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Monday, 12th December 2011



*Photo courtesy of Daniel Blake*

**As the last issue for 2011 we would like to extend a special thank you to all of our readers and supporters, without you we would not achieve the successful outcomes.**

**On behalf of everyone at the Far North Queensland Hospital Foundation, we would like to wish you and your families a very Merry Christmas and Happy New Year.**

**We hope your Christmas is pleasant and safe and wish you the best of health.**



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## The Yellow Pages Cardiac Challenge

The Yellow Pages Cardiac Challenge is the most significant fundraising event of the Far North Queensland Hospital Foundation and all funds raised support the Cardiac Unit at the Cairns Base Hospital. The 2011 ride became the largest cycle ride in Far North Queensland and more than \$272,000 was raised.

The event started at 6.00am on Saturday 24th September boasting 300 enthusiastic Cyclists who started their 335km 3 day trek from Cairns to Cooktown. The ride was supported by Queensland Police Service, 51 FNQR Army, HMAS Cairns and the State Emergency Services. Their first challenge was the beautiful Kuranda Range where 168 of these intrepid adventurers took the challenge of cycling up the 12km range before rolling down past Kuranda to their first stop at Speewah to link up with the remaining riders who took the bus up the range.



*Clear skies above the Cardiac riders.*

[To read more about the Cardiac Challenge ride, click here.](#)

## A Vivid Q valued at \$127,000 for Paediatric Cardiology at Cairns Base Hospital

The Far North Queensland Hospital Foundation purchased a new portable Vivid Q paediatric echocardiograph machine for the Paediatric Unit of the Cairns Base Hospital.

Paediatric cardiologist Dr Benjamin Reeves said that the echocardiograph will allow him to effectively provide paediatric cardiology services to the wider Cairns, Cape York and Torres Strait area.

"Queensland Health's investment in this role will help improve outcomes for children with cardiac conditions through early intervention and access to better services closer to home. The machine is fantastic and being put to good use. I was in Cooktown one Friday and saw 9 cardiac kids, another 8 kids in another location the following Monday".

Weekly cardiology outpatient sessions are now available to Far North Queensland children - providing much more responsive and flexible schedule for infants, toddlers and children with heart complaints. Paediatric cardiology involves the management of the foetus, neonates, infants, children and young adolescents with heart disease. Cardiac lesions and their implications differ considerably in paediatrics from those that are seen in adult cardiology.

A paediatric echocardiogram machine provides a sonogram of the heart and can also produce accurate assessment of the velocity of blood and cardiac tissue at any arbitrary point using pulsed or continuous wave Doppler ultrasound. This allows assessment of cardiac valve areas and function, any abnormal communications between the left and right side of the heart, any leaking of blood through the valves and calculation of the cardiac output.

## Brainz Monitor for SCBU

Thanks to the Far North Queensland's Hospital Foundation's latest donation of equipment valued at \$31,000, the Cairns Base Hospital now can provide support for babies who have significant Birth Asphyxia and need to be actively non-warmed and treated with hypothermia. The monitoring of brain waves with the BRM3 Brainz Monitor allows the SCBU staff to commence treatment immediately instead of waiting up to 4 hours for a neonatal retrieval team to arrive. This will be a significant benefit to babies who develop this condition and a very welcome acquisition for the department.



*Pictured are Queensland Health Staff receiving their training for use of the Brainz Monitor that was purchased by the FNQ Hospital Foundation for the Special Care Baby Unit*

## The Paediatric Playground

The Abigroup will commence work on stage 1 of the Children's Playground at Cairns Base Hospital early in 2012. The project will be entirely funded by the Foundation which has raised almost \$500,000 of the \$1.2 million project. The Children's Playground will be built on a large vacant rooftop adjoining the children's ward.

**The plan for the playground** was resultant from ongoing meetings between architects, project management professionals, hospital redevelopment executives and key hospital paediatric staff consisting of child psychologists, physiotherapists, the nurse unit manager and other relevant clinical specialists and therapists. The outcome of the meetings revealed the master plan for a playground with a difference; it is just so much more than a playground.

