



Bear Facts



Princess Margaret Hospital Foundation Newsletter Summer 2007/08

In memory of Tessa

After the traumatic loss of their eldest child, Stacey and Simon Wood are giving back to the neurology ward and staff at Princess Margaret Hospital who cared for Tessa in the weeks before her sudden death.

Tessa's mum Stacey described her daughter as a caring, giving and loving child who had a special way with people. She said her daughter's warm and generous nature had inspired family and friends to help other children in the wake of her death.

Tragically in April this year Tessa's life was cut short at just five-years-old, three weeks after she was diagnosed with a benign, slow-growing brain tumour.

Stacey rushed her daughter to PMH after Tessa's sports teacher noticed she was struggling to throw a ball, revealing signs of paralysis. A CT scan showed a 'mass' and swelling in the brain. The morning Tessa was taken to PMH, the tumour had grown enough (by as little as a millimetre) to show these symptoms.

"Doctors told us the tumour had probably been there for years and maybe even since birth," Stacey said. "The neurologist said it was the biggest he had ever seen in a child that young."

After performing a craniotomy (an operation to open the skull) surgeons removed ten percent of the tumour, but couldn't remove more because of the risk that it may have blinded or disabled Tessa.

"We were told the survival rate was quite high, but that there may be complications later in life because of the tumour's proximity to the hypothalamus and pituitary glands," Simon said.

During her time at PMH Tessa's parents barely left her bedside. Stacey described the daily routine: "We both spent the days with Tessa but only one of us was allowed to stay at night, so we would alternate nights with our brave girl. Whoever had to leave would wait until she went to sleep and would return before she woke up."

In between travelling to and from hospital, Simon and Stacey would also spend a stolen hour each day with their two-and-a-half-year-old daughter, Josie, who was being cared for by grandparents. Stacey said Tessa and Josie were best friends and missed each other very much when they were apart. Stacey was also seven-and-a-half-months pregnant with their third child, Toby, at the time.

After two weeks at PMH, just as they were preparing to take their daughter home to wait and see what treatment she would need, Tessa developed a chest infection and her discharge

from hospital was delayed. But despite all the uncertainty, Stacey and Simon were hopeful for the future.

"Everything was going well. We took Tess to the park in the morning and all the family came in that day to visit her, which was unplanned. She was laughing and joking," Stacey said.

"I left at 5:30pm that night, feeling better that she had a fighting chance. At about 10.30pm Simon called to say that she had a headache and I should come in. I got out of the lift to find everyone running down the hall into Tessa's room. We then watched as she was ventilated."

Tessa's tumour had haemorrhaged. She spent two days on life-support in the intensive care unit. Her heart was beating but she was unable to breathe by herself and the pressure on her brain wasn't reducing.

Three weeks to the day that Tessa was admitted, her grandparents, aunties and uncles were called in to say their final goodbyes. After neurological tests showed no response Tessa's life support was turned off.

"We both laid down next to her before we had to let her go. We then unhooked all her tubes," Stacey said through tears. "We gave her our last emotional embrace, gave her a sponge bath and then dressed her."

Then they did the hardest thing a parent could ever do and said goodbye to their beloved daughter.



Tessa's parents Simon and Stacey Wood with five-month-old Toby and three-year-old Josie.



Five-year-old Tessa Wood tragically passed away in April this year after being diagnosed with a brain tumour just three weeks earlier.

Six months after that tragic day, Stacey and Simon's family, friends and colleagues have donated more than \$17,000 to the neurology ward at PMH in memory of Tessa.

The money was raised through donations made at her funeral and through various fundraising activities, and has been used to purchase a vital scanner for the neurology ward which will help children suffering from a range of illnesses.

Stacey also hopes to fundraise through the dance school that Tessa attended and loved, and use the proceeds to buy Christmas presents for children at PMH. To continue their amazing generosity, the Woods also plan to make an annual donation to brain tumour research with the money they would have spent on Tessa's birthday presents and parties.

It's all a way to honour their little girl and hopefully heal some of the wounds left by her passing.

"Heartache is not just a word now, it's a feeling. My heart is so heavy, but I know it's because Tess is here in my heart," Stacey said. "We're giving back in her honour so that nobody will ever forget her, even though deep down we know that nobody could possibly forget such a beautiful girl."

