

THE GOOD NEWS

EVE'S EMERGENCY: EVE BREATHES EASIER THANKS TO THE PRINCE CHARLES HOSPITAL



"We've become frequent flyers of The Prince Charles Hospital, and we're getting our points up quickly. The level of care we receive is always exceptional. We're so impressed by the staff - they always go above and beyond in the care they give to our young daughter."
– Eve's mum Annabel

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EVE'S EMERGENCY

At the beginning of the year, two-year-old Eve gave her parents the fright of their lives.

"In the middle of the night, we heard her gasping for air on the baby monitor. We had no idea what was going on. We thought she was choking," said Eve's mum Annabel.

The terrified couple called the ambulance. Paramedics arrived quickly and gave the toddler a steroid to help her breathe while they carried out an assessment. They said Eve had croup – an upper airway infection that can lead to the narrowing of the airways and difficulty breathing. She was taken to the Children's Emergency Department at The Prince

Charles Hospital. There, she required oxygen therapy to ease her breathing struggles.

In the months that have followed, Eve has continued to have respiratory episodes, thought to be viral-induced wheeze.

"Now, if she gets a nasty virus, she can end up gasping for air or struggling to breathe. It's really scary and stressful to see your child not breathing properly," said Annabel.

Eve's most recent visit required an overnight stay in the hospital's paediatric ward.

"This was our first overnight, and as she wasn't improving quickly enough, the team wanted to keep her in for

monitoring and do everything they could to ensure she was in the best condition before being discharged," said Annabel.

Eve is one of thousands of local children who need help from the compassionate Children's Services staff every year.

"The team at the hospital has been outstanding. They are really responsive, caring and incredibly helpful," said Annabel.

"We are so grateful to have this hospital so close to home. It definitely makes us feel more comfortable knowing quality care isn't far away when we've got a child who is so unwell so often."

Dear Friends,

Our community is vast... for the common good.

We were extremely honoured to be recently named as the Queensland Gives 2024 Philanthropic Foundation of the Year. We have great pride in what we do, and we have great pride in how we do it. As a Foundation it takes the collective power of all those involved to be able to help others.

Our amazing community consists of our volunteers, donors, employees, our governance advisors and medical researchers.



One group that deserves special mention is our volunteers. They play an essential role in our community – whether it is at our events, or as our Charlies Angels or the Caboolture Hospital Volunteers, or even as our governing Foundation Board members, - our volunteers are essential in helping us help others.

Our community is remarkable and I'm so proud that they are with us on the journey to "enable people to live healthier for longer."

Steve

FROM PATIENT TO VOLUNTEER: PETER'S JOURNEY OF GRATITUDE WITH THE COMMON GOOD

Many people within the community, including our wonderful volunteers, have a connection to The Prince Charles Hospital.

One incredible volunteer is Peter, who donates his time at various events. A few years ago, Peter faced a life-threatening cardiac issue while riding his bicycle. He needed Coronary Artery Bypass Graft surgery at The Prince Charles Hospital, which he credits with saving his life.

"Recently, I chose to volunteer at an event with The Common Good to repay in kind in some way for the excellent care and attention I received from the surgeon, the nurses and doctors in the Intensive Care

Unit and the ward, plus all the other support staff while at The Prince Charles Hospital following my life-saving quadruple Coronary Artery Bypass Graft surgery." Peter shared.

"Volunteering gives me a sense of fulfilment and satisfaction in knowing the purpose of the funds raised at the events The Common Good are part of would benefit others suffering from serious cardiac conditions. It is only through such research that advancements are made that improve survival rates and enhance the quality of life for those who have received a transplant or benefited from cardiac surgery."



Peter recommends volunteering to those who can help in this way. "Giving your time is free, and giving a little back to your community has positive, visible, and measurable outcomes in the quality of life for patients. Additionally, you may be the recipient of a new procedure developed in the research unit with donor funds."



To join our incredible volunteer community, visit www.tcg.org.au/volunteer

COMMUNITY SUPPORT BRINGS 'MEMORY LANE' TO LIFE

HELPING PATIENTS STAY ACTIVE AND ENGAGED

When you donate to The Common Good, you're supporting wonderful projects that help patients, like 'Memory Lane'.

