



Bear Facts



Princess Margaret Hospital Foundation Newsletter Spring 2007

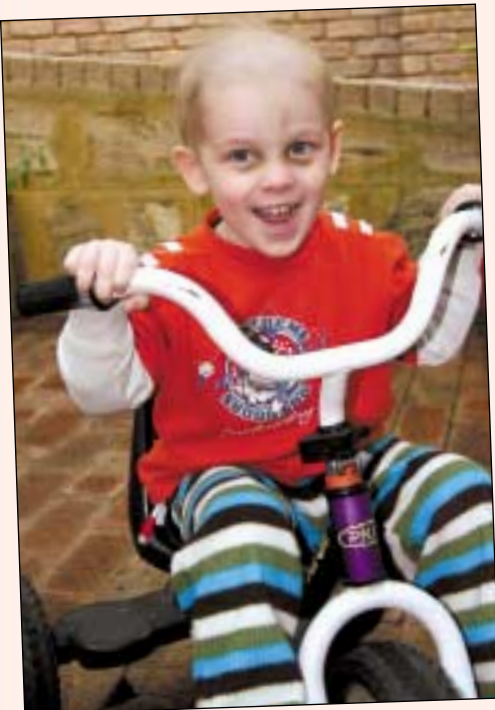
KIDS HAVE THEIR SAY...

Princess Margaret Hospital is a 250-bed, internationally recognised paediatric facility that treats around 300,000 children and teenagers every year (as inpatients and outpatients) for a range of illnesses and injuries. With so many patients spending hours, weeks and sometimes months in hospital, we thought it was time to hear directly from them. So today we'd like you to meet Dawn and Josh....

Hi, my name is Josh and I am three-years-old.

I am in hospital because...there is yucky cancer in my body and the chemo makes it go away. I have to stay there a lot but that's okay because it doesn't hurt now.

The best thing about being in hospital is...talking to my Mummy and the nurses - they give me stickers. I see lots of visitors and they bring me presents and play with me lots.



The worst thing about being in hospital is...

I don't like operations and injections. They hurt me and make me scared. It scares me when I have operations because there are lots of scary doctors and Mummy is not there when I am asleep but she is when I get woken up.

My favourite thing to do is...playing, drawing with the pencils and gluing. Playing with the Dora the Explorer Dolls House - it talks to you and I like it very much. I really like playing "Michael Kart" (Josh's name for Nitro Kart!) and I am really good at it.

My favourite person is...my Mummy and sometimes I like the nurses. I don't like them doing finger pricks, it hurts my feelings.

If I could have one wish it would be...a big Thomas the Tank set. Maybe Anika could get one for her birthday (Anika is Josh's two-year-old sister). I like Thomas and I want to go to the zoo again and ride in the cart.

Hi, my name is Dawn and I am 10-years-old.

I am in hospital because...I was getting spray-on skin on my leg where it was burned.

The best thing about being in hospital is...the big TV in the burns bathroom that I get to watch Nickelodeon on.

The worst thing about being in hospital is...I don't get to see my friends or go to school. I miss my friends.


My favourite thing to do is...Irish Dancing. I've been doing it for more than a year and I love the costumes I get to wear. You have to keep your hands by your side when you dance.

My favourite person is...my Mum because she looks after me the most.

If I could have one wish it would be...to get better at dancing.



Princess Margaret Hospital Foundation is the Hospital's biggest fundraising group providing more than \$2 million annually for equipment, capital works, scholarships, education and expertise. If you would like to make a donation to help us continue this vital work for children, please fill out the donation form on the back page or visit www.pmhfoundation.com

 You can donate online today!
www.pmhfoundation.com



John Hughes Register online NOW for the **BIG WALK!**
Sunday 21 October, 2007
www.bigwalk.com.au



PRINCESS MARGARET HOSPITAL FOUNDATION

Distraction is the key

Dr Fiona Wood officially launched a new pain management project at Princess Margaret Hospital recently with the newly upgraded Burns Bathroom in the Burns Ward.

