total, more than \$18,000 was raised and distributed during the three month campaign

Foundation Financial Controller Joe Cristaldi said this generous donation went to support more than 1000 of the Cairns Hospital health heroes. "We know many staff of the health service are under a lot of pressure. Some are working extra shifts, going the extra mile to

care tirelessly for patients and they're doing multiple days of on-call. In those circumstances, sometimes you don't get time to cook a meal or go to the shops, so this is our way of giving those health staff a boost," Mr Cristaldi said.

Northern Frontier Foundation General Manager Linda Ly said they were pleased to be able to make a difference.

"Sometimes a decent meal is what you need to help get you through a difficult time and we wanted our health staff to know the community cares and is grateful for what they're doing," Ms Ly said.

The Northern Frontier Foundation has now contributed almost \$155,000 to helping improve health outcomes in FNQ.

Cairns Hospital COVID Services Cairns Nurse Manager Alex Rogers was grateful

to the Far North Queensland Hospital Foundation for the initiative and the Northern Frontier Foundation for the donation.

"Staff across all of Queensland and the Cairns region are putting in long hours to help the community with COVID and I know they will be immensely grateful for these meal vouchers," Ms Rogers said.

"This is an incredibly generous donation and I know the staff will appreciate this wonderful gesture after the long hours they are doing at the moment. It is a tiring job but they always manage to do it with a smile on their face. I am truly blessed to work alongside such incredible people."

Funds from the campaign were used for meals for staff going the extra mile as well as special treats on International Nurses Day.



Member for Cairns Michael Healy was pleased to support the Health Heroes campaign with Foundation CEO Gina Hogan.



Foundation Fundraising and Marketing Manager Glenys Duncombe, Member for Mulgrave Curtis Pitt and Foundation CEO Gina Hogan were pleased to support health heroes in South Cairns.

Sale 'generates' donation

MORE than \$11,000 has been donated to the Far North Queensland Hospital Foundation by North Queensland based construction company, BESIX Watpac.

BESIX Watpac donated the funds from the sale of replaced Cairns Hospital generators to the charity that supports the Cairns and Hinterland Hospital and Health Service.

Northern Area Manager Wade Cummins said the sale of the old hospital generators was a terrific way to support the community while delivering the successful High Voltage project for Cairns Hospital.

"We are proud of the role we play delivering new infrastructure in North and Far North Queensland, and in particular the strong community involvement this has cemented



BESIX Watpac Northern Area Manager Wade Cummins with Foundation CEO Gina Hogan.

over many decades," Mr Cummins said. "It was very satisfying to be able to work with our BEMS (Building, Engineering and Maintenance Services) colleagues at Cairns Hospital to deliver such a great result for the Far North Queensland Hospital Foundation," he said.

The donation came about through the replacement of two generators, which weighed six tonnes each and were more than 30 years old, being replaced with one

eight-tonne 825KVA generator. The improved technology provides low voltage generation power across the hospital to ensure it can maintain essential power at all times.

Cairns Hospital Capital Infrastructure manager Jeremy Kingsford said that during renovation works of this nature, it is sometimes found that items removed as part of the upgrade project, may hold value when auctioned by the contractor.

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Patient thanks riders

Thelrina Akene woke up at her home on Yam Island recently and couldn't walk.

She and her mum Sandi were transferred via helicopter to Thursday Island Hospital for a series of medical tests. Fast forward a few weeks and they are in the Cairns Hospital Children's Ward, with Thelrina having been diagnosed with rheumatic heart disease.

The noises and experiences of firstly flying to Cairns in a helicopter and then undergoing a multitude of tests, are disorienting for the beautiful 12-year-old.

Thankfully, one of the pieces of the puzzle in her diagnosis has been a paediatric cardiovascular ultrasound, bought by



Cairns and Hinterland Hospital and Health Service paediatric cardiologist Dr Ben Reeves with Thelrina Akene, her mother Sandi Martin and Foundation CEO Gina Hogan.

hundreds of riders in the 2021 QSuper Cardiac Challenge.

Joint pain and an inability to walk or move a limb can be an indicator of rheumatic fever.

