

far north queensland hospital foundation

SPRING 2023



We did it, FNQ!

WE are absolutely thrilled to announce we have successfully reached our fundraising target of \$1.5 million!

This achievement paves the way for the Cancer Care Hub to take cancer care to the next level in FNQ.

We're witnessing a significant rise in cancer cases at the Liz Plummer Cancer Care Centre, with a 40% increase noted over the last five years. This only amplifies the significance of our project to our team, health services, and the wider community.

The project's total value stands at \$3.4 million, with the Cairns and Hinterland Hospital and Health Service contributing

\$1.9 million. The Cancer Care Hub will elevate cancer care with an improved experience and environment for patients, their families and healthcare workers.

This achievement is a testament to the power of community. Our region rallied together, demonstrating the profound impact of cancer on our lives. Your generosity, whether through sizable donations or smaller contributions, has exceeded our expectations. Each gift represents a commitment to creating change, and we are deeply grateful for your unwavering support.

A heartfelt thank you to everyone who played a part in this incredible journey – our donors, volunteers, sponsors, and dedicated Foundation team members.

Together, we are propelling cancer care to new heights in Far North Queensland, creating a brighter and healthier future for all.

Let's celebrate this incredible achievement and continue our journey to provide superior health care in Far North Queensland.

All contributions helped us achieve our goal, but we wanted to give special thanks to – Joyce Swinton, Kenfrost Homes, Ellis and Denise Richardson, Matthew Calanna, Chapman Foundation, Mills Family Foundation, BDO Arrow Experience, Northern Frontier Foundation, Wendy Mitchell's Family, Rotary FNQ Field Days and Coral Expeditions.

Mario's legacy lives on

THE legacy of an incredibly community-spirited Cairns man will continue through his son's gift to help cancer patients in the region.

Matthew Calanna has donated \$125,000 towards the Far North Queensland Hospital Foundation's Cancer Care Hub.

The son of philanthropist, pharmacist and businessman Mario Calanna, said it was a fitting tribute to his father.

"Dad was on the Hospital Board for some time and also as part of that on the Hospital Foundation board and I know he'd really like this project," Matthew said.

Mario passed away in November 2022 from myeloma – a type of blood cancer that develops in the plasma cells of the bone marrow.

"He and we always felt lucky that he was able to access top medical, both in Cairns and elsewhere but we have always understood that having to travel for treatment and be

away from your loved ones when you need them the most, is really hard.

"We also feel it's important to give the doctors, nurses, OT's, pharmacists and physios, the best tools that we can to help them do their work. They show so much care and dedication to their patients and this is such an amazing local cause. Dad was so community-focussed and the same fundamentals are there for me to be able to honour him and his memory."

Mario was diagnosed in August 2018, underwent numerous treatments including stem-cell transplant in Townsville as well as a range of other treatments over the years.

Foundation CEO Gina Hogan said Matthew's gift followed on from \$3200 in donations received when Mario passed away.

"We're honoured that Matthew has chosen to pay tribute to his Dad in this special way. It's a gift that will support others going through similar treatment ordeals and help



Foundation CEO Gina Hogan and Matthew Calanna

make a difference to countless others," Mrs Hogan said.

"Mario was a big part of our community and touched the lives of so many in FNQ. He was a giant of industry, community and family. He gauged success not from material gain but from the impact made. He was dedicated to serving and to helping others. This donation is a lovely way for his legacy to continue."

Kenfrost digs deep

ONE of the giants of the FNQ development industry has dug deep to support cancer patients in the region.

Kenfrost Homes donated towards the Far North Queensland Hospital Foundation's Cancer Care Hub.

Kenfrost Homes Marketing Coordinator Alex Loughton said owner John Richardson was inspired by Joyce Swinton's \$250,000 gift last week.

"Cairns needs it for sure. A lot of people find themselves in unfortunate circumstances through no fault of their own. It's the sort of thing Cairns needs, so we're on board," Mr Richardson said.

Foundation CEO Gina Hogan said the Kenfrost Homes donation was a very welcome surprise.

"This comes on the back of the \$60,000 that Kenfrost Homes gave us last year for patient Christmas presents and pyjamas and equipment," Mrs Hogan said.