Just some of the **exciting features** of the playground will be an outdoor stage area, an art and crafts room, a play room, a pool table room, a sensory room, large fish tanks, water features and a totem pole. There will also be a recreational area with shade structures, gardens and seating for social interaction. The education room with computers and a teacher is currently in operation and this will be expanded when relocated into the rooftop development. The final touches will be an outdoor physiotherapy area and storeroom.

**The purpose of the playground** is to provide a familiar environment that is friendly and filled with fun activities. Research has proven that children respond well and heal faster when they are happy and in familiar surroundings. Play is an important part of childhood and provides an opportunity for engaging in familiar activities, shortening recovery times and lessening perceived treatment pain. It will provide opportunities for exercise and rehabilitation through active play resulting in happier more cooperative patients.

**[To read more about this exciting initiative and see the plans for the playground, click here.](#)**

## Mareeba Community Behind \$80,000 Project

The Mareeba Hospital was gifted over \$80,000 worth of televisions and nurse call equipment for the general ward through funds raised by Mareeba Friends of the Foundation, the local chapter of the Far North Queensland Hospital Foundation. The project to install 38 brand new, flat screen TVs as well as modern nurse call equipment is currently being installed in the East Ward and Kids' Room at Mareeba Hospital. The ceiling-mounted TV system will be operated with new entertainment handsets connected to the upgraded nurse call system.



*Mareeba Friends of the Foundation, Rotary members and FNQ Hospital Foundation GM Tony Franz*

Far North Queensland Hospital Foundation's Fundraising Manager, Glenys Duncombe, approached the Mareeba Rotary Club four years ago and asked them to consider instigating the Friends of the Foundation for the Mareeba Hospital. As a result the first Mareeba Friends of the FNQ Hospital Foundation Committee Mareeba was formed by Rotarians Stephen Gear, Nina Grant, Evan McGrath, Ida Portella, Sharon Harwood, and Joe Moro together with community members Robyn Boundy and Sandra Eales.

"Mareeba Friends of the Foundation reached out to the Mareeba community to make a difference for their local hospital and this is the result...local dollars staying in the local community making a real difference," said Ms Duncombe.

Mareeba Hospital's Director of Nursing Lyn Wardlaw said that the donated equipment will result in patients being entertained as well as improved working conditions in the hospital.

"These new TVs will allow patients to watch what they want while listening to their TV through headphones rather than one loud TV for multiple patients," Ms Wardlaw said.

Mareeba Rotary club contributed over \$50,000 to the project from their share of the FNQ Rotary Field days and other fundraising events. Our Community Bank Mareeba and Dimbulah Community Bendigo Bank also contributed \$20,000 plus contributions from the following clubs and organisations: A&M Carr, Bendigo Bank Mareeba, Dada's Fresh Produce, Little Red Runners Wheel Barrow Race Team, Mareeba Business

Women's Club, Mareeba Fruit and Vegetable Growers Association, Mareeba Islamic Society, Mareeba Rotary, Mareeba RSL, MBA Lioness Club, Mt Carbine Rodeo Association, NQ Co-op (TGT & Granite Engineering), Sonlia Fashion, St Stephens Wheel Barrow Race Team and the 2XS Zumbathon.

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## Our Supporters

### Michael Aw Good Guys really are Good Guys

The Good Guys Local Giving Program celebrated their achievements with the \$4 million milestone in community giving in August 2011. As part of this key achievement the FNQ Hospital Foundation was invited to have presence with a display at the Michael Aw Good Guys Store as part of The Good Guys Doing Good Community Week from September 5 to 11. Michael Aw has always donated significant funds to the FNQ Hospital Foundation for the Children's Ward in particular. The total amount donated this year exceeds \$10,000 plus the contribution of in kind donations of goods for our fundraising activities. The \$7,500 kitchen package for this year's Motorcycle Muster in May was one of many generous donations of goods.



*Pictured is the Foundation's Fundraising Coordinator, Paula Campion, with the display at Michael Aw Good Guys*

Thanks to the Foundation's supporters for assisting this with their attendance and purchases at Good Guys V.I.P. sales where a portion of the sales goes to the Foundation. The support has greatly enhanced our fundraising endeavours and the Foundation extends a warm thank you to Michael Aw and his awesome team!