Children in the special burns unit will be the first to benefit from the pain management strategy which will see children engage in distraction therapy.

The bathroom has been updated to incorporate many distractions for children which aim to make their experience more bearable during painful procedures.

PMH pain service clinical nurse consultant Vicki Corkish said the distractions would help control the children's anxiety associated with painful treatments.

"As the children have no choice about the

treatment they need, having an element of choice in terms of the distraction will help them calm down," she said.

Formerly resembling a dull residential type bathroom, the new bathroom has had many visual entertainment methods installed.

Some features include an overhead projector, which plays animated stories and pictures, fibre optics, a flat screen LCD TV and sound system, and a bright yellow decorated bathtub which has been named the 'Yellow Submarine'.

Funded by the PMH Foundation, the Burns Bathroom is the first of 20 areas to be upgraded with distraction strategies at PMH. The Foundation, through community and corporate donations, has committed \$360,000 to fund the hospital-wide project.



Susan Doolan, hospital play co-ordinator, with three-year-old Charissa in the 'Yellow Submarine'.

CelebriArt raises over \$80,000

CelebriArt 2007, which saw paintings by over 35 personalities and celebrities auctioned at the Hyatt Regency Perth, has raised over \$80,000 for the PMH Foundation.

Celebrities who took part included Danny Green, Chris Connolly, Dennis Lillee, Hamish and Andy, Terry Vo and Lord Mayor Dr Peter Natrass.

The highest three bids of the night were all made for paintings by West Coast Eagles contributors. David Wirrpanda's masterpiece sold for \$5,200; Dean Cox's painting for \$4,100 and John Worsfold's for \$3,800.

Some of the celebrities enlisted the help of a professional artist or mentor to give them a helping hand, while others like Fremantle Dockers CEO Cameron Schwab and Perth Wildcats captain Paul Rogers decided to go it alone. Local artists who donated their time for the event were Christine Hingston, Sally Smith, David Giles, Rob Forlani, Nick Carras, Ash von Castel and Di Taylor.

PMH Foundation CEO Vern Reid said he was amazed at how much artistic talent was displayed by the celebrities.

"The standard of the artwork was fantastic and far exceeded what we expected. Bidders got some very original one-off pieces and helped the children at Princess Margaret Hospital at the same time," he said.

Money raised on the night will help fund an ultrasound machine for the Anaesthesia and Pain Management Department, valued at \$75,000.

Head of Department Dr Neil Chambers said: "The machine will enable anaesthetists to perform nerve blocks, an emerging technology that is becoming a gold standard technique worldwide."

Children undergoing painful procedures or surgery will benefit most from the new procedure.



The successful bidder of David Wirrpanda's masterpiece, Chris Spatcher, shows it to eleven-year-old James who is receiving treatment for a brain tumour at PMH.

Bunnings lends a green thumb to PMH

The Oncology Ward at PMH has a new, bright and colourful water wise garden thanks to the team from Bunnings Warehouses across Perth.

The team, led by Bunnings Warehouse Midland activity organiser Sara Glassby, donated plants, products and time to create a haven for families and their children to relax in whilst at hospital.

Sara said the Bunnings team is always eager to support PMH and the incredible work they do for the sick children of Western Australia.

"We are really happy with the way the garden turned out and had a lot of fun creating it. We hope that it will provide a nice place for families and children to rest, away from the stresses of hospital," she said.

Dr Sinead Doherty, Co-ordinator Business Relationships for the PMH Foundation, said she was extremely grateful for the efforts of the team from Bunnings.

"The garden looks so cheerful and bright, it will provide a wonderful distraction for the children," she said.



PMH patients (from left) Josh, Sarah and Nicole lend a helping hand to the Bunnings team.

Two decades of caring

PMH would not be the world class hospital it is today without the dedication and commitment of the hundreds of staff who care for WA kids. We would like to introduce you to just one of these special people today.

Darshini Perera

Community Liaison Nurse
Psychological Medicine, Ward 4H

How long have you worked at PMH?

Since October 1988, coming up to 19 years.

