

Winter 2011

## DRY JULY®

Clear your head, make a difference®

[www.dryjuly.com](http://www.dryjuly.com)

### Is upon us

This year the **Prince of Wales hospital foundation** is offering  
**POWH FOUNDATION  
DRY JULY TROPHY**

This trophy will go to the *winning POWH team*

A team can consist of any number and the winner team will be the team that raises the most money per head  
E.g. if 6 in your team raise \$2400 then that's \$400 a head

The Trophy will be displayed for the coming year here in your place of work for everyone else to envy  
Just like the Ride for life Foundation trophy. A really sort after and competitive competition trophy to win

Also all winning team members will be given a gift at the end of their DRY JULY

Once you have a team together come down to the foundation office and give us the names and we will establish your team under the POWHF team's banner

This year funds raised will help cancer patients in several areas of the hospital

**Phone Tanya on 9382 4263**

**[Tanya.Parris@sesiahs.health.nsw.gov.au](mailto:Tanya.Parris@sesiahs.health.nsw.gov.au)**

### MAY DAY APPEAL

Don't forget to send your May Day Appeal donation to the Prince of Wales Hospital Foundation by the 30<sup>th</sup> of June to be credited as part of Australia's 2010-2011 tax year.

Time is running out, make a donation today and help support the patients of the Prince of Wales Hospital.

**Contact Tanya Parris on 9382 4263**

**Email: [Tanya.Parris@sesiahs.health.nsw.gov.au](mailto:Tanya.Parris@sesiahs.health.nsw.gov.au)**

The Prince of Wales Hospital Foundation  
Locked bag 9003, Maroubra NSW 2035  
ABN 21 109 372 545  
Ph 02 9382 4263  
Fax 02 9382 4541  
[www.powhf.org.au](http://www.powhf.org.au)

## Cancer Centre

The Prince of Wales Hospital Foundation is set to raise funds for the \$45 million New Comprehensive Cancer and Blood Disorders Centre. An exciting project to change the way we deliver care to our cancer patients here at the Randwick Campus.



### Prince of Wales Hospital Foundation Breville Makers are back!

You could own your very own Breville Maker today

**Only \$50**

Phone Tanya on 9382 4263

From the Prince of Wales Hospital Foundation  
Shop 8, Barker Street Entrance of the POWH  
Randwick (opposite the Pharmacy)

Hurry now, they're going fast!

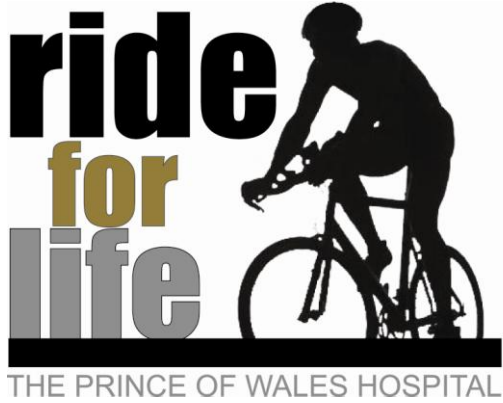


*Dreams2Live4*

Dreams2Live4 encourages patients of The Prince of Wales Hospital who are living with metastatic cancer to realise their dreams.

If you would like to make a **donation** to Dreams2Live4 please contact **Louise Mahoney on 9382 4291**

Do not hesitate to contact Louise Mahoney (coordinator) on 9382 4291 if you would like to refer a patient with metastatic cancer to Dreams2Live4



# POLY'S PLATE

Parliament House, Sydney

Friday 22<sup>nd</sup> July 2011, 12 noon

Join leading dignitaries, sports stars & business representatives in the Strangers Dining Room for the "Poly's Plates" Ride 4 Life Luncheon.

The MC for the event is **Glenn Wheeler** & special guest speaker **Deborah Thomas**, editor of Woman's Weekly.

All proceeds go to the Centre for Cancer Survivorship

**Tickets: \$120-all inclusive**

**Table of 10: \$1200**

**Contact Tanya on 9382 4263**

## RIDE 4 LIFE

Centennial Park

Sunday 31<sup>st</sup> July 2011

Come and enjoy a great day in the park  
Plenty of fun activities to get involved with

- A great day for cycling
- Recreational ride on closed roads
- Corporate race
- Graded races for racing cyclists
- Healthy Living/ bicycle Trade Show
- Family attractions, clowns & stalls
- Non- stop of great entertainment

Join in the race or cheer by the sidelines,  
don't miss out on this fun day out!



