



UNITED FRONT: Cairns and Hinterland Hospital and Health Service former acting Chief Executive Dr Jeremy Wellwood, patient Rex Cashion, CHHS Chair Dr Clive Skarott, Foundation CEO Gina Hogan and Foundation Chair Dr Ken Chapman.

Taking Cancer Care to the next level

Cancer services in FNQ will grow thanks to the community rolling up its sleeves to take cancer care to the next level.

The Cancer Care Hub being developed by the Far North Queensland Hospital Foundation in partnership with the Cairns and Hinterland Hospital and Health Service, will mean more patients can access more treatments closer to home and ultimately have better outcomes.

Taking patient care to the next level is the catch-cry of the new campaign which will mean less cancer patients have to travel south for treatment, more will live longer with cancer as new treatments are discovered, more can be treated each day, chemotherapy manufacturing will be expanded on site and inpatients will have a less traumatic treatment experience.

The Far North Queensland Hospital Foundation has launched an ambitious but achievable \$1.5 million campaign

to help move cancer and haematology services towards tertiary status.

Foundation CEO Gina Hogan said there had been a 40 per cent increase in cancer activity at the Liz Plummer Cancer Care Centre in the past five years.

This is because of the vast array of cancer treatments now available – people are living longer with cancer, rather than dying prematurely.

“The overall cost of the work is \$3.4 million and we’re delighted to partner with the health service as we did with the Cardiac Catheter Laboratory, to bring this project to fruition,” Mrs Hogan said.

Cairns and Hinterland Hospital and Health Service acting Chief Executive Jeremy Wellwood said “We are delighted that this joint funding arrangement with \$1.9 million from Queensland Health and \$1.5 million via donations to the Far North Queensland Hospital Foundation, will enable us to bring forward the

development of the Cancer Care Hub at Cairns Hospital.

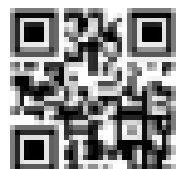
“We know cancer is the greatest cause of premature death in our region,” Dr Wellwood said.

“We also know local demand for cancer services is outstripping population growth and this development will help us meet the needs of patients into the future,” he said.

The expansion within the Liz Plummer Cancer Care Centre (Block E) will include providing more chemotherapy treatment chairs, and expand the number of clinical treatment rooms to enable more patients to be seen.



DONATE NOW





25 years of giving

CELEBRATING 25 years of giving, the Far North Queensland Hospital Foundation hosted an anniversary ball with an incredible coming together of clinicians and the business community.

Foundation CEO Gina Hogan, Chairman Dr Ken Chapman and members of the board were joined by 340 glammed up guests for the sold out event at the Pullman Cairns International.

"It was so wonderful - it was better than I could've ever imagined," Mrs Hogan said.

The night was a celebration of the Foundation's achievements in the past 25 years, of telling stories of success, but also fundraising.

A huge array of raffles and auctions donated by sponsors such as Coral Expeditions and Integrated Medical Services, helped to generate funds raised of more than \$175,000.

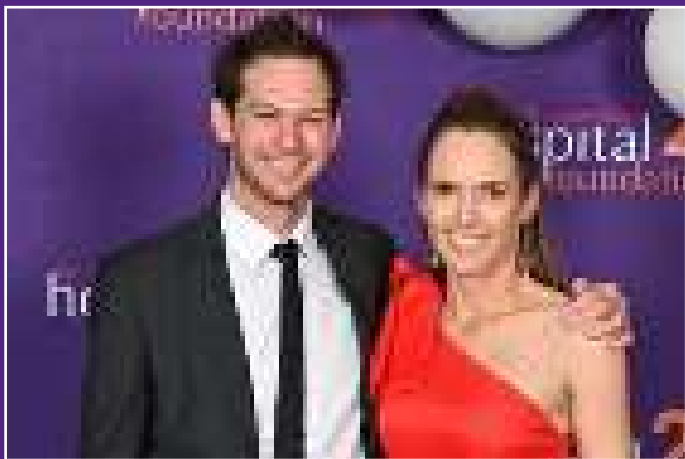
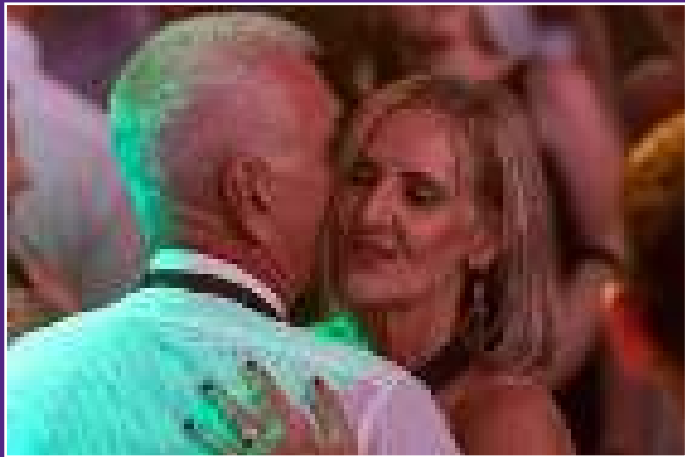
Mrs Hogan said the Foundation would never rest on its laurels and was already planning its next project.

"The anniversary gives a sense of real pride in the community, what we've achieved and what we continue to do," she said.

"We cover from Tully to the Torres Strait and we are unique in that proceeds from our commercial activities underpin everything we do. That means every cent donated to us, goes where it's intended."



Foundation chairman Dr Ken Chapman and Karen Chapman





Ride raises \$465K

What does 215 cyclists, 333 kilometres, 45 supporters and 101 volunteers add up to? \$465,000 raised in the QSuper Cardiac Challenge.

The final fundraising tally is the outcome of this year's fundraising bike ride from Cairns to Cooktown – the event's second highest outcome in its' 16 years history.

In that time, the event has now raised more than \$5 million to improve cardiac outcomes throughout the Far North Queensland.

In 2022, riders – including several consultant cardiologists and the Cairns Hospital "Cardiac Maniacs" team – raised the tally to buy vital equipment including a bronchoscopy simulator for training purposes and a nasendoscope to help asthmatic patients.

Purchasing this equipment means patients in regional and rural areas can access advanced cardiac care facilities in their communities, without the added stress of travelling to a major city like Brisbane for treatment.

