



far north queensland hospital foundation

Ground Floor, Block E Car Park
Corner of Grove & Digger Streets
P O Box 957
CAIRNS Q 4870

p (07) 4226 6553
e fundraising@fnqhf.org.au



SUMMER 2014-2015

IT's been a long time coming, but work on the new Paediatric Playground is finally nearing its conclusion.

The Playground, located above Seabreeze cafe (soon to be refurbished) is close to the hearts of many in Cairns and has recently been given the moniker - the People's Project - reflecting the community's ownership of it.

At a cost of \$1.25 million and taking nine years from inception to plans being drawn up, approved and construction completed, the Playground will truly be a leader in playgrounds across the city, if not the state.

Lend Lease's construction team has been led by site manager Nick Dovey, who, as a new dad, is particularly passionate about the project.

We understand work on the Playground will be finished in March, although work on the neighbouring refurbished paediatric ward must be complete before the Playground can be put to use by those who need it most - the kids.

It is hoped that a formal opening ceremony can be held to mark this important landmark in the Hospital's refurbishment.

Staff, media and members of the public eagerly watched in mid January as more than a dozen crates of play equipment were craned up to the Playground.

The equipment (including softfall surfaces) is supplied by local company Advantage Sports and Leisure.

"We're very excited about the standard of this equipment, which is inclusive for children of all levels of ability and a first for play areas in Cairns," Fundraising and marketing manager Glenys Duncombe said.

"Once complete, patients will have access to a brand new, all weather playground designed to maximise rehabilitation, education and having fun," Ms Duncombe said.

The area will be completely wheelchair accessible with inbuilt infection control and all the necessary mechanisms to cater for any illness or disability.

The playground structure is being built by Lend Lease, with local firm CA Architects volunteering their time and services since the project began. Work is on track to be completed in the first quarter of 2015.

"The quality of life for sick children and their families throughout the Far North will improve as a direct result of this new facility," she said.

"They can finally have a dedicated area where they can escape the isolation of a hospital ward."





Cairns Watercraft owner and supporter of the Jetski Fundrun, Bren Turner receives a certificate of thanks from Paula Campion, representing the FNQHF.

Jetski Fundrun another top success

THE seas off Cairns were awash with Captain Neptune and his merry band of fundraisers for the annual Unit's Jetski Fundrun in late November 2014.

The fundraiser, co-ordinated by the Far North Queensland Hospital Foundation, raised more than \$21,000 for Cairns Hospital Cancer Care Ward's Tranquility Room for terminally ill cancer patients and their families.

More than 20 jetski riders departed from the Cairns Esplanade at 9am, en

route to Vlasoff Cay for a unique stop off and on to Fitzroy Island Resort for lunch before returning to Cairns.

Foundation fundraising and marketing manager Glenys Duncombe said the event was held in memory of the late Brian "Unit" Wilson for terminally ill cancer patients and their families. Brian's mother Dawn Butler and step-father Harry travelled to Cairns from Victoria for the event and presented the perpetual trophy in Brian's honour, to highest fundraiser Roger Bell who contributed \$3660.

"Since its inception in 2011, the event has now raised more than \$80,000. Funds will provide furnishings and fixtures to make patients more comfortable in the Cancer Care Ward and will benefit terminally ill patients and their families," Ms Duncombe said.

The \$11,990 jetski, donated by Cairns Watercraft's Bren Turner for the art union, was won by Rod Tanner.

"We just support local raffles," Mr Tanner said after hearing the news of his win from interstate holidays.

Patient television systems being installed



INSTALLATION works have begun on the new Interactive Patient Stations (IPS) throughout Cairns Hospital, with 324 units being installed.

The IPS has been bought thanks to the donation of \$1.6 million from the Far North Queensland Hospital Foundation and will be installed in most overnight inpatient rooms. Initially, each patient terminal will be used by patients to access television, radio as well as patient education tools.

Functionality of each terminal will be

expanded upon in subsequent stages to allow access to clinical applications.

The IPS also will provide potential opportunities for extended function in the future, with the capacity for patients to: watch movies, access the internet, including Skype and play video games.

