



**Photo:** Plastic and reconstructive surgeon Dr Jaeme Zwart explains the microscope to chairman Dr Ken Chapman.

## Help our hospital

ISSUE 2, 2018

LESS limbs will be amputated in Far North Queensland, if the community can help provide the latest technology vascular operating microscope.

The Far North Queensland Hospital Foundation has launched an appeal for the community to support the \$409,000 piece of equipment, through which our four Cairns Hospital microsurgeons can see blood flowing into transplanted tissue.

Cairns Hospital plastics and microsurgeon Dr Jaeme Zwart said the microscope could be used on patients ranging from children through to the elderly – from trauma through to reconnection procedures.

“There are times we operate on children and some of their vessels are only just visible to the naked eye, but with the new technology we can see it incredibly clearly on a high resolution

screen and we can see whether the blood is flowing, in real time,” Dr Zwart said.

“We do have a microscope for these procedures but it won’t show whether the blood is flowing through transplanted tissue, which really is vital to ensuring the procedure is a success,” he said.

“It will lead to better outcomes for patients and ultimately less amputations,” he said. “It also will mean hand function will be improved in delicate hand trauma, including replacing fingers.”

Foundation chairman Dr Ken Chapman said if the public appeal was successful, he believed Cairns Hospital would be the first outside South East Queensland, to be home to one of the new microscopes.

“We understand the Sunshine Coast

University Hospital has just taken delivery of one for plastic cases and hospitals in Brisbane are using the technology for neurosurgery,” Dr Chapman said.

“We are passionate about this region having the best equipment and the best medical outcomes for patients – why shouldn’t we have the same level of equipment and service as our city cousins in the south east?”

The Foundation is confident the community will support the initiative – following the overwhelming success of the second cardiac catheter laboratory campaign, in which donors provided \$435,000 towards the project in just five weeks.

The equipment purchase would be another step towards the Cairns Hospital becoming a tertiary hospital.

<http://bit.ly/FNQSurgScope>

## Upcoming Events

September 22-24, 2018

Mount Franklin Cardiac Challenge  
[www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au)

October 20-21, 2018  
Wayne Leonard's Motorcycle Muster  
[www.motorcyclemuster.com.au](http://www.motorcyclemuster.com.au)

November 5, 2018 -  
Nunu Melbourne Cup.  
[www.nunu.com.au](http://www.nunu.com.au)

NEXT time you have a heart attack in Cairns, it may well be a defibrillator bought through Cardiac Challenge donations, that shocks you back to life.

The Far North Queensland Hospital Foundation bought four defibrillators for the Emergency Department, as well as a defibrillator for the orthopaedic ward, at Cairns Hospital.

Foundation fundraising and marketing manager Glenys Duncombe said the items were life-saving cardiac equipment to save anyone's life in the Far North.

Cairns Hospital emergency department director Dr Richard Stone said the new equipment was newer and using the latest technology. "The new defibrillators also mean we have more available should they be needed by multiple patients at the same time," Dr

Stone said.

"They also provide better cardiac monitoring in case a patient is transferred to another unit within the hospital," he said. "The software bought by the Foundation allows ECGs (heart tracings) to be captured at the bedside from existing patient monitors and transferred directly into the patient's medical record.

"This improvement reduces the time taken by nursing staff to capture an ECG and makes the ECG available to medical staff much sooner. It is a small step on the journey to provide a fully digital health record. All of the emergency department staff are very grateful to everyone who rides a bike and donates to the Cardiac Challenge, which provided this equipment that will certainly benefit the whole Far North community."

The man who instigated the Mt

Franklin Cardiac Challenge 12 years ago, Pete McNally (**pictured above**), was thrilled to see the equipment that so many people had worked towards achieving. Since inception, the event has raised more than \$3 million for cardiac services in the Far North, including the \$1.4 million second cardiac catheter laboratory.

