



HARD AT PLAY:
Terrell Nelson and
James Minniecon have
a blast on the
newly opened
Paediatric Playground
at Cairns Hospital.

Playground up and running

SUMMER 2015

THE ultimate gift for Far Northern kids in hospital this Christmas would be to be home and well.

But the Far North Queensland Hospital Foundation has given them the next best thing - the new Cairns Hospital Paediatric Playground is officially open.

Already open to patients for several weeks, this week the Foundation pays tribute to the \$1.3 million in donations from the generous community, that made the playground a reality.

Foundation chairman Dr Ken Chapman said research showed that play helped improve medical outcomes, and there was no better place to play, than overlooking the ocean.

Fundraising for the playground began back in 2006, when a vacant rooftop overlooking the Cairns Esplanade, was identified as the ideal space for a new playground, adjacent to the Children's Ward.

"Many special people have contributed to this project and while we've had some significant individual donations of up to \$25,000, all the little donations of \$50 or \$100 have helped bring it to fruition," Dr Chapman said. He particularly paid tribute to the CA Architects team who donated their time to create the designs. The playground features play equipment for all abil-

ities, soft-fall surfaces, shade sails, a craft room, school room, pool table and that all important view to the ocean.

"We actually think it's pretty unique having the hospital playground overlooking the ocean and we hope it contributes to help kids get better quicker," Dr Chapman said. "To everyone who donated, thank you."

Cairns and Hinterland Hospital and Health Board chair Carolyn Eagle said she had no doubt the playground would get a fair working over.

"As a Mum myself, I've come to realise that even if my kids are sick I'm Buckley's of keeping them inside for long," she laughed.

Paediatrics' Nurse Unit Manager Caroline Witter said the playground wouldn't just benefit sick children, but also their siblings who visit.

Ms Witter said Cairns has a lot of families that often have a partner away working, or out to sea or in Brisbane for a business trip.

"It is pretty common to have one parent come in with the whole brood in tow," she said.

"This area is great because it means that our patient can go outside and play with their brothers and sisters just like they would at home."

Senior Constable Carl Bishop, jetski enthusiast Glen Jacobs, Foundation fundraising and marketing manager Glenys Duncombe, and major sponsor Troy Duncan.



Iconic event for Australia Day

WHAT could be more iconic than spending Australia Day 2016 on the Great Barrier Reef, visiting iconic locations? That's what's planned this year by the Far North Queensland Hospital Foundation for their jetski fundraising event, the Trinity Powersports Sea-Fari, powered by ZincFM.

Foundation fundraising and marketing manager Glenys Duncombe said the event had undergone a major overhaul with a fresh new approach but still with funds raised going towards local cancer services. "We've got a fresh route, a fresh way for participants to have fun, and new sponsors this year with Trinity Powersports and ZincFM approaching us to be involved," Ms Duncombe said. "And what could be a better way to spend Australia Day than on our iconic Great Barrier Reef," she said.

The event previously has been very successful, and money has been raised to undertake the tranquillity room at Cairns Hospital. Planning for the room was delayed due to the Cairns Hospital redevelopment, but is now underway.

Well known mountain bike trail developer Glen Jacobs is part of the planning team, saying he was the first jetski owner in the Far North back in 1979 and the first person to run a jetski out to Green Island. "I went out on it last year and loved it, but I'm really excited about this one," Mr

Jacobs said. "I have a number of friends undergoing cancer treatment at the moment."

Sponsor Troy Duncan of Trinity Powersports said he loves that the event is like-minded people doing like-minded things. "It's a real buzz, and it's just about having fun, but also raising money for local cancer services," Mr Duncan said.

Queensland Police Service water police Senior Constable Carl Bishop said he hopes to have a QPS jetski as part of the event and he would volunteer his support. "This event is really good to promote water safety in the local community and the police are proud to be involved," he said.

The event started in 2011, partly instigated by lung cancer patient Brian "Unit" Wilson. Sadly Unit died two years later but his memory lives on through the event, and his mother travels up each year from Victoria to be involved.

The Trinity Powersports Sea-Fari is a jetski powered island hop through the Great Barrier Reef's iconic northern waters between Yorkeys Knob and Port Douglas. Registration is \$75 per rider, with an additional minimum fundraising element of \$200 each. Those who don't own a personal watercraft can buy a ticket in the \$16,907 Seadoo art union, with tickets for sale at the city's shopping centres or at www.seafari.org.au.