## AJL Jewellery Expo

July 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup>

Mon-Tues 9am-5pm

Wed 9am -2pm

*The Art & Jewellery show is back again bringing you some magnificent pieces of Gold Jewellery & Artwork from local artists at extraordinarily reasonable Prices*

*Don't miss out on these astonishing deals!*

*Come join us at our Cocktail party  
Tuesday 12<sup>th</sup> of July from 5pm*

*Gold coin donation to enter, putting you in the draw to win a  
spectacular raffle*

*Edmund Blacket Functions Room*

*Avoca Street, Randwick*



# Heartbreakers

## City2Surf & Trivia Games Night



ISD's annual fundraiser is heading into its BIG fifth year!

This is a fun event for all staff to unite together with these two great events; an entertaining Trivia Games Night and a wonderful opportunity to improve fitness joining the Heartbreakers City to Surf Team as well as bringing a 😊 to the department that Heartbreakers are helping.

This year Heartbreakers have 3 major sponsors, **Mortgage Choice, Coogee Bay Hotel and F. Mayor Imports** who have jumped on board to help them raise funds.

They are raising funds for the Prince of Wales Hospital Foundation helping the "Outpatients & Discharge Lounge Departments". The departments have given the Foundation a list of specialised equipment will be supporting.

### City to Surf Team

You can join the Heartbreakers team by entering your details before June 1<sup>st</sup> on the link <http://www.city2surf.com.au/>

- Click on **NOT** part of team radio button;
- All need to register in the **"Blue Team"**
- Would you like to create an online fundraising page: **choose "no"**
- Please select the charity: **POWH Foundation**

After completing your entry, click on the link below & complete your details: [http://www.fundraise.city2surf.com.au/heartbreakers\\_2011](http://www.fundraise.city2surf.com.au/heartbreakers_2011)

You will then be prompted for a team password, it is: **sesiahs**

OR

You can sponsor the heartbreakers team members through the Everyday Hero's website:

[http://www.fundraise.city2surf.com.au/heartbreakers\\_2011](http://www.fundraise.city2surf.com.au/heartbreakers_2011)

Training Sessions for the City to Surf:

**When:** Every Monday, Wednesday's and Friday's

**Time:** 5pm-6pm

**Meeting Place:** Opposite Kiloh Centre, Barker Street entrance

During the training sessions you will be undertaking some stretching, body conditioning exercises, walking and jogging.

Accept all levels of fitness

Email: [Fabian.Heaton@sesiahs.health.nsw.gov.au](mailto:Fabian.Heaton@sesiahs.health.nsw.gov.au)

**Phone Tanya on 9382 4263**

**Email: [Tanya.Parris@sesiahs.health.nsw.gov.au](mailto:Tanya.Parris@sesiahs.health.nsw.gov.au)**

### Trivia & Games Night

**When:** Friday 12<sup>th</sup> August

**Where:** Randwick Labor Club

**Time:** 6pm-11pm

**Tickets:** \$25 per person/\$90 family of 4/ \$250 table for 10

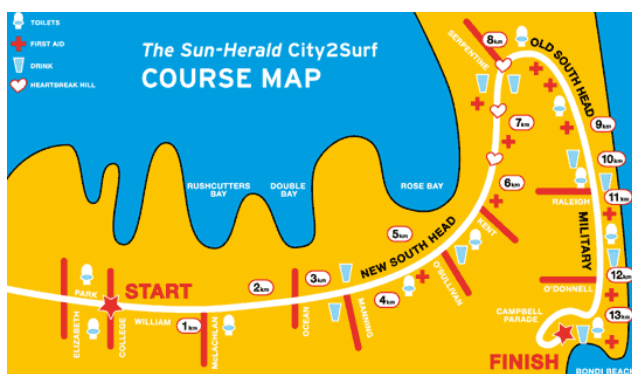
**Book your table by the 1<sup>st</sup> of July and receive a discount**

Lots of fun games and plenty of prizes to take home

A fantastic lucky door prize is also up for grabs!

Don't miss out on this fun enjoyable night!

Email: [Tanya.Parris@sesiahs.health.nsw.gov.au](mailto:Tanya.Parris@sesiahs.health.nsw.gov.au)





entertainment™

Don't miss your chance to get your hands on the new 2011-2012 Entertainment books. **OUT NOW!** These books are your guide to the best restaurants, hotels, accommodation, attractions, sports and leisure activities with 25% to 50% off or 2-for-1 offers.

**Only \$65!**

Come to the Foundation office, Barker Street Entrance, Randwick or **phone Tanya on 9382 4263** and get your Entertainment Book Today!

Your donation to the Prince of Wales Hospital Foundation will support the great things happening at the Prince of Wales Hospital for the mums, dads, grandpa's and grandma's.