Cairns and Hinterland Hospital and Health Service paediatric cardiologist Dr Ben Reeves said a number of tests are required to formally diagnose rheumatic fever or disease, but the ultrasound is the definitive tool.

"I'd like to express my thanks to the riders, volunteers and donors who bought this \$146,000 device for the children. Imaging

of the heart is clearer and more precise because of technology improvements. I can diagnose problems related to abnormal heart structures present at birth, as well as acquired heart conditions such as rheumatic heart disease (RHD) that are especially common in our community," Dr Reeves said.

"This is actually the fourth ultrasound that the Far North Queensland Hospital Foundation has bought me and I'm incredibly grateful for the community's support through the Foundation."

Wedding gift

A NEWLY married couple have channelled wedding gifts to the charity that supports everyone in Far North Queensland.

Gregg Millett and John Tavener decided that as grooms who had everything they needed in life, they didn't need traditional wedding gifts such as toasters.

"We decided we might as well formalise our relationship and then we decided that we didn't need gifts," Mr Millett said.

The pair asked their wedding guests to make donations towards the Far North Queensland Hospital Foundation, in lieu of gifts.

"The renal unit is close to our heart so we've asked the money raised goes to support that unit," he said.

Foundation financial controller Joe Cristaldi paid tribute to the pair, who came up with a creative way to celebrate their marriage.

"We received \$1200 through this generous support. We quite often receive gifts in wills or people will make in-memoriam donations but this was the first time we've received wedding gift donations," Mr Cristaldi said.

"Support such as this helps us contribute to improving the quality of health care in Far North Queensland," he said.



Gregg Millett and John Tavener



Crab & Prawn Thai Soup

All proceeds from the Foundation's cafes and commercial activities underpin administration costs, meaning every cent donated goes where it's intended.

Ingredients

- 3 cups chicken stock
- 3 stalks lemon grass (crushed with back of your knife)
- 6 thin slices galangal (can be substituted with 1 tbsp crushed ginger)
- 4 kaffir lime leaves- torn in half stem removed
- 1-3 chillies fresh sliced thinly - keep seeds if wanting Spicier
- 2 tomatoes cut in to quarters
- 4 thickly sliced mushrooms
- 1 shallot cut into quarters
- 2 tbsp fish sauce
- 2 teaspoons brown sugar
- 8-10 peeled deveined prawns
- 1 cooked blue swimmer crab meat
- 3 teaspoons lime juice (fresh is preferable)
- 2 table spoon coriander

Method

Bring chicken stock to boil in pot, add lemon grass, galangal (or ginger) kaffir lime leaves, chillies, cooking until boiling. Reduce heat and simmer for 10 minutes. Add tomatoes, mushrooms and shallot in pot with gentle stir. Wait for a few minutes until everything is cooked. Season with fish sauce and sugar. Bring soup back up to boil. Add prawns, crab meat and lime juice. Turn off heat, let rest for 10 minutes.

The heat of broth will cook prawns (prawns should no longer be translucent, be bright pink and white in colour). Remove lime leaves and lemon grass stalks. Taste and adjust for your liking. If wanted sourer add more lime juice, sweeter add more sugar. I added Singapore noodles for more bulk. Sprinkle with coriander (fresh chilli's and shallots can be added as well)



Vollie Q&A

Name: Gary Abbott

Age: 65

Have you always lived in FNQ? I was born in Canberra and came to Cairns via the Sunshine Coast in 2015.

What is your volunteer role: I work on Fridays in the rehab ward, visiting patients, talking to them, hopefully helping make them smile. I've been volunteering all my working life, It's something I got from both my parents.

How long have you been volunteering with us? Since February 2018.

How did you come to start volunteering with us? Word of mouth from another happy volunteer.

What is your star sign? Aquarius

What are your interests, hobbies, past-times? Volunteering (foster care and at the Cairns Botanic Gardens), enjoying time with my rescue dogs and my friends.

Tell us about your family – kids, grandkids, great grandkids? I'm one of four children, I have two kids and a grandson on the way.

What do you do with yourself when you are not helping us? When I'm not looking after kids or being a carer at home I'm walking my dogs or sleeping.

What did you do before leaving the workforce? I retired at age 40, before that I was in the diplomatic service in Canberra in the overseas aid section, before that I was a chef.