On the first floor of The Prince Charles Hospital, patients and their families can now take a stroll down the newly completed 'Memory Lane' – a hospital hallway recently adorned with images of Brisbane from yesteryear.

For many patients, staying active and maintaining their strength and balance can be difficult while they are in hospital.

Memory Lane gives them a reason to get out of bed and move and offers something to engage with cognitively.

Bed rest and sedentary behaviour exacerbate functional decline, and in older hospital patients, this lack of physical activity can lead to a significant drop in independence.

"We know that lying in a hospital bed and losing condition (deconditioning) is associated with depression and demoralisation. And that's completely understandable – any one of us would feel

like that," said Dr Lucy Dakin, the Director of Geriatrics and Subacute Services at The Prince Charles Hospital.

The upgraded hallway is now a drawcard for hospital patients, visitors and staff. Its transformation was made possible because people came together for the common good, including the compassionate hospital staff from Internal Medicine Services, the team at The Prince Charles Hospital Foundation, and incredible people like you who supported the project through the 2022 Giving Day.

A LASTING TRIBUTE:

SHEILA AND BERNARD JOEL'S LEGACY GIFT PAVES THE WAY FOR FUTURE MEDICAL INNOVATIONS

We are deeply honoured to announce a significant \$2.5 million contribution from the Sheila & Bernard Joel Life-Saving Medical Equipment Foundation.

This remarkable gift will be dedicated to acquiring life-saving equipment and supporting groundbreaking advancements in medical care at The Prince Charles Hospital. The Joel family's unwavering commitment to medical research and patient care is a testament to their enduring legacy.

Last year, we were grateful to receive \$1.3 million from the Estate of Sheila and Bernard

Joel, which has played a crucial role in furthering our mission. Their support has already had a transformative impact, and this new contribution will continue to advance medical research and provide essential resources for thousands of patients.

Many researchers at The Prince Charles Hospital remember Sheila with great affection and are inspired by her dedication to improving medical care. This new donation will honour their memory by enabling further innovations in heart and lung health, helping to create a healthier future for our community.



Thank you, Sheila and Bernard Joel.

Your generosity ensures that your legacy of compassion and commitment will have a lasting impact on medical research and patient care for years to come.



Let Sheila and Bernard Joel's legacy inspire you. Contact us at info@tpchfoundation.org.au to find out how you can leave a meaningful gift.

HELPING HANDS:

COMMUNITY-FUNDED CHILD LIFE THERAPIST EASES HOSPITAL STAYS FOR YOUNG PATIENTS

For sick or injured children who need hospital care, the pain and illness they're experiencing can be overwhelming – as can the fear of the unknown and the sense of helplessness about not being in control of their treatment and its outcome. But in recent years, an invaluable Child Life Therapist position was created at The Prince Charles Hospital to help ease the worries of some of the littlest paediatric patients.

This role was initially a pilot program funded by The Prince Charles Hospital Foundation and its initiative, The Common Good, thanks to the Hospitals United for Sick Kids initiative and its major partner Coles.

"A Child Life Therapist's role is to minimise stressors for children and families in the hospital environment, especially when they present to the emergency department and don't know what to expect," says Child Life Therapist, Meenu Wadhwa.

Meenu uses play-based interventions including positive distraction techniques to minimise children's fear and anxiety to improve their coping in clinical environments. She helps to prepare children for medical procedures by explaining the process in an age-appropriate way, aiming to dispel fears and clarify any misunderstandings.

"Working closely with families, I collaborate to create coping strategies that provide a sense of control in challenging situations. I use play as a tool to connect with children effectively. Play within the hospital environment fosters a feeling of well-being and safety. The 'felt safety' helps me get through to them (the children) even when they're overly anxious," she said.

In 2023, the Child Life Therapist became a permanent position within the Children's Services at The Prince Charles Hospital.

Thank you to our incredible community for making this possible. Your contributions are making a tangible difference in the lives of young patients and their families.



A HEARTFELT THANK YOU

We want to thank our extraordinary community for your overwhelming response to our recent heart appeal.

Heart disease is Australia's biggest killer. Thanks to YOUR generosity, over \$100,000 was raised to help fund essential heart research at The Prince Charles Hospital, Australia's leading cardiology hospital.