Like the family and friends of Tessa Wood, you too can support **Princess Margaret Hospital** by making a donation towards vital medical equipment and services. To help the seriously ill and injured children of Western Australia please fill out the donation form on the back page or visit www.pmhfoundation.com



PRINCESS MARGARET HOSPITAL
foundation

Bod Pod a first for children's hospitals

Patients at PMH who are suffering from conditions including obesity, diabetes, cystic fibrosis, chronic liver disease, chronic kidney disease, cerebral palsy and anorexia nervosa, can now have their body composition measured in just five minutes, thanks to the donation of a revolutionary machine called the Bod Pod.

The machine, which was funded by PMH Foundation through community donations, detects changes in body composition and provides feedback to monitor and track the progression of disease and the effectiveness of a patient's treatment.

According to Dr David Forbes, clinical academic in the gastroenterology department, PMH is the first children's hospital in Australia to have full time use of one of the machines which he said is quick, accurate, safe and can even be fun for patients.

"The Bod Pod is a modern and novel interpretation of an older, well established approach to measuring body composition," he said. "Instead of attempting to weigh people 'underwater', it weighs them in a special air tank and then senses the displaced air and estimates the proportion of body fat and non-fat tissue using computer calculations."

Dr Forbes added: "Kids having fun heal faster and better, so a repeated necessary procedure which has the distressing elements removed is very important to a child's hospital experience and recovery."

It is anticipated that between 60 and 100 PMH patients per year will have studies conducted using the Bod Pod.



Dr David Forbes with the revolutionary new Bod Pod machine.

Payday for PMH



Staff at Ernst & Young are working hard to ensure that children in WA and around the world benefit from cutting edge research at PMH.

The company and its employees have made a substantial contribution to the cranio-maxillo-facial unit which is currently investigating how best to surgically repair cleft lip and/or palate to accommodate facial growth as a child ages.

Mark Walters, the project's lead scientist, said he is delighted with the continued support from Ernst & Young. "In 2005, Ernst & Young funded a 3D scanner system, without which this research would not be possible," he said. "I am very grateful that the company are keen to build upon this with further funding."

The latest donation of \$50,000 will purchase a haptic device which mimics surgical tools, allowing doctors to perform virtual surgery on 3D computer-generated facial images before an operation is carried out.

"The ability to plan surgery in advance will lead to an improved surgical outcome," Mr Walters said. "A child's time in the operating theatre and inpatient time in hospital will also be reduced."

Dr Sinéad Doherty from PMH Foundation said Ernst & Young's donation has been raised through a combination of regular staff payroll contributions and company gift matching. She added that staff also volunteer in the hospital's Megazone play area.

"Large and small businesses alike can all be assured that small regular contributions from a proportion of employees can quickly accumulate into sums which will make a significant difference to children's health. Every cent really does help."

For further information on Payroll Giving Programs, please contact Dr Sinéad Doherty on 9489 1140 or e-mail sinead.doherty@pmhfoundation.com

Meet Angelique

...one of 300,000 patients that visit PMH each year.

Hi, my name is Angelique and I am six-years-old.

I am in hospital because... I have a broken arm (*Angelique suffers from a condition called Erb's Palsy which means she has damage to the nerves that supply her left arm*). I am having physio and we will build some castles and stuff, and play basketball.

The best thing about being in hospital is... Playing basketball because it's fun and I have to reach my arms up. My arm is a little bit floppy and basketball makes it not floppy.

The worst thing about being in hospital is... Having an operation because I had to have three needles. I didn't like that because they hurt.

My favourite thing to do is...

Play with my sister who is four because she's nice. We build big castles out of Leggo blocks together.

My favourite person is... Fergie (*the American singer*), because she looks like me and she is good at singing and dancing.

If I could have one wish it would be... To have an ice-cream maker. I would make rainbow flavoured ice-cream that is pink, blue, purple and white.



Three decades in theatre

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.

Celeste Sweeney

Clinical Nurse Manager
Operating Theatres & Hospital
Sterilisation Services Department

How long have you worked at PMH?

A total of 36 years, time to retire!

What does a typical day at work involve?

I am responsible for checking the elective lists and load in the emergency theatre, helping with the cases in our new procedure room, attending to equipment requests and recruitment work. Being available to the staff is also critical. It is quite amazing some days when I look back and ponder on all the different queries I have dealt with over the day - my office can be like the Hay Street Mall!

What are the biggest challenges you face?