You can send your donation to:

POWH Foundation, Locked Bag 9003, Maroubra NSW 2035

Or fax your donation to 02 9382 4541

Email: [Tanya.Parris@sesiahs.health.nsw.gov.au](mailto:Tanya.Parris@sesiahs.health.nsw.gov.au)

**Donations are tax deductible**

Dr/Mr/Mrs/Ms/Miss \_\_\_\_\_

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I/we pledge: \$ \_\_\_\_\_

One off donation       Monthly donation

Quarterly donation       Annual donation

Please circle:    Visa      Mastercard      Amex

Card Number \_\_\_\_\_

Cardholders Name \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

Enclosed is my cheque made payable to POWH Foundation

**Phone: 02 9382 4263 Fax: 02 9382 4541**

**Donations over \$2 are tax deductible, Thank you for your support**

# Mater Home Lottery

## \$1.5million

**Closes: 22<sup>nd</sup> June    Drawn: 24<sup>th</sup> June**

The Prince of Wales Hospital Foundation is bringing you the exciting opportunity to win this spectacular slice of paradise on

**Bribie Island, Queensland**

To purchase your tickets phone 1800 427 131 or visit the POWH

Foundation website [www.powhflottery.com.au](http://www.powhflottery.com.au)



## Become a VIP Club Plus Member

Join the VIP Club Plus today and you will go in the draw to win an extra **\$561 200** worth of prizes each year!

You will also enjoy a host of amazing benefits including:

- Automatic monthly entry to win a million dollar Mater Prize Home Lottery, six times per year.
- Exclusive entry into 12 annual VIP only draws to win \$25 000 gold bullion
- Exclusive VIP only draws to win a \$5 000 holiday, every week
- Plus, monthly VIP only birthday draws to win a Myer voucher

### 1800 427 131

## Grateful Patient

Maybe it was a kind word, a gentle smile that brought you comfort. It could have been a life-saving procedure or a visit from a volunteer during your hospital stay.



The Grateful Patient Program is a thoughtful way to recognise the excellent care you or your loved one received at the Prince of Wales Hospital.

## DONATE NOW

Your donation will help the Prince of Wales Hospital Foundation help you & other patients.

# Foundations Calendar

3<sup>rd</sup> June

## Cupcakes 4 Care!

Our new Cupcake Stall has arrived!

9am till sold out

High Street, Randwick

First Friday of every month

So come on down and enjoy a delicious cupcake while giving to the Foundation



10<sup>th</sup> June

## Mexican Wrap Day

Where spicing it up with some NEW delicious healthy Mexican wraps

11am-3pm

High Street Main Entrance of the POWH

Drinks and sweets will also be served

Enjoy a wrap and support your Foundation!



17<sup>th</sup> June

## Market Day

Take a look at our NEW STALLS & the stalls that have been with us for years.

So come on down all you shop-a-holics willing to brave the elements for a good bargain

Barker Street Entrance

Every 3<sup>rd</sup> Friday of the month

7.00am- 2.30pm

23<sup>rd</sup> June

## Your Health Your Hospital

The Foundation and Rotary of Botany Bay invite you to the third presentation of the series.

**Where:** POWH Edmund Blacket Functions Room (access via Avoca St)

**When:** 5:30pm for 6:00pm Start

Dr Rob Turner will be speaking about the Hyperbaric Unit. Please pass this on to all your friends and family.



Light refreshments will be served

Please make a booking by calling Tanya on 9382 4263

## Communication & Leadership Career Advancement



## Toastmasters

### Skills Development

Effective Listening, Thinking on your feet, Speaking Confidently, Defusing conflicts

### Boost your self-confidence

Learn the skills of a dynamic leader

### Positive image

Learn how you should always appear when Speaking in Public

### Look & Sound Professional

Learn the correct procedures to use when you are speaking in public which makes you look and sound professional.

## SHORT COURSE

June 2011

## Toastmasters

Preparing you for tomorrow's opportunities today

Toastmasters for all Hospital staff on campus

Duration: 4 Thursdays 2, 9, 16 & 23 June, 5:30 to 7:30pm

For Information & registration contact:

(0410) 540 914; [helentg@tpg.com.au](mailto:helentg@tpg.com.au)

93143654; [dwhlam@ihug.com.au](mailto:dwhlam@ihug.com.au)

Regular meetings 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month, 5 – 6:30pm Randwick Hospitals Campus TBA

June

## POWHF BBQ Day

Where sizzling it up with a lip smacking barbeque day

High Street, Randwick 11am-3pm

So come on down and enjoy a tasty sausage sizzle or hamburger or fillet steak sandwich