



Research grants awarded

SPRING 2015

GROUND-breaking research into box jellyfish venom has netted a James Cook University research fellow the first \$25,000 grant from the Far North Queensland Hospital Foundation.

Foundation CEO Tony Franz said smaller research grants had been awarded by the charity in the past, but this year was the first time a major grant had been offered.

Dr Michael Smout is this year's recipient of the \$25,000 grant and his project aims to explore mechanisms of box jellyfish venom and screen for new drug and antivenom treatments. "These areas that predominantly feature beaches as a tourist drawcard, like Far North Queensland, can be seen as "dangerous" and lead to incalculable loss of tourist dollars – despite the many protective measures in place such as stinger nets," Dr Smout said.

"This project aims to produce improved options for future box jellyfish envenomation treatments, reducing the risks to locals and tourists alike. The creation of improved envenomation treatments would go some way in mitigating the perceived "dangerous" aspect of FNQ and potentially boost future FNQ tourism."

The Foundation also has awarded a series of grants of up to \$3000 to projects covering diverse topics such as:

diagnosing dengue and fevers, investigating potential environmental reservoirs of *Mycobacterium ulcerans*, using low doses of oral steroids in swimmer's ear, understanding factors in early childhood that influence obesity, preventing insect-borne diseases with sunlight and treating mood in patients with severe acne.

This year, the Foundation has provided about \$60,000 to support the research grants, which are assessed on merit by an expert panel. Foundation chairman Dr Ken Chapman said it was important to support research funding to help capacity-building within the medical fraternity in Far North Queensland. "These research grants are very important to attract and retain high quality medical and paramedical resources," Dr Chapman said. "The grants are a small part of what the Foundation does but an invaluable one, and they are specially focussed on tackling major areas of health concern in Far North Queensland," he said.

Cairns and Hinterland Hospital and Health Board chairman Bob Norman said it was important that health research projects be supported and thanked the Foundation for its contribution. Mr Norman said during the last stinger season, which runs from November to April, 25 patients presented to Emergency Departments as a result of a marine sting.



Recycle, reuse and raise money

MORE than 200 people enjoyed the benefits of recycling, reusing and raising money at the second annual The Power of Pallets cocktail and auction night at the end of August.

Organiser Kate Fern said furniture, decorative items, cubby houses and even a guinea pig hutch sold at the gala SeaFM Cairns The Power of Pallets presented by Tony Nastasi of LJ Hooker Yorkeys Knob.

She said while final figures were still coming in, it looked like the second event raised more than the first in 2014, which raised \$17,000 for the Far North Queensland Hospital Foundation.

The Cairns Cruise Liner Terminal was full of stunning items, which all

sold for as little as \$5, while the hotly contested Tardis bookcase by Andy Toyne won the Lords Insurance award for highest fundraiser at \$550.

The Power of Pallets recycling event ticks all the boxes for a great feel-good event, with funds raised going towards the Foundation.

About 140,000 tonnes of wood pallets and crates become landfill in Sydney alone every year. Around half the pallets produced to help transfer goods around Australia are intended to be used only once. Pallets that end up in Cairns are no exception.

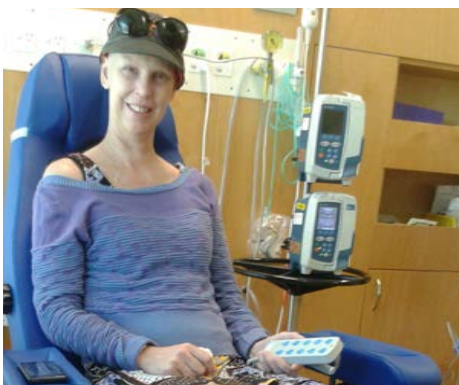
“It is too expensive to ship back pallets after they have been used to transport goods to Cairns,” said Ms Fern.

The evening meal, complete with fruit fondue tower, was presented by the increasingly popular Eatos, which is furnished by The Power of Pallets.