Managing a department that is so busy means that there is never time to stop. I have to deal with the difficulties of moving equipment to various theatres, as well as the increasing amount of time spent on the recruitment of staff.

What do you love the most about your job?

The huge diversity that the operating theatres encompass and working with so many different committed groups of staff within the hospital. I especially enjoy the gentler moments of the day like a little chat with a patient or parent at the pre-op bay.

What has been your most memorable moment at PMH?

Out of so many moments one of the most memorable was when I presented at a World Conference in Canada. This put PMH on the map as we were one of the first hospitals to introduce parental presence in the anaesthetic room. These days one can't imagine parents not being able to go with their children to the induction room or post-op recovery room before and after surgery.



What's the biggest lesson you have learned about children during your time at the hospital? That all children have degrees of anxiety and if we can just take the time to say those few extra words of support or encouragement it can go a long way to making them feel safe. It's also good for the parents to know that we really do care.

Family ties to PMH bequest

In 1946, philanthropist Patrick Connolly left a lasting legacy to the children of WA by donating a third of his estate to PMH.

Today, the interest on his bequest, which has totalled almost \$250,000 since 2001, has contributed to major hospital projects including life-saving research and Stitches Megazone.

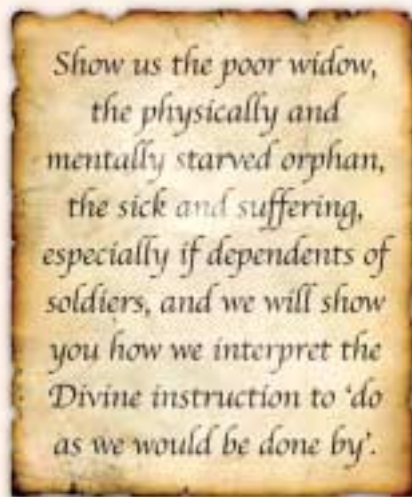
Mr Connolly's generous gift will now benefit the PMH theatre recovery ward where the Foundation plans to use \$15,000 of his donation to purchase new equipment. In a twist of fate, one of his own descendants, his great, great niece Jane Bennett, has trained and worked as a registered nurse on the ward for 20 years.

Patrick left his entire estate to charities and was involved with PMH from the beginning as a founding member of the hospital and the first patron of the Ugly Men's Voluntary Association (UMVA), a group formed in 1917 to assist those affected by World War I. After the war, the UMVA offered much needed support to PMH.

Patrick was also a successful hotelier, owner of a Melbourne Cup champion and philanthropist by nature. He relocated from the eastern states to the West during the gold rush and although he never had any children of his own, he arranged for Jane's grandmother and mother to move to Perth and paid for their schooling.

"It's an honour to know that a member of our family has contributed so generously to an organisation which I have been so closely involved in," Jane said. "Patrick's memory lives on in the continued research and funding of equipment his donation provides."

You too can support the critically ill children of WA by leaving a will or bequest. For more information phone Jeanette Shorto on 9489 1100 or email jeanette.shorto@pmhfoundation.com



The motto of the Ugly Men's Voluntary Association, of which Mr Connolly was a founding member.

Strides ahead

On Sunday October 21, over 3,000 people took to the streets for the John Hughes' Big Walk, raising over \$70,000 for PMH and the Rotary Club of Mosman Park.

This year, participants had the choice of an 18km walk from the Supreme Court Gardens in Perth, or a more leisurely 10km walk from Claremont Council Park.

Both groups ended up at the Fremantle Esplanade where participants, their families and friends relaxed to the jazz stylings of Brother Scotch and took a well-earned breather. One lucky entrant also walked away with the day's grand prize, a brand new John Hughes' Hyundai Getz valued at \$15,285.

With approximately 80 children diagnosed with cancer each year, funds from the Big Walk will support a late effects nurse for PMH's cancer ward.

Next year we'd love to see over 5,000 people take part, so put the event in your diary for Sunday October 19, 2008.



STITCHES' SNAPSHOTS



Naming rights

PMH patient Josephine Pitham and PMH mascot Stitches with the two new koalas that Josephine was chosen to name following the bears arrival at Cohunu Koala Park. Josephine, who has cystic fibrosis, named the koalas Akiai and Stitches!



Campus crusade

Andrea Methven, Lauren Kurtz and Cynthia Arnott from West Coast Tafe present PMH Foundation with a donation for \$3,600. The money was raised from a gala dinner at Joondalup Golf Course coordinated by the students as part of their Event Management Diploma program.