Another generous donation

FOUNDATION staff have been thrilled to receive a \$1000 donation from a couple who are both enduring health difficulties.

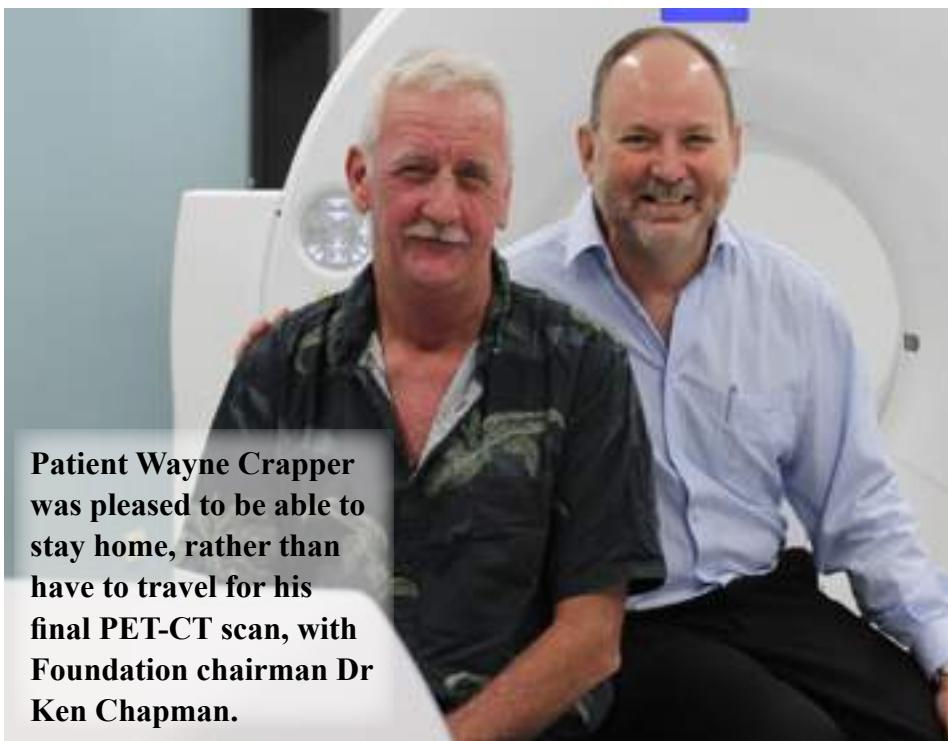
John Nixon came into the Foundation office recently with his donation, saying

he and his wife Helen were extremely grateful for the help and support they had received over the years.

Helen has been receiving treatment at Cairns Hospital's Cancer Care Ward for leukaemia and John has

been receiving treatment for breast cancer.

"We just thought 'why not show a bit of appreciation,'" Mrs Nixon, 75, said from her hospital bed at the time of the donation.



Patient Wayne Crapper was pleased to be able to stay home, rather than have to travel for his final PET-CT scan, with Foundation chairman Dr Ken Chapman.

Putting pieces together

LITTLE more than six weeks since Cairns Hospital's PET-CT scanner began taking patients the service has expanded its operating hours.

The \$4.4 million service has seen more than 50 patients since it began operating out of Block E, Cairns Hospital on September 15. To keep up with demand, the Health Service increased its days of operation to two days a week.

PET-CT team leader Janelle Linton said it had been a whirlwind beginning for the diagnostic service. "The feedback that we have been getting from our first lot of patients has been overwhelmingly positive, the difference having this service locally available is making a huge difference in their lives," Ms Linton said. About 17 patients a month had to travel to Townsville or Brisbane for a PET-CT scan before this major piece of equipment came online.

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.

Cairns local Wayne Crapper was one of the first patients to use the new

PET-CT scanner to gauge the success of radiation in reducing the size of his cancer.

"In the past I'd driven to Townsville and crashed with some friends and I also had to fly to Brisbane. Your whole life is on hold," Mr Crapper said. "Having it here in Cairns just took all the pressure off. I was able to be seen and then head home - easy as that."

After four months of radiation the PET-CT scan results revealed he "was in the clear" and he has since gone back to work. "It's bloody great that the scanner is here but I really hope I don't need another one for the rest of my life," he laughed.

