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Photo courtesy of Daniel Blake

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FNQ Hospital Foundation News

Wayne Leonard's Motorcycle Muster

Wayne Leonard's Motorcycle Muster celebrated another very successful event, travelling to beautiful Mission Beach "On a Mission" to fundraise for the Paediatric Playground Project.

Funds raised through the event totalled \$62,025 with the riders achieving some outstanding results:

- Tony Peace raised over \$5,000
- Laurie and Michelle Woods raised over \$4,000
- Billy and Jen Smart, Mike and Bronte Bailey, Marc Hornig, Pete Coates, Ken Fisher and Steve Cutuli all raised over \$1,000 each

In addition, Wayne and Rhonda Leonard very generously donated \$11,466 to the Foundation.

The participants celebrated their fundraising achievements on Saturday night at the Mission Beach Resort with the band, The Hit Fanatics. Everyone had a great night dancing and some even tried their hand at singing!

The Hospital Foundation sincerely thanks the many sponsors and supporters of the event and a big thank you to the many volunteers who sold tickets at those venues.

Thanks to the sponsors: Annabel's Bakery, Bidvest, Cairns Central, Cairns Golf Club, Cedar Park, Rainforest Resort, Coffee Works Mareeba, Gregory Lodge, La Fettucine, Lotsa printing, Mini Car Rentals, Max Stocks, McDonalds Atherton, Michael Aw, The Good Guys, Millaa Millaa Lions Club, Mission Beach Resort, Mt Sheridan Plaza, Redlynch Shopping Centre, Rotary Mission Beach, 99.5 SeaFM, Savvy Hair, Totally Workwear, Wayne Leonard Motorcycles, WIN TV, West Forever and the Woree Tavern.



Ready to depart the Esplanade, the 64 riders travelled to Mission Beach via the Atherton Tablelands.



Pictured (left to right): Wayne Leonard, Rhonda Leonard and FNQHF CEO Tony Franz



Wayne Leonard hands over the Harley key to the happy art union winner, Renny Grant.

The art union was drawn at Mission Beach Resort on the Saturday night with Wayne Leonard ringing the lucky winner, Renny Grant. As a previous Harley Davidson owner, he was ecstatic at his luck.

Paediatric Playground Project

Keep your eye out for your brochure for the Paediatric Playground Project; it will appear in your mailbox soon.

The building of this playground is to help the sick children of Far North Queensland, Torres Strait Islands and Papua New Guinea when they stay at the Cairns Base Hospital. Every dollar raised in the campaign stays in Cairns and will be donated directly to the Paediatric Playground Project.

How you can help:

- Get together some friends, school mates, work colleagues and plan a fundraiser
- Register your fundraiser with the Far North Queensland Hospital online at: www.fnqhf.org.au/ppp Foundation and we will send you a promotional kit
- Your community group or club can support the Paediatric Playground Project in many ways. Make the Far North Queensland Hospital Foundation the beneficiary of your events e.g. golf days, auctions, dinners, raffles and trivia nights
- Get your school involved by having free dress days and other school fundraising activities. Students will gain valuable skills including self-esteem, team work, goal setting and the knowledge of what it is like to help someone who is less fortunate than themselves
- Fundraising activities could include parties, trivia nights, luncheons, cocktail parties, bowls nights, cake stalls, etc.
- Set your own challenges - set up a web page on the Hospital Foundation website and fundraise whilst achieving your own personal goals
- Spread the word - join us on Facebook, encourage your friends, family, work colleagues and boss to support this project: www.facebook.com/PaediatricPlaygroundProject

If you want to get involved, go to: www.fnqhf.org.au/ppp and should you wish to register, you can create a profile page to showcase your fundraising activities and also monitor your fundraising progress. You can promote your fundraising from your page which allows you to send your supporters a link that will direct them to your fundraising profile. Once you have registered, the Foundation will send a fundraising kit to you which will provide marketing and support tools and further information.

There is no minimum amount to raise and there are many ways you can fundraise from the tried and true Aussie BBQ to a corporate event.

If you wish to discuss your ideas or need some assistance, please don't hesitate to call the Fundraising Team: Glenys 4226 6327 or Paula 4226 6723.

Give Me Five For Kids (GM54K)

What a fantastic start to SeaFM's Give me Five For Kids Breakfast with Billy and Bec at the Sea Breeze Café while watching the Cairns Post Fun Run on the Esplanade. It gave a very positive message of how strong the community support is for the Hospital Foundation and thank you to all of the supporters and volunteers involved in SeaFM's fundraising activities throughout the month of June.

