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Photo courtesy of Daniel Blake

Message from the CEO

As 2012 draws to a close, I would like to take this opportunity to thank all the donors, supporters, volunteers, Friends of the Foundation and staff who have enabled this organisation to make so many important contributions to improvement in the quality of health care services in Far North Queensland over the past 12 months.

Together, we have raised enough money to fund health care improvements worth a total of \$1.15 million, including the purchase of updated medical and other health care-related equipment, the support of vital health care services, and the provision of training and educational grants to local health care professionals seeking to upgrade their skills.

The Foundation's future looks even brighter. The completion of Cairns Base Hospital's Block D, in early 2014, will provide us with a second cafe - another source of commercial revenue.

I would like to wish you all a safe and very Merry Christmas.

The Foundation looks forward to sharing another rewarding year of endeavour with you in 2013.

Regards

Tony Franz
CEO, Far North Queensland Hospital Foundation

Far North Queensland Hospital Foundation news

Marine event raises liquid assets for Foundation

This year's "Unit's" Jet Ski Fundrun, from Cairns to Fitzroy Island, went swimmingly.

Twenty-three jet ski riders set off under blue skies from the southern end of the Cairns esplanade on 24 November, under the leadership of aquatic ride coordinator, Bren Turner, owner of Cairns Watercraft. Another six participants undertook the journey by ferry.

The marine cavalcade stopped for lunch at Vlasoff Cay, before jetting across the waves to Fitzroy Island, where they attended a presentation dinner at the island resort and spent the night, before returning to Cairns the following day.



2012 Jet Ski Fundrun participant, Heath Anderson, whose own mother, Freda, is terminally ill with cancer

This year's Jet Ski Fundrun participants raised a total of \$11,365. Cairns couple, Roger and Nyree Bell, took the

top fundraising honour, collectively raising \$2,775 for the Foundation.

Mr Bell, who has participated in every Jet Ski Fundrun (three to date), also won the Brian Wilson Memorial Trophy for the highest fundraising individual.

The 2012 Fundrun commemorated the fundraising efforts of Mr Wilson, (nicknamed "Unit"), a Manunda resident, who lost his battle with lung cancer in May at the age of 46. His mother, Dawn, and step-father, Harry, flew up from Victoria to join the group on Fitzroy Island.

Mr Wilson campaigned to help the Far North Queensland Hospital Foundation raise money to provide terminally-ill patients and their families with a comfortable, home-like retreat - a Tranquillity Room - in the Medical 4 Oncology Ward at the Cairns Base Hospital.

Oncology Ward Nurse Unit Manager, Danielle Peever, a driving force behind the Tranquillity Room project, raised more than \$1,400 with her staff for this year's Fundrun.

Foundation seeks Board nominees

The Far North Queensland Hospital Foundation is seeking nominations from stakeholders and interested parties who would like to join the charity's honorary Board.

The Foundation is looking for nominations for Board positions which will become vacant in June 2013.

Established in 1997, the Far North Queensland Hospital Foundation raises funds to purchase 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 extends 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.

The 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, please contact Foundation CEO, Tony Franz, on 4226 6634 or email ceo@fnqhf.org.au

Our supporters - their latest achievements

Melbourne Cup Day winner - the Foundation!

The Foundation was more than \$23,000 richer after the Melbourne Cup on November 6 - thanks to fundraising Cup Day luncheons held at three top venues in the Cairns region.

Nu Nu's Restaurant at Palm Cove came home first in the fundraising stakes. With the support of generous guests, the restaurant earned \$13,000 for the Foundation's Paediatric Playground Project.

The Pullman Reef Hotel Casino in Cairns drew a crowd of 339 guests for their luncheon, which included a fashion parade and the auction of a Louis Vuitton handbag. The Casino luncheon raised almost \$8,000.



Staff at the Pullman Reef Hotel Casino prepare to greet guests with a glass of champagne.

Guests at the Cup luncheon held at the Angsana Great Barrier Reef Resort abandoned their tables to watch a real horse race along the beach at Palm Cove, featuring horses from the Australian Muster. The event raised

more than \$2,000.

A lucky guest from each luncheon venue left with a Skin Doctor Skin Alert skin rejuvenation package to ensure they will be glowing for Christmas!

Children caring for children

Year 10 students at Radiant Life College in Innisfail have used their entrepreneurial skills to raise money that will help to build a special playground for young patients in the Cairns Base Hospital.