The fundraising event is hosted by the Far North Queensland Hospital Foundation, a not-for-profit charitable organisation that raises money for health care services across Far North Queensland.

Foundation CEO (Chief Executive Officer) Gina Hogan said the money raised through the challenge "has made a huge difference to thousands of patients through the equipment purchased."

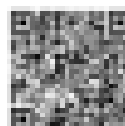
"From items like the Lucas Chest Compression device, to ultrasounds and the big one – the second cardiac catheter laboratory – we're keeping more patients in Far North Queensland for their treatment, and that's what the cycling and fundraising in this event are all about," Mrs Hogan said.

"The continued support of sponsors such as QSuper, means 100 percent of funds raised through the event go towards purchasing state-of-the-art cardiac facilities for these communities."

The event also unites communities and health care workers in Far North Queensland, who rally together to support the riders over the multi-day ride.

Australian Retirement Trust's CEO Bern Reilly said the super fund was proud to partner with the Far North Queensland Hospital Foundation to deliver this event.

Registrations for the 2023 ride are now open. Go to cardiacchallenge.com.au or scan the QR code to register.





FNQ deserves world class cancer treatment. We can do it together. The Foundation needs to raise \$1.5 million to support the development of state-of-the-art facilities and provide the best possible care to cancer patients.

The Foundation will work with Queensland Health on the \$3.4 million project, which will lessen the need for patients having to travel south for treatment. They will be cared for here at Cairns Hospital Cancer Care hub, close to those who love them.

**\$1.5 million
will help us:**

- ✓ Expand pharmacy with space to make chemo treatment locally
- ✓ Provide additional chemotherapy treatment chairs
- ✓ Expand tele-oncology to the regions and increased clinic spaces
- ✓ Build a purpose-designed ward for cancer and haematology patients
- ✓ Large patient and family spaces with an outdoor area.



**Scan here
to donate!**



Email: Fundraising@fnqhf.org.au Ph: 07 4226 6327

www.fnqhf.org.au

We need your help to take Cancer Care to the next level.



Vollie Q&A

Name: Alison Durose

Age: 80 but I look a lot less

Have you always lived in FNQ? I came here from Sydney in 1984. I have also lived in New Zealand and Canada

What is your volunteer role: I worked on the information desk but I've also worked at Ironman, raffles, etc. I love to embroider face washers and hand towels for the craft stall.

How long have you been volunteering with us? 15 years

How did you come to start volunteering with us? There was an advertisement in the Cairns Post

What is your star sign? Pisces

What are your interests, hobbies, past-times? Machine embroidery, travelling in the camper, sewing. . I met my husband in Sydney at a square dance. Square dancing in Cairns has now closed down. We loved attending dance weekends and conventions in most states and Innisfail, Townsville, the Tablelands etc. We have also attended conventions in Calgary, Vancouver and Halifax. The North Americans were impressed with my white dress with boomerangs applique around the skirt.

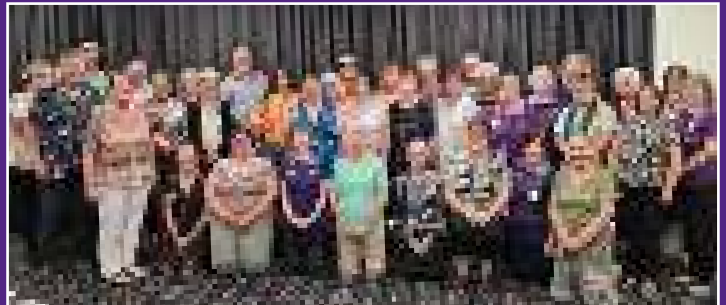
Tell us about your family – kids, grandkids, great grandkids? I have one stepson

What did you do before leaving the workforce? I was a legal secretary/conveyancing clerk. At the legal office, I used to sometimes sit on a wooden box in the strongroom if I needed to check a lease or a will. One Tuesday in November the box was opened up and inside was the Melbourne Cup, insured for \$800!! I had been using it as a stool!

What do you enjoy about volunteering with us? My husband says it is the ideal job for me ie: telling people where to go!

Do you have any funny tales about volunteering with us? Two young blokes were looking for their workmate. When I asked his name so I could look him up they said: "Bluey". I asked if he had a real name. "Probably". They rang work and found out his real name.

Volunteer Week



Cafe Chat

Name: Kylie Hooper

Role: Dinosaur mascot for D'cafe Front of house, making coffee, food and serving

What's your background: I was born in NSW then moved to Cairns almost 12 years ago and I love the place.

When and why did you join the Foundation's café team: I joined the Hospital Foundation over seven years ago. I first joined the team as a casual and then moved to part time. I love working with everyone and making new friends with the beautiful team of people.

Star sign: Gemini

Interests: Dancing on the weekend with my girls, being a mum.

What do you enjoy about your role here: Working with all the beautiful staff in both cafes and seeing all the friendly faces of the public when they come into the café. Watching my workmates shake their booties!



Elaine Sue's Marshmallow Caramel Slice

Base: 125g butter, 12g sugar, 1 egg, 1 $\frac{3}{4}$ cups SR flour, $\frac{1}{4}$ cup cornflour, vanilla.

Cream butter and sugar. Add egg and vanilla, beat well. Sift flour and cornflour, fold into mixture. Press into tray and bake in a moderate oven until lightly browned. Cool base and then spread with 2 $\frac{1}{2}$ tins of caramel. I boil my condensed milk in a pressure cooker for about 20 minutes. You can boil for two hours on stove top.

Marshmallow: 1 $\frac{1}{2}$ tbs gelatine, 5 tbs cold water 1 $\frac{1}{2}$ cups sugar, 7 tbs hot water.

Soak gelatine in cold water. Mix sugar and hot water and bring to boil to dissolve sugar, pour over gelatine and allow to cool. Beat mixture until peaks form and add a squeeze of lemon and colouring. Spread over caramel and sprinkle with toasted coconut.

***Editor's note:** You may choose to use tinned caramel rather than boil the tins of condensed milk. We used three, not two. Apologies the marshmallow pictured is white, not pink as per Elaine's recipe. The cook forgot to buy red food colouring!

Angiojet first outside SEQ

People with life threatening blood clots in the lungs can now be treated using a keyhole procedure in Cairns Hospital thanks to a generous donor and the Far North Queensland Hospital Foundation.