What does a typical day at work involve?

Having worked on day, afternoon and night shifts, I can truly say that each shift is different and varied. In my current role as the community nurse for Ward 4H, my usual day starts at 7:30am when I begin with a home visit to assist children with chronic school refusal back into the school setting. Then I meet with a multi-disciplinary team to assess children who present in crisis, to determine their psychiatric status, care options and identify treatment needs. The bulk of my work is with the primary carers of the young person, working with them and through agencies and carers.

What are the biggest challenges you face?

Children who have had to be removed from their families because of neglect or abuse often show evidence of abnormal psychological development. Especially the more serious behavioural problems of self inflicted injury and suicidality. In 30 years of psychiatric nursing the most challenging aspect has been to meet the needs of these children - to have love and security, and to help them rebuild their shattered self-esteem.

What do you love the most about your job?

Being part of the very caring, enthusiastic and dedicated team of professionals that work in Acute Services at Psychological Medicine, and the morning tea 'treats' at the Wednesday morning ward rounds!

What have been your most memorable moments at PMH?

To have been part of the growth of Psychological Medicine at PMH, from three cubicles at the back of ward 8A to what it is today, a speciality unit housing Acute Services, Eating Disorders Programme, Consultation Liaison Team and outpatient treatment facilities.



What's the biggest lesson you have learned about children during your time at the hospital?

The art of raising emotionally healthy children as a parent and the ingredients necessary for the recipe, including valuing obedience and respect, acceptance as individuals, warmth, love and care.

LOOK WHAT'S COMING UP SOON!



The 2007 PMH Foundation Bear By Night Ball will see Rio Carnival hit Perth, and it will all happen on Saturday 24 November.

Celebrate with the beat of the samba, vibrant colour, dancing, singing, passion and energy. The night will also feature fabulous entertainment, a major auction and silent auction.

Since the Ball started in 1995 more than \$1 million has been raised for PMH. In this time proceeds have helped fund vital projects including a mobile diabetes educator, a ventilator for the Intensive Care Unit, state-of-the-art heart monitoring equipment and the Children's Rehabilitation Centre.

Tickets sell fast so book yours now by emailing olivia.chester@pmhfoundation.com or phone 9489 1100.



It's time to get in training and sign up for the annual John Hughes' Big Walk on Sunday 21 October. Last year over 5,000 people took up the challenge and we're hoping to beat that number this year.

The walk encourages people of all ages and abilities to come together and enjoy the sights and sounds of Perth on an 18km walk from the Perth Esplanade to Fremantle Esplanade. Walkers can also choose to take a shorter 10km walk from Claremont Council Park.

All walkers will go in the draw to win a new John Hughes' Hyundai Getz valued at \$15,285, plus they'll also receive a \$20 Sports Fever footwear voucher.

Proceeds will help fund vital cancer services at PMH.

Register today by visiting www.bigwalk.com.au or phone PMH Foundation on 9489 1100.

STITCHES' SNAPSHOTS



Kailis chips in

Victor, Janice and George V Kailis, from the Kailis Fish Market Café Fremantle, present PMH's Annette O'Mahoney (left) and Kevin Cropper (centre) with a \$10,000 cheque to fund a new nursing scholarship. The recipient of the scholarship will be able to use the funds to conduct research at PMH.



High five

Cliff Reeve from regional radio station RadioWest presents Lesley Hooper from PMH Foundation with a cheque for \$30,700. The money was raised from the station's annual month-long 'Give Me 5 For Kids' charity event in the SouthWest, Esperance, Goldfields and Wheatbelt regions.



Training wheels

James Clark-Smith and his band of super-strong volunteers with the RAC car they carried into the new Children's Rehabilitation Centre. The car will be used to teach patients in wheelchairs how to get in and out of vehicles safely. The donation was also made possible by City Spray Painters of Malaga, AutoCare and Perth Stripes.



Colourful thank you

Nedlands artist and retired paediatrician David Weerasooriya brings some colour to the dining area of the psychological medicine unit at PMH with his larger-than-life train mural. Mr Weerasooriya donated his time and imagination to thank PMH for looking after his grandson.



