

CONTACT US

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ROOSTER IN THE PEN

The POWH Foundation would like to thank Anthony Minichiello from the Sydney Roosters for visiting Nicole Crawford in the spinal ward.

Nicole and her family are die-hard Roosters fans and loved the opportunity to chat with him.

With the help of Anthony we will also hopefully be able to organise a visit to the sheds after a game when Nicole is feeling up to it.



Upcoming Events

IND Breakfast - Friday 15th May

Market Day - Friday 22nd May

New Idea Knit Attempt - Monday 15th Jun

Dry July Launch - Tuesday 30th Jun

Trivia Night - Saturday 25th Jul

Ride For Life Lunch - Friday 7th Aug

Ride For Life - Friday 23rd Aug

THE DREAMS WON'T END



Prince of Wales Hospital Foundation is mourning the sad passing of Annie Robinson, the founder of Dreams2Live4, a charity developed to realise the dreams for patients suffering metastatic cancer. Known for her energy drive, Annie has made an outstanding contribution to the community.

The Dreams2Live4 charity will continue to fulfil the dreams of terminally ill patients as per Annie's wishes.

Leanne and the board would like to offer their condolences to those who knew and loved Annie, particularly her family, husband Mark and son Bill Robinson.

Please contact the foundation office to learn more about how you can help or visit the website www.dreams2live4.com

KNITTING A NEW IDEA

New Idea and Spotlight are attempting to set a world record for knitting, all in the name of Breast Cancer care at the POW Hospital.

On **June 15** at Martin place, New Idea are encouraging people to get together and knit items to be donated to Breast Cancer patients being treated at our hospital.

They are also donating \$5000 to go towards our new Cancer Centre.

If you would like to be part of the world record knitting attempt, please visit www.newidea.com.au and click on the links or contact the Foundation.

MARKET DAY 2009

As always the POW Hospital markets offer everything from kitchenware to handbags and more.

So whether you're after fashion, food or footwear, our market is a great excuse to get outside for some fresh air and unique shopping.

Held at the Barker Street entrance from 7:30am to 2pm, our markets run on the 3rd Friday of every month.

2009 DATES:

- 22nd May
- 19th June
- 17th July
- 21st August
- 18th September
- 16th October
- 20th November

NEW STALLS

- Ugg Boots and leather shoes
- Mini Dutch Pancakes
- Affirmation
- T-shirts



NIGHT DUTY NURSE BREAKFAST

In celebration of International Nurses Day, the POWH Foundation is hosting a breakfast on Friday the 15th of May, for the hard working and often unseen night duty nurses.



This year our special guests are Underbelly star, Roy Billing, Sandi Chick, representative for Peter Garrett MP, Paul Pearce MP and our Foundation board members Tom O'Callaghan and Tina Clark.

With lucky door prizes, special gifts for guests and breaky provided by Buzy's Bakehouse and Robert's Coffee Cart, it will certainly be an enjoyable morning!

Be sure to join us on

When: Friday the 15th of May, from 7am

Where: The EBB Functions Room



Dry July is an entertaining fundraising concept that challenges people to go a month without drinking alcohol to help cancer patients.

After the launch last year, over 1000 DJs (Dry.July.ers) helped to raise an astounding **\$257,283**, with Adam Spencer, ABC radio presenter and Dry July Ambassador, raising over \$22,000 alone.

After such a huge success, Dry July is re-launching for 2009 and this year it's National! All funds raised in NSW will be donated to the Prince of Wales Hospital Foundation and Dreams2Live4 Charity.

This year, we are encouraging competition between organisations and would love the departments of POW Hospital to challenge each other.

So to get on board and become a DJ, visit www.dryjuly.com.au

For more information on how to have a Dry July please contact the Foundation office on (02) 9382 4263

FOUNDATION LIBRARY

Are your shelves at home filled with dusty old books you won't read again?

We would love you to bring them in for visitors, patients and staff to purchase for a gold coin.

Deliver to the Foundation Office, Shop 8, Barker St Foyer POWH (Across from the Pharmacy)

Thank you!



NEW MONITORS & TVS

With the support of the community we are providing new cardiac monitors for the Coronary Care unit to the value of \$130,000.

We are also providing new televisions above all Haemodialysis beds to the value of \$27,000.



RUN OR WALK FOR THE POW HOSPITAL

It's on again and coming up to it's 40th Anniversary, Sydney's much loved fun-run the City 2 Surf! Last year more than **65,000** runners took part and is one of the few sporting events whole families can take part in.

Year after year this event has been a great way raise funds for the POW hospital and there are a number of ways you can get involved.

If you are a keen runner you can join Fabian Heaton's 'Hip Hip Hoorays' who are this year raising funds for the Orthopedics Department. Not to be taken lightly, this team of fitness focussed individuals train weekly, so if you're interested contact Fabian at fabian.heaton@sesiahs.health.nsw.gov.au

If you want to set up your own team to raise funds for the hospital, you can contact us at the POW Foundation, or visit www.city2surf.sunherald.com.au where you'll find all the answers.