Aspire high

Members of the Aspire Foundation presented a cheque for \$1,800 to PMH Foundation to purchase new equipment for the hospital's play area, Stitches Megazone. Members of the Foundation also donated inspirational books to long term and chronically ill children at PMH.



Transporting hope

Transport industry gurus Charlie Neasmith, Vince Ziino and Rob Waters with an \$18,000 cheque raised at their truck show day at Ashfield Reserve. The event welcomed all sorts of truck displays as well as competitions including 'Best Vintage', 'Best American' and 'People's Choice'.



Writing rewards

Chris Oakley from the Katharine Susannah Prichard Writers' Centre presents PMH Foundation's Lesley Hooper with a cheque for \$5,673. The money was raised from the Centres' annual 'Write A Book In A Day' competition, which saw over 440 participants from across Australia bring out their creative side by writing and illustrating a book for charity.



Get well greetings

Bank of Queensland's Dean Stonehouse, Rochelle Stonehouse, Peter Williams and Tania Watton, and PMH Foundation's Jeanette Shorto, present Jessica Brailey with a get well card as part of their 'Be A Hero With A Heart' campaign, run in conjunction with Children's Hospital Foundations Australia. The heartfelt initiative put smiles on the faces of sick children throughout the hospital, as well as raising over \$20,000 to fund vital equipment.

LOOK WHAT'S COMING UP SOON!

CHRISTMAS LIGHTS 2007

With Christmas just around the corner, it's time to dust off those sleighs, stars and reindeer for PMH Foundation's annual Christmas Lights campaign.

This festive fundraiser encourages households from across WA to collect gold coin donations from the viewing public at their Christmas Lights displays. We will provide participants with tins and posters, and all you have to do is display your home's bright lights loud and proud!

To register your house for the 2007 Christmas Lights campaign phone 9489 1100 or email olivia.chester@pmhfoundation.com



Allendale Abseil now URBAN DESCENT

In 2008, Allendale Abseil becomes Urban Descent and it promises to be bigger and better than ever with a new venue, new dates and new challenges.

The event will take place over the weekend of May 2-4 at the WACA in East Perth with participants set to experience some high-flying thrills. Take your pick from seven extreme choices, including the 'Classic 60' backwards abseil from the light tower; the 'Skywalk' 70 metre traverse from tower to tower; and the 'Flying Fox' 150m ride through the sky!



Hurry, places will fill fast so take the leap today and register your interest by phoning PMH Foundation on 9489 1100 or email rebecca.stewart@pmhfoundation.com



THANK YOU

The following organisations and individuals have been major supporters of PMH in 2007 with donations or in-kind sponsorships

MIRACLE SUPPORTERS



HERO SUPPORTERS



**BARROW ISLAND
WARD 3B FUND**



CHAMPION SUPPORTERS



STAR SUPPORTERS

96fm	Creative Nature Communications	Jundee Operation - Newmont Mining	Myer Community Fund	Stuart's House of Bedding
Allens Arthur Robinson	Darlot Gold Mine- Barrick Gold Corp	Kallis Fish Mart Café Fremantle	National Australia Bank	The Stan Perron Charitable Foundation
Ancor Recycling WA	Dodd & Dodd Pty Ltd	Lawlers Gold Mine - Barrick Gold of Aust	Nova 93.7	Transmin Pty Ltd
Australian Property Alliance	Entertainment Publications	Little Creatures	NSC Corporate	Vertex Financial Solutions Group
Channel Seven	Gage Roads Brewing Co.	LionOre Australia Pty Ltd - Black Swan	Qantas	We Print It
Children's Hospital Foundations Australia	Ezi Hose Pty Ltd	Luan and Young Foundation	John Roe	
Coca-Cola Amatil (Aust) Pty Ltd	Freedom Pools & Spas	MadFish	Rotary Club of Mosman Park	
Community Newspaper Group	Freehills	Mates for Life	Staging Connections	

The following organisations have donated more than \$1000 worth of in-kind sponsorship in 2007

Artshed	Complete Travel Management	Gull Helping Hand	Jackson McDonald Lawyers	Parrys	John Poynton	Sports Fever
Australian Air Express	Ferngrove	Hyatt	Juniper Estate	Perth Convention Exhibition Centre	Razoreye	Traffic
Australian T-Shirts	Gallery O	Imatec	Leeuwin Estate	Piper-Heidsieck	Red Dot	Vmoto
Chicken Treat			Linneys		Samba	