Mr McNally, who was born with a congenital heart condition and still requires ongoing cardiac care, said he knew what a difference the equipment would make to patient lives.

He has personally been cardioverted 12 times and has undergone numerous procedures over the years. Funds raised this year will go towards a Vivid Echocardiogram ultrasound system for the cardiac department.

[www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au).

Far North Queensland Hospital Foundation

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

far north queensland  
**hospital** foundation



# Ride driven by loss of Mum

MORE than six months after his mother died of a massive heart attack, Nick Lyngcoln finds it hard to control his emotions.

“We knew she was unwell and in hospital, but we just didn’t expect to lose her like we did,” Mr Lyngcoln said.

He and his brothers Daniel and Peter had gone to Bali to celebrate the life of a friend but suddenly received a phone call from their mother Anne, aged 64, in her hospital bed.

“We thought she was recovering but she rang and said to us that she didn’t think she was going to survive the day so we did everything we could to get home, but she passed away before we got on the plane,” Mr Lyngcoln said.

The three Lyngcoln brothers, along with their father Peter, are channelling their grief and earlier this year formed Annie’s Army, with the aim of raising \$10,000 each year to help ensure other families do not go through what they did.

Nick has already taken part in a charity fight night and has just returned from trekking Kokoda as a fundraiser with brother Daniel.

And he’s signed up to take part in the Mt Franklin Cardiac Challenge this year.

“I know it’s going to be hard, but nothing is as hard as losing our mother,” he said.

Foundation fundraising and marketing manager Glenys Duncombe said it was extremely sad to hear stories like Nick’s, but amazing that his family was channelling their grief into such a worthy cause.

“We know there are many people who do this bike ride, who are motivated by a personal loss or



knowledge of a loved one with heart disease,” Ms Duncombe said.

“Not all of us can be cardiologists but this is a real and tangible way that people can ride their bike or trek Kokoda to make a difference

to local families dealing with heart conditions,” she said.

Funds raised this year will go towards a Vivid Echocardiogram ultrasound system for the cardiac department.



# Clan motivated to ride for Fred

WHEN Fred Blakey's cardiologist picked up a heart valve problem due to a rheumatic heart condition more than 30 years ago, he knew he was facing some serious work on his heart over the coming years.

"Dad had several heart related procedures over the years, his first aortic valve replacement was done over 30 years ago in Brisbane. The second was done in Townsville and then a large abdominal aneurysm was repaired in 2013 in Cairns Hospital," his daughter Allison Sciani said.

This motivated his bike crazy family to don their helmets and jump on their bikes for the annual Mt Franklin Cardiac Challenge. "We love that through the fundraising done by the participants of the Cardiac Challenge less people will have to leave their loved ones and the district in order to have certain procedures.

"I always love a challenge, so after completing a Get Out and Get Active course for ladies and bikes earlier this year, I decided it was time to do the Cardiac Challenge," Ms Sciani said.

"David, one of my boys was in on the idea and then Nathan decided he'd jump back on the bike

after a serious break to his femur in a bike accident last year.

Not to be outdone by her brothers, Katia decided she would join the team after the loss of Dad – their father and grandfather – on June 4 this year. As the support crew, we have my husband and their father Henry, making sure we are looked after along the way.

The boys' wives will most likely be registered as volunteers and so we have the entire family throwing their weight behind this Challenge. Excited great grandchildren also will be waiting in Cooktown ready to cheer on the family when they roll in on the last day.

"Mum always accompanied Dad for the treatment as we were all very busy with our work and young families, however it was always hard on her as there was no support for her.

"I did accompany her on the second valve replacement that Dad required, which she really appreciated but family support is the key to a good recovery with this big stuff. Dad did know that we were doing the Cardiac Challenge and was very appreciative that we were able to give back to the hospital that had given him so much in treatment over the years,

on his behalf."

The Sciani family is part of the Mareeba team "Are We There Yet". So far this year, the team has raised \$4775 and is confident of more to come over the coming weeks.

