

Market Day at POWH

The POWH Foundation held its first monthly Market Day on Friday, March 17.



The markets were held at the **Barker St entrance** of the hospital.

The day was welcomed by all staff who attended many remembering when POWH used to have a market day.

We hope that all staff, patients and families enjoyed the day.

The next Market Day is planned for **Friday 21st April, 7.00 am – 3pm**. And for the third Friday of each month weather permitting

Once again there will be 20 stalls selling goods such as organic food, Arts & Crafts, Ladies Clothing, Home wares, Jewellery, Chinese massages and Turkish Pastry.

Relax and take a stroll through the markets!

Emergency Department Ultrasound Appeal

The POWH Foundation is pleased to announce that \$22,000 was raised towards buying the Emergency Department Ultrasound Machine.

Thank you to Randwick City Council who made the appeal possible through the Rates Notices in 2005 and thank you to everyone who donated to this appeal.

Thank you for your support!

From the Chairman

On behalf of the Board of Directors I would like to wish you all a happy and safe Easter.

We would like to thank the Randwick City Council for enabling the POWH Foundation for supporting another appeal letter with the 44,000 June 2006 rate notices.

The board of directors

Reg Inglis (M.D William Inglis & son)

Warwick Waugh (M.D Girvan Waugh construction)

John Dwyer (Emeritus professor UNSW)

George Jepson

(Ex Dir POWH)

George Kemp (M.D George Kemp & Associates)

Mark Moran (Dir. Operations. Moran healthcare)

Robert Hohnen (Director Accenture Australia)

Ioannis Raptakis (Consul General Greece)

Regards

Tom O'Callaghan

Chairman (Gilbert & Tobin lawyers)

Entertainment Books

The **Entertainment Books** for **2006-07** have arrived!

The Entertainment Books have over \$10,000 worth of discounts for restaurants and shops all over Sydney as well as discounts on overseas travel and resorts.

The Entertainment Books are available at for **\$60** from the POWH Foundation Office, **Level 2, High St Entrance**, POWH. Please contact Sara at the Foundation Office to purchase a book.

Ph: 9382 4263

Entertainment Books feature the best in dining, hotel accommodation, theatres, sports and much more....all with 25% to 50% off or two for one offers. Purchase your Entertainment. Valid until June 2007!

At the same time you will be helping our fundraising efforts for POWH Foundation.

Botany Bay Rotary Lunch at POWH



Lulu (POWH Foundation), Rotary Member Fairy Sparkle at the lunch.

Patients, staff and Rotary members mingle at the lunch.

Botany Bay Rotary Club held one of their weekly meetings in the **Spinal Unit** of the hospital by hosting a lunch for 30 staff, patients and relatives. BBR presented the S. Rehab unit with a second TV, a DVD player, X-Box and video games. A proposal was put to **Botany Bay Rotary Club** to be part of the collaboration of the Prince of Wales Hospital Occupational Therapy Dept, Diversity Health, Spinal Unit staff and patients, UNSW Faculty of Architecture and the TAFE Horticultural Department to develop a **working garden** in the **spinal unit**.

The **President** of the BBR Club, **Mr Mark Daniels**, has now taken the proposal to other Rotary Clubs in the area hoping to organise a joint venture to raise the \$30,000 required to establish the garden and the ongoing costs to maintain it for the next 5 years.

The **POWH Foundation** will receive the donations and has built up a relationship with the BBR group to support the Spinal Unit.

Zoe Naylor visits Country patients at POWH



Country Patient June Gambrill and June Porta (whose husband had open heart surgery) enjoying a visit from McLeod's Daughters Actress Zoe Naylor

Actress Zoe Naylor from the **Number 1** show on TV, **Channel's Nine's McLeod's Daughters** recently paid a visit to some of POWH **country cardiac patients** and their families.

Zoe spent the afternoon touring the Cardiac Unit, chatting with patients and their families whilst getting to know the staff. Thirty percent of our cardiac patients are from the country.

June Gambrill (above) is a cardiac patient who was flown from Coffs Harbour Hospital to POWH with chronic chest pains, where she underwent a number of tests. Thankfully, June has now recovered from her ordeal and has returned home to Woolgoolga to be with her family.