Cirque De Quiz

Tricia Kao and Sarah Ong present a cheque for \$3,000 to PMH Foundation. The money was raised from New Life City Church's Cirque De Quiz Night at Claremont Yacht Club. As well as helping PMH, the event raised awareness of young working adults within the community.



Stitches on Sunrise

Stitches gets a big hug from Sunrise weather presenter Monique Wright who broadcast live from the Hospital's Megazone for the Channel 7 breakfast programme. Monique also caught up with former patient Terry Vo, volunteers and patients.

Bears hit the streets



Stitches gives out free bear hugs on Wear A Bear Day.

Thousands of pink and blue Stitches bears hit the streets of Perth in May for PMH Foundation's annual community appeal Wear a Bear Day, which raised in excess of \$80,000 and counting.

Proceeds from the Appeal will help fund screening and diagnostic equipment for the Audiology Department. The equipment will detect hearing loss in newborn babies and infants, helping them avoid many of the social and developmental problems that can be associated with deafness.

Quiz lovers help PMH

The Big Quiz for PMH Foundation and the Rotary Club of Western Endeavour saw 1,100 participants head to the Perth Convention Exhibition Centre on June 20 to answer some tough questions! Hosted by Network Ten's Tim Gossage, contestants keyed in their answers electronically and the results were posted immediately on giant screens around the room.

Quiz lovers, the general public and corporate teams all took part. However, the winners on the night were *Rising Fast*, a team that included retired school teachers and an ex-Australian Bureau of Statistics employee - all good training for the curly questions put to them throughout the night!



The happy team of Rising Fast who finished on top of the leader board.



Fresh Future is back

Woolworths supermarkets across WA are once again taking part in the Fresh Future Children's Hospital Appeal, with staff working together to raise hundreds of thousands of dollars for the kids at PMH.

Proceeds from this year's fundraising will be used to offer a paediatric palliative care service for children with life limiting conditions.

Anne Bourke, Executive Director of Nursing and Patient Support Services at PMH, said the new service aims to provide important support to families during very difficult times.

"The service will provide support to families during the acute stage of their child's illness, and will facilitate the best options for the family and the child in the final stages of the child's life," she said.

You can help support the Fresh Future Children's Hospital Appeal by purchasing PMH Foundation merchandise at Woolworths until the end of September. Look for the displays in-store featuring first-aid kits, note books, colouring pens and bandages.



The Perth Firefighters Calendar 2008

The Perth Firefighters Calendar 2008 Launch will be held at the Leederville Hotel on October 5, 2007 at 7.00pm.

Part proceeds to the Burns Unit at Princess Margaret Hospital.

Tickets are \$20 (including a FREE Firefighters Calendar on the night) and are available from PMH Foundation reception during office hours.

THANK YOU

The following organisations have donated more than \$500 since the last edition of Bear Facts