The Mt Franklin Cardiac Challenge will be held for the 12th time this September and is an annual journey from Cairns to Cooktown, hosted by the Far North Queensland Hospital Foundation.

Instigated by heart patient Pete McNally, the event has raised more than \$3.6 million for cardiac services in the Far North and this year will be funding a new Vivid Echocardiogram machine.

Foundation fundraising and marketing manager Glenys Duncombe said every year the community rallied behind its heart patients, through the Cardiac Challenge. "This family is like so so many here who have been affected by heart conditions – my own included.

But the great thing about the Cardiac Challenge, aside from the camaraderie and friendships formed, is that all the money stays local and every cent goes towards its intended cause," Ms Duncombe said.

# Family's incredible gift



A LEGACY of improved health care is the gift from one local family to other Cairns families.

For Joyce Swinton, the gifts she has provided to the local community through the Far North Queensland Hospital Foundation, are her way of paying forward the money her daughter bequeathed her.

“My daughter Linda and her husband Harry Harris had a business in Gordonvale, and before she died she told me she wanted some of the money to go towards improving health in our local region,” Mrs Swinton said.

She donated \$250,000, which enabled the Foundation to buy an ultrasound simulator and this week she was present for the item’s handover. It is believed this piece of equipment is the only one in northern Australia.

The simulator adds to the gift Mrs Swinton already has provided of \$150,000 towards the second cardiac catheter laboratory and \$150,000 towards the Liz Plummer Cancer Care Centre.

The ultrasound simulator will be used to educate and upgrade the training of hundreds of local doctors in conducting ultrasounds to diagnose trauma, obstetrics, lung and heart conditions. The simulator can “pretend” to be a patient with a particular medical condition – meaning the operator will know what to look for when they ultrasound real patients.

Cairns Hospital staff specialist emergency physician Dr Katrina Starmer said Mrs Swinton’s gift was an incredibly generous donation.

“We are very grateful for this, because it will not only benefit doctors here in Cairns, but it will benefit rural GPs and small hospital doctors. It means the

little places and patients from the bush are not left out,” Dr Starmer said.

“Simulation-based training is very effective in medical education as it provides an environment for doctors to develop new skills without exposing patients to unnecessary risk. Having such a state-of-the-art piece of equipment as the Vimedix Ultrasound Simulator will provide a foundation for improving staff skills and safety for patients and establish the position that the Cairns Hospital is becoming a leader in innovation and education,” she said.

Mrs Swinton, whose granddaughter Emma died in her sleep aged 12, and who lost her husband and daughter to cancer, knows first-hand the pain of losing someone special.

“I’ve had heart treatment as well, that I had to go to Townsville for. It was very important to my daughter and therefore to me, that this money go towards helping local people, so I can rest easy now, knowing that’s what I’ve done. I’m hoping that by telling my story, other people might think of their local health service if they have the ability to make a donation.”

Foundation chairman Dr Ken Chapman said Mrs Swinton’s donations were incredibly generous and a wonderful example of what could be achieved when the community worked together.

“We are ecstatic today that we can show Mrs Swinton this piece of equipment and she can see and hear the difference it will make to physicians and therefore to patients in our region,” Dr Chapman said.

**Photo: Mrs Swinton receives a kiss of appreciation from Dr Chapman and Dr Starmer.**



# Mareeba gift makes a difference

PARENTS of sick children in Mareeba Hospital will be able to rest a little easier, thanks to Savannah Lifestyle Resorts.

The over 50s lifestyle resort initiated the \$15,500 donation of four parent beds, through the Mareeba Friends of the Foundation.

Mareeba Friends chair Ida Portella said she was thrilled when local management of Savannah Lifestyle Resorts approached her.

“This is essentially a local business supporting the local community and we’re thrilled that they recognise the benefit of supporting their local hospital,” Ms Portella said. “In Mareeba, the business community is very, very generous towards the local hospital and for this we are eternally grateful,” she said.