Their first event was the Great Moscow Circus offering a fantastic evening of exciting entertainment for those who came along. A heart-felt thank you to General Manager, Greg Hall, for the generous donation of 700 tickets plus donations collected every session by our wonderful volunteers. **The result attracted \$10,696 towards GM54K which was a great boost to start the fundraising.**

The other GM54K events that raised funds for the Paediatric Playground were: Tour de Kids, BCC Movie Brave, State of Origin at Brother's League,



After nearly 6 hours on roller skates, Bec rolled into the Cairns Esplanade in great form.

golf day at Cairns Golf Club, Pak Mag's Teddy Bears Picnic at Paradise Palms, Cazaly's Trivia Night, Michael Aw - The Good Guys VIP sale and McDonald's My Burger Day.

On Friday 29th June, 99.5 SeaFM Bec roller skated 25km from Clifton Beach to Sea Breeze Cafe to meet the challenge of \$25,000 being donated (25K for \$25K) to Give Me Five For Kids in a 24 hour period.



Many thanks to all of the supporters and sponsors of the GM54K events; together this has made a great outcome of over \$52,000 towards the Paediatric Playground Project.

Future Events

Cardiac Challenge

The Yellow Pages Cardiac Challenge is now in its sixth year. Registrations will close on the 1st August.

The Cardiac Challenge is not the Cardiac "Easy" as past participants would remember. There will be hills, humidity, headwinds, heat and hundreds of kms. But that's the challenge and this will expand your comfort zone. For some it is an experience of a lifetime but even the seasoned riders will agree...

It is:

- The victory of conquering those hills (even if you do have to "get out of the saddle" AKA walk!)
- The awe of riding the distance (noticed more when travelling back!)
- The camaraderie and sense of "group or family" that will give you energy, inspiration and motivation when you are tired, irritable and sore
- The silent respect you have when thinking about the hardships our forbearers and the pioneers endured
- The admiration you feel for those who live in the small communities and along the route who do not have the luxury of city life services and facilities we so often take for granted
- The friendships and "sense of belonging" you will develop

In other words, it will be the journey along the way you will remember most ... the people, the challenges, the sights, the smells, the experiences, the tired muscles, the camaraderie, the friendships, the fraternity of bike riding ... and the most significant thing is that it is all for a great cause!

So come on, if you would like to experience something totally different and get you out of your comfort zone, then register now www.cardiacchallenge.com.au

Dry July

This year is the first time that the Far North Queensland Hospital Foundation was included as an option to direct fundraising dollars to during the month long event Dry July. Registering for the event is a "win-win" situation for those who participate because they will benefit personally through healthier options while raising much needed funds for adult cancer patients receiving treatment at Cairns Base Hospital. The Cairns Base Hospital has expanded with the Liz Plumber Centre and now incorporates Chemotherapy and Radiation Oncology services in the one building, the number of patients and carers that are supported are increasing.

Funds raised will enhance the lives of cancer patients through improving the hospital's facilities and make life more comfortable for them.

There are currently 228 participants who have raised over \$19,000 for the FNQ Hospital Foundation. Our top fundraisers are Ray Shaw with \$1,240, Tricia Thomas & Greg Thomas with \$1,000 and Tom Poland with \$740.

To donate to online go to: www.dryjuly.com/donate and to sign up and participate www.dryjuly.com/sign-up

Trivia Night - Paradise Palms

Paradise Palms are hosting Trivia Nights every month on a Thursday to help us with our fundraising efforts. Their next dates are: 26th July and 23rd August. For further details contact: 4059 9924 or email events@paradisepalms.com.au

Our Supporters

Ergon Energy - Poweraid Presentation

Poweraid promotes safety in Ergon's workplaces throughout Queensland with the added bonus of the tangible benefits flowing to our regional communities. Points are earned for staff demonstrating positive and proactive health and safety behaviours, working safely and reporting any incidents that may result in injury or harm.

The safe work practices of our local Ergon Energy workers have resulted in the presentation of a \$2,680 donation towards the Foundation's Paediatric Playground Project. The staff who nominated the FNQ Hospital Foundation were keen to direct funding to the Paediatric Playground as many have young families.

Ergon Energy staff donated \$14,642 to the Foundation through their Poweraid Scheme since August 2009.



FNQHF representatives CEO Tony Franz, and Fundraising Coordinator, Paula Campion, receiving the cheque from Ergon representatives: Generation Operations Manager, Gavin Woods and Generation Mobile & Embedded Manager, Jason Brand

Central Plaza Apartments

The Far North Queensland Hospital Foundation and COUCH have been fortunate to have a new supporter with Best Western Central Plaza Apartments. Manager Jan Lampert has pledged 3.5% of every booking to be donated equally to the FNQ Hospital Foundation and COUCH resulting in a cheque of \$521 being presented to FNQHF and Couch for the month of April.