21st Century Academy	Chevron Australia Pty Ltd	Granny Smith Mines	Lorraine William Settlement	Performance Power Boats	Toll Group
3B Queimby Fund - Ward 3B	City of Joondalup	- Barrick Halliburton	Services	R C R Tomlinson Ltd	Tony Ale Fruit Market
ABit Consulting	Coca-Cola Amatil (Aust) Pty Ltd	Home Building Society	Luan and Yoong Foundation	Radio West	Tony's Auto Wreckers
Albany Credit Collections	Combined Gardens	IBM ADL DD	Mackie Hay	Reidoz Engineering Pty Ltd	Transfield Services
Amcor Beverage Cans	Commercial Sewing	Internations Bowling Club	MacRae Project Services	Retravisoin (WA) Ltd	United Way (WA)
Amcor Recycling WA	Count Charitable Foundation	Jarco Pty Ltd	Mal Atwell Leisure Group	Richard Noble Property	V & V Walsh (WA) Pty Ltd
Ammtec Ltd	Daly & Shaw Building Pty Ltd	JBP Pty Ltd	Mandurah Murray Mayday Club	Consultants	Variety Club of WA (Inc)
Anglogold Ashanti Australia	Darlot Gold Mine	Jo Jo Plastics	Marsh Pty Ltd	Ross North Homes	Vodafone Aust Foundation
AOOB - Kulin	- Barrick Gold Corp	JSP Trading as SJ Fresh Produce	McLeods Solicitors	Rossi Child Care Centre	W & M Ellis (2001) Pty Ltd
Apprenticeships Australia	Dempers & Seymour Pty Ltd	Jundee Operation	Mediterranean Shipping	Sankurtis Building Services	Wanneroo Volunteer Bushfire
Australasian Minerals &	Department of Enviroment &	- Newmont Mining	Company Pty Ltd	Security Transfer Registrars Pty Ltd	Brigade
Trading Pty Ltd	Conservation	Kailis Fish Market Café Fremantle	Merredin Ladies Darts Association	SGIO Insurance	Warramboe Holdings Pty Ltd
Australian Property Alliance	Direct Produce Distributors	Key Produce	Milano's Hair Lounge	Shellian Pty Ltd	Water Corporation
Barrow Island Ward 3B Fund	Dr R Weerasooriya Pty Ltd	Laminex Group	Milne Agrigroup	Sovereign Bridge Capital Group	West Coast Eagles
Benchmark Debtor Finance	EDU Consulting	Lawlers Gold Mine	Mr Fresh - Carine	Summit Composites Pty Ltd	Western Concrete Contractors
Beyond Events	Entertainment Publications	- Barrick Gold of Aust	Mt Barker Hospice	Sunlong Fresh Foods	Wickham OB's Social Club Inc
BHP Billiton	Ernst & Young	Legian Pty Ltd	Nadia Butcher Executive	Swan Taxis	Woodside Energy Ltd
BHP Iron Ore	Ezi Hose Pty Ltd	Lions Club - District 201 W1	New Life City Church	TABEC Pty Ltd	Woodworking Machinery
Blakers Pump Engineers	Farmer Jacks	Lions Club of Serpentine	Nine Network Australia	Templestar Holdings Pty Ltd	Services
Budget Forklifts	Fresh Provisions	- Jarrahdale Inc	NSC Corporate	Terxex Seismic	Woolworths Limited
CAF - Australia	Garreffa Holdings	Little Folk Inc	Oxiana Limited	The Fruit Basket	Yokine Chiropractic
CECCELE			Pennylane Nominees Pty Ltd	Thermelec	

The following individuals/families have donated more than \$500 since the last edition of Bear Facts

Delphine Anderson	Nigel Clarke	John Glover	R A & D L Lawrence	Peter Papanaoom	Kevin Singer	Geoff Blakers
Greg Barrett	Brendan Cocks	John Gwynne	Helen Leech	Harold Payne	Ajal Singh	& Jill Trantham
Patricia Batty	John & Rosalie Coward	E & E Haebig	C S Logan	Lindsay Peet	Kristine Smith	Peter Van Dyke
Richard Beal	Frank Crawley	Shane & Heather Holmes	W Longson	Jon Pound	I & P Squire	David Verryt
Don & Lucy Bodlovich	John Patrick Crawley	Leigh Hubner	Colin Martin	Terence Prindiville	David Stephens	Helen Walker
Nancy Borrello	Hugh Cunningham	R D Hughes	John McGillvray	Andrew Prout	Vera Stevens	Kevin & Pat Warner
Matthew & Svetlana Bowen	David Daniels	John Hurst	Ivor Metlitzky	David Quan	Naum Stojanovski	Jonathon Warren
Kim M Breidahl	Peter & Gwen Dawes	Susie Jackson	Wayne Miller	Alan Ramsay	Lil Tan	H Watkins
Cedric Broun	Cora Day	Leon Kennedy	Fiona Millett	Janet Reynolds	Tom & Trudy Te Rito	Betty Whincup
Elizabeth Bullard	Warren Evans	Christina Knox	Nick Muecke	Kevin Rice	Thistlethwaite Family	Simon & Stacey Wood
V Catalano	Jock Foo	Colin Knox	Alison Naylor	Lorna M Rose	Michael Tinley	- friends & family
Tracey Cawthorne	Sue Foulds	Salvatore La Macchia	Luke Nixon	David Shawcross	Lynda Tonkin	Steve & Marisa Zagami
Ann Chadwick	L A Gethin	Stephen Lauder	Anthony Packer	G Sherlock		