### Commonwealth Bank - Commonwealth Community Grant

The Commonwealth Bank have a funding program of community giving in partnership with their staff to provide funds for use within the community through not for profit organisations. The Foundation was very fortunate in being beneficiary to a \$5,000 grant from this program which will allow us to purchase a vital signs monitor for children in the Cairns Base Hospital Paediatric Ward to support the H.I.T.H. Program (Hospital in the Home) which aims to assess patients for their suitability for an earlier exit from the hospital with medical support and regular monitoring provided at their home on a regular basis.



*GM Tony Franz receiving the cheque from Daniel Matthews of the Commonwealth Bank*

### Bendigo Bank

Another way to help with our fundraising is nominating the foundation as your chosen beneficiary next time you bring your banking business such as deposits, lending and insurance to the Bendigo bank through their Cairns Community Enterprise. This year we received \$2,219.57 from the program which is a welcome donation.

For more information on the program visit: [www.cairnscommunityenterprise.com.au](http://www.cairnscommunityenterprise.com.au)



*Fundraising & Marketing Manager, Glenys Duncombe, with Member for Barron River, Steve Wettenhall.*

## Expressway Signs

For 39 years, Expressway Signs & Printworks has been regarded as the premier supplier to Far North Queensland and PNG for all manner of signage and printing. From business cards to the largest of pylons, Expressway Signs & Printworks produces all types of design, manufacturing and installation in house, employing 18 trained local staff at their Cairns factory.



Their products include; banners, A frames, plastic signs, metal signs, business cards, 3D signs, light boxes, and much more.

Expressway Signs have shown great support for the Foundation in donating pull up banners for the Yellow Pages Cardiac Challenge and consider their business to be "proud financial supporters of the FNQHF in their quest to improve the quality of health care services to the Cairns region".

Contact Matthew Connolly on 4035 4113 or email [sales@expresswaysigns.com.au](mailto:sales@expresswaysigns.com.au) for more information or visit our website [www.expresswaysigns.com.au](http://www.expresswaysigns.com.au).

## Woolworths

Woolworths are again funding equipment for the Cairns Base Hospital with their annual Children's Hospital Appeal. In 2010 the Paediatric Ward was provided with \$10,000 to purchase I-pads, note books, Wii educational games and console, portable DVD players and the latest movies. A storage cupboard was also included along with art and craft items for the ward's young patients to express themselves creatively. The Cairns Base Hospital is fortunate to have an Education Queensland teacher, Helen Byrne, attend regular classroom sessions in the Paediatric Ward.



For 2011 the Woolworths team are directing funding to assist the Paediatric Physiotherapy Unit to fund a variety of items and equipment. A sling hoist is one vital piece of medical equipment that will benefit paediatrics patients along with a paediatric sleep and positioning system: this useful piece of equipment can be used to help position babies for sleeping and for developmental play.

The Physio unit will also receive a breathing device designed for patients to help them mobilise and clear chest secretions. This device can be vital for some patients for daily airway clearance techniques for children with cystic fibrosis, bronchiectasis and tracheomalacia.

The funding will be used to purchase an Xbox 360 with Kinect sensor and an iPad 2 - for games and entertainment for children while undergoing medical examination or procedures or as a tool for entertainment during therapy sessions. Toys are often the last thing considered in the budget for paediatric physiotherapy. Toys are often overlooked, but are genuinely important tools to help engage patients and to achieve therapeutic goals through play.



*A young Cairns Base patient using the i-pad*

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## Fundraising Events

### Melbourne Cup

Our Melbourne Cup was celebrated in great form throughout Cairns and between 3 different venues we attracted \$14,306 in total. A big thank you for the amazing results from **Nu Nu's Restaurant** in Palm Cove fundraising \$10,125 from their activities on the day; their guests were exceptionally generous to our cause and



special thanks to Barry Wiseman for his versatility in attracting the funds.

**The Pullman Reef Hotel Casino** once again supported us through their event which included a Calcutta auction to keep their guests entertained along with a fashion parade in partnership with Stockland Earville.

**Paradise Palms** teamed up with Cairns Central and Mirror Image to provide a fabulous fashion show and an intimate luncheon overlooking the beautiful golf course. Thanks to the following businesses who donated goods and services for prizes in all venues: Dayle Jordan Art, Frame, Great Adventures, Civility, Down Under Cruise & Dive, Skin Cancer & Medical Anti-Ageing Clinic, The Florist, The Hair Studio and Tea Lily who made the events successful.