"It's a beautiful gift and the momentum we're gaining is really blowing us away. We knew the community would get behind us. We had a gentleman bring in \$12,100 in cash – he's donated before for the endoscopy campaign and we've also had quite a few donations come in through the website. We welcome all donations great and small –

they all add up to helping us achieve the goal," she said.

Cairns Hospital Liz Plummer Cancer Care Centre Nurse Unit Manager Jennifer Faulkner was particularly grateful for the gift.

"We see patients every day, we become part of each other's lives. So to see the business community and individuals coming together to help us help our patients, is really overwhelming. Thank you to Kenfrost Homes," Ms Faulkner said.



Liz Plummer Cancer Care Centre Nurse Unit Manager Jennifer Faulkner and Foundation CEO Gina Hogan with Alex Loughton from Kenfrost Homes.

Joyce is our hero

A HERO of the Far North Queensland community has stepped forward once again to help save lives.

Joyce Swinton doesn't wear scrubs or carry a stethoscope but her \$250,000 donation to the Cancer Care Hub, makes her a hero in the eyes of the Far North Queensland Hospital Foundation team.



Foundation Fundraising and Marketing Manager Glenys Duncombe, Joyce Swinton, Foundation CEO Gina Hogan.



The Changers

WHAT incredible philanthropists we have in our community!

We dined at Nu Nu Restaurant under a Strawberry Moon recently, to talk about our Cancer Care Hub with a group of health-focussed individuals.

The outcome of the night was simply incredible. Generous donors gave more than \$215,000 to support the campaign.

During the night, we heard from our CEO Gina Hogan, the CE of the Cairns and Hinterland Hospital and Health Service Leena Singh, and the Clinical Director of Cancer Care and Haematology Dr Lisa Capelle.

We also revisited the stories of the faces of our campaign - Rex, Gemma and Sarah.

Thanks also to Tony George Entertainment and Mod Films & photos for your awesome support on the night as well.



Father & son

WHAT'S rowing got to do with riding your bike to Cooktown?

Everything, for father and son cyclists Shane and Kai Pue who are saddling up for the life-saving QSuper Cardiac Challenge bike ride for the fifth and third times respectively.

At the age of 17, Kai Pue underwent open heart surgery for a pacemaker and mechanical valve to be inserted.

The promising soccer player had been unwell his whole life and while the surgery was traumatic, it has had an obvious impact on his philosophy.

Now aged 23, Kai says he doesn't remember much of his pain in childhood but says life was a struggle.

"Finding a way to hold on to hope was very difficult but giving up was not an option. There was always a side of me that had to deal with sickness and heart pain, every day and every week," Kai said.

"If I've learnt anything in my life, it's not to give up hope, stay brave, stay patient, keep your loved ones close and your dreams even closer. There are many of us out there with cardiac problems and there are many

of us out there who are not brave enough to tell anyone."

Now the co-owner of a gym and a regular participant in the QSuper Cardiac Challenge, Kai and his family organised a rowing challenge fundraiser, raising \$1000.

"Dad (Shane) and I are riding in the Cardiac Challenge again. We're encouraging everyone to come down to the gym, take part in the free strength session and watch the first rowers. We've never done anything like this before but we're going to give it a red hot go," he said.

The QSuper Cardiac Challenge is an annual fundraising bike ride hosted by the Far North Queensland Hospital Foundation in partnership with QSuper, part of Australian Retirement Trust, raising funds for cardiac and associated health issues in the region.

Since the ride's inception almost 17 years ago, almost \$6 million has been raised for cardiology, by the Foundation.

Foundation CEO Gina Hogan said the Pue family was an inspiration to all, with their determination and dedication to see past their own struggles, to help others. "People like Kai and his Dad Shane inspire us to keep going with events such as this because we know we're making a real difference to real people," Mrs Hogan said.



Foundation CEO Gina Hogan with Shane and Kai Pue

THE ORIGINAL KIMBERLEY

THE KIMBERLEY CRUISE

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With fewer than 70 guests, enjoy our expert guides and warm Australian hospitality.