The total cost of the PET-CT service was \$4.4 million with the Queensland Department of Health contributing \$3 million, Cairns and Hinterland Hospital and Health Service contributing almost \$650,000, the Far North Queensland Hospital Foundation contributed \$700,000 and the Committee for Oncology Unit at Cairns Hospital contributing \$100,000.

Foundation chairman Dr Ken Chapman said the PET-CT scanner would improve health outcomes for Far Northerners.

Rydges come on board

FAR North Queensland's three Amalgamated Holdings Limited (AHL) companies, Rydges Hotels and Resorts, QT Resort Port Douglas and Event Cinemas have announced that all fundraising efforts will be directed to Far North Queensland Hospital Foundation representing a significant contribution of \$30,000 annually.

Queensland Area General Manager of Rydges Hotels and Resorts Matthew Hurley said he was delighted to announce this new partnership that would mean all funds raised, stay in the community, for the community.

"This new partnership is great news for us working here in the Far North and it feels good knowing that from now on we will be able to make a real and tangible difference.

"In the past, fundraising ventures, such as the recent annual trivia night that raised \$4000, were administered nationally and in effect, meant only a portion of funds raised could be allocated to our important local charities."

Foundation CEO Tony Franz said this new partnership was a gift from heaven for their organisation that works tirelessly to outfit the hospital with much needed equipment and infrastructure.



GREAT NEWS: Rydges Hotels and Resorts area general manager Matthew Hurley, Foundation CEO Tony Franz, Cairns Hospital patient Sophie Papamichael, nurse Izzy Izzard and Cairns Hospital children's ward acting Nurse Unit Manager Justine Cunningham.

Rural donations on way



**Les and Anne Mills
with Foundation CEO
Tony Franz.**

ALMOST \$18,000 worth of medical equipment is being supplied to one-nurse nursing clinics via the Far North Queensland Hospital Foundation.

Foundation CEO Tony Franz said the equipment, going to Croydon and Georgetown clinics, would make a big difference to the health outcomes of people in those areas.

“Some of this equipment will make it a lot easier for the nurses, who often go out and deal with accident victims in the bush or on the road late at night, miles away from any help,” Mr Franz said.

Croydon will receive a vein finder, drug case and trauma kit, portable suction machine and defibrillator. Georgetown will receive an otoscope, auroscope and defibrillator.

Croydon Primary Health Centre Director of Nursing Damian Orrell said he could not wait for his new

equipment to arrive.

“That vein finder will make a world of difference particularly in children and dehydrated people, all the equipment we’re receiving is very portable and compact so will be great and much easier for us to use out in the field,” Mr Orrell said. “I can’t wait for that equipment to arrive. We are single nurse clinics and we often rely on lay people to help us, so this equipment will make a huge difference to what we can achieve out here,” he said.

Georgetown Primary Health Centre Director of Nursing Keren Plath said the equipment would make a significant difference.

“Carrying a portable defibrillator will increase the survival rate of any patient who may suffer cardiac arrest. At times, we have to drive through bushland, grassed paddocks and very rough and corrugated roads.

With the equipment I have ordered, the team can continuously monitor the unwell patient and if we need to shock someone who is having cardiac arrest we will be well equipped,” Mrs Plath said.

The donations originated from Atherton Tableland residents and regular Foundation donors Les and Anne Mills, who said they felt for people in the bush.

“A friend made us aware of how bad the situation is for some of the people out in the bush dealing with drought and we thought this was one way we could help make a difference and that the people out there would know that others were thinking of them,” Mrs Mills said.

“We’re very happy to provide the money as we believe farmers are the backbone of the nation and charity begins at home,” she said.



Challenge another success

THE 2015 Mount Franklin Cardiac Challenge has been hailed as another tremendous success, generating more than \$240,000 for cardiac services in the Far North.

More than 270 cyclists took part in the annual fundraiser, an increase on 2014's numbers.

A new development that was particularly popular with cyclists, was the partial closure of Kuranda Range for the first day.

163 keen cyclists took on the Range in safety - traffic going to the Tableland was permitted, but traffic travelling down towards Cairns was held at Rainforestation.

Foundation fundraising and marketing manager Glenys Duncombe said it was very pleasing to see only eight vehicles waiting at the top of the Range for the cyclists.