Thanks to people like you, researchers have the funds and time to work towards new treatments and improve outcomes for people like Nicole. The young Brisbane mother was in desperate need of a heart transplant due to severe heart failure. Thankfully, Nicole was matched with a donor heart, and she had her surgery at The Prince Charles Hospital was a success.

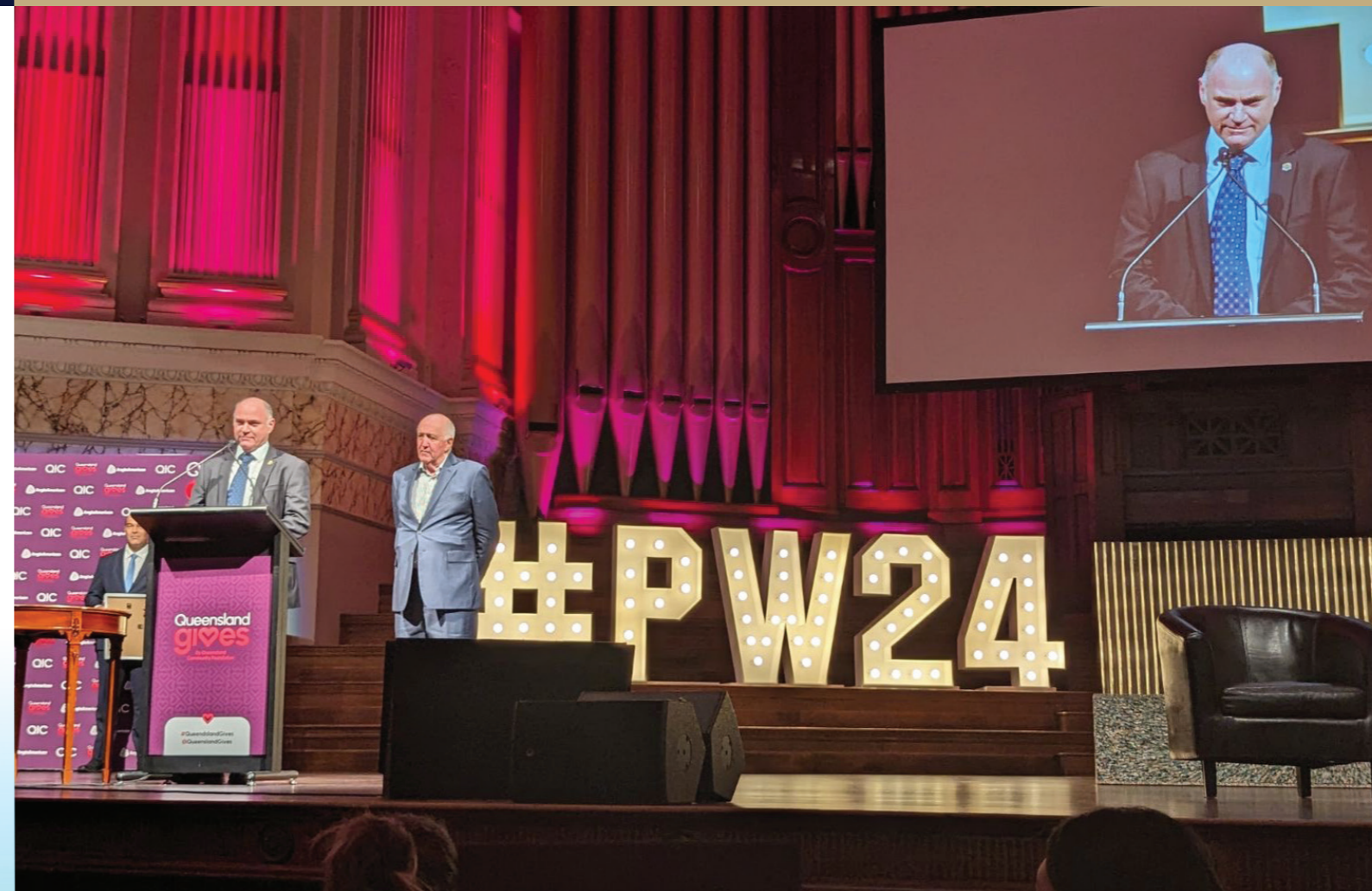
Her son even sent a lovely message of support to cardiac researcher Mel Spratt.