Best Western Central Plaza's holiday apartments are conveniently located for the corporate traveller, with close proximity to the Cairns Base Hospital, the CBD and the Esplanade.

The large saltwater pool set amongst lush tropical gardens compliments the comfortable apartment accommodation and is ideal for couples and families.

P: 4031 0333 info@centralplazacairns.com.au
www.centralplazacairns.com.au

CENTRAL PLAZA
— ★ ★ ★ ★ —
APARTMENTS
255 LAKE STREET



Pictured are (left to right) C.O.U.C.H. representative Peter Phillips, Central Plaza Manager Jan Lampert and FNQHF Fundraising Coordinator Paula Campion

Queensland Rail Bulls Masters

The Queensland Rail Bulls Masters toured Far North Queensland during May and attended a charity golf day at Paradise Palms on the 16th May. Queensland Rail conducted a 'Hole in One' competition at the 7th Tee as part of their fundraising activities. The FNQ Hospital Foundation received \$1,200 towards the Paediatric Playground Project.

The following day, Ian Healy, Wendell Sailor, Michael Kasprowicz & Jimmy Maher toured the Paediatric and Orthopaedic Wards of the Cairns Base Hospital. The famous Sheffield Shield accompanied them throughout the tour, stimulating conversation and uplifting the patient's spirits.



Bulls Masters players Jimmy Maher (centre) and Michael Kasprowicz (right) show off the Sheffield Shield during their tour of the Children's Ward

Carrizma Dance Nights

Brad and Sandra Carr of Carrizma have supported the Renal Unit at Cairns Base Hospital with their dance nights for six years. During this time they assisted with funding televisions for the Renal Unit while providing some very danceable music.

Carrizma band members are grateful to all of those who assisted on those nights with setting up, running raffles donation of door prizes.

Unfortunately the dance nights will not be continuing in the future. The FNQ Hospital Foundation sincerely thanks Carrizma for their longstanding support to the Renal Unit; their dance nights will be missed by all.

Young fundraiser makes a difference for the Special Care Baby Unit

In an age when children's birthday parties are often an expensive and "staged" affair it is heart-warming to see that Eleanor Melika Rome had thoughts for those less fortunate. Instead of accepting presents for her 7th birthday, Eleanor invited her classmates and friends to her party and instead of buying her a present she requested they make a donation to benefit the Special Care Baby Unit.

On Tuesday 12th June, Eleanor came into the FNQ Hospital Foundation with a beautiful card signed from her classmates with the following;

*'Thank you for looking after all of the sick babies...
Love Eleanor Melika Rome and Class 2A E.H.S.S.'*

Eleanor presented \$250 to the Foundation for the Special Care Baby Unit of Cairns Base Hospital. What a wonderful act of giving!



Pictured is Paula Campion, the Foundation's Fundraising Coordinator, with Eleanor Melika Rome

Michael Aw, The Good Guys

The Far North Queensland Hospital Foundation wishes to congratulate Michael Aw and his staff for winning the 2012 Roy Morgan Customer Satisfaction Awards under the Electrical Retail Stores section.

Michael Aw is big supporter of the FNQ Hospital Foundation through The Good Guys Foundation.

Equipment Purchased

Nimbus mattresses to benefit patients

The Foundation purchased 21 Nimbus mattresses totalling \$241,500 for the Atherton, Babinda, Herberton, Innisfail, Mareeba, Mossman and Tully Hospitals. The Mills Family Foundation generously funded one of the mattresses (\$11,500) for the Mareeba Hospital.

The Nimbus mattresses are designed to relieve pressure and greatly assist in the prevention and/or reduction of pressure ulcers which continue to be a significant problem with the existing conventional hospital beds. The Nimbus mattresses will reduce costs in health care by significantly reducing the occurrences of pressure related incidents and improve healing outcomes for patients.

Rapid Access Chest Pain Clinic

The Rapid Access Chest Pain Clinic has a new computer funded from the Hospital Foundation. Queensland Health's IT department have installed specialised software onto this computer for reporting 24 hour ECG's and 24 hour BP's, which will improve time for reporting tests and is linked to the network. This will improve availability of reports to requesting clinicians.