On hand to witness the donation, were nationally-recognised celebrities Ray Martin and Warren

Mundine. The pair are part of Savannah Lifestyle Resorts official Clubhouse opening, and kindly donated their time to the worthy cause by presenting the cheque on behalf of Savannah Lifestyle Resorts.

Savannah Lifestyle Resorts general manager Lisa Hohns said she knew the Mareeba Hospital was in need of the Washington-style beds for the children’s ward. “As we are part of the Mareeba community, we want to keep our donations local,” Ms Hohns said.

Mareeba Hospital Director of Nursing and Midwifery Vickye Coffey said it was a wonderful gift and a very generous donation. “We are extremely grateful for such generosity. This is such a luxury, having the donated four single chairs that convert to sofa portable beds. It enables the parents of sick children to stay at the bedside to provide comfort and stability overnight and during the day,” Ms Coffey said.

# Linda Cooper challenges



WELL known Cairns business woman and councillor Linda Cooper threw her support behind local cancer patients.

Cr Cooper issued a challenge to other councillors and staff within Cairns Regional Council, as well as regional councils in the area, to help fundraise for Dry July.

“I’m aiming to have 50 councillors and staff from Cairns Regional Council take part in Dry July with me, and I’m calling for other councils in the region to do

# Seals help soothe patients

ROBOTIC, pet-like seals to help soothe dementia patients, have been provided for older patients at Cairns Hospital.

Two seals, at a cost of \$7400 each, were bought by the Far North Queensland Hospital Foundation after a donation was received from the Scope Club of Cairns for one of them.

Older Persons Evaluation and Assessment Unit (OPERA) nurse unit manager Jane Jordan was ecstatic to receive the seals, which behave like a pet – moving and making sounds, in a manner that has been proven to relax dementia patients.

“Patients can stroke and cuddle the seals, which has been found to reduce patient stress, stimulate positive interaction between patients and caregivers and improve socialisation of patients,” Ms Jordan said. “They are a Japanese invention and have been in use there and in Europe since 2003. They behave as if they are alive, moving their head and legs, making sounds and showing preferred behaviour,” she said.

Foundation fundraising and marketing manager Glenys



**Photo:** Cairns Hospital doctor Jack Fourie with his grandmother, patient Mary Francis with the seals.

Duncombe said she was thrilled that the seals could be provided and that they would make such a difference to people in our community.

“Unfortunately dementia is becoming increasingly common in society and if this is a way to help those living with it, to be calmer, and reduce reliance on medication, then it’s wonderful. We were very pleased to be able to facilitate this

donation,” Ms Duncombe said.

Scope Club of Cairns president Carolyn Luxton said members were very happy the seals had arrived.

“We are sure they will be well received by patients in the OPERA Unit of Cairns Hospital. Although Scope (an Australian Women’s Club) is a relatively small group of members, we enjoy and work hard to fund local projects,” Mrs Luxton said.

## other regional councillors

the same,” Cr Cooper said.

People who register to take part in Dry July and nominate the Far North Queensland Hospital Foundation as their beneficiary, will be helping cancer patients in outlying centres.

Dry July is an international fundraising initiative where participants sign up to “Go Dry” and not drink alcohol for the month of July. Through the financial support they receive from friends, family and colleagues, the Dry July Foundation funds

wellness programs, comfort items, transport services, accommodation projects, hospital furnishings and entertainment items.

Foundation fundraising and event co-ordinator Gaby Thomasz said outlying hospitals Mossman, Atherton, Mareeba and Atherton would be the beneficiaries of this year’s fundraising efforts.

“We know that health outcomes for people in regional areas, are not as good as for those in our major centres, which was why we decided to help improve cancer facilities in

these outlying facilities,” she said.

Last year, the Foundation received almost \$40,000 which was used by the Liz Plummer Cancer Care Centre to buy treatment chairs and a PhysioTouch massage therapy device.