"Nicole's story is a powerful reminder of why research is so important," says Dr Megan Grace, Research Manager at The Prince Charles Hospital Foundation. "Your donations help researchers explore new treatments and provide hope for many more patients."

Thank you again for your commitment to helping people live healthier for longer.



Nicole's young son James penned a heartfelt message to the heart researchers we support, who are working to save lives like his mother's.



THE PRINCE CHARLES HOSPITAL FOUNDATION NAMED 2024 QUEENSLAND GIVES PHILANTHROPIC FOUNDATION OF THE YEAR

During Queensland Philanthropy Week in June, The Prince Charles Hospital Foundation was recognised as the **2024 Queensland Gives Philanthropic Foundation of the Year**.

This prestigious award highlights the life-changing work we achieve through the support of our extraordinary community.

"As a people-based organisation, we exist to help people, help other people", said Steve Francia, CEO of The Prince Charles Hospital Foundation.

"This award celebrates the collective effort of the community – through research,

patient care, donations, volunteering, fundraising, grants or advocacy."

Our Foundation supports one of the country's leading cardiothoracic hospitals. We also prioritise research in mental health and ageing and now extend our support to Caboolture Hospital.

"We're stronger together, and I give my deepest thanks to everyone who has contributed in their own ways to the support tangible and impactful health and research outcomes that the Foundation is proud to champion," said Steve.



I would love to help **save lives!**

1 Please accept my gift of:

- \$24 \$48 \$75 \$102
 My Choice \$ _____

2 Confirm your payment:

Online: Donate safely and securely on line by visiting www.tpch.org.au/donate



Credit Card: Please debit my Visa Mastercard

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Expiry Date: /

Name on card _____

Signature _____

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Thank you!

All donations of \$2 or more are tax deductible.

PARTNERING WITH PASSION

We are beyond grateful for the corporate and community partners whose generous support significantly contributes to advancing life-changing medical research, equipment and patient care at The Prince Charles Hospital and Caboolture Hospital.

One of those wonderful partners is Shine Lawyers, who have an unmistakable passion for helping communities thrive.

One way Shine Lawyers has shown support is through its widely anticipated annual charity golf day, which has raised close to \$45,000 for The Common Good to date.

But it doesn't stop with the golf course - Shine Lawyers team members can also be found donning their lycra and taking on the Tour de Brisbane cycling event each year, raising further funds and highlighting the impact that can be made in the community by people coming together.

"We're proud to partner with The Common Good. The work they do is making real changes in the lives of many people in really difficult situations,



which is something we seek to achieve in our own organisation," said Brisbane General Manager Craig Oliver.

Launching in 2020, Legal Practitioners from Shine Lawyers volunteer their time each week at The Prince Charles Hospital to facilitate a vital Advance Care Planning (ACP) service. Run in conjunction with The Prince Charles Hospital's Internal Medicine Service (IMS) Advance Care Planning clinic, this volunteer-run service is invaluable as it ensures that patients' future medical care aligns with their values and preferences, even if they are unable to communicate their wishes.

This planning often includes creating legal documents, such as advance directives or living wills, which guide healthcare providers and family members in making decisions on the patient's behalf.

"When the Foundation approached us about facilitating a volunteer program at The Prince Charles Hospital to support patients, we were more than happy to be involved. We understand the stress that families face when a loved one is in the hospital, and we saw this as a meaningful and tangible way for our team to contribute and make a difference in the community," Chermiside Legal Practice Manager, Glenn Brown said.

WANT TO MAKE YOUR OWN IMPACT IN THE COMMUNITY?

From golf days and bake sales to gala balls and luncheons, there are countless ways you can make a difference for patients today and in the future by engaging your community.

Did you know you can fundraise your way?

Visit tcg.org.au/fundraise to set up your personal fundraising page! It takes less than 5 minutes and provides a simple way for your friends, family, colleagues, or customers to support a cause you care about.



Need assistance or have questions? Reach out to Melissa and Jonno from our Community Engagement Team at events@thecommongood.org.au or call 1800 501 269. We're here to help!