Are you still working? If so, what is your paid employment? No way!

What do you enjoy about volunteering with us? The happy staff in the office, meeting patients. I also used to enjoy doing the shopping trolley.

Do you have any funny tales about volunteering with us? My masquerade mask day. I used to enjoy doing the shopping trolley and wheeling into wards calling out – "cigars, cigarettes, tequila" and hearing the laughs!

Café Chat

Name: Dhinno Karyanto

Age: 50

Role: Chef at both Café Dcafe and Sea Breeze Café

Origin: From Indonesia and moved to Australia in 2012

Working with Foundation: from December 2020 - present

Introduced to Foundation: by Clinton Patenden after we had been working together at the Crystalbrook Bailey Hotel

Stars: Aquarius and the Rat

Interests: Technology, Music, Film Production, photography, travel and of course Food. In past activity can see in www.chefdkonduties.blogspot.com

Family: I am the second youngest of 2 brothers and 3 sisters. I am an uncle to my older sister's daughter. One of my sisters is well known television and film actress, her husband is a film cinematographer and their daughter is an assistant director in the film industry.

I enjoy working with Foundation and the staff members as opposed to the stressful work in international hotels which was my previous work history. I know the Foundation raises monies for health services to the community and also assists in raising money for medical research and new equipment often with donations from the corporate world. For this reason I'm very proud to be associated with the Foundation's activities.



friends of the foundation

Supporting our community



Mareeba Hospital Midwifery Nurse Unit Manager Michelle Bombardieri, Hungry Pug's Victoria Crosby, Foundation board member Robyn Boundy, Simon Crosby and Mareeba Hospital Emergency Department Nurse Unit Manager Kristen Mete.

Mareeba heroes thanked

Hard working health staff in Mareeba have been gifted meals to help them deal with COVID-19 related challenges.

Through the Far North Queensland Hospital Foundation's "Feed our Health Heroes" campaign, meals have been donated to Mareeba Hospital staff.

Mareeba Hospital Midwifery Nurse Unit Manager Michelle Bombardieri said staff were overwhelmed at the community support.

"It's an example of how our Mareeba community has come together to support the hospital. Our community own our hospital. Like everybody, COVID-19 has impacted everybody, families with COVID-19 and staff involved in caring for our community," Ms Bombardieri said.

Mareeba Friends of the Hospital Foundation, a subsidiary of the FNQHF, chairman Neil Setford was very excited about the initiative.

"We're grateful to the Cairns community for kicking this off down here, and we can now announce that Mareeba Rotary have come on board to support the program. We're hoping other local businesses will get on board as well. The Mareeba Hospital is very much a big part of our community and we know the community feels a sense of ownership of the hospital. We all care for our health workers and this is a very tangible way we can show it," Mr Setford said.

Mareeba Rotary President James Howe said Rotary has always been a strong supporter of the Mareeba Friends of the Hospital foundation since its inception. "As a community organisation we believe supporting our community through our hospital is also one of our priorities. We value the work that the Foundation does and we are committed to providing the continued support that we give to the Mareeba Hospital through the Mareeba Friends.



Tully Friends of the Hospital Foundation secretary Melissa la Spina with grandson Jonah Coppens, Tully Hospital Registered Nurse Clare Steptoe, Tully Hospital Clinical Nurse Amarpreet Kaur and Grace Parsons from Heat n Eat.

Community rallies for staff

Hard working health staff in Tully now have access to free meals for those times a shift goes longer than expected.

Through the Far North Queensland Hospital Foundation's "Feed our Health Heroes" campaign, a freezer has been installed at Tully Hospital for hard working health staff to grab a meal as needed.

Tully Hospital Acting Director of Nursing Vicki Bright said the initiative for supplying food to Tully staff was "absolutely fabulous!!" "We'd like to issue a huge thank-you to the Hospital Foundation and Heat and Eat company for making this happen. Food will be available to all staff including Queensland Ambulance Service and Retrieval Services Queensland that do over-time, extra shifts and don't get a meal break after hours," Ms Bright said.