"We learnt a lot from the closure which worked really well - we got the cyclists off the Range well before the permit specified, and we found great support from the community, that recognises we are fundraising for life-saving services and equipment," Ms Duncombe said.

In 2014, the Challenge had to start from Kuranda, due to the relatively new "one-metre" traffic legislation.

Cyclists and the supporters and volunteers stopped the first night at Mt Carbine, and the second at Lakeland, receiving warm welcomes from the local community.

The most successful fundraising team of the event was new team, Wuchopperen Warriors, who raised \$17,234. They

were followed by Cardiac Maniacs on \$10,592 and We are Family at \$9253. Highest individual fundraisers were Vlad Matic of the Wuchopperen Warriors team at \$6800, AJ Larkin at \$3151 and Jonah Tuhoro at \$3000.

Cyclists were welcomed into Cooktown by mayor Peter Scott, who paid tribute to the hard work and sacrifices they had made, for such an amazing cause.

Cairns Hospital cardiology director Dr Greg Starmer did not participate this year, instead playing "Daddy Daycare" while wife and ED doctor Katrina Starmer took part for the first time. However Dr Greg Starmer did provide an excellent presentation at the presentation dinner on the final night in Cooktown.

Excitement is already building for the 10th anniversary event in 2016.





RESOUNDING SUCCESS: Patient Virginia Heath has a laugh and a chat with Foundation volunteer Marg Moller.

Volunteer program improving outcomes

A VOLUNTEER program at Cairns Hospital is bringing comfort to elderly patients, supporting delirium prevention and getting people home quicker.

Clinical Director of Older Persons Health Services Dr Edward Strivens said the Recruitment of Volunteers to Improve Vitality in the Elderly (ReViVe) program had been rolled out in the Older Person Rehabilitation and Assessment (OPERA) Unit and was already showing promising results.

“It is well known that volunteer programs improve the well-being and recovery of patients, lead to shorter hospital stays and also play a key role in preventing delirium,” Dr Strivens said.

“We are seeing an average of eight out of 10 patients returning home which is an incredible result. All we need now are more volunteers so we can help more patients.”

Far North Queensland Hospital Foundation volunteer Marg Moller recently joined the ReViVe program.

She said it gave her a strong sense of fulfilment. “The feedback you receive from the staff and families is really humbling,” Ms Moller said.

“A lot of the time people just want someone to sit and chat to, it can make the world of difference.”

Foundation CEO Tony Franz said volunteers were needed to fill slots from 9.30am-1.30pm, Monday to Friday.

“If you have some spare time and think you might be able to help out, even if it is just one morning a week, it would make a huge difference to our elderly patients,” Mr Franz said.

“Our volunteers are the backbone of our Foundation and the Far North would not be the same without them.”

ReViVe volunteers support patients by helping with physical and supportive activities, mealtimes and by simply providing companionship.

For further information contact Volunteer Manager Anne Chirio on ph: 4226 8993.



Thank you to our volunteers

THE Foundation’s awesome hospital volunteers shared some Christmas joy at their annual thank you lunch in early December.

Volunteer manager Anne Chirio told the gathering that the simplest of gestures by a volunteer could help someone go home feeling some semblance of hope that today might be just a little bit better than yesterday, and that was why volunteers were so important.

Ms Chirio paid tribute to the “Craft Chicks” who raised \$26,000 throughout the year by making and selling their crafty wares.

Special “years of service” pins were presented to those who had devoted three, five, 10, 20 and 25 years to volunteering at Cairns Hospital.

A special 25-year service plaque also was presented to Lona Hickling, while Kitty McCallum was not able to be present to receive hers.

Foundation CEO Tony Franz gave volunteers an update on the Foundation’s achievements during the year and chairman Ken Chapman paid tribute to the volunteers’ work throughout the year, and their contribution to bringing the Paediatric Playground to fruition.





Bright night contribution

IT was running and walking in the rain, but all for a good cause.

Organisers of the inaugural Cairns Post Bright Night Fun Run have been pleasantly surprised to learn it raised more than \$14,000 for the Children's Ward at Cairns Hospital via the Far North Queensland Hospital Foundation.

The event, part of the Cairns Airport Adventure Festival in June, attracted more than 1600 participants – including 600 who registered on the night in what could best be described as miserable weather.