Bought from Oneview, the system is only the third placement in Australia – other installations are happening at the Chris O'Brien Lifehouse facility in Sydney, and Epworth private hospitals in Victoria.

Spirit of giving is alive and well



CHRISTMAS 2014 was a time of peace on Earth and goodwill to all men, women and children, as the Cairns' community's generosity showed again.

A number of festive events were hosted by the Foundation across Cairns, catering to all demographics.

It was a night of lights, festive joy and goodwill to all when 300 cyclists took to the road for the Christmas Lights by Bikes fundraiser on December 10, 2014.

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said families with littlies as young as four, right through to grandparents in their 70s dressed up their bikes and themselves for the ride.

Almost \$600 was raised via gold coin donation for cardiac care at Cairns Hospital. Now in its' fifth year, the event is a chance to get out and socialise while savouring the Christmas spirit.

"It's the perfect opportunity to join the massive peloton of laughter and Christmas spirit, at the same time keeping fit and meeting the people who decorate their homes," Ms Duncombe said.

The ride left from Centenary Lakes, meandered through Edge Hill, Earlvile and finally to Bayview Heights.

THE season for giving started early, with a group of Cairns businesses coming together to help the Far North Queensland Hospital Foundation create a new gift wrap pop-up shop.

Foundation volunteers manager Anne Chirio said the new hut was created to be more in-line with shopper demands.

The new hut took about three months of planning by the Foundation with CCW Cabinetworks, Laminex Group and Lotsa Printing who all donated their time and resources to create the professional new stand.

"We're thrilled with how it looks and it's now a purpose-designed and built area for our volunteers to get wrapping," Ms Chirio said.

For the 12th year the Foundation worked with Cairns Central to provide the annual Christmas gift wrapping service for a gold coin donation. This was set up between Toscas and the Sushi Train until Christmas Eve.

Ms Chirio said more than 16,000 gifts were wrapped in 8350m of quality Christmas paper by more than 140 volunteers.

"Many people gave us more than a gold coin donation – it is the season for giving and people seem to be more generous at this time of year," Ms Chirio said.

Kay Bartlett started volunteering for the gift wrap seven years ago when she first moved to Cairns to meet people and get involved in the community. "It's just fun – doing gift wrap makes it feel more like Christmas, though we do get a few calluses and paper cuts," Ms Bartlett said.

Another component of the Foundation's Christmas fundraising was the raffle last year incorporated more than \$700 worth of Cairns Central vouchers and goods.

This year the Foundation is directing Christmas fundraising activities towards the children's ward at Cairns Hospital to help purchase ieMR (integrated electronic medical record) solutions which will support patient outcomes, pre and post-operative patient education, world class entertainment and communication services for patients.

The gift wrap made more than \$22,000 for the Foundation and health services in 2014.

You can make a difference

WOULD you like to help the Foundation with their work and can only afford a small donation?

Why not go online to visit www.fnqhf.org.au/donatenow.aspx and choose your frequency.

As well, more people are choosing to make a living gift in their will, with the Foundation as one of the beneficiaries.

Leaving a gift in your will provides much-needed funding to help the Foundation strive towards its vision of superior health care in Far North Queensland.

For more information, phone 4226 6327.



Family affair: Troy Leonard has joined his parents Wayne and Rhonda this year to help promote the annual Motorcycle Muster and (below) baby Troy's babyhood difficulties prompted his parents' fundraising efforts.

All revved up and ready to ride

GET your motor runnin'.

Riders in the annual Wayne Leonard's Motorcycle Muster are revved up and ready to fundraise for the Far North Queensland Hospital Foundation.

Foundation fundraising and marketing manager Glenys Duncombe said she expected more than 75 motorcycle riders, from all walks of life, to take part in the May motorcycle ride to Lucinda.

On May 16, the ride will leave from Cairns Hospital "D" Block and travel south through Innisfail and Ingham. Lunch will be at the historic "Pub with No Beer", The Lees Hotel Ingham followed by a tour through the cane fields west of Ingham before finishing at the Hinchinbrook Marine Cove.