"Nursing staff often transfer patients to Cairns and this is a 6-8 hour round trip and they often miss out on a meal break and do over-time. Having access to these meals will make these trips more bearable if they know they can get a meal when they get back to Tully."

Foundation CEO Gina Hogan was delighted to see the results of community supporting our health heroes.

"The campaign's doing well. We kicked off with a \$10,000 donation from the Northern Frontier Foundation and we're now up to almost \$16,000," Mrs Hogan said.

"We know many staff of the health service are under a lot of pressure. Some are working extra shifts, going the extra mile to care tirelessly for patients."

Tully Friends of the Hospital Foundation, a subsidiary of the FNQHF, president Suzette Reis was very excited about the initiative.



BreastScreen Cairns' Tahnee Hansson and Deb Halliwell, BDO CEO Stacey Young, Foundation CEO Gina Hogan and BDO audit partner Margaret Dewhurst.

Limbering up for health

Walkers are limbering up to take on the Arrows of Mt Whitfield in June to raise funds for increased diagnostic services.

The BDO Arrow Experience is now open for registrations, with organiser the Far North Queensland Hospital Foundation, today revealing the equipment that was bought from the 2021 MacDonnells Law Arrow Experience.

Breast cancer patients in the Far North now have access to quicker testing, thanks to hundreds of fundraisers walking the Arrows of Mt Whitfield.

The Far North Queensland Hospital Foundation bought a second tomosynthesis machine for BreastScreen Cairns, to help speed up testing for patients undergoing further examinations.

And the need for the equipment hit home on a personal level for BreastScreen Cairns Service Manager Tahnee Hansson, whose mother was recently diagnosed.

"Mum put off getting a mammogram for years because she was told they were horrible and she worried about getting bad news. She decided to get one because I work at BreastScreen and took the time to explain what the procedure is like. Mum

said the mammogram was nowhere near as bad as she expected it to be," Ms Hansson said.

"Her first mammogram was in early 2020 and her second one was earlier this year. Small changes were detected and further investigation was needed. I guess this is another point that emphasises how important regular screening is, so changes can be detected."

As a result of the diagnosis, Ms Hansson's mother will have surgery in a few weeks followed by radiation and the family are confident of a positive outcome.

BreastScreen Cairns' Chief Radiographer Deb Halliwell said the new 3D tomography machine funded by the Foundation had been invaluable to BreastScreen Cairns Service. "Recently a similar piece of equipment had some technical issues, requiring the replacement of an essential component which was delayed by COVID-19 complications," Ms Halliwell said.

"Despite the delay, having a second machine meant we could still provide an Assessment service to our clients within the set Accreditation and clinically-recommended timeframes, offering the best clinical care," she said.

Foundation CEO Gina Hogan said the

\$80,000 purchase was the outcome of hundreds of people walking the Arrows of Mt Whitfield last year, in the MacDonnells Law Arrow Experience.

"This shows the importance of what the community does with us, every day. Taking part in a fundraising activity can make a real tangible difference in a patient's life and we're hearing that today," Mrs Hogan said.

BDO North Queensland CEO Stacey Young said they were very excited to be supporting the 2022 BDO Arrow Experience. "In addition to raising funds for the Foundation and patients in the region, the event gives us an opportunity to come together as a firm and a community to get outside and enjoy our local environment," Ms Young said.

"Most importantly, the funds stay in our community."

This year, the BDO Arrow Experience will be held on June 19 with funds raised going towards further diagnostic equipment.

Registrations are now open for the 2022 BDO Arrow Experience which will be held on July 19.
www.arrowexperience.org.au

Vale Kitty McCallum

In February, we paid a special but sad tribute to one of our very long term volunteers, Kitty McCallum who passed away recently.

Far North Queensland Hospital Foundation Dr Ken Chapman said Kitty was an absolute stalwart of the charity.

"Volunteers are the heart and soul of the Foundation and we all owe them a great debt for their service which has come at no cost to the community, but has been a huge gift," Dr Chapman said.

Kitty was presented with a 30-year service badge by Far North Queensland Hospital Foundation Volunteer Program Manager Annette Jarrett at the end of last year.

Fellow volunteers recalled that Kitty was one of the founding volunteers at Cairns Hospital 31 years ago, observing nurses doing work that could be done by volunteers.