Ms Fern, a working mum, said she chose the Foundation as the beneficiary because her family had benefited from using Cairns Hospital. “My son has epilepsy and the hospital has always been great to him and we all need the hospital at some stage in our life,” Ms Fern said.

Foundation CEO Tony Franz said he believed the event would continue to grow in future years. “This is the only event of its kind in Australia that we know of and we love that it is innovative and supporting Far North health services,” he said.

Dry July fundraisers ease cancer journey



CAIRNS Hospital cancer ward patients will be the beneficiaries of Dry July 2015 fundraising.

Almost 190 participants raised more than \$16,000 this year for cancer care services through the Far North Queensland Hospital Foundation.

Funds raised for the Foundation this year will go towards patient televisions in the cancer care ward at Cairns

Hospital, to help make cancer patients’ stays a little more comfortable.

“These valuable funds will help improve the support we provide to local adults living with cancer,” Foundation fundraising co-ordinator Nicole Gibson said.

PICTURED LEFT: Cancer patient Tania Bower in a chair provided through 2014’s fundraising.



Sea Breeze reopening a success

ONE of Cairns' longest running cafes has just unveiled a new look.

It is fitting that the week that Sea Breeze Cafe at Cairns Hospital flings open its' doors again, that one of its longest serving employees celebrates 15 years of employment.

Judy Gamble was a volunteer with the Far North Queensland Hospital Foundation for five years, before taking on paid employment with Sea Breeze Café as a cook.

She has seen many changes throughout Sea Breeze's many incarnations, including the days when it temporarily operated out of a "donga" on the grass verge during a previous hospital redevelopment.

Sea Breeze Cafe, part of the Foundation's commercial operations, has been an iconic part of Cairns

Hospital for 76 years, having previously been known as "the Kiosk".

The hospital kiosk was first suggested in 1939 and the then hospital board borrowed 200 pounds, offering the job initially to Eddie Svendsen who ran it from a wooden caravan on wheels. It has been part of the Hospital Foundation since 2002.

Foundation CEO Tony Franz said Sea Breeze closed for about 12 months as part of the hospital's latest redevelopment, but the new look complemented the great food options and service.

"We've given the grand old girl a refresh and we've increased the dining area to be about 50 percent bigger than before," Mr Franz said.

"We started our opening hours at 9am-2pm, but we're already finding that

customers want us to be open longer than that," he said.

Sea Breeze Cafe is in addition to the relatively new dcafé which services the hospital's other entry point at Block D, further north along the Esplanade.

The Foundation employs three chefs, one cook as well as other hospitality staff across the two eateries.

While the two cafes have great coffee, freshly made sandwiches and wraps on the menus, they do have different meal options available.

"We're also delighted to celebrate Judy's anniversary – as the longest serving employee of the Foundation and of the cafes, she's a much loved member of our team," Mr Franz said.

Profits raised from the two cafes go towards supporting health services in Far North Queensland.



Donations make big difference

PHYSIOTHERAPY outcomes for patients in Cairns will be enhanced as the result of a generous donation provided through the Far North Queensland Hospital Foundation.

Donors Les and Anne Mills inspected the MOTomed rehab equipment recently to see how their \$9000 donation would help improve outcomes.

Cairns Hinterland and Hospital Health Service community rehabilitation team senior physiotherapist Vivienne Sandler said the equipment was used in therapy for clients with a broad range of physical issues including spinal injury, deconditioning, stroke, post total knee replacement, post fracture or arthritis.

"It's used in the physio gym to improve strength, mobility and endurance training for people's arms and/or legs," Ms Sandler said.

Mr and Mrs Mills, regular donors to the Foundation, said they were thrilled to see the equipment in action, and they could see how it would benefit many people for years to come.

Mr Mills even tried out the equipment and said he enjoyed seeing how patients would benefit.

"This is wonderful to see this equipment and know that it will be used by people on a daily basis, and that it will help improve their confidence and their abilities," Mrs Mills said.

Foundation CEO Tony Franz also enjoyed seeing the MOTomed in action, and said it was rewarding to be able to make a difference in providing equipment that might not otherwise be available. "This is a great piece of equipment and we can see that this will benefit many people today and into the future," Mr Franz said.