Since 2013, Dry July has raised more than \$145,000 to help cancer patients in the Far North. The money has bought medical equipment such as chemotherapy pumps which deliver medication while allowing a patient to be mobile. Visit [www.dryjuly.com](http://www.dryjuly.com)

# Vollies mix it up with stars



HOLLYWOOD faux pas and foibles were laid bare by insider Richard Reid at a Cairns Post Cairns Club event in early June. The master of glitzy gossip regaled a full house at the Reef Hotel Casino with star-studded tales of scandal.

The entertainment guru on Channel 9's *Today* show for eight years, Mr Reid was the keynote speaker at the third

event for the 2017/2018 season.

An internationally renowned entertainment correspondent, Mr Reid is one of the most sought-after personalities in Australian television, radio and print.

Held at the The Reef Hotel Casino in June, guests included Cairns Regional Council mayor Bob Manning and, as a guest of event sponsor Audi Centre Cairns, the managing director of Audi Australia Paul Sansom.

Guests mingled with an approachable Mr Reid after the formal proceedings and many were keen to prolong the festivities, kicking on afterwards

downstairs at BAR36.

The Cairns Post Club event, hosted by actor and television personality Sofie Formica, raised \$3810 for the Foundation.

Audi Centre Cairns co-owner Connie Ren said the event was well-run. "Everyone seemed to really like it," she said.

"It is very important for us to support the Far North Queensland Hospital Foundation. We are very grateful for the opportunity and it was a wonderful opportunity for people to connect with each other."

A couple of our star volunteers - Lee Oastler and Thelma Spelta were on hand to assist with selling tickets.

## Time to say thanks to hard workers



IT was lovely to catch up with some of our hard-working volunteers recently at Rydges Esplanade for a delicious breakfast buffet. This gorgeous gang are devoted raffle ticket sellers, helping us and our participants in events such as the Wayne Leonard's Motorcycle Muster and Audi Arrow Experience. It was nice to give these folks a small token of our, and the community's appreciation.





# Ride supports rural patients

POTENTIALLY lifesaving equipment has been provided to remote hospitals at Georgetown and Croydon, through the RnR MTB Adventure.

The mountain bike fundraising bike ride was held in May this year, as an initiative of the Far North Queensland Hospital Foundation.

The Foundation was excited this week to hand over \$9000 worth of equipment to Damian Orrell, director of nursing at Croydon Hospital.

The equipment is comprised of special splints and tourniquets that will be used to improve patient outcomes, should they be involved in an accident in a remote area.

Highest fundraiser from the event Trisha Sexton was also present for

the handover, which was ironic as her mother was born at the Croydon Hospital, and worked there as a young woman.

“I’m from the bush so to see this equipment handed over is really exciting – I know the difference this will make to people and visitors in remote areas because my family are from there,” Mrs Sexton said.

The fundraising event raised \$17,000, with more funds still to be spent in coming months.

Mrs Sexton and her husband Peter are long term supporters of the Foundation, and she was the highest fundraiser on the event, generating \$2050 in sponsorship and donations.

Mr Orrell was delighted to meet

Mrs Sexton and said the bike ride was vital to his community.

“I look after a community that is spread about 37,500 sq km and we have a diverse range of incidents that we look after – from people coming in to the clinic for general health checkups, to people suffering traumatic accidents on the road or on cattle properties,” Mr Orrell said.

“My community and I are really grateful for this support that is making a real and tangible difference,” he said.

**Photo: Damian Orrell and Trisha Sexton with some of the equipment bought for Georgetown and Croydon Hospitals.**



## Volunteers needed

THE Foundation is always looking for awesome volunteers for our many and varied roles. Currently one of the positions we are looking to fill is to assist the cafe team. This role will help provide an efficient service within the cafe, providing a personal touch to our customer service by

engaging our customers with a friendly greeting and a smile. Positions are also open for Christmas Wrapping, so if you’d like to guarantee your spot, or chat about any volunteering roles, contact Volunteer Manager at [volunteer@fnqhf.org.au](mailto:volunteer@fnqhf.org.au) or Ph: 4226 8993.