The students raised \$500 to donate to the Far North Queensland Hospital Foundation's Paediatric Playground Project by selling pies once a week at the college.

"The students were very motivated to raise money for the playground," said Radiant College staff member, Norm Jose.

"Even though there are only 80 prep-to-Year-10 students at the college, the Year 10 fundraisers managed to raise \$500 within the space of just four months through the sale of the pies on Fridays at lunchtime."



Radiant Life College staff and Year 10 students proudly presented Foundation Fundraising Manager, Glenys Duncombe, (see centre) with a cheque for \$500 - and a teddy bear!

Foundation funding - making a difference

A heartfelt Christmas gift

Santa has arrived early for Cairns Base Hospital paediatric cardiologist, Ben Reeves - and his young heart patients.

A new echocardiography (ultrasound) system worth more than \$193,000 was at the top of Dr Reeves's Christmas wish list, and Santa - in the shape of the Far North Queensland Hospital Foundation - came up with the goods.

"Santa came through with a big sack of presents," Dr Reeves agreed cheerfully.



Dr Ben Reeves uses a portable echocardiography system to monitor a young patient.

"This updated echocardiography machine will provide me with higher quality images of children's hearts.

"I will then be able to more accurately diagnose - and treat - children with heart disease."

Dr Reeves currently cares for heart patients ranging in age from premature babies to 18-year-olds, who come from as far afield as Tully, Thursday Island and Mt Isa, to attend his three weekly clinics at the Cairns Base Hospital.

He also conducts outreach clinics three to four times a year at locations such as Weipa, Bamaga, Thursday Island, Cooktown and Yarrabah.

Most of Dr Reeves' young patients suffer from congenital heart problems or rheumatic heart disease, which is caused by the body's response to a common bacterial infection.

The overwhelming majority of his rheumatic heart disease patients - some 80 to 90 percent - are Indigenous children living in remote communities.

Last year, the Foundation funded the purchase of a \$115,000 portable echocardiography system to enable Dr Reeves to assess the health of his young patients in the field.

Marine murals help young patients feel "less at sea" in ED

Spending time in a hospital emergency department is a stressful experience for most adults. Imagine what it must be like for a sick or injured child.

Late last year, several staff members at the Cairns Base Hospital formed a special working group to find ways to lighten the clinical atmosphere in the children's section of the ED and make it less intimidating to young patients.

Earlier this year, the Emergency Department Paediatric Unit Working Committee received funding from the Lions Club of Cairns to frame the cubicle doorways with marine murals.

The Committee, which holds its own fundraising activities, later obtained an additional \$8,600 boost from the Far North Queensland Hospital Foundation, to help decorate the interior of the children's ED cubicles with bright, marine-themed curtains and murals.

In late October, Cairns artist, Hayley Gillespie, covered the cubicle walls with delightful images of marine animals that will enable future young patients to imagine they are inside "a big aquarium".

As part of its mission to help improve the quality of health care in this region, the Far North Queensland Hospital Foundation offers Education, Training and Professional Development Grants to health care workers - such as the two professionals mentioned below - who wish to attend a conference, workshop or seminar, in order to enhance their professional skills.

Successful applicants are eligible to receive up to \$1,500. For further information, contact Foundation CEO, Tony Franz, at ceo@fnqhf.org.au. Application forms can be downloaded from the Foundation website: www.fnqhf.org.au/grants

In the picture

Cairns Base Hospital physiotherapist, Alison Smith, is skilled at putting patients in the picture and on the road to recovery.

Since completing post-graduate studies on Radiology for Physiotherapists, at the University of Melbourne, Ms Smith has greater confidence in viewing patient x-rays and other diagnostic images - and explaining the findings to patients in a way that will facilitate their rehabilitation progress.

Both skills are highly valuable in her role as physiotherapist and clinical leader for the Orthopaedic Physiotherapy Screening Clinic (OPSC) and Multidisciplinary Service at the Cairns Base Hospital.

Ms Smith attended the radiology course in Melbourne with the assistance of a \$1,500 Educational, Training and Professional Development Grant from the Far North Queensland Hospital Foundation, which aims to enhance health care services in this region.

The OPSC aims to assess and assist patients with a range of conditions who could benefit from physiotherapy and other methods of non-surgical treatment while waiting for orthopaedic/surgical consultations.