Zoe thoroughly enjoyed her afternoon at POWH and she wishes to maintain a relationship with the hospital and the POWH Foundation. Zoe will be supporting the Foundation in its fundraising efforts when she hosts our Cocktail evening at Cherrijam Nightclub in Double Bay on Wednesday 24th May

Thank you to Zoe for the wonderful smiles she brought to some of the country patients here at POWH and the Foundation looks forward to an ongoing relationship with Zoe.

Francis Drake Bowling Club & Mascot RSL support POWHF



The **Francis Drake Men's Bowling Club** in partnership with **Mascot RSL** held the **2nd annual Dragons V Rabbitohs Charity Shield Day: 3 Bowls Triple**. The Clubs raised \$1500 for POWH **Medical Oncology Research** – a wonderful contribution to the unit.

Thank you to The Francis Drake Bowling club and to Mascot RSL for their generosity!

Malabar Swim supports the Renal Unit



Prof Charlesworth thanks Paul Russell (Malabar RSL, Secretary Mgr) for his support of the Renal Unit through the Malabar Open Water Swim Classic

On **Sunday, 19th March** the **Malabar RSL** held the annual **Malabar Open Water Swim Classic** at **Malabar Beach**. The money raised at the event will support the work of the Renal Unit here at POW Hospital. It was a beautiful day for the event and was enjoyed by all who attended.

The Renal Unit thanks Malabar RSL for their ongoing support.

Heart Link

HeartLink is a POWH and **community health program** where nurses attend to patients with heart failure **in their homes**. The program was established in 2001, with **James McVeigh and Elizabeth Coote** providing the specialist nursing care in collaboration with the cardiac unit, GP's and community health staff. Contact James on 0421057340

On April 5 a morning tea was held to thank **Kerry Crampton** for his generous donation to the HeartLink program in memory of

his wife Yvonne. Yvonne had been a patient of the POWH for 18 years and lately under the care of Dr **Roger Allan** for her heart disease. In the last years of her life Yvonne benefited from the HeartLink program which assisted her in staying at home with her family, whilst still receiving the best in medical care. The morning tea was a lovely way to celebrate and recognize the wonderful relationship that exists between the health care team, patients and their families and to thank Kerry and his sons for their generosity.



From left: Kerry Crampton and his two sons Grant and John with the Cardiac Unit and Heart Link teams.

Events Calendar 2006

A cocktail evening at **Cherri Jam Nightclub and Restaurant** at Double Bay on **Wednesday 24th May 6.30pm-10pm**. This event is to be hosted by **actor Zoe Naylor**, from Channel Nine's **Mcleods Daughters**, and with special guest performer **Mahalia Barnes**. Excellent prizes available from **Dinosaur Designs, Cerrone Jewellery, Harvey Norman and Mirvac Hotels**.

Ride For Life is on again this in August, helping to raise money for the **Oncology Unit** at POWH. Please see the POWH website

The **Prince of Wales Hospital Foundation** will be hosting the May 18 **International Nurses Day** breakfast. Special guest speaker will be Ex Wallaby player and Foundation Board Director Warwick Waugh. **Bakers delight** in Coogee will be there to serve their treats to the night duty nurses

The **POWH Foundation** can also offer hospital employees a 30% discount for **Sydney Skywalk**. Skywalk is Australia's highest outdoor adventure and offers breathtaking views of Sydney.

For this discount follow the link below and you will find a voucher with **30% off ticket prices**.



PRINCE OF WALES
HOSPITAL FOUNDATION

http://www.skywalk.com.au/Social_Club_offer.pdf

To book, call **Skywalks Ticket Hotline** (9333 9200) and **quote the code** on the voucher.

Contact Us:

If any one would like to get involved in the Foundations events in 2006 please contact us.

We are finally live, please look at our website. If you have any ideas please let us know.

<http://www.powhfoundation.org.au>

Ph 93824263 Fax 93824244

sara.quinn@sesiahs.health.nsw.gov.au

Leanne.Zalapa@sesiahs.health.nsw.gov.au