## Motivated fundraisers

THEY might call themselves the Hinchy Halfwits but this group of motivated trekkers are bright sparks when it comes to fundraising.

The team of four motivated women were among the top fundraising teams for June 17's Audi Arrow Experience.

The event was held to buy specialised xray equipment for the Emergency Department of Cairns Hospital.

Yvonne Spenceley, Catherine Dennis, Stephanie De Zilva and Kerry Vickers had taken on a number of exercising fundraising adventures in the past few years. Comprised of nurses, a chef and a dietitian, none of the group had previously undertaken all four Arrows in one day.

“We’re really excited about it actually. We trekked on Hinchinbrook Island in 2017 and now we’re excited to take part in this as well,” Ms Vickers said. “We all like to keep fit and have fun in the great outdoors. We did the Cardiac Challenge a few years ago and really enjoyed that. Then we saw this opportunity and thought ‘why not?’” she said.

“And we’re really excited that the funds raised are going to the Emergency Department of Cairns Hospital. We know that’s a really busy department so it’s important those staff and patients are supported.”

**Photo: Yvonne Spenceley, Catherine Dennis and Kerry Vickers from the Hinchy Halfwits were excited about the event.**

# Colleagues swap specs for sneakers

A GROUP of optometrist staff put aside their special equipment for the day on June 17, to take part in the inaugural Audi Arrow Experience.

The group of four staff from Michael Chu Optometrists trained and fundraised hard and were excited about the event.

Practice manager Leanne Lehmann said the “For Eyes” team of Michael Chu, Melissa Moore, Karen Rowe and herself felt it was a worthy cause for the community.

“I’ve been an active user of the Arrow walking tracks for many years and we believe it’s a great time of year to enjoy the unique Arrow walking tracks,” Ms Lehmann said.

Foundation fundraising and event co-ordinator Gaby Thomasz said the event was a great opportunity to fundraise for the local health service, that everyone will need at some point.

“In the last year, the Cairns Hospital Emergency Department saw 68,634 patients so we think it’s really important to support these vital health workers,” Ms Thomasz said.

“Most of our participants chose to walk all four arrow trails, but we did have some doing the shorter two-trail course as well. Fundraising went really well and we raised more than \$61,000,” she said.

Funds raised will go towards special xray equipment to use when transporting critically unwell monitored patients in a timely manner, as well as improved medical imaging monitors.



# Arrow trekkers walk for cause

WHAT does 60 volunteers, 200 walkers and one Audi A1 add up to?

A \$61,000 donation towards specialised xray equipment at Cairns Hospital.

The inaugural Audi Arrow Experience in June was a roaring success, with great walking conditions enjoyed by all participants.

The event was a fundraising initiative of the Far North Queensland Hospital Foundation, raising funds for the Emergency Department of Cairns Hospital. Participants chose to walk two or four of the arrows of Mt Whitfield and could fundraise in traditional ways or by selling raffle tickets in an Audi A1.

Foundation fundraising and event co-ordinator Gaby Thomasz said most participants opted to do the long course and many said they had not previously done all four at the one time.

“The atmosphere on the day was positive and very family-



friendly. Everyone knew they were there for the right reason to support a great cause,” Ms Thomasz said.

The raffle of the Audi A1 was drawn and local man Kurtis Tahu was announced the lucky winner, after buying two \$2 tickets at a shopping centre.

Top fundraising teams The Big D and Double D from Dawsons

Engineering and For Eyes from Michael Chu Optometry will each receive prizes from Sunlover Reef Cruises.

Genesis Fitness Cairns donated prizes to top individual fundraising men Eddie Strivens, Lambros Halkidis and Pete McNally, and top individual fundraising women Heather Rogers, Jharna Hogan and Michelle Dorner.