DISCOVER THE VOYAGE



Map showing the cruise route through the Kimberley region, including locations like Broome, Horizontal Falls, and the King George River.



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Patients benefit from bike ride



Foundation Fundraising and Marketing Manager Glenys Duncombe with Cairns Hospital Director of Thoracic and Sleep Medicine Dr Stephen Vincent.

NOSE, throat and respiratory patients are among the winners from the 2022 QSuper Cardiac Challenge.

Two pieces of equipment bought from last year's event are already being used by patients and trainee doctors to improve health outcomes.

Cairns Hospital Director of Thoracic and Sleep Medicine Dr Stephen Vincent thanked riders and donors of last year's

event, for their support.

"It's really pretty amazing that you can ride your bike to Cooktown and these cutting-edge pieces of equipment suddenly appear and they help the patients we serve," Dr Vincent said.

The virtual bronchoscope is a training device used by doctors in training, as well as consultants, to learn or upgrade their skills in performing bronchoscopies.

"It's a bit like pilots learning to fly a plane before getting in a jumbo jet. Simulation is the best way to learn these skills as you're not limited to a patient list – you can use the equipment when it's available. It's a computer simulator where you insert the tiny camera into the virtual nose, past the mouth, into the lung. Anyone who needs access to the airways can use the device – anaesthetists, intensivists, emergency consultants, it's a great way to update your skills. The benefits for patients is that the physician has already undertaken a lot of training before using their skills on a patient," Dr Vincent said. "This is the only one outside the southeast corner of Queensland and it's another tool to make Cairns Hospital attractive for doctors undergoing specialist training."

The second piece of equipment bought by the Far North Queensland Hospital Foundation through 2022's bike ride, is a Naso endoscope to diagnose and manage conditions of the nose and throat.

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Chair eases cannulation



Foundation CEO Gina Hogan, "patient" Julie Selbie and Cairns Hospital Medical Imaging Department Nurse Unit Manager Bonnye Miller.

A \$4000 chair donated by the Far North Queensland Hospital Foundation will make cannulations more comfortable for patients and staff.

Cairns Hospital Medical Imaging Department Nurse Unit Manager Bonnye Miller said the chair is used up to 40 times a day for patients and allows staff to comfortably connect a tube into a patient's veins so they can have medical

infusions or have blood taken.

"With the new cannulation chair, we are able to recline a patient when needed and easily provide interventions for them," Ms Miller said.

"The chair supports patients to rest and even recline so they are very comfortable. It is very easy to move around the room to make way for other equipment, such as an ultrasound machine needed for

patients with difficult veins to cannulate," she said.

"It is with great thanks to the Foundation for providing the cannulation chair for the benefit of both Medical Imaging patients and nursing staff alike."

Foundation CEO Gina Hogan was delighted to see the cannulation chair in action.

"It's not a big spend in terms of amount spent but we can see quite clearly the difference this makes. Hospital staff work incredibly hard as we all know and if we can make their jobs easier and hurt their backs less by providing equipment such as this, it's a win for everyone," Mrs Hogan said.

"This purchase was enabled by the Foundation's commercial operations – the cafes, carpark, ATM's and vending machines. Profits from these enterprises cover all our administration costs but also goes towards helping us buy equipment like this. "Every time someone buys a coffee or uses the carpark, they're helping us achieve outcomes that make a real difference such as this chair."

LEAVE A LASTING LEGACY

Support the Far North Queensland Hospital Foundation in your will and leave the gift of health.

far north queensland
hospital
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www.fnqhf.com.au



Walkers help cancer patients

MORE than 200 people took to one of Cairns' iconic walking trails on July 2 in a bid to raise money for cancer patients in the Far North.

The BDO Arrow Experience, a hike on the Green, Blue, Red and Yellow Arrow in the Mt Whiffield Conservation Park, was a fundraising event hosted by the Far North Queensland Hospital Foundation to raise money for the Foundation's Cancer Care Hub.

Foundation CEO Gina Hogan said the numbers were close to record-breaking.

"It was an amazing community day and we really thought the rain would deter people, but they came out in droves," Mrs Hogan said.