Improved outcomes

A GENEROUS donation from the Far North Queensland Hospital Foundation is set to save nursing time at Cairns Hospital.

Renal and Respiratory Ward Nurse Unit Manager Anne-Marie Tolsma said the \$15,554 portable bladder scanner meant they would no longer have to borrow a unit from another ward.

"We use these at least five times a day so it will save us time on having to ferry a scanner from another ward, which also needs it," Ms Tolsma said.

"If a patient is retaining urine it can affect treatment and can be quite dangerous so we need to know the urinary bladder volume as this dictates the treatment we provide," she said.

"We're really very grateful for this piece of equipment because it will save us time and we're very excited to have our own unit now. It wouldn't have been possible without the Foundation's donation."

Donors Les and Anne Mills, who provided the \$15,500, are always thrilled to see the equipment they fund being used. "This is wonderful for us to see the equipment being used and the staff are so appreciative which makes us feel good about our donation," Mr Mills said.

Foundation CEO Tony Franz said it was rewarding to be able to provide equipment to staff that helped patients recover more quickly and gave better medical outcomes.

"This is what the Foundation is all about – providing equipment and resources that make a difference to people's lives every day," Mr Franz said.

New initiatives maintain event's popularity

AS you read this, almost 300 cyclists are slaving over hot bicycles, doing their utmost to raise funds for cardiac services within the Far North.

A number of new initiatives in this, the event's ninth year, have been popular with participants.

Firstly, the tent city initiative, which means that those from out of town don't also have to lug camping gear to the region, has sold out.

Secondly, Foundation fundraising and marketing manager Glenys Duncombe and her dedicated team of volunteers, secured a partial road closure for Kuranda Range for the first morning, meaning those cyclists who want to, could ride the range in safety. This closure also means the Cairns to Cooktown ride genuinely starts in Cairns.

Thirdly, as part of cyclists' training regime, road closures were obtained for three Saturday mornings of Lake Morris Road, meaning those who wanted to, could undertake hill training in safety. This last in particular has been extremely popular with riders.

As well, the ride departed from Tjapukai this year, due to its proximity to Kuranda Range.

As always, the event this year has attracted new as well as regular participants.

Final figures of how much money was raised, will be released in the Summer newsletter.

For further information and updates, visit www.cardiacchallenge.org.au



Some of the participants in a training ride to Bessie Point before the 2015 Mount Franklin Cardiac Challenge.



Bill Cummings and Tony Franz discuss the economic report, while Pete McNally and Judi Phillips look on.

Cardiac ride an economic advantage

THE Far North Queensland economy gains an estimated \$1.2million from the Mount Franklin Cardiac Challenge each year, it has been revealed.

Just weeks out from the 2015 event, local economist Bill Cummings has released his economic assessment of the fundraising bike ride from Cairns to Cooktown.

Far North Queensland Hospital Foundation CEO Tony Franz said organisers always knew the ride had medical benefits, having contributed more than \$2 million to cardiac services during the past nine years.

"But to see the cold hard facts about how it actually provides a flow-on effect through the economy was a very pleasant surprise," Mr Franz said.

Mr Cummings' economic assessment, based on 2014 figures, indicated \$111,000 was spent staging the event, \$362,000 was raised for cardiac services, \$366,000 was spent by riders and supporters on buying cycling equipment and supporting the communities they pass through along the way; and he calculated a flow-on effect of \$447,000.

"Having been a local, I have long supported this event, but until I sat down and looked at the figures, I didn't realise quite how much it benefited the local economy, not just in the field of buying medical equipment," Mr Cummings said.

"Every cent donated to the Foundation goes to its intended purpose and stays local, so it's great to see the local community supporting the event that supports them," Mr Franz said.



Gordonvale's 25th anniversary party

Twenty-five years of service, support and sacrifice was honoured at Gordonvale Hospital recently with a special anniversary celebration for the local auxiliary.

With nine founding members in tow, the Gordonvale Memorial Hospital Auxiliary gathered together to share morning tea, and more than a few memories, with staff and community members.