Royal Children's Hospital Foundation

The Foundation purchased 2 Grasby sleep apnoea monitors totalling \$3,307 for the Paediatric Ward. This will support the monitoring of critically ill children and was funded through a successful grant from the Royal Children's Hospital Foundation.

Children's Health Fund

The FNQ Hospital Foundation applied to the Children's Health Fund and was successful in gaining \$15,661 to purchase an electrocardiograph and a vital signs monitor for the Paediatric Unit. The electrocardiograph was much needed by Paediatric Cardiologist, Dr Ben Reeves, as the Paediatric Unit had previously loaned an electrocardiograph from other departments.

Woolworths Fresh Food Kids Hospital Appeal

Woolworths donated \$10,000 to provide a variety of equipment and distraction therapy toys for children in the Paediatric Ward's Physiotherapy Unit.

The equipment included a PEP breathing device designed for patients to help them mobilise and clear chest secretions which is especially important for children with cystic fibrosis, bronchiectasis and tracheomalacia.

Waterproof casting material was also part of the project as it allows children to keep their casts on for longer and be able to swim and shower as often as wanted.

A laptop and an iPad were purchased for children to use while undergoing medical examination or procedures and as a tool for entertainment during therapy sessions.

Other equipment purchased included an exercise bike, 2 Airex therapy mats and Ponseti clubfoot models.



Physiotherapist Lauren Phillips pictured with some of the toys from Woolworths Hospital Appeal

The Courier-Mail Children's Fund

The Foundation was successful in their application to The Courier-Mail Children's Fund for the purchase of Ditto diversional therapy equipment. The Ditto is a learning aid to assist young patients in understanding their required medical procedures with an educational and recreational approach.

The inclusion of a Ditto diversional therapy equipment will enhance the services provided in the Paediatric Ward at the Cairns Base Hospital and assist children during medical procedures with distraction therapy. The Ditto has been shown in clinical trials to reduce anxiety and anxiety related pain for children during traumatic medical procedures. The use of multi modal distraction as a preparatory or a distraction tool offers superior pain reduction to children when compared to standard practices or hand held video games.

Sea Breeze Cafe

The Sea Breeze Cafe is boasting new table settings for patrons to enjoy the view of the Esplanade. The new layout has made the dining areas more spacious and comfortable. For patrons who need to access the internet there is the convenience of computers and internet time cards which can be purchased at the counter.



Volunteers Corner

Thanks to all of the volunteers from the community at large who supported the Foundation through support services at the Cairns Base Hospital and for the fantastic events, the Cairns Adventure Festival and Give Me Five For Kids.

Well over 200 volunteers spent fifteen weeks in Cairns Central, Cairns Base Hospital, Redlynch Shopping Centre, The Good Guys and Mt Sheridan Plaza with the Wayne Leonard's Motorcycle Muster art union.

The Foundation's craft ladies have made 20 covers for the humidicribs in the Special Care Baby Unit of Cairns Base Hospital. The designs and bright fabric colours are receiving a great response from nurses and parents.

Visit from Fairies

On the 29th of May 2012, Kristie-lee Irvin and Alisha Trail from Child's World set off on their Fairy Adventure through the Paediatric Ward at the Cairns Base Hospital.

"My main focus on this initiative was to give something back to our local community and to also brighten the day of the beautiful children at the Children's Ward who have either gone through or going through a tough time in their lives" said Kristie-lee.

The children had smiles on their faces when the fairies arrived with balloons and a journal to keep a record and draw pictures about their

stay in hospital. They visited children and read stories. The smiles on the children's faces said it all. The magic of the fairies provided some much needed relief from the stresses of being in a hospital environment.



Kristie-lee and Alisha Trail spreading their fairy magic with patient Rumaisha Iqbal

Friends of the Foundation (FOF) News

Mareeba Friends of the Foundation

The Mareeba FOF supports the Dimbulah and Mareeba hospitals. One of their fundraising activities is the Hospital Trolley which commenced in August 2010 and is coordinated by Mrs Carol Gear with 30 volunteers assisting.

Mrs Mauro, a past domestic employee at the Mareeba Hospital for 38 years, donates her hand knitted children's clothing, booties, fridge towels and adult bed socks for sale on the trolley.

The Mareeba FOF receives community support for their fundraising endeavours and regular supporter, Mary Graham from the Mareeba News Agency, has assisted with a donation tin on the agency's counter.



Pictured (left to right) Mrs Amelia Mauro with Mrs Carol Gear

Gordonvale Friends of the Foundation

The Gordonvale Memorial Hospital Auxiliary (Gordonvale FOF) were grateful recipients of a donation of \$12,000 from the proceeds of the Harvest Cabaret held at the Gordonvale RSL on the 26th May 2012. A great time was had by all who attended and it is hoped the cabaret will be an annual event.