"We raised more than \$93,700 and our goal was \$80,000. People could buy raffle tickets for a cruise prize worth \$35,000 through our website or at shopping centres throughout Cairns," Mrs Hogan said.

"It was such a special day out, it was like a little festival."

The event had coffee and sausage sizzles for the finishers as well as a BDO spin the wheel and an exclusive performance from the Townsville and Thuringowa Pipe Band.

"We had medics and volunteers all at the course, directing people where to go and making sure everyone was well during the hike," Mrs Hogan said.



Rider full of Hope & Heart

KERRI-ANN Hope may only be 38 but a genetic heart issue has meant she's had two pacemakers installed in the past 13 years.

Diagnosed in 2010 with left ventricular non-compaction cardiomyopathy, Kerri-ann has had two pacemakers installed.

For now though, she's not letting it stop her and has signed up to ride this year's QSuper Cardiac Challenge, with her doctor's permission.

"Most cardiologists won't come across someone like me during their whole career so I guess I'm pretty special," Mrs Hope said.

QSuper Cardiac Challenge
CYCLING CAIRNS TO COOKTOWN

**2024 DATES ANNOUNCED:
SEPTEMBER 14-16.**

**REGISTRATIONS OPEN
JANUARY, 2024.**

Join the QSuper Cardiac Challenge 2024 group and take on the cycle from Cairns to Cooktown and help raise funds for cardiac services in Far North Queensland.

WWW.CARDIACCHALLENGE.COM.AU

QSuper | hospital foundation
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Fundraising Target \$400K

friends of the foundation

Supporting our community



Atherton

MEMBERS of the public had the opportunity to gain a sneak peek of the Atherton Hospital at the community open day from 10am-2pm, with guided tours offered.

More than 1000 visitors toured the new facility, which was funded by the

Queensland Government, at a cost of \$86.4 million.

Some of the features include: new emergency department, new maternity ward, new general medical ward, new main entrance, new operating theatres, greater emergency access, new patient drop-off and pick-up zones, new medical imaging and is architecturally distinct.



Mareeba

BINGO is back in Mareeba!

COVID saw the cessation of Bingo in Mareeba and a group of Mareeba Friends of the Hospital Foundation volunteers are keen to start bingo again.

Mareeba Friends President Tom Braes paid tribute to the anonymous couple who have donated a new calling machine for the fundraising initiative.

"Thanks also to the Mareeba Gladiators, which has donated a large number of books of bingo tickets," Mr Braes said.

"The Mareeba Friends are excited about this fundraising initiative with all funds raised to support the Mareeba Hospital," he said.

Bosca's Burger Bar will provide a secure room for the Bingo games to be held at no cost to the Mareeba Friends of the Hospital Foundation.

friends of the foundation

Supporting our community



Emergency Department Chair: Romy Clark, Natasha Edwards, Estelle Kopp, Dr Thomas Coombs (sitting), Jimmy Chai, Kerry Mann.

Innisfail

MORE than \$90,000 worth of medical equipment has been bought for Innisfail Hospital, thanks to generous bequests from local philanthropists.

Innisfail Hospital Friends of the Foundation this week handed over an ultrasound for maternity and two special patient chairs for the Emergency Department.

The purchases came about through two bequests from Innisfail individuals who wanted their gifts to support the Innisfail

Hospital that had cared for them.

Innisfail Hospital Director of Medical Services Dr Thomas Coombs said the ultrasound was a very welcome addition to the maternity unit's suite of equipment.

"Our new sonosite ultrasound machine is a great asset to our maternity department. The addition of this machine allows us to check on the well-being of the baby in real time. Some of the ways we do this are by looking at the amniotic fluid levels, umbilical cord blood flow and checking the position of the baby," Dr Coombs said.



"The availability of ultrasound also helps in assessment of neonates requiring resuscitation and in the placement of intravenous cannulations," he said.

Innisfail Hospital Emergency Department Acting Nurse Unit Manager Romy Clark said the two Dalcross chairs have provided extra space for patients to be reviewed by clinicians.

"Often they are used to fast-track patients requiring simple treatment," Ms Clark said. "With the ability to raise patients' legs and lie back, patients have already found them comfortable to sit in," she said.