Vascular Surgeons at Cairns Hospital can now perform a keyhole procedure to actively remove blood clots from the lungs, known as Pulmonary Embolism, using a device called Angiojet.

Cairns is believed to be the only hospital outside the south-east corner of Queensland, to offer this service.

Cairns Hospital vascular surgeon Dr Sherab Bhutia said clot removal by the Angiojet device quickly reduces the clot burden and reduces the risk of death by releasing the back pressure on the heart caused by the clots.

The traditional way of treating Pulmonary Embolism using blood thinners and clot

busting medication takes longer to work and is not as effective in preventing death in cases with total or near total blockage of the lung circulation.

The second cardiac catheter laboratory built with funds from the Cardiac Challenge and Far North Queensland Hospital Foundation, and the new Hybrid Vascular

lab has enabled vascular surgeons to work collaboratively with cardiologists to perform these risky procedures locally.

Dr Bhutia said a specialist team known as the Pulmonary Embolism Response Team, has been put together to assess potential patients who may be suitable for the procedure.



Cairns Hospital's Dr Tom Palesy and Dr Charith Galappaththy, Boston Scientific Field Sales Trainer Glenn Ellem, Cairns Hospital theatre Clinical Nurse Consultant Annie Varughese and Foundation CEO Gina Hogan.

Faithful volunteer remembered



A much-loved founding member of the former Gordonvale Memorial Hospital Auxiliary has been remembered as a tireless worker for her community.

Elaine Sues passed away in August aged 82. Fellow volunteer Beryl Wilson said that on September 1, 1990, Mrs Sues helped form the Auxiliary, which later became the Gordonvale Friends of the Hospital Foundation.

"When ill health forced her to retire from

the Gordonvale Hospital and ride her bicycle (she did not drive), she fought hard to ride again and could be seen riding down to where we were selling tickets at IGA or in the park and would spend hours sitting there," Mrs Wilson said.

"She was very well known for her scones and marshmallow caramel slice and even when she was having an 'off' day, would provide them for us. Elaine is sadly missed by us all," she said.

Not only was Elaine (nee Townson) born at the Gordonvale Memorial Hospital in 1939, but she went on to work there and then fundraise for increased services and equipment.

Elaine attended the Gordonvale State Primary School finishing in year 7, entering the workforce immediately after. Her very first job was with the local Gordonvale Newsagency followed by Rockman's clothing store in Cairns, where she would catch the Rail motor every day to get to & from work!

Elaine later worked, for a short period at Queerah meat works just north of

Edmonton. Eventually Elaine found work close to home, at the Gordonvale Memorial Hospital. She worked there for many years until she retired due to ill health.

In October 1960, Elaine married John Barrymore Sues and the couple celebrated their 62nd wedding anniversary in 2021.

Over the years, Elaine became known for riding her bicycle wherever in Gordonvale, she needed to be.

Elaine and John had five daughters and nine grandchildren.

In her early years Elaine, like many young ladies of the time, was twirling the baton as a member of the Silhouette marching girl. She would often talk of the days when Sid Carne would transport the group of young ladies in the back of a truck to the carnival. Throughout the years Elaine dedicated many hours of service to the local community. It was important to Mrs Sues to be involved whether it be fundraising or volunteer work for the Hospital Foundation, local Gordonvale Church, Red Cross, Mainly Music for young children and their families, organising cards for the Seniors and more.



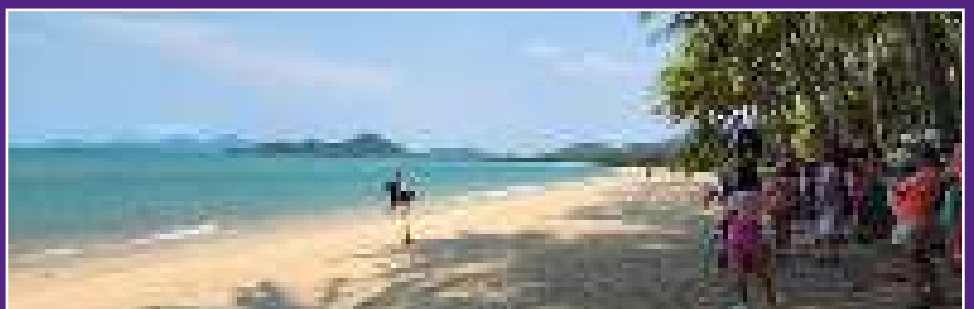
Cup breaks records

A record-breaking \$55,000 was raised in a few short hours at the Nu Nu Restaurant annual Melbourne Cup fundraising lunch.

It was certainly a case of shining bright like a neon sign at the five-star event, which smashed all previous records in the now 19 years it has been held.

The 2022 final tally means the event has now raised more than \$305,000 for the Far North Queensland Hospital Foundation.

Extra special thanks to auctioneer Rod Brennan (and his amazing wife Rhonda), Bluey Forsyth for the amazing race commentary, Two Tribes for the incredible styling, TEA LILY for Fashions on the Deck, the amazing The Diamond Hunter, Mount Mulligan Lodge Westco BMW Skytrans Belle Property Escapes Sheraton Grand Mirage Resort, Port Douglas Cairns Transport Luxury Limousines Lizard Island Resort Cape York Motorcycle Adventures The Emporium Lyons Gallery Port Douglas KL Performance Industry Electric Dreams Threadless Films Final Touch Productions Simon George Kevin Murphy Devils Thumb Distillery Lancemore Lindenderry Red Hill, Exemplar Coaches & Limousines Silver Cup Trophies, Sharon Bucknall, our volunteers, the entire Nu Nu Restaurant team and the many, many, many, many sponsors.



Atherton

MORE than \$31,000 worth of medical equipment has been provided to improve patient outcomes in Atherton.

Four pieces of medical and physiotherapy equipment have been provided to Atherton Hospital courtesy of the Atherton Friends of the Foundation.

A subsidiary of the Far North Queensland Hospital Foundation, the Atherton Friends group fundraise through weekly bingo, a shopping trolley in the hospital and other raffles, donations and fundraising activities.

Atherton Friends of the Foundation president Dianne Williams was delighted to see the equipment in place.

"Our community works so hard fundraising for the hospital and it's so amazing to see the fruits of their labour," Mrs Williams said.

The equipment is comprised of a trust care walker for physiotherapy, a vital signs observations tower, zimmer dermatome and a maxi walker.