Members of the Gordonvale FOF would like to thank the Harvest Cabaret Revival Committee for their wonderful efforts and wish them well in their future cabarets.

Innisfail Friends of the Foundation

The Innisfail Friends of the Foundation aims to raise \$27,000 to buy a second Oxylog portable ventilator for the Innisfail Hospital. The Innisfail Lions Club President, Pat Dineen, handed over a cheque for \$5,000 to President of the Innisfail Friends of the Foundation, Estelle Kopp, to assist the fundraising. Innisfail Hospital Director of Nursing, Lesley Harris, said a second ventilator was sorely needed.

The FNQ Hospital Foundation held the April Board meeting at the Innisfail Hospital which gave an excellent opportunity for the Board to meet with Queensland Health staff and tour the Innisfail Hospital.



Pictured are (left to right) Debbie Jolley Service Director, Innisfail Health Services, Board Members Julie Hartley-Jones and Steve Russell

If you are interested in helping or starting a Friends of the Foundation in your area, please contact: Glenys Duncombe P 4226 6327 E fundraising@fnqhf.org.au

Donations and grants received over \$1,000

FNQ Hospital Foundation

- \$1,000 Kuranda Lions Club
- \$1,500 Downers Edi Mining

- \$11,466 Wayne & Rhonda Leonard
- \$15,664 Children's Health Foundation Queensland
- \$1,000 Estate of Lorna Brown
- \$1,338 Bendigo Bank
- \$1,824 The Good Guys
- \$2,680 Ergon Energy
- \$30,569 Mills Family Trust
- \$1,005 Piccones Supa IGA
- \$9,360 The Courier-Mail Children's Fund
- \$16,500 Sensis - Yellow Pages
- \$1,000 Max Stocks Food Service
- \$10,190 Nu Nu's Restaurant
- \$1,200 Queensland Rail Bulls Masters
- \$20,000 Trinity Petroleum
- \$1,500 KPMG

Innisfail Friends of the Foundation

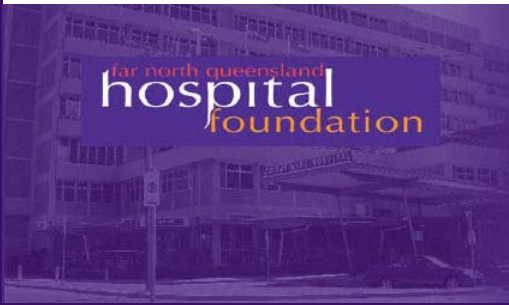
- \$4,758 Innisfail Friends of The Foundation
- \$1,000 Halfalo P/L - G Schmidt Family Trust
- \$2,250 Lioness Club of Innisfail
- \$1,500 Inner Wheel Club Innisfail

Gordonvale Friends of the Foundation

- \$12,000 Harvest Cabaret
- \$1,000 Gordonvale Lions Club Inc



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



Where to find us:

Ground Floor
Block E
Cairns Base Hospital Car Park
Cnr Grove & Digger Streets
Cairns QLD 4870

How to contact us:

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paula.campion@fnqhf.org.au

Where to mail us:

PO Box 957
Cairns QLD 4870

W: www.fnqhf.org.au

Should you wish to receive our quarterly newsletter online via email, please contact us at fundraising@fnqhf.com.au
If you would like to donate to the FNQ Hospital Foundation, complete the form below

The Far North Queensland Hospital Foundation needs your help to continually upgrade the provision of health services to all Far North Queenslanders.

far north queensland
hospital
foundation

Yes, please keep me informed about activities at the Foundation.

Yes, please send me more information about becoming a volunteer with the Foundation.

Yes, please send me more information about the "Friends of the Foundation".

Please name your region _____

Cooktown Mareeba Mossman Gordonvale

Cow Bay Cairns Babinda Other

Yes, please send me more information:

Fundraising In Memoriam Bequests services

Phone for more info: PO Box 957 Cairns Queensland 4870
P: 07 4226 6553 **F:** 07 4226 6663 **E:** fundraising@fnqhf.org.au
W: www.fnqhf.org.au

Yes, I would like to help the Hospital Foundation with a donation of \$

PAYMENT METHOD

Visa Mastercard Cheque If you wish to receive a receipt please tick this box and it will be posted within 14 days.

or you can donate online: www.fnqhf.org.au

Signature _____ Expiry date _____

Name _____

Email _____

Address _____

City _____ State _____ Postcode _____