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

92.9	City of Joondalup	Hedland Dairy Products	Macquarie Bank Limited	Southside Mitsubishi
Abingdon Miniature Village	Commercial Sewing	Hedland Launch Service	Mal Atwell Leisure Group	Specialised Broking Association Pty Ltd
Alstom Power	CTI Logistics Foundation	Hemisphere for Hair	Milano's Hair Lounge	Straits Resources
Aspire Foundation	Cut Throat Joe's Barber Shop	IIR Pty Ltd	Ocean Gardens Residents	Strathalbyn Christian College
Atelier Pindan	D & T Plastering	IBM ADL DD	ORS Group	The Girls Brigade WA
Australian Charities Fund	Desert All Contracting	IMS Project	PEACH Trust Fund	Transfield Services
Australian Law Insurance Association	Devlin's	Inghams Enterprises Pty Ltd	Perth Flying Squadron Yacht Club	Universal Sodexho - Pilbarra Iron
Australian Port Management	Euroz Charitable Foundation	Intrepid Mines Ltd	PIHA Prop Ltd	V & V Walsh (WA) Pty Ltd
BHP Billiton	FESA of WA - East Kimberley District HQ	Kairali Inc	Plutonic Gold Mine	Walcon Marine
Burgess Rawson	Fortescue Metals Group	Katharine Susannah Prichard Foundation	- Barrick Gold of Aust	Wesmin Consulting
Butlers Barrister & Solicitors	Fugro Airborne Survey	Kimberley Diamond Company NL	Professional Business Equipment	Woodside Energy Ltd
Cabaret Australia	Gallows Gallery	Lions Club of Boyup Brook	PSN Water	
Casavilla Fine Upholstery	Golden Group Pty Ltd	Little Folk Inc	Shenton College	
Christmas Island Airport Stall	Greyhounds WA	Lorraine William Settlement Services	Skydive Express	

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

Andrew Astle	Linda Dawson	L A Gethin	R D Hughes	Damien Lesque	Barrie & Sally Oldfield	R G & A Quenby	Tom & Trudy Te Rito
Joan Blewett	Henny Dewi	Shelley Halse	Angus King	Ada Mair	Thanh Hai Phan	Trudy Robins	John Toohey
Rosemary Cobb	Doris Donovan	Fred & Marjorie Harris	Christina Knox	Andrew McKenzie	Jon Pound	David Shawcross	Brenda Waker
John Patrick Crawley	John Dravnieks	Emerald Hughes	Toni Leahy-Fripp	Janice O'Keefe	Terence Prindiville	Margaret Speak	Marianne Walker

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 Ruby Earle Gore	Estate of Doris Rees
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\$650,000 for PMH

Thanks to your generous support, PMH Foundation provided the hospital with over \$650,000 worth of grants in the third quarter of 2007, to help improve the lives of so many children. Here are just a few of the grants presented.



RESEARCH GRANTS	\$232,510
MEGAZONE FUNDING	\$180,614
CAPITAL WORKS	\$15,110
CONFERENCES & SEMINARS	\$9,618
MEDICAL EQUIPMENT	\$201,359
<i>Including:</i>	
3D Modelling System Cranio-Maxillo-Facial Unit	\$41,650
Syringe Pumps Neonatal Clinical Care Unit	\$12,942
Specialised Equipment	
Technology Dependent Patients	\$11,280
Pulse Oximeter Emergency Department	\$8,370
Paediatric Cot Oncology Ward	\$4,901

RED HOT GIFT!

If you're looking for a red hot Christmas gift, the 2008 Perth Firefighter's Calendar is for you! The calendars are \$10 each with part proceeds going to the PMH Burns Unit. Get yours from FCUK stores in Karrinyup and Claremont, or at PMH Foundation reception.



Enjoy a drop for PMH*

PMH Foundation has just launched a brand new partnership with AuswineDirect, which means you can support our cause while enjoying a drop or two of great Australian premium wines. They make an ideal Christmas gift and free delivery within Australia is included in the price.

Each time you place an order at www.pmfh.auswd.com part proceeds will help fund vital equipment for the children at PMH.

* PMH Foundation and AuswineDirect encourage responsible drinking.



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 wrist-bands, 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.pmfoundation.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.pmfoundation.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.pmfoundation.com