Nurse Unit Manager Denise Edwards was on hand to congratulate the group. "Without the efforts of these women, the Gordonvale Memorial Hospital would not have the proud and important history of providing such vital services to our community as it does today," she said.

"It is an honour to share this important milestone with you all and I thank each and every one of you for what you have contributed over the past 25 years."

Founding member and Auxiliary secretary Beryl Wilson worked as a nurse at the facility for many years.

"The then matron Robyn Greenfield spoke to the staff about what equipment the hospital needed," she said. "So she did a call to arms for interested volunteers to form the Auxiliary and the rest is history."

What started as a small lolly stall in 1990 grew into regular events including an annual fashion parade and a community social night held at the hospital grounds.

"Most of the town would turn out to those Saturday night events," Ms Wilson said. "We would charge \$10 each which included a hamburger and a chance to win \$1000."

It is estimated the group has contributed more than \$500,000 worth of equipment over the years including pressure relieving beds and mattresses, syringe drivers, a lounge suite, chair beds, recliner chairs and shower chairs just to name a few.

Foundation CEO Tony Franz, chairman Ken Chapman and board member Charlie Marino were also on hand for the celebration as the Auxiliary comes under the Foundation's banner.

Harley win sure was no joke

IT'S Saturday night, you're sitting at home and you get a phone call saying you've won a Harley Davidson motorcycle.

Most people might think it was friends playing a joke or a scam, but Stephen Hodgkinson knew it was real because the raffle number he was told, married up with the number he had sitting on the fridge.

His partner had bought three raffle tickets in the Wayne Leonard's Motorcycle Muster raffle at Cairns Central, never dreaming their number would come up. While Mr Hodgkinson already has a motorcycle, plans are afoot for a family member to take on the Harley Davidson XL883 Super Low, valued at almost \$15,000.

On May 16 and 17, more than 40 motorcycles and support vehicles rode to Lucinda in their annual pilgrimage around the region to raise funds for Cairns Hospital. Race director Wayne Leonard said this year exceeded expectations, with more than 64 participants joining in and raising more than \$70,000.

Troy Leonard, one of the sons of Wayne and Rhonda who instigated the fundraising ride in 2002, was thrilled to hand over the bike to its new owner.

Far North Queensland Hospital Foundation CEO Tony Franz, who fundraises and rides his own motorcycle in the event, said it was heart warming to see so many people willing to help others. "This is one of our signature events and every year motorcyclists show their support for others less fortunate," Mr Franz said.

Funds raised this year will go towards the new integrated patient medical record and television system in Cairns Hospital's surgical ward.



Troy Leonard (right) and Foundation CEO Tony Franz (middle) congratulate winner Stephen Hodgkinson on his Harley Davidson win.

Cairns and Hinterland Hospital and Health Service chairman Bob Norman with state Health Minister Cameron Dick at the installation of the new PET-CT scanner.



Pet-CT scanner being installed

CANCER patients in the Cairns region will not have to leave the city for diagnostic scans following the arrival this week of a \$2.4 million PET-CT scanner.

Queensland Health Minister Cameron Dick visited Cairns Hospital in June to inspect the installation of the new machine and discuss its operation with clinicians and staff.

PET-CT scanners work by combining two scanning techniques – Positron Emission Tomography (PET) and Computerised Tomography (CT) – to provide detailed and precise images of cancer cells in the body.

Mr Dick said he had been informed the service would be operating from August and after that time, Far Northern cancer patients would no longer need to travel for diagnostic scans.

“PET-CT scans are the most effective way for clinicians to track if a cancer is spreading, how it is responding to treatment and if any cancerous cells remain after treatment, such as chemotherapy,” he said. “This is a

significant piece of medical equipment that will provide a huge boost to cancer patients in the Far North for years to come. This service will allow cancer patients from right across the Far North to access specialist cancer care close to their own homes, communities and loved ones.”

The PET-CT scanner arrived at Cairns Hospital this week and will be assembled over six days by four specialist technicians before undergoing a short, intensive commissioning process. Due to the size of the machine, final construction at the Block E Cairns Hospital site has had to wait until the PET-CT was delivered.