All funds raised from the Melbourne Cup were directed to the Children's Playground Project.



**THE REEF**  
HOTEL CASINO



### Unit's Jet Ski Fundrun

Unit's Jet Ski Fundrun held their annual event on Saturday the 26th November from the Marina around the Salt House to Fitzroy Island and returning to Cairns. Oncology Medical 4 Nurse Unit Manager, Danielle Peever, and her staff are very excited on the success of the event and look forward to the new furnishings for the Tranquillity Room.



Thirty six riders registered for the event and this time a very special guest was on board one of the Jet Skis as pillion rider. Brian "Unit" Wilson, the naming rights sponsor and cancer patient (pictured behind Ride Manager Bren Turner) participated in the ride across to Fitzroy Island, despite medical conditions causing him discomfort. "It's on my bucket list", Wilson stated, and he was determined to go across this time as he was unable to ride earlier this year due to his health issues.

Over \$14,000 was raised from everyone's efforts and thanks to all of the great Sponsors for their support for this unique event. The top 3 fundraisers were: Roger Bell with \$2,195, Colin Harding came in second with \$2001 (and arranged a very generous donation of a 32" Grundig DVD TV kindly donated by Harvey Norman for patients in the Oncology Ward), and Daniel Matthews raised \$1723.57. Considering over 5 participants raised over \$1,000 each, this was an awesome effort. Cornett's IGA generously donated products for the Salt House team who then cooked everyone's breakfast prior to departure. Fitzroy Island resort provided lunch and a great friendly atmosphere for jet skiers. The Salt House hosted the Presentation night and the jet skiers proved they were just as talented at partying.

Thanks to sponsors for the event: Fitzroy Island Resort, the Salt House, Cairns Watercraft, Big Cat Green Island Cruises, Cornett's Super IGA, Zinc and 4CA, Oxygen Pictures and Reef Palms.

**[To view more photos from the Jet Ski Fundrun, please click here.](#)**



Departing the Marlin Marina



Beautiful Fitzroy Island



The adventurous participants of Unit's Jet Ski Fundrun enjoy Fitzroy Island's beautiful surroundings for their lunch break



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## Volunteers Corner

### Christmas Wrap for a Gold Coin Donation

Thank you to the wonderful response we have had for our Christmas Wrap volunteers who will cover over 300 shifts in Cairns Central and at Michael Aw the Good Guys. There are still shifts available so if you can spare a morning or afternoon to volunteer we would be very appreciative.

Please contact Anne Chirio to register your interest:  
**P: 4226 8993 E: [volunteer@fnqhf.org.au](mailto:volunteer@fnqhf.org.au)**



### Trinity Bay State High School students help us out

We are always delighted when we have young volunteers assist the Foundation and Trinity Bay State High School students have just achieved a wonderful refurbishment of our Christmas Hut before it is installed at Cairns Central to operate the Christmas Wrapping Service. The students involved were Brianna Bray, Petra Foulds, Ferlin King, Cameron Lee, Patrick Nandy, Kayden Nona, Amber Raglione, and Jack Waite. They contributed their time over several weeks during their school classes under the supervision of their teacher Robert Wales. The next time you are in Cairns Central have a look at the great job they have done.

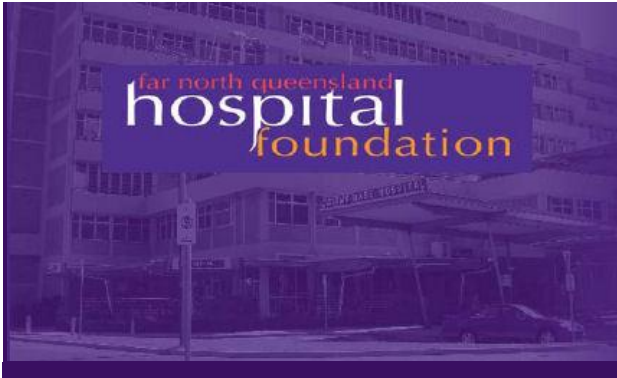


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putting the pieces together  
for a **healthier north**



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