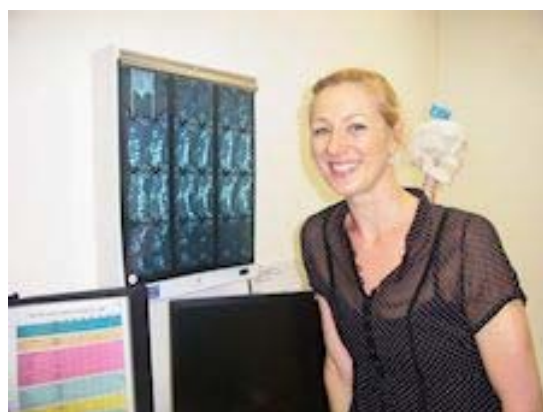
More than 1000 patients on the orthopaedic waiting list have been screened by the Orthopaedic Physiotherapy Screening Clinic since 2010. After receiving treatment through the clinic, about 750 of those patients found they no longer needed to consult an orthopaedic specialist.

"This is a great result for patients, and it also reduces the waiting time for people who do require surgery," said Ms Smith.

** Statistics obtained from Queensland Health Electronic Reporting System (QHERS), April-Nov 2012.*



The children's ED cubicles in the children's ED section at the Cairns Base are a lot less clinical since Cairns artist, Hayley Gillespie, got to work!



No bones about it... Cairns Base Hospital physiotherapist Alison Smith feels much more confident about viewing x-rays.

Food for thought

You may think about what you eat, but have you ever focused on how you eat?

While eating seems to be almost as automatic as breathing for most of us, Jessica Topp's young patients face a daily struggle to eat food in a conventional manner.

"As children, most of us learn the sequence of physical moves required to eat," said Ms Topp, a speech pathologist at the Innisfail Hospital.

"However, some children fail to acquire these skills, for a variety of reasons - which can have long-term repercussions on their health."

Last year, Ms Topp received an Education, Training and Professional Development Grant from the Far North Queensland Hospital Foundation to attend a workshop at the Royal Brisbane Hospital, where she learned about a specific approach to helping children overcome their feeding problems.

The SOS (Sequential Oral Sensory) Approach to Feeding views eating as a series of ranked steps which we must follow before we can eat a particular food or texture.

Ms Topp said the SOS program workshop had enhanced her understanding of how feeding problems developed and also how to treat them.

In essence, it seems the best advice is to not bite off more than you can chew.

"You need to take it gradually, one step at a time," she said.

Volunteers in action

Party on!

Volunteers are the foundation of the Foundation.

Their service efforts at the Cairns Base Hospital alone encompass providing assistance in the Cardiac Rehabilitation Unit; coordinating the Paediatric Playscheme Program; helping with food and beverage services to patients and visitors in the Liz Plummer Cancer Care Centre; staffing the hospital information desk; and contributing clerical and administrative support.

And the craft ladies (fondly known as the "craft chicks") are a fundraising force to be reckoned with: this year, as of November 30, they had raised a record-breaking \$18,402!

The volunteers give so much of their time and energy to the Foundation that the organisation welcomes the opportunity to give them something in return at this time of year - a slap-up Christmas party!

On 7 December, 85 volunteers joined Foundation Volunteer Program Manager, Anne Chirio, CEO Tony Franz, and other Foundation staff in the Trinity Room at Rydges Tradewinds to celebrate another year of combined - and rewarding effort - to improve healthcare services in our region.

Ms Chirio reflected on the importance of giving.

"A simple gesture on your part - a smile, a kind word, a listening ear, or the smallest act of caring - can help someone go home feeling some semblance of hope that today might be just a little bit better, even a little bit safer, than yesterday."



Foundation volunteer, Marjorie Raper, enjoys a chat with Foundation Board member, Steve Russell, at the Volunteers Christmas Party.

Donations and grants received over \$1,000 (1 October - 30 November 2012)

\$1,000	Rotary Club of Mareeba
\$2,031	Cairns Central - Lend Lease
\$1,002	Central Plaza Apartments
\$9,900	Commonwealth Bank - Community Grants
\$35,710	Dry July Foundation
\$4,900	Cairns RSL Memorial Trust Fund
\$2,483	Gordonvale Friends of the Foundation
\$2,210	Gordonvale Friends of the Foundation
\$2,114	Michael Aw, The Good Guys
\$2,833	Innisfail RSL
\$2,998	Cairns Community Enterprise - Bendigo Bank
\$1,000	Private donation to Innisfail Friends of the Foundation



putting the pieces together
for a **healthier** north



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