Atherton Hospital Medical Ward Nurse Unit Manager Anlin Chalakkal said the maxi walker was a great asset, particularly for bariatrics admissions with reduced mobility.

"With this new equipment, we can make sure of patient safety. Our physiotherapists find this very useful when they try to help the patient. Overall it has increased the staff confidence as well as patient safety and wellbeing," Ms Chalakkal said.

The Zimmer Dermatome is an air-driven skin grafting knife to upgrade current instruments.

Atherton Hospital perioperative services Nurse Unit Manager Lena Bath said it would be the first of its kind in Atherton and provides exceptional results with consistent, reliable skin graft retrieval.

"This equipment will prevent Atherton's more complex patients requiring skin grafts from being transferred to Cairns for treatment. For our community, that is about 130 patients a year who can be treated close to home in Atherton," Ms Bath said. "We value the kind generosity of the Hospital Foundation for the purchase of this valuable equipment," she said.

Atherton Hospital physiotherapist Amy Lockyer was grateful for the purchase a trust care walker and observations tower.

"We are very thankful to the Hospital Foundation for their funding to purchasing our new walker."



Gordonvale Friends of the Foundation with their raffle prizes at Mt Sheridan Shopping Centre.



Beryl Wilson receives the Community Service Award at the Great Pyramid Race from Curtis Pitt MP.

Gordonvale

Curtis Pitt MP presented his annual Community Service Award at the Great Pyramid race. He presented the award this year to Beryl Wilson, who has spent many years volunteering tirelessly for our community as volunteer and the secretary of the Gordonvale Local Ambulance Committee for the last 27 years and also of course, Gordonvale Hospital Friends of the Foundation.

Many people knew Beryl from her time as a nurse at the Gordonvale Hospital and as a volunteer and fundraiser for the Gordonvale RSL Women's Auxiliary since 2008, supporting our servicemen and women. And she was also an enormous supporter of local netball, cricket and rugby league.

friends of the foundation

Supporting our community

Innisfail

CHILDREN and adults who need to be intubated for dental and other procedures in Innisfail, now can, thanks to the Catalano family.

Through the Catalano Family Foundation, Innisfail Hospital Friends of the Foundation and the Far North Queensland Hospital Foundation, Innisfail Hospital now has a nasal video bronchoscope for use on children and adults.

Clinicians will be able to use the nasal video bronchoscope on patients who may have an obstruction, or for the renewed paediatric dental surgical service.

Innisfail Hospital Acting Director of Medical Services Dr Thomas Coombs expressed his gratitude to everyone who brought the gift to fruition.

"We feel very lucky to have such generous donors who bring state of the art equipment to Innisfail Hospital that not only provides high quality critical care for patients but creates a training environment for the next

generation of junior doctors to Innisfail and the Cassowary Coast," Dr Coombs said.

"With the dentist needing access to oral structures, placing the tracheal tube to provide breathing support through the nose is often necessary. The bronchoscope purchased by the Catalano family allows direct visualisation of the tracheal tube path through the nasopharynx and the vocal cords.

"In addition to this benefit in paediatric dental anaesthesia, the bronchoscope can provide assistance in airway support for patients with upper airway obstructions due to swelling or foreign bodies."

The \$20,000 piece of equipment is the latest gift to health care in FNQ from the Catalano Family Foundation, bringing their contribution to \$113,000.

Previously they bought a \$25,000 motorised patient trolley for Innisfail, a \$55,000 Pentax bronchoscope for Cairns Hospital's Intensive Care Unit, and \$13,000 to Gordonvale Palliative Care for an assisted trolley and mattresses in memory of Sam's daughter Rose-Marie Dash.



Leanne Sultana, Sam Catalano, Registered Nurse
Madeleine Curry, Innisfail Friends of the Foundation
President Estelle Kopp and Innisfail Hospital's
Dr James Boland.

Tully

CAR washes, high teas, meat trays, charity balls and individual donations, have helped improve health services in Tully.

Almost \$20,000 worth of equipment has been bought for the Tully Hospital through the Tully Friends of the Foundation, a subsidiary of the Far North Queensland Hospital Foundation.

Third-generation cane farmer Santo and wife Maria Silvestro also contributed to the purchases, out of gratitude for the hospital.

"They saved my life, let's be honest. I'm a farmer so I'm up there a bit and when I had a heart attack, they literally saved my life so our donation was an expression of our gratitude," Mr Silvestro said.

Tully Friends of the Foundation president Suzette Reis said she and her dedicated team of volunteers were so excited to get some more equipment into their hospital.

"We've been working very hard in the community and things are starting to happen," Mrs Reis said.

Tully Hospital Acting Director of Nursing Vicki Harragon said the Swifi chair was a transfer chair equipped with flip-up armrests, an open-sided seat and a retractable footrest with side foot control, to respect the patient's intimacy and dignity. It also has a foot control brake which is easily operated by a nurse.

"The Swifi Chair has an IV pole, oxygen cylinder holder, and patient chart holder. This makes it very easy to transfer a patient from the Emergency Department to the ward," Ms Harragon said.

"The bladder scanner is used for the measurement of urinary residue. Nurses are able to evaluate the presence of urinary retention, monitor the volume and the excessive relaxation of the bladder and avoid unnecessary catheterisations. A bladder scan uses a non-invasive, portable ultrasound device that provides a virtual 3D image of the bladder and the volume of urine retained within the bladder"

Foundation CEO Gina Hogan said the Tully group was one of the newer groups in the stable of Friends but was extremely active in the community.



Christine Boric, Suzette Reis, Melissa LaSpina,
and Tully Hospital's Acting Director of Nursing
and Midwifery Vicki Bright.

FNQ nurses awarded



A CAIRNS Hospital nurse who goes above and beyond for older patients, and a Mareeba midwife whose expert advice is regularly sought-after, have received the top awards in nursing and midwifery.

Intake referral clinical nurse Hayley Evans was named the 2022 Nurse of the Year and midwife Wendy Hilless was the first recipient of new award - Midwife of the Year.

The Cairns and Hinterland Hospital and Health Service (CHHHS) recognised International Nurses Day, celebrated worldwide on the anniversary of Florence Nightingale's birth on May 12.

The occasion was marked with the third annual CHHHS Excellence in Nursing and Midwifery Awards held at Cairns Hospital and proudly sponsored by the Far North Queensland Hospital Foundation.