## New wheels a surprise win for Dad

A SINGLE dad who is an apprentice mechanic drove away in a new Audi A1 that he won for the cost of two \$2 raffle tickets.

Kurtis Tahu, 25, was the lucky winner of the prestige vehicle that was raffled to help drive fundraising in the inaugural Audi Arrow Experience.

Foundation fundraising and event co-ordinator Gaby Thomasz said it was nice to see the car go to a young person starting out in life.

“The event overall raised more than \$61,000 which will go towards buying some specialised xray

equipment for Cairns Hospital’s emergency department,” Ms Thomasz said.

Kurtis received the phone call at 9am on the Sunday of the event from Ms Thomasz and Audi Cairns owner Alan Ren. But later he said the phone call was so unexpected, he double checked with Audi.

“I bought two raffle tickets when the car was at one of the shopping centres but I’ve never won anything before, so I certainly didn’t expect to win it,” Mr Tahu said.

Mr Ren said he was delighted Mr Tahu won the prize and thrilled



with the success of the event. “For a first-time event, I think the Foundation did a great job in pulling it all together and everyone on the day had an amazing time. I look forward to continuing our involvement into the future,” Mr Ren said.

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# Cardiac Challenge

22 – 24 September 2018

## Cycling from Cairns to Cooktown



Image: Cook Shire Council

Take the challenge and achieve more than you thought possible, hop on your bike and ride from Cairns to Cooktown... it's a life changing experience.

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Visit <https://fnqhf.org.au/grants> for further information.

For further information, contact Far North Queensland Hospital Foundation  
CEO Tony Franz, at [ceo@fnqhf.org.au](mailto:ceo@fnqhf.org.au)

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Cairns Post

# dcafe recipe

## Low and slow lamb shoulder

### What you need

2kg lamb shoulder, garlic paste, 1 garlic head, large, 8 sprigs of rosemary, 2 tbspn cumin, 2 tspn salt, juice and zest of 1 lemon, olive oil. Blitz until a smooth paste 200ml wine or stock, sea salt, black pepper, freshly ground, 3-4 carrots cut into quarters, 2 peeled large onions cut into quarters, 200ml white wine or chicken stock.

Gravy, 2 tbsp flour, 2 cups/500ml chicken stock (or 1 cup red wine + 1 cup stock), salt and pepper

### Method

1. Preheat the oven at 200°C/400°F/gas 6. Slash lamb all over with sharp knife, season with black pepper, rub garlic paste mixture all over the lamb, making sure to get into all the right places. Place onions and carrots on a large

deep roasting tray. Pour in 200ml of wine or stock. Place the lamb shoulder on top and roast for 20 minutes. Carefully remove the tray from the oven and cover tightly with a double layer of tin foil, then return to the oven, turn the heat down to 160°C/315°F/gas 2½, and cook for 4 hours, or until the meat pulls easily away from the bone. Remove the shoulder to a platter, cover loosely with the foil and leave to rest.

2. Tilt the pan and use a spoon to remove all but around 2 tbsp of fat (try to avoid scooping out any juices). Place the roasting pan on the stove over medium high heat. Add the flour and stir to mix in with the fat. Cook for 30 seconds.

3. Add the stock gradually and stir to combine. Use a potato masher to

mash the onion and carrots.

4. Allow it to simmer for one to two minutes until it is just before your desired consistency (it will thicken a bit as it cools), then remove from the stove. Season to taste with salt and pepper, strain into bowl then transfer into gravy jug.

5. Shred up the lamb and serve up with the gravy. Delicious served with steamed seasonal greens or with warm naan bread and a green salad.

It should be a touch sticky - don't worry if it still seems a little soft as it will firm up on cooling.

6. Remove from oven, place on a cooling rack and allow to go cold in the tin.

7. Using baking paper tails, ease from the tin and cut into 16 squares.



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