Kitty saw nurses folding letters, shoving them in envelopes and stamping them ready for posting.

She saw people wandering around asking staff how to get to appointments and decided to do something about it.

Kitty had many roles among the Foundation's Purple Angels – including directing members of the public at the information desks or any role where she was needed.

She was known to have a favourite car parking space on the Cairns Esplanade and because she never wanted to miss out on it, she would arrive very early, get her park and eat her breakfast until it was time to cross the road and start her shift.

In the latter years of her volunteering, she worked in the ante-natal ward, preparing packs for mums-to-be.

Thank you, Kitty.



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Busy Schools' Marney Fichera, Foundation GEO Gina Hogan, student Lara Armatas, Busy Schools' Naomi Vucas and Foundation financial controller Joe Cristaldi.

Vending opportunity

FAR North Queensland businesses now have a superb opportunity to give employees convenient access to food, drinks and healthy snacks while supporting a local charity at the same time, thanks to the Far North Queensland Hospital Foundation's new vending machine initiative.

The Foundation, which celebrates its 25th birthday this year, is now coordinating and managing a wide range of convenient vending services for local businesses.

"Using vending machines like those available from the Foundation in the workplace, is a fantastic way to ensure your employees have access to food right at the office or work site, with the added advantage of supporting the Foundation in the process," Foundation CEO Gina Hogan said.

"A key element to workplace productivity is ensuring your employees have adequate access to food, drinks and healthy snacks."

The only expense for business is the small amount of electricity required to keep the machine running. Everything else is organised and covered by the Foundation. In addition, the highly functioning machines are stocked with healthy, nutritious food, drinks or whatever snacks businesses want.

BUSY School Cairns Campus joined the Foundation's initiative after principal Naomi Vucas realised how much money

their existing vending machine received and decided to put that money to good use by supporting a very worthy cause.

"Through this work BUSY Schools support their students with school lunches and available snacks, and the Foundation's vending machine allows the students to have range of choice," she said. "All monies from the vending machine go to the Foundation which is a charity near and dear to the staff and students of BUSY Schools Cairns Campus."

BUSY Schools Cairns supports disengaged young people in years 11 and 12 to gain their QCE while offering help and guidance.

The Foundation has raised more than \$25 million to help improve health care in the Far North since its inception. Its commercial activities, like the vending machines, cover all its administrative costs, meaning every cent donated to the Foundation goes exactly to where it is intended.

Among the Foundation's achievements are supporting more than \$1.5 million worth of research since 2009, contributing \$1.4 million to bring electrophysiology to cardiac services in FNQ and providing \$2.9 million worth of COVID-19 related equipment to support Cairns and regional hospitals, to name just a few of its numerous accomplishments.

Businesses keen to enjoy the benefits of vending machines in their workplace for their staff and customers while supporting the community at the same time can contact the Foundation on 4226 6553.

Five great benefits of vending machines

1. **Low overheads** - Your only cost is the small amount of electricity required to keep it running
2. **Improved Productivity** - Less time commuting for food means staff can grab a quick snack in between meetings or spend a little longer enjoying their meal at lunch, rather than rushing to eat it before their break is over
3. **Support Lifestyle Goals** - Our machines can be stocked with a wide range of nutritious snacks to ensure your employees always have access to healthy alternatives
4. **24/7 Access** - with Tap n Go, everyone from the 9-5 crew to the night-shift superstars will be able to benefit from the convenience of an on-site vending machine
5. **Make a positive difference to the community** - we are committed to providing high-functioning vending machines stocked with healthy, nutritious food and drinks while using proceeds to support the Far North Queensland Hospital Foundation

QSuper now part of Australian Retirement Trust



A new era in our long history has begun, with the official merger of QSuper and Sunsuper to create Australian Retirement Trust – one of Australia's largest super funds. Members can still enjoy the products and services they know and trust.



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- Contribution arrangements with your employer
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We're here to help, as always

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For more merger information visit qsuper.qld.gov.au/merger

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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

@ admin@fnqhf.org.au 🗣 fundraising@fnqhf.org.au 🤝 volunteer@fnqhf.org.au

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