CHHHS Acting Executive Director of Nursing and Midwifery, Mark Goodman, said award recipients were chosen from a competitive field of nominees.

"These awards capture the excellence in many aspects of nursing and midwifery across our health service," Mr Goodman said.

"Hayley is a key team member who looks after the needs of patients and the wellbeing of others, including fellow staff, through her work as an intake referral clinical nurse in the Older

Persons Evaluation, Rehabilitation and Assessment unit.

"Hayley is an inspiration to those who know her and motivates others through her work ethic and professionalism, striving quietly for the greater needs of others."

Mr Goodman said Ms Hilless had shown integrity and accountability in the midst of the COVID-19 pandemic, working tirelessly towards a baby-friendly hospital initiative at Mareeba Hospital.

"This has included education, facilitation of breastfeeding policies and procedures, review of all current practices, support with quality improvement and providing education to the healthcare team," he said.

"Wendy's expertise, knowledge and advice is regularly sought, particularly for the management of complex breastfeeding issues."

Other award winners included:

Excellence in Education, Training and Research – Valentina Awram

Valentina is a Registered Nurse on the Respiratory and Renal ward who stepped into the Nurse Education role about 12 months ago. She was focused and innovative during challenging times and functioned at an outstanding level, instigating and running new models to provide education and ensuring staff had access to education as required.

Excellence in Clinical Practice – Anna Tait

Anna is the Clinical Nurse for Predialysis Education. Anna mentors and supports patients and families through the daunting process of commencing a dialysis pathway. Nothing is ever too much trouble for Anna, her work ethic, kindness and compassion are commendable.

Excellence in Workforce – Melissa Marshall

As the Director of Nursing and Yarrabah Emergency Services, Melissa went over and above during the COVID-19 surge to support her staff and the First Nations community of Yarrabah. She has developed strong relationships and trust, providing an environment that is inclusive and welcoming.

Excellence in Teamwork – Sexual Health

The Sexual Health Team displays compassion and respect to diverse and at times vulnerable clients. They work effectively in providing the best quality care to the community and achieve optimal performance through regular education and professional development.

Outstanding student support awards

James Cook University presented two awards to Marie Beechey and the Transit Procedure Unit for their outstanding student support.

Mr Goodman said nurses and midwives made up more than half of the Health Service's workforce, and International Nurses Day, along with the Awards, was an opportunity to recognise them for their passion and dedication to patient care.

"The annual awards are a really important event. They give us time to pause and reflect on what we've achieved - in the last year, during the pandemic and right across time," he said.

"COVID-19 has placed challenges upon healthcare broadly and on our Health Service, and it is with great pride that I recognise the leadership, advocacy, commitment, resilience and courage that nurses and midwives have demonstrated.

"They do all this, while continuing to provide safe and quality health care to our community."

The award winners received prizes to the value of \$500 to \$3000 with the Nurse and Midwife of the Year winning flights and accommodation to attend a professional conference. All prizes are sponsored by the Far North Queensland Hospital Foundation.



Trinity supports

COMMUNITY-spirited business people have come together at a special Christmas lunch to raise more than \$230,000 for the Far North Queensland Hospital Foundation.

Hosted by Trinity Advisory, this is the third time the lunch has been held and it has now contributed \$455,000 to the FNQ-based health charity.

Trinity Advisory co-owner Rod Sherrington said the lunch has become his favourite event of the year.

"It's a wonderful time for bringing our amazing clients together. We are good friends with our clients and we share common goals and philosophies," Mr Sherrington said. "This is a cause close to the hearts of the Trinity Advisory team. I've had my own personal battle with prostate cancer, having required the services of

the Cairns Hospital and I believe if you receive, you need to give in return.

"Our community has supported us all in our businesses and we just want to support the community in return," he said.

"We're really delighted that 100 per cent of funds raised will go towards buying equipment to treat prostate cancer, which is the second most common cause of all male cancer deaths in Australia."

Funds are raised through invitees donating to attend and either donating auction items or buying auction items.

"It's quite incredible to watch the money pouring in on the day," Mr Sherrington said.

Foundation CEO Gina Hogan was stunned at the outcome and acknowledged Rod and wife Sue's long-term support of the charity.

"Over the past three years, Rod, Sue and

the Trinity Advisory team have put their hearts and souls into this event," Mrs Hogan said.

The team at Trinity work for three months leading up to the event, sourcing entertainment, the auctioneer, auction items, logistics and paying for the venue, food and drinks.

"It's quite incredible for us to watch this remarkable outpouring of community support for health services. It really validates for us that the community is behind what we do," she said.

"We believe this would have to be the most successful fundraising lunch that's been held in Cairns and we are so honoured that we are chosen to be the recipients. Because of our commercial operations, all our administration costs are covered which means every cent of this support will go towards helping improve patient outcomes in FNQ."

Spooky Spectacular

More than \$2400 was raised at the PakMag Spooky Spectacular in October.

Thanks to PakMag for inviting us to be the beneficiary charity at this fun event, with the opportunity to get your photo taken with a snake or blue tongue lizard, or buy popcorn or slushie from our dedicated volunteers.



CBA Golf Day

Thanks so much for the very long term support received from Commonwealth Bank and clients at a golf day which raised more than \$10,000. Kudos too, to our amazing volunteers who are always there to help us achieve our goals.





Deadly Heart Trek

A group of highly experienced doctors, health workers, and Aboriginal leaders from across the nation have gathered to begin a 'Deadly Heart Trek' in Queensland, aimed at helping tackle the rising rates of rheumatic heart disease (RHD) amongst Aboriginal and Torres Strait Islander peoples.

While virtually eradicated amongst non-indigenous Australians, rates of RHD in Aboriginal and Torres Strait Islander peoples, particularly those living across northern and central Australia, are the highest in the world.

"If not diagnosed or treated, RHD can cause heart failure, disability, and even death," Paediatric Cardiologist and Deadly Heart Trek member Dr. Bo Remenyi said.

The Trek was funded by the Far North Queensland Hospital Foundation, through the Childrens Hospital Foundation's Woolworths Easter token appeal.

Foundation CEO Gina Hogan said the charity was honoured to support the Trek.

"For us, this is the latest in a long list of support the Foundation has provided to paediatric cardiology services in FNQ. We have now bought four paediatric echo machines for Dr Ben Reeves and we believe this will be an amazing trip to identify children who may have RHD. It's our hope that once identified, children can be treated which will prevent their heart sickness becoming worse," Mrs Hogan said.