Finally if you're not the running type but still want to be involved, you can sponsor our POW Hospital teams at the City 2 Surf Official sponsor website run by Everyday Hero. Visit www.city2surf.sunherald.com.au for more details.

Entries open: Sunday May 24 (Fundraisers can build pages now)

Race Date: Sunday August 9

TRIVIA NIGHT – SATURDAY 25th JULY SUPPORTING THE SPINAL WARD

If you fancy yourself a bit of a trivia wiz or just in it for a laugh, come and exercise your brain to raise funds for the Spinal Ward.

With great prizes to be won, bring your family and friends to join in the experience. Drinks can be purchased from the bar and you can bring along your own food.

The event will be held from **6pm to 6:30pm** at the Kensington Bowling Club, Corner of Doncaster Ave and Barker St Kingsford. **\$20 per head with tables of 8-10**. RSVP by July 17th to Michelle Godfrey Roberts on 0414 399 961 or email Michelle.roberts@panalpina.com



UNCLAIMED LOTTERY PRIZES

Our office is currently piled high with boxes of unclaimed prizes from last year's home lottery. We are reselling items at a discounted price!

Come and purchase a:

- \$70 Breville HealthSmart Grill and Sandwich Press \$70
- \$50 LG Mini Home Theatre
- \$100 Canon Power Shot A470 7.1 MP Camera
- \$130 Echologic 7" Digital Picture Frame

All available for pick up from the POWH Foundation office.

CREATING AWARENESS

Keep an eye out for the new POW Foundation TV commercial which will soon be showing on the in-house Hospital TV and free to air.

We are hoping to raise awareness of the foundation and encourage donations.

RIDE FOR LIFE 2009

For the 6th year in a row, the POWH Foundation is running Ride for Life on the **23rd of August**. This year we have organised a Corporate Cup, where teams of POW Hospital staff can compete against each other.

So if you are a keen cyclist or a keen supporter, this is a fantastic opportunity to raise money for the **Oncology Department** at POW Hospital. Each year cancer survivors, past Olympic champions, corporate groups, professional cyclists, and the general public take up the challenge, cycling to raise funds for cancer research.

It's a fun day for people of all ages, whether you choose to compete, cheer on the cyclists, join in the Family Fun Cycle, or just enjoy the atmosphere. There are also activities for children, such as entertainment, face painting and jumping castles.

If you are interested in competing, holding a stall, or donating prizes for our silent Auction and raffle, contact the POWH Foundation office on 9382 4263, or visit www.rideforlife.org.au



RIDE FOR LIFE CORPORATE LUNCH

Prior to the Ride for Life race, a Corporate Lunch will be held on the **7th of August** to raise funds for Ride for Life. This year, the lunch is in honour of the late Andrew Polivis, an avid supporter of the event.

The lunch will be held at the Stranger Dining Room at Parliament House in Sydney's CBD.

This year it is hosted by the State Minister for Gaming and Racing, Mr XX Green and the MC will be Ron Hadley (guest speaker to be announced)

Tickets are \$100 including a 3 course lunch

To purchase tickets please contact the POWH Foundation office or call organiser Phil Bates on 9570 5556 or email pbates@cycleclassic.com.au



COMINGS & GOINGS

The POWH Foundation was sad to say goodbye to the much-loved Sara Quinn. She has run off to Fiji for an adventure.

Sara had worked for the Foundation for three years as Lulu's 'right hand gal'.

We now welcome Anne-Marie Curry, who just had a baby boy, and Sarah Glaves in her place. Be sure to pop in and say hello.



ENTERTAINMENT BOOKS 2009

It is time to purchase the 2009/2010 edition! For only \$65, you will receive 25 - 50% discounts or two-for-one offers on dinners, hotel accommodations, cinemas, theatres and sporting events, worth \$15,000. Visit www.entertainmentbooks.com.au



We are selling books for three areas including Sydney, North Sydney and Parramatta. So come and get yours from our office today.

MAYDAY APPEAL

We are currently in the midst of our MayDay Appeal.

Here at the POWH Foundation we do our best to assist the hospital with much needed funds to look after the mums, dads, grandmas, grandpas, aunties and uncles in hospital care. But the foundation needs your help!

Don't be afraid to talk to your patients about the work we do here at the Foundation. You will be surprised how many patients want to give back to the hospital that gives to them.

You are the ones who can make this appeal successful, the assistance of all the staff is needed to ensure our community knows how to show their support.

If you find your patient would like to make a donation, please give us a call at the POWH Foundation office on 9382 4263 so we can come and visit your ward.

Please don't hesitate to call us for any assistance.



Please send your donation to: POWH Foundation, Locked Bag 9003, Maroubra, NSW, 2035

Title: _____ Given name: _____ Family name: _____

Address: _____ Suburb/Town: _____ Postcode: _____

Email: _____ Phone: _____ Fax: _____

I/we pledge: \$ _____ Payment made by: Cash / Cheque* / Mastercard / Visa

Cardholder's Name: _____ Expiry Date: _____

C/C Number: _____ / _____ / _____ Signature: _____

* Make cheques payable to The Prince of Wales Hospital Foundation. (All donations over \$2 are tax deductible)