The next day riders breakfast together and ride back to Cairns in their own time.

Riders on each bike will fundraise a minimum \$300 for the event, which has been running since 2002.

This year a special young man is helping promote the event – Troy Leonard, 33-year-old son of Wayne and Rhonda Leonard of Wayne Leonard's Motorcycles.

It was Troy's babyhood difficulties that later started Wayne and Rhonda's interest in fundraising for Cairns Hospital. Troy was born two months premature and underwent a short but worrying ambulance ride from Cairns Private Hospital to the then Cairns Base Hospital.

"I was just a baby at the time so I don't remember



anything, but I know how important it is to fundraise for the hospital," Troy said.

The first Wayne Leonard's Motorcycle Muster, from Cairns to Townsville raised more than \$19,000 – enough to enable the Hospital Foundation to buy a high-tech transportation cot, which included a monitoring and resuscitation system. Designed to transport critically ill and pre-term infants, the cot has helped save countless babies born in Far North Queensland during the past decade: retrieving them from remote communities and/or ferrying them between hospitals as far south as Brisbane.

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

Register now and head out on the highway at www.motorcyclemuster.com.au.

Cardiac Challenge is open

REGISTRATIONS for Cardiac Challenge 2015 are now open and interest is high.

The annual fundraising bike ride from Cairns to Cooktown is the Foundation's largest event, usually bringing in about \$300,000 to assist cardiac services with the Cairns and Hinterland Health Service.

While last year's numbers were down due to the date having to change, fundraising and marketing manager Glenys Duncombe is confident this year will be an improvement.



The Foundation received a Tourism Events Queensland grant to enable its' first foray into a "tent city" for the event, meaning those who buy a tent city bed, will have a tent and bedding supplied for every night of the event, without the hassle of extra luggage or extra work of having to erect and dismantle the tent.

Ms Duncombe said a survey found that participants, particularly those from interstate or overseas, were interested in the tent city, which would initially accommodate 40 participants.

"We don't envisage this as particularly increasing revenue for the Foundation, it's more about providing another service option for participants."

Ms Duncombe said 40 tent beds were available, at a cost of \$375 pp twinshare,



and some have already been sold.

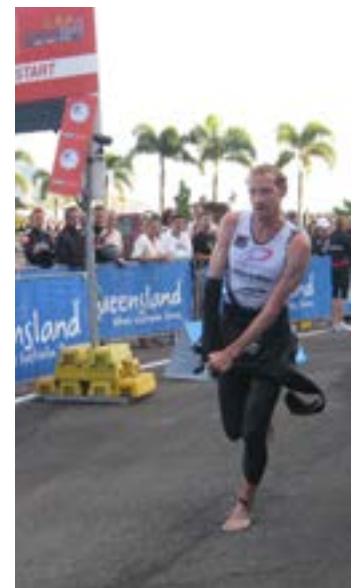
"People who come here for the event already have enough they have to bring - with their bike and luggage etc so it's one less thing to bring and lug around," Ms Duncombe said.

She added that with increasing interstate and international interest in the event, she believes the tent city initiative will prove to be a worthwhile investment.

In addition to the tent city initiative, the grant also provides funding for social media promotion of the event and tent city. Foundation staff are in the process of assessing several EOI's from local providers with a view to making an appointment and starting the ball rolling.

The Cardiac Challenge website has been updated with new content and images for 2015 and Foundation staff have been driving interest via Facebook and Twitter, with Instagram soon to be added to the repertoire.

Cardiac Challenge will be held September 19-21, 2015 with registrations open at www.cardiacchallenge.com.au.



Ironman volunteers needed

DO YOU want the best view at the Cairns Airport Adventure Festival in June?

Be part of the atmosphere by being involved in an official capacity as a volunteer for the Far North Queensland Hospital Foundation.

This year, Foundation volunteers will be at T1 Transition – Palm Cove. This year we will be supporting the athletes as they take off on the swim leg and then into the bike transition. The event raises about \$15,000 for the Foundation.