Innisfail Hospital Friends of the Foundation (a subsidiary of the Far North Queensland Hospital Foundation) president Estelle Kopp said she was eternally thankful for the Innisfail community's support.



Mossman

THANK YOU Hemingway's Brewery FNQ for the amazing Port Douglas Longest Lunch Charity Fundraiser.

Take a bow Salsa Bar & Grill La Cucina e Bar Kai Port Douglas Zinc Port Douglas and Devils Thumb Distillery for providing the cocktails.

Also, thanks to the patrons who supported this event and Wonderland Spiegeltent for providing some great entertainment. And finally, thank you to "The Purple Angel" volunteers & Ray White Port Douglas for providing Milo, auctioneer supreme, who helped raise \$70,000.

MAKE A DONATION TO THE FAR NORTH QUEENSLAND HOSPITAL FOUNDATION

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Cyclists remember Isabel

IN memory of Isabel, the first child of Curtis and Kerry Pitt who died at 41 weeks gestation, cyclists pedalled with purpose and passion in the Alive Pharmacy Warehouse Ride for Isabel on August 27.

Thanks to our incredible riders, generous sponsors, selfless volunteers, and every single donor, we raised more than \$14,000!

These funds will directly support birth suite at Cairns Hospital, assisting families coping with pregnancy loss.

Among the cyclists was a group of philanthropic police who ditched their uniforms for lycra for a day, fundraising for families suffering pregnancy loss.

The quintet of police, predominantly detectives, decided to take part in the Alive Pharmacy Warehouse Ride for Isabel, for various personal reasons.

Spokesman, Detective Senior Constable Ben Gadsby said a close friend had recently undergone late term pregnancy loss, so he knew the personal impact it could have.

He also said knowing it was in the Far North Queensland Hospital Foundation's stable

of events gave the group confidence that it would be well-run.

"We just felt it was a worthy cause, we love a challenge. We're not cyclists by any stretch but we loved it," Det Gadsby said.

"We loved that we got a break at the 25 kilometre mark to stretch our legs and have a snack and then the third leg was a great challenge for all of us," he said.

Most of the group works together in Cairns Police Criminal Investigation Branch and participation in the event ticked all the boxes.

"It's social, it's in the great outdoors, it's great for your mental and physical health and it's for a great cause."

Asked whether the group planned to do next year's ride and was considering next

year's QSuper Cardiac Challenge, Det Gasby answered "yes and yes" immediately.

The Alive Pharmacy Warehouse Ride for Isabel took place on August 27, and is aimed at shedding light on the emotional and physical struggles that accompany pregnancy loss.

Hosted by the Far North Queensland Hospital Foundation, the ride was an enjoyable 53km or 100km around the cane fields of Gordonvale.

Participants fundraised to support families who undergo pregnancy loss.

Foundation CEO Gina Hogan (and wife of cycling police officer Matt Hogan) paid tribute to the group for stepping up to support families undergoing pregnancy loss at the same time.



Support Services

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

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- Assisting to attend appointments
- Provide companionship and conversation
- Personal Care



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Your Choice matters

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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

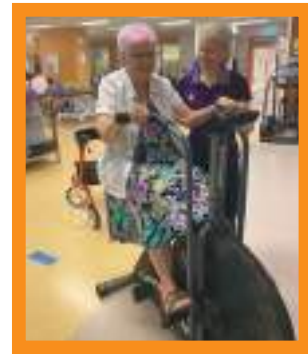
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Join us as a volunteer at Far North Queensland Hospital Foundation! Make a meaningful impact in health care, support patients and families, and be part of a compassionate community. Your time can change lives.



VOLUNTEER

To find out how:
email: volunteer@fnqhf.org.au or call 42268993

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Vollie Q&A

Name: Bev Lang

Age: 89 years

Have you always lived in FNQ? If not, where did you come from and how long have you been here? No! Sydney, NSW, lived in Cairns – 31 years

Volunteer role: B Block information desk

How long have you been volunteering with us? 21 years

How did you come to start volunteering with us? I started doing the craft stall with Lona Hickling and several other valuable and talented ladies. We started the first stall (monthly) and then to a room in B Block in old car park. The Craft group started in first floor B Block and the first stalls started outside SeaBreeze Café in B Block. Simultaneously, we did various fundraising activities including raising funds for the childrens playground at Cairns Base Hospital.