Member for Cairns Rob Pyne said Townsville had such a facility, and having one in Cairns meant cancer patients no longer had to leave the city. “Having cancer is a time of great stress at any time, but having to leave home for treatment only makes it worse,” he said. “People can stay in their home city with their families and support networks around them instead of having to go to Townsville for

diagnostic scans.”

Hospital and Health Service board chair Bob Norman said the arrival of the machine had been an exciting event. “We are now within touching distance of delivering this vital service,” Mr Norman said. “This really is the final piece of the jigsaw puzzle for cancer services in the Far North.”

The total cost of the project is \$4.4 million with the Queensland Department of Health contributing \$3 million and the Cairns and Hinterland Hospital and Health Service contributing almost \$650,000. Mr Norman said the Far North Queensland Hospital Foundation contributed \$700,000 towards the project with the Committee for Oncology Unit at Cairns Hospital (COUCH) contributing \$100,000. “The support we received from both the Far North Queensland Hospital Foundation and COUCH was pivotal in getting this project off the ground and I can’t thank them enough for their generosity,” he said.



Sea Breeze cafe recipe

Jordan Aird, one of our new team at the newly reopened Sea Breeze Café, has started making these great treats and we can assure you they are absolutely delicious. They have become very popular with our customers so come in and try some when you are next on the campus.

Muesli Slice

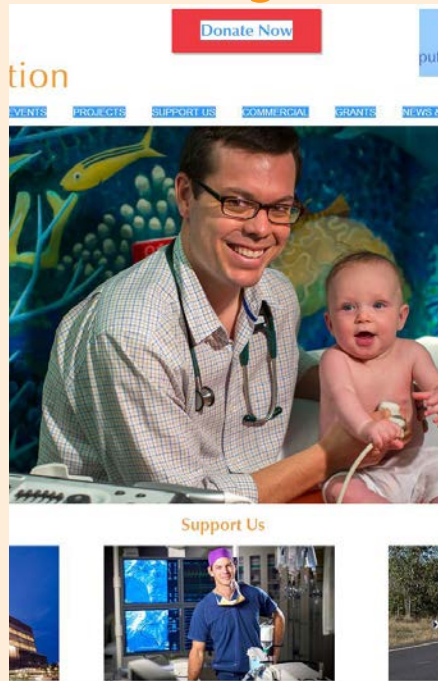
What you need

½ cup sultanas, ½ cup chopped dried apricots, 1 ½ cups ground almond meal, 3 cups raw low fat muesli, 1 tbsp chia seeds, 1 tbsp. linseeds, 50g rice malt syrup, 100g melted butter, 2 beaten eggs.

Method

Mix all dry ingredients in a bowl until combined. Whisk wet ingredients in a bowl then add to dry ingredients and mix well. Line a shallow baking tray with grease proof baking paper. Spread the slice mixture over the tray until even. Bake at 170 Celsius for 25 to 30 minutes until golden. Remove and cool in the tray. Cut into portions and store.

Newsy bits ...



New website complete

Have you checked out our new website yet? With the same URL as before, we have included lots more information on the new version, such as regular news updates, easy information on how to donate, as well as our current projects and events underway. We'd love to hear what you think, so check it out at www.fnqhf.org.au.

Announcement soon

We bet you've been waiting with baited breath for the announcement that the \$1.3 million Paediatric Playground is complete. Well, it's almost there, with some last minute tweaks underway as you read so as soon as it's ready, you can be sure we will shout it from the rooftops. Thanks for your support for this important project.

Features include a pool table, stage area, craft area, fish tanks, shade sail and \$200,000 worth of play equipment.



Volunteers needed

It's coming up to "that" time of year when we put out a special call for volunteers to help with our fundraisers. The first, is our annual Christmas Wrap at Cairns Central shopping centre. As well, we are having a special art union at various shopping centres so we will need some fabulous raffle ticket sellers.

If you can help, please phone Anne Chirio on 4226 8993.