If you are keen to be a part of this event, email anne.chirio@fnqhf.org.au or phone 4226 6553 so we can send the relevant form.

Recent donations received



equipment to do these observations which was time consuming. These monitors are free standing and on wheels so are very mobile in the event of an unexpected outcome in clinics.



Her friend Petria McFarlane's son Isaac had spent 10 days in the then SCBU unit and Ms Bowman said she knew of many other local babies who spent their first days or weeks there.

A family baby wearing walk along the Esplanade, baby wearing demonstration and safety talk with a baby wearing expert, breastfeeding myths talk with local doulas, silent auction, raffle with great products and services donated by local businesses, and a Kanga flashmob.

The festivities were all to celebrate Australia & NZ Babywearing week. Babes in Arms was the company which chose the Cairns festivities as their winning event in the "Babywearing and Breastfeeding" Category to win the extra \$1000. There were five different categories and last year the Cairns contingent won the "let's get physical" category.

Flashmob

A BABY-WEARING flashmob on the Cairns Esplanade in October 2014 resulted in a healthy donation for Cairns Hospital's Special Care Nursery.

Organiser Philippa Bowman said this was the second year they had entered the Australia & NZ Babywearing week competition with the baby-wearing and breast-feeding event (like last year).

"We've been patiently waiting to find out if we might win the additional grant again. Well great news! We did!" Ms Bowman said.

"So we managed to raise \$555 with our efforts on the day, but now we have won an additional \$1000," she said.

A flashmob dancing to Pharrell Williams' "Happy" song at the Lagoon was popular with baby-wearers and observers. (www.youtube.com/watch?v=vR3Ihsk-8rc)

"There's quite a large baby-wearing community here and they're the reason we chose to donate funds to the Special Care Nursery."

She and her happy band of baby-wearers have now donated \$5300 to the unit since they have started holding events.



Big little heart

SHE'S a little girl who touched all our hearts, when she and her mother came into the Foundation office in late 2014, with her donation.

Hannah Burnett, 8, had been drawing pictures, selling them to neighbours, teachers and family members, and brought her \$15.50 sales contribution in for the Paediatric Playground. She might only be a little girl, and it might not be a huge amount of money, but Hannah's heart and contribution are deeply valued by the Foundation and other children who will benefit from her work.



Every little bit helps hospital

IT all helps.

Every little donation makes a big difference to the Far North Queensland Hospital Foundation.

Just before Christmas 2014, Foundation staff were surprised by a visit from Ergon Energy staff Luke Bishop and Scott Fraser with a \$1000 donation for the Paediatric Playground project.

Mr Fraser and his friend Naomi set up coffee machine donation tins at Ergon Energy depots throughout the region.

Each time someone buys a coffee (coffee donated by Ergon Energy), they pay \$1 to a donation tin. When the proceeds reach \$1000, Mr Fraser and his friend draw an employee's name out of a hat and that person can choose which charity to donate the money to.

Just before Christmas Luke Bishop's name was the one drawn out of the hat.

Luke, a father of two, chose the Paediatric Playground Project as he said he had a friend whose daughter recently spent some time at Cairns Hospital.

Far North Queensland Hospital Foundation chief executive officer Tony Franz was pleased at the surprise donation.

"This is another great example of the wonderful support we receive from Ergon Energy. Both staff and management of Ergon have been very supportive in choosing the Hospital Foundation as the beneficiary of their fundraising initiatives, for which we thank them sincerely," Mr Franz said.

Visit www.fnqhf.org.au to see how you can help.



TOP: Foundation board member Steve Russell with Joanne Stitt, test out the shower and toilet chairs.

ABOVE: Amalie Murray placing the plaque on the Endoscopy Scanner in Theatre on behalf of her family at Innisfail Hospital.

Town keeps giving

IT might be a small community, but Innisfail has a big heart.

The Friends of the Hospital Foundation Innisfail branch has been making use of some of its funds – both donated and fundraised, to make significant purchases for the Innisfail Hospital.