Cairns Hospital paediatric cardiologist Dr Ben Reeves said the Trek would shine a light on RHD in northern and western Queensland.

"Without action, it is estimated that more than 9,000 Aboriginal and Torres Strait Islander peoples, most under 25 years of age, will develop acute rheumatic fever or RHD by 2031."

Support Services

Our Support Workers are skilled, experienced and available to assist you with your individual needs.

How we can support you:

- Community Access, for newly accessible work
- Transport
- Dining
- Sailing
- Fuel
- Pets & Caring
- Creating/Meal Prep
- Making/Refrigeration
- Budget Training
- Basic computer skills
- Domestic Assistance
- Assisting to attend appointments
- Provide companionship and conversation
- Personal Care

We have to learn new things too, do you have a favourite activity? Just let us know!

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.

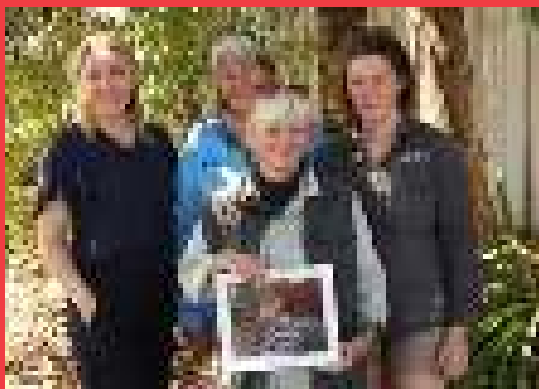
Support Coordination

Our Support Coordinators take the time to help you understand your support plan. We will assist you to tailor your plan so it is more 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 independently and be included in your community.

Contact us for what you need today!

Call us on 1800 000 000 or visit our website at www.pinnacle.org.au

Your Choice matters



Loss inspires

The sudden loss of cyclist Luke Azzopardi more than 12 months ago sent shock waves through the whole community.

None were more impacted than his immediate family and loved ones.

Luke's Oma Anne-Marie Helmke described the 19-year-old as an incredibly positive influence on her life and she is walking to Cooktown during Australian Retirement Trust's QSuper Cardiac Challenge, as part of her fundraising for the cause.

The event was one of Luke's favourites and he had been heard to say not long before his death, that no matter where he was in the world, it was one he would always come "home" for. Cycling to Cooktown was not something she felt able to do, but Ms Helmke still wanted to contribute.

Ms Helmke, aged 75, often cared for Luke as an infant as his mother Sue returned to the workforce. The two developed a special bond as a result.

"I'm planning to walk from Mossman to Cooktown, it's only 168km and I'll time it so I hopefully arrive in time for the cyclists, including my daughter Sue," Ms Helmke said.

"We lose people, we're going to die, it's nature. We must enjoy the times we have together. Luke is the biggest inspiration to me. He always used to tell me that you can do anything you put your mind to."

She plans to offer to cook a two-course meal (no sugar!) in people's homes, for a donation to the cause.

AnneMarie's daughter Sue first took part in the QSuper Cardiac Challenge in 2009, riding for her colleague Darren Rose, who died of a sudden heart attack. That was Luke's first exposure to cycling events and it became his lifelong passion. She has participated almost every year since then.

Luke's sister Jasmine is a supporter and their dad Ian Azzopardi is a volunteer.

The Far North Queensland Hospital Foundation, which hosts the QSuper Cardiac Challenge, has contributed more than \$5 million to cardiology in the Far North in the past 25 years – most of that through the fundraising bike ride.

Memory lives on

Nicole Baso's smile lit up a room and her fiancé John Jirouch hopes her memory will stay alive through his donation to the Far North Queensland Hospital Foundation.

He made a tax-deductible donation to the Foundation, for use in the Cancer Care Ward at Cairns Hospital, in her memory.

She was diagnosed with multiple myeloma in 2011 after slipping and breaking her hip.



"We actually met when a friend of mine met her and said I should meet her as I was looking for a dancing partner. After a few days I got up the courage to call her and we talked for seven hours. That was the beginning, really," Mr Jirouch said.

"We decided, when I took a redundancy after she was diagnosed, to buy a bus and travel around Australia so we did that for six years. She's been in almost every major hospital in the country but she eventually decided she wanted to live up here.

"Nicole was first diagnosed in March 2011 and right from the start, Nicole was so positive that she would beat it. Countless trips to the Royal Brisbane Hospital, chemo, tablets, steroids, cell harvest and terrible pain that she went through.

"She was in remission for four-and-a-half years but it slowly made its way back.

"Although the end was at Gordonvale Palliative Care, the Cancer Care Ward at Cairns Hospital was our second home. The nurses and staff were so amazing to us. They became our second family. I just want her to never be forgotten. She was such an incredibly special person. I hope this donation can make a difference to other patients.

"To see such a beautiful woman go from being so independent, to relying on me for everything from cooking to washing, showering and even shaving her legs. While in Gordonvale Hospital a nurse said to me have you had the talk with Nicole. It was the hardest thing I have ever done in my life, to say it was alright for Nicole to go, knowing I did not want her to," he said.

Foundation CEO Gina Hogan said Nicole and John's was an inspiring story of love, compassion and sacrifice.

"John's donation and willingness to share their story is a beautiful gift to the whole community. We will ensure his donation goes towards helping other cancer patients and their families," Mrs Hogan said.

Every cent donated to the Far North Queensland Hospital Foundation, goes where it's intended because the Foundation's commercial activities cover ALL administration costs.



FNQ health research boost

MORE than \$110,000 has been donated to health researchers in the region by the Far North Queensland Hospital Foundation, raising the Foundation's charitable grants to more than \$250,000 in the last two years.

Research into curing arthritis, optimising the care of people with hepatitis B and assisting in the nutrition of First Nation's People pregnant women are just a few of the numerous grants supported by the Foundation in 2021 and 2022.

Since 2007 the Foundation has committed close to \$1.5 million to increase research capacity within the Far North

"The grants play a vital role in helping researchers deliver the best health care services for Far North Queenslanders," Foundation chairman Dr Ken Chapman said. "The Foundation is proud to support these important annual grants."

The largest 2022 grant of \$43,630 will go towards curing arthritis using novel compounds from jellyfish venom.