Star sign: Virgo

Interests, hobbies, past-times: Shopping, basketball (Taipans inaugural member), knitting, sewing, baking (for craft), crosswords and reading.

Tell us about your family? Three children (one boy deceased), three granddaughters and one great granddaughter (four years old)

What do you do with yourself when you are not helping us? Meet regularly with old friends from the hospital, do some activities in the interests above and look after (spoil) "Choo" my loved cavoodle (16yo)

Are you retired? If so, what did you do before leaving the workforce? Yes. After boarding school I went into tailoring with my mother then into the private printing industry thence to government printing office (NSW) as a bookbinder. I retired after 17 years there as officer in charge of information for government clients.

What do you enjoy about volunteering with us? Interaction with patients and staff at Cairns Hospital and the wonderful friends over many years.



RIP Ed

Our team of staff and volunteers were saddened recently to hear of the passing of our colleague and friend, Ed Diniz, who passed away.

Ed had suffered from prolonged illness in recent years, we will all miss him more than words can express.

He came to us because he was motivated to help others because of his own heart condition and having to travel to Townsville for treatment.

He volunteered at many events, including the CityLife dinner, Advance Cairns dinner, NuNu Melbourne Cup, also in cardiac rehab and then started volunteering and then working at the cafe – again because he wanted to help others.

He was a special individual who made his mark and will be missed.



NEW OPENING HOURS

*Sea Breeze*cafe



6am-6pm, Monday-Sunday



6am-3pm, Monday-Friday

Proceeds support the Far North
Queensland Hospital Foundation



Cafe Chat

Name: Michael Orford

Age: 31

What is your role/Which café do you work at? both cafes as Executive chef

Have you always lived in FNQ? If not, where did you come from and how long have you been here: I was living overseas in London before moving to FNQ and I'm originally from Brisbane

How long have you been with the Foundation: Around a month

How did you come to start working with us: I was approached by Michael Hooper as we have worked together before.

Star sign: Pisces

Interest, hobbies, past-times: playing golf! Traveling

Tell us about your family – kids, grandkids, great grandkids? I have a beautiful daughter Clelia she is two years and she's my world!

What do you do with yourself when you are not working with us? Hanging out with my daughter!

What do you enjoy most about working with us? That this a great cause and I'm super happy I can help contribute to the Foundation from running these kitchens correctly.

What do you know about the Foundation and its role within the community? The Foundation has many different roles in the community. One of them that stands out for myself is the money raised goes into buying new equipment for the hospital.



Cuddly companions for a cause

IN a heartwarming initiative aimed at supporting health care services in the region, the Far North Queensland Hospital Foundation has introduced a delightful addition to their fundraising efforts – branded teddy bears.

These adorable, cuddly companions are not just any ordinary stuffed animals; they carry with them the mission of spreading comfort and cheer to both young and old, while also contributing to a noble cause.

These soft, plush teddy bears proudly display the Far North Queensland Hospital Foundation logo on their tummy, serving as a reminder of the Foundation's dedication to improving health care services in the region.

Far North Queensland Hospital Foundation CEO Gina Hogan expressed her excitement about the project. "Our branded teddy bears are more than just toys; they are symbols of hope and support. By purchasing one of these lovable bears, you are not only providing comfort to your loved ones but also contributing to our ongoing efforts to enhance healthcare services in our community," Mrs Hogan said.

The funds raised from the teddy bear sales will be directed towards purchasing vital medical equipment, improving patient facilities, and supporting the tireless healthcare professionals who work continually to help keep Far North Queensland residents healthy.

They have become popular gifts for birthdays, baby showers, and as tokens of comfort for patients recovering in the hospital.

The Foundation is optimistic about the positive impact of the teddy bear initiative on the local health care system. With each purchase, they move one step closer to achieving their vision of ensuring accessible, high-quality health care for all residents of Far North Queensland.

Bears can be bought at dCafe, SeaBreeze and the Foundation office.



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