Branch president Estelle Kopp said the Hospital recently took delivery of 12 toilet and shower chairs, and a long-awaited endoscopy scanner. "This replaced the loan machine at a total cost of \$30,000 and has been placed into the theatre, allowing staff to capture still and video images in HD," Mrs Kopp said. "A substantial amount of money was donated to us by local resident Amalia Murray to enable the purchase of this specialised piece of equipment," she said. "We were overwhelmed by the amazing generosity of this beautiful lady and also her keen passion for her community."

Ms Kopp also paid tribute to the Tait Family Martial Arts School and pupils for raising \$1700 this year – making it the third year of their support. All monies raised in the Innisfail region are used to buy vital equipment for patient care in the local Innisfail Hospital.



dcafé recipe

We recently featured this salad on our menu and it was a hit with all.

Nikki's chorizo ragu

What you need

1 tablespoon extra virgin olive oil, 250g sliced chorizo sausage, 2 large brown diced onions, 2 tbspn minced garlic, 2 tbspn paprika, 1 tbspn cumin, 1kg skinless diced chicken thigh, Pinch of salt, 2 pinches fresh ground black pepper, 3 cups white wine, 2 x 425g tin tomatoes, 2 cups chicken stock, 1 tbspn turmeric, ¼ bunch flat leaf parsley, finely chopped.

Method

Heat oil in a large pot on medium heat, add chorizo and cook, stirring occasionally until the edges begin to brown and curl, 10 mins. Add onion and garlic and cook for a further 10 mins stirring occasionally until onions are soft. Sprinkle paprika over the onion and stir to coat, cook for 1 min. Add chicken salt and pepper, Turmeric and stir to coat, and cook for 5 mins. Add wine and increase heat to high and cook until the wine has reduced by 1/3. Stir in tomatoes, stock, parsley, reduce heat to simmer uncovered until the chicken is tender and the sauce is beginning to thicken. Roughly 1 hour, season to taste.

Serving suggestions - great tossed with fresh gnocchi or served with steamed rice and a nice crisp garden salad.

Join our board

THE Far North Queensland Hospital Foundation is seeking nominations from stakeholders and interested parties who are interested in joining the charity's honorary Board.

The Foundation is looking for nominations for Board positions which will become vacant in June 2015.

Established in 1997, the Far North Queensland Hospital Foundation raises funds to buy up-to-date medical and other health-related equipment for hospitals and health care facilities and services operating not only in Cairns, but from Cape York and Torres Strait in the north, down to Cardwell in the south.

The Foundation also provides education, training and research grants to health care professionals seeking to enhance the knowledge and skills they require to provide the best possible healthcare for residents in the Far North.

Responsibilities of the 10-member Foundation Board include: reviewing and approving strategic, business and financial plans; providing advice to management; ensuring best practice corporate governance and; enhancing the reputation of the Foundation.

The Foundation is seeking Board nominees with proven experience and expertise in one or more of a range of areas, including the provision of strategic insight and direction; good business decision-making; financial accounting, corporate finance and corporate governance skills; community and fundraising capabilities; and knowledge of the medical and health industry.

For further information and/or to obtain a copy of the Board Member Position Description, contact Foundation chief executive officer Tony Franz on 4226 6634 or email ceo@fnqhf.org.au.

A thoughtful gift

HER project is called One Little Heart, but Amy Craike's heart sure is a big one.

The Cairns paramedic (**pictured right**) initiated the fundraising project One Little Heart gift boxes for Valentine's Day 2015, with the Far North Queensland Hospital Foundation being one of the beneficiaries.

Each gift box contains small items and gifts for people to buy for their partner, instead of buying flowers, with 90 per cent of the price going to a charity of the person's choice.

Ms Craike said the boxes include a small canvas picture of the flowers you usually would have bought, a vanilla scented candle, jar of love heart lollies, an artificial flower, a heart-shaped decoration, a personalised printed card with your



message and the receipt from the charity you donated to.

For Ms Craike, who sees people in crisis every day of her working life, the project is not about making money for herself, with the costs outweighed by the \$10 per box to put them together.