"This research aims to determine if a specific fraction of the venom from the box jellyfish *Chironex fleckeri* relieves the symptoms in induced rheumatoid arthritic mice," JCU Professor Jamie Seymour said.

"This is by either decreasing the severity of the damage in joints of mice, curing the disease or decreasing the pain associated with the disease but not decreasing the underlying disease."

Dietitian Melissa Kilburn received \$25,000 to further research the ADAPTTs app-based diet and physical activity tools for the Torres Strait.

"The aim of the tools is to enable point-of-care lifestyle behaviour feedback within community primary health care centres and to also gain a deep understanding of local lifestyle habits and the determinants of those behaviours in the Torres Strait which is currently lacking," she said.

Tileah Drahm-Butler, a senior social worker at Cairns Hospital, will use her \$10,000 Paul and Dina Kamsler Memorial Grant, sponsored by the Kamsler Brothers, to research the transformation to a culturally safe Emergency Department for First Nations people.

Her research is in the building phase and will support the nurturing of important relationships between grass roots community and the front line workforce during this time.

"This Foundation grant will support the continuance of collective gatherings between grass-roots community, a

front-line Emergency Department and community workforce," she said. "Through these gatherings, relationships will be nurtured and grown to be central in the participatory action research which aims to continue the work of enhancing cultural safety in the Cairns Emergency Department led by First Nations people."

In 2021, the Foundation's largest grant of \$50,000 was awarded to Dr Josh Hanson to examine the demographic characteristics of people living with hepatitis B in FNQ, their other health conditions and the strain of the virus that they carry to help improve their optimal care.

He said chronic hepatitis B in FNQ is one of the highest in Australia, making it important to identify and treat people who have it as up to 30 per cent of them will die if their condition is untreated.

Sarah Russell's \$25,000 grant, jointly provided by the Foundation and Hot North, will be used to develop culturally appropriate mental health assessment tools for older adults living in the Torres Strait.

The Paul and Dina Kamsler Memorial \$10,000 Grant of 2021 was given to Dr Janelle James-McAlpine to examine nutrition, its determinants and associations with birth outcomes in pregnant First Nations People of FNQ.

Baby Expo

More than \$4232 was raised at the 2022 Cairns Pregnancy and Baby Expo in October.

For the first time, the event moved to the much larger Fred Moule Pavilion at Cairns Showgrounds under the stewardship of new coordinator Ann Granger.

Funds raised from the event support the Special Care Unit at Cairns Hospital through the Far North Queensland Hospital Foundation.

Ms Granger has taken over managing the event following the retirement of Alison Cupitt.

"I'm honoured to take over the role, as I've been a stall holder with Little Aussie Monster from the first time it was held," Ms Granger said.

Foundation CEO Gina Hogan, as a mother of two, said it was a fantastic event for new and existing parents to come together.

"This event has raised just over \$20,000 for precious babies in the Special Care Unit at Cairns Hospital in the past seven years.



Foundation CEO Gina Hogan and Cairns Pregnancy and Baby Expo coordinator Ann Granger.



Skids for Kids

Kudos to NQ Burnouts on another successful Nitro Crushing presents Skids for Santa 2022 at Cairns Speedway last year. 5200 raised for sick kids in hospital! It sure takes a community, and what a community we have! Our Volunteer Program Manager Annette Jarrett was on hand to accept the "big cheque" on our behalf.



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Hoo Hoo Golf Day

Special thanks to Ray and John from the Far North Queensland Hoo Hoo Club for their golf day support.

We were delighted to learn the FNQ Hoo Hoo Club is one of the world's oldest service organisations, having started in the USA in 1892. Membership is drawn by invitation from all aspects of the timber products industry.

The FNQ Hoo Hoo Club is one of the few still active in Queensland.

It was a great group of golfers at the Cairns Golf Club who turned out to support health care in FNQ.



Bulls Masters

Our staff and volunteers had a great time with the fabulous fundraisers from the Bulls Masters. At a range of events including a golf day and lunch, more than \$17,000 was raised.



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Donations support FNQ health

Almost \$1 million in donated funds have been used to improve health outcomes for Far North Queenslanders, in the past financial year.

The region's premier health charity, the Far North Queensland Hospital Foundation's annual report is a reflection of the region's peaks and troughs in the past 12 months.

"This year, with the support of the community, we contributed \$939,868 towards health care services in the region," CEO Gina Hogan said.

"These funds were used for buying vital equipment and awarding \$110,042 in research grants," Mrs Hogan said.

Acknowledging it had been a difficult year, she said fundraising efforts of \$2.47 million was an increase on the previous year's result of \$2.15 million.

"A large part of that success was that the QSuper Cardiac Challenge 2021 was a record-breaking year after coming out of the COVID-19 pandemic. For the first time, the event resulted in more than \$500,000 being raised, making it the largest fundraising event in FNQ," she said.

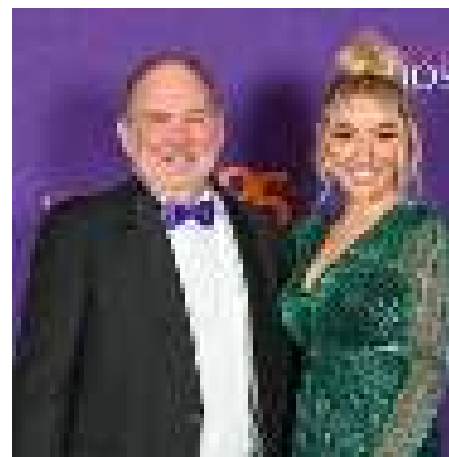
Total funds raised during the 2021 QSuper Cardiac Challenge was \$531,417, allowing the Foundation to support the Cairns Hospital cardiac unit, respiratory, diabetes and paediatric cardiology.

"We finished the financial year on a high with the Foundation's 25th Anniversary gala ball that raised an incredible \$179,235," she said.

Significant equipment purchased throughout the financial year included an Ebus ultrasound system, Vyair Medical Lung Function Testing System, Body Composition Scanner, Breastscreen Tomosynthesis, Zimmer Dermatome, and a helipad retrieval trolley to name a few.

"It was a challenging year for the Foundation's two cafes, vending services and the seven-storey carpark but our dedicated team worked together to ensure these businesses continued to cover all the Foundation's administrative costs, meaning every dollar donated or contributed through fundraising goes towards its intended purpose."