The following Estates and Trusts have been received since the last edition of Bear Facts

Trust of Elizabeth Ann Bothwell
Trust of Patrick Connolly

Estate of Mary Hamlett
Estate of Ronald James

Estate of Lilian Norton
Estate of Roy Watson

\$311,000 for WA's sick kids

Welcome, Ian



Thanks to your generous support, PMH Foundation provided the hospital with \$311,000 worth of grants in the second quarter of 2007, to help improve the lives of so many children. Here are just a few of the grants presented.

SCHOLARSHIPS & SPONSORSHIPS	\$45,430
CAPITAL WORKS	\$40,253
CONFERENCES & SEMINARS	\$26,651
RESEARCH GRANTS	\$25,000
MEDICAL EQUIPMENT	\$163,634
<i>Including:</i>	
Bod Pod (Gastroenterology)	\$85,835
Transport Incubator & Trolley (Neonatal Clinical Care Unit)	\$27,900
Portable Newborn Hearing Screener (Audiology)	\$16,000
Anaesthetic Gas Module (Anaesthetics)	\$15,000
Humidifiers (Technology Dependent Children)	\$11,366
Cardiac Monitor (Cardiology)	\$4,105

Left: A newborn baby is treated in the Neonatal Clinical Care Unit which has received nearly \$50,000 in funding from PMH Foundation this quarter.



Ian Liddell, previously CEO of Liddell Career Management, has joined PMH Foundation as development manager - major gifts. Ian will develop and maintain relationships with donors who wish to make a substantial contribution to Princess Margaret Hospital.

If you would like to discuss how to make a significant, lasting impact on the Hospital's vision of excellence in child and adolescent healthcare please email ian.liddell@pmhfoundation.com or phone 9489 1100.

HOW CAN I SUPPORT PMH FOUNDATION?

MAKE A DONATION See donation form below.

VOLUNTEER If you have any spare hours in your week, contact us to find out how you can help.

EVENTS Come along to our events and help us continue our vital work.

MERCHANDISE From Stitches Bears to wristbands, go shopping online to show your support!

WILLS & BEQUESTS You can save the lives of a new generation through your Will.

CORPORATE PROGRAMS Your company can help update vital hospital areas and equipment, fund crucial medical research or sponsor expertise.

COMMUNITY PROGRAMS Schools, sporting organisations and clubs play an important role in helping PMH Foundation.

For more information about supporting PMH please visit www.pmhfoundation.com

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Bear Facts is published by **Princess Margaret Hospital Foundation Inc.** EDITOR Rebecca Brown GRAPHICS Peter Roberts



YES, I WOULD LIKE TO DONATE TO THE KIDS AT PMH!

You can make your donation by:

- Visiting www.pmhfoundation.com
- Phoning (08) 9489 1100
- Faxing this completed form to (08) 9489 1199
- Mailing this completed form to:
PMH Foundation GPO Box D184, PERTH WA 6840

I would like to make a donation today of:

\$30 \$60 \$150 \$250 or \$

Please debit my

Card Number

Card Holder's Name

Signature Exp. Date

Phone ()

OR I enclose my cheque/money order (payable to PMH Foundation) *No staples please!*

OR I would like to make an ongoing credit card donation of \$

every: Month 3 Months 6 Months 12 Months

Please email me information about upcoming events to:

Donations over \$2 are tax deductible & a receipt will be issued. **Please send your donation today!** I would prefer not to receive any further information from PMH Foundation

Please pass this Bear Facts on to family & friends, and don't forget to visit our website at www.pmhfoundation.com