The 5km course, held along the Cairns Esplanade, was a fun way for families to get involved in the Festival. Prizes were awarded to the best dressed group and tutus, tights and technicolour took over as runners made their way through a series of psychedelic displays along

the Esplanade. DJs kept the crowds dancing, while fire dancers and colourful light displays brought the 5km stretch to life.

Ironman Asia-Pacific event director Chris Price said they were thrilled that the event was able to contribute so much to children's health care in the region, and was confident it would grow in the future.

"For an inaugural event, we think that's a pretty good outcome," Mr Price said.

The funds are in addition to a donation the Foundation received from USM events for providing volunteers to assist at a number of Ironman events throughout the frantic weekend in June.

The Cairns Post general manager Nick Trompf said The Cairns Post Bright Night Fun Run was a huge hit in its inaugural year. "More than 1600 people of all ages, shapes and

sizes joined together despite heavy rain to pound the pavement along our beautiful esplanade to help raise funds for the Foundation," Mr Trompf said.

After the overwhelmingly positive feedback in the first night event this year, next year's promises to set a new record in participation.

Foundation fundraising and marketing manager Glenys Duncombe said the event was a great success in terms of numbers of participants and funds raised. "What we love is that this was a healthy community event that raised funds for health services in our local community," Ms Duncombe said. "We are hoping to channel the funds, together with some from another fundraising source, towards fish tanks in the children's ward," she said.



dcafe recipe

Megan Scott, new sous chef across both cafes, has discovered this recipe is very popular with customers.

Prawn Laksa Rice Noodle Soup

What you need

1 tsp each of ground coriander, ground cumin, turmeric, 2 small onions (about 190g/7oz), peeled and chopped, 50ml/2fl oz coconut milk, 2.5cm/1in piece of fresh root ginger, roughly chopped, 2 garlic cloves, 2 stalks lemongrass (about 25g/1oz), 2 Fresno chillies, seeds removed, roughly chopped, 1 tbsp fermented shrimp paste, 400g/14oz uncooked de-veined prawns, tails on, 4 tbsp vegetable oil, 350ml/12fl oz coconut milk, 500ml/18fl oz chicken stock, 2 dried kaffir lime leaves, 1 tbsp brown sugar, 3-4 tbsp fish sauce, 2 pinches cracked sea salt, 2 pinches freshly ground black pepper, 2 tbsp potato starch, 100g/3½oz dried vermicelli rice noodles, 1 large lime, juice only, chilli seasoning (powder or flakes), to taste (optional), 80g/3oz beansprouts, 1 large spring onion.

Method

Put ingredients for laksa paste into a blender and process to a fine paste. Heat two tbsp of vegetable oil in a wok and cook the remaining laksa paste for one minute until it deepens in colour. Stir in coconut milk, stock, dried kaffir lime leaves, sugar, fish sauce and 300ml/10½fl oz water. Bring soup to boil and simmer for 20 minutes until flavour deepens. Add vermicelli rice noodles and stir while cooking for two minutes. Add remaining prawns and cook for two minutes. Season the soup with lime juice, (or salt and dried chilli flakes if preferred), add beansprouts and spring onion. Remove kaffir lime leaves. Divide the noodles evenly among the bowls and ladle over the soup.

Newsy bits ...

Melbourne Cup fun

THE Foundation was the charity beneficiary of three Melbourne Cup events held around the region this year. The most high profile was the lunch event held at Nu Nu Restaurant Palm Cove, which raised about \$11,000 and was a sell-out day for a massive crowd. A horse race on the beach adjacent to the restaurant drew media attention from *The Cairns Post*, ABC Radio, Seven and Win local news. Other events held on the day were held at the Reef Hotel Casino and Cannon Park.



Another great donation

The Foundation was thrilled recently to receive a \$1000 donation courtesy of local man Wayne Trezise. Mr Trezise was selected by his work colleagues to nominate a "Charity of Your Choice" to receive a donation raised through a variety of fundraising activities. He and his family had had intermittent use of the services at the hospital in the past, fortunately nothing too serious. "I just know that the Foundation distributes the funds across a wide breadth of medical services - at some point we're all going to need it," Mr Trezise said. Far North Queensland Hospital Foundation commercial operations manager Steve McGuinness gratefully accepted the donation.



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