Due to COVID-19 restrictions, there were some periods in the year that our volunteer services were limited. However, our volunteer support stayed strong



and we have more than 1000 registered volunteers – this includes our board, fundraising volunteers and those who help at Cairns Hospital.

"We would like to acknowledge the engagement and efforts displayed by staff, volunteers, directors, hospital staff, donors, sponsors and all others associated with the Foundation in response to the COVID-19 pandemic. Our focus has been on managing the transition while maintaining high quality services, focusing our energy on delivering outcomes for superior healthcare in Far North Queensland.

"We are proud of the work our team has accomplished during a time filled with great achievements but also adversity. Thank you to all within our community who have donated, volunteered and given their support."



Regional and Agribusiness Banking (RAB) Relationship Executive Tony Neal, RAB Executive General Manager Paul Fowler, Foundation chairman Dr Ken Chapman, Foundation CEO Gina Hogan, RAB FNQ Executive Manager Darren Moule and RAB Queensland/Northern Territory General Manager Kerry McGowan.

Donation solidifies support

MANY years and hundreds of thousands of dollars' worth of support for the FNQ community, was solidified at a special cheque handover this week.

Representatives from the Commonwealth Bank handed over a special CommBank Staff Foundation Community Grant to the Far North Queensland Hospital Foundation, towards its "Into the Future" project.

The grant came about through the Commonwealth Bank's Staff

Foundation community grants program where employees nominate community organisations they are passionate about supporting.

Paul Fowler, Executive General Manager of Regional and Agribusiness Banking at the Commonwealth Bank said: "The CommBank Staff Foundation is committed to driving positive change in the community by supporting the causes CBA staff are most passionate about.



BDO Arrow Experience Winners

An Edmonton couple bought just one raffle ticket each in the BDO Arrow Experience camper trailer raffle, and drove away with their new toy.

Debbie and Andre Huiskes bought one ticket in each name, but hers was the ticket drawn.

Hosted by the Far North Queensland Hospital Foundation, the BDO Arrow Experience raised money for skin and breast cancer diagnostic equipment and the camper trailer raffle was part of the fundraising activities.

Winner Deb Huiskes said she didn't believe she had won the prize and actually deleted notification that she had won.

"But my husband followed it up and I'm really glad he did. I'm not sure where we'll go on our first adventure, but it's really exciting to win something like this," Ms Huiskes said.

Foundation CEO Gina Hogan said it was incredibly rewarding to see the fundraising and then see lucky people drive away with a new camper trailer.

"The BDO Arrow Experience raised close to \$90,000 which was really remarkable in these COVID-recovery times and It's going to mean great outcomes for cancer patients in FNQ," Mrs Hogan said.

"Congratulations to Deb and Andre on winning this \$30,000 Jayco Eagle camper trailer, which we know lots of people wanted. We sold more than 19,000 tickets in the art union, so it was incredibly well supported," she said.

Mrs Hogan paid tribute to sponsors BDO North Queensland, FGF and Jayco Cairns.

BDO North Queensland CEO Stacey Young offered her congratulations to the couple.

"We were humbled to be part of such an incredible community event and have enjoyed working closely with both the Far North Queensland Hospital Foundation and its volunteers," Mrs Young said.



"Our team has enjoyed coming together for both fundraising efforts and the walk and are already talking about next year's event. As a locally owned firm, it is an honour to know that our fundraising efforts will go directly towards enhancing access to critical diagnostic equipment for our local community," she said.

Kenfrost leads by example

OLDER people who are long-term hospital patients who require ongoing rehabilitation and care through the Christmas and New year period, are among those receiving Christmas gifts from the community, this year.

Kenfrost Homes has donated thousands of dollars worth of gifts for patients in the Older Persons Evaluation Rehabilitation and Assessment Unit (OPERA), as well as children and patients coming into the Emergency Department, through the Far North Queensland Hospital Foundation.

As well, the housing construction company has donated \$54,000 for equipment to be installed in Innisfail and Cairns hospitals.

In addition, they have provided special catering to support the Cairns Hospital's



Emergency Department which has been dealing with some tough situations due to road accidents.

Kenfrost Homes Marketing Coordinator Alex Loughton said the business aimed to support multiple charities and organisations at this time of year.

"We're delighted to assist the Foundation in a large capacity this Christmas by donating funds for crucial equipment but also spreading some cheer in difficult times with gifts for patients in OPERA, Paediatrics and also for those who find themselves in ED on Christmas Day," Mr Loughton said.

"Through our business relationships, we were very aware of equipment needs in the hospital and were only too happy to assist. Cairns has been good to Kenfrost Homes and we understand the importance of supporting the hospital that takes care of our community.

Cairns Hospital OPERA Nurse Unit Manager Tracey Bancroft expressed her gratitude for the gifts.

"Sometimes people come to the OPERA ward with absolutely nothing, sometimes not even a decent change of clothes or toiletries, so these gifts will be beautiful for our patients," Ms Bancroft said.

Kids can cruise

Teamwork literally makes the dream work, when it comes to buying equipment for Cairns Hospital.

The Far North Queensland Hospital Foundation recently bought a Kiddie Kruizer – a durable and fun wheeled chair for the children's ward at Cairns Hospital.

Former patient Ryan George came up with the idea as both a patient himself, and having seen his brother experience the Children's Ward as a patient.

"I just came up with the idea in my head. I thought if there was something that could make the place a bit more fun for kids when they're driving to theatre, it would be good," 14-year-old Ryan said.



Ryan George with the Kiddie Kruizer.

Ryan set about fundraising by growing his hair and opting to have it shaved, with a portion of the funds raised going towards the Kiddie Kruizer.

But when it came to having the item delivered, Foundation staff were shocked



Cairns Hospital Children's Ward nurses Seline Sloan, Shannon McClelland, Madalyn Neate, Joli Crantich, Carly Cooper, Taylor Kowalick and Donna Martin are flanked by Jetstar pilot Bill Kentish (left) and Foundation CEO Gina Hogan (right).

to discover the transport cost from Melbourne was almost five times the purchase price.

Frustrated, Fundraising and Marketing Manager Glenys Duncombe put her extensive network of contacts to good use and contacted Jetstar and Qantas pilots who had taken part in the QSuper Cardiac Challenge.

Jetstar pilot Bill Kentish came up with the goods and arranged free delivery to Cairns through QantasFreight.



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