



Bear Facts



Princess Margaret Hospital Foundation Newsletter Summer 2006/07

Princess Margaret Hospital Foundation is all about helping kids. Thanks to your generosity, the Foundation has donated over \$1.25 million worth of vital medical equipment and services to PMH this year. Here are just two of the dozens of projects that have been funded thanks to your ongoing support.

Breathe easy

The Project - A new respiratory function system for the respiratory medicine department at PMH. The new system has given a much-needed boost to patient care and research.

What does it do? The respiratory function system enables children with diseases like asthma, cystic fibrosis and airway disease to have their oxygen transfer rate, lung capacity and respiratory muscle strength tested. The machine is also used to conduct vital research.

Why is it special? Before the new system arrived at PMH, children in wheelchairs and on drips could not be tested for lung volume because the testing facility was contained in a confined space. Now, thanks to the flexibility of the new equipment, management of patients in wheelchairs and on drips has been made much easier and three extra tests can also be performed.

Thanks to your support:

- Hundreds more children every year can be tested for chronic lung diseases.
- The lab can provide more flexibility for patients and their families.
- Better research is possible and therefore the likelihood of finding new and better treatments is improved.



Six-year-old Jasper has his lung function tested by PMH respiratory scientist Maureen Verheggen.

"Because we couldn't perform lung volume tests on children in wheelchairs, we could potentially miss the decline in their lung function. Now we can plan earlier treatments and long-term management is improved."

**Dr Graham Hall,
Senior Respiratory
Scientist**

Wonder chair

The Project - A new tilt-in-space wheelchair for the occupational therapy department at PMH. This "wonder chair" (as staff call it!) gives children with severe head injuries and neurological conditions a better quality of life.

What does it do?

Like the name suggests, the tilt-in-space wheelchair is able to tip backwards to allow a more comfortable position for patients. It is used for children between the ages of three and seven who have limited mobility and control.

Why is it special?

The chair's advanced features, including adaptable head and arm rests, give full support to patients and can be adjusted in minutes instead of days. The chair can also be easily folded down for transportation, giving patients more independence and the opportunity to leave hospital for short periods.

Thanks to your support:

- Children at the advanced stages of head injury can be more mobile.
- More time can be spent on patient care instead of making time-consuming adjustments to the older style wheelchairs.
- Patients are able to gain back some independence.

"This chair has made such a difference to us. Instead of taking up to three days to make adjustments to our old chair (which required a carpenter to make a new timber base and back), we can make the changes in about 15 minutes. It means we save time and the kids can be mobile much sooner."

Gail Snowden, Occupational Therapist.



Four-year-old Juanita, who has recently recovered from Guillain Barre Syndrome, tests out the new tilt-in-space wheelchair while PMH occupational therapist Gail Snowden demonstrates an older model.

To help us complete other important projects at Princess Margaret Hospital please send your donation today.



PRINCESS MARGARET HOSPITAL
FOUNDATION

Thousands take steps to beat childhood cancer

Over 3,000 people pulled on their walking shoes on Sunday October 22 and raised over \$40,000 for Princess Margaret Hospital at the John Hughes' Big Walk.



Participants warm up at the start of the 2006 Big Walk.

The walkers headed out from the Perth Esplanade at 8:30am and, undaunted by the cloudy skies, completed the challenge of walking 18km to the finish line at the Fremantle Esplanade.

This year's participants came from all walks of life -

mums, dads, kids, PMH staff, an 84-year-old grandmother and even some canine friends!

Organisers estimated that together they took approximately 67.5 million steps to help beat childhood cancer.

"We are delighted to be the beneficiary of this amazing event and we are glad so many West Australians took part," PMH Foundation CEO Vern Reid said.

Head of oncology at PMH, Dr David Baker, added: "Approximately 80 children in WA are diagnosed with cancer every year. Funds raised from the Big Walk will form an essential part of our investigations into childhood tumours to help us reduce these figures.

"The equipment the walkers raised money for will streamline the analysis of large numbers of DNA, RNA and protein samples, allowing researchers to work more efficiently."



Participants stride out in the 2006 Big Walk just 2kms from the finish line.

The Big Walk was initiated by the Rotary Club of Mosman Park and generously supported by John Hughes, Esanda, Ascent Publishing, Freedom Pools and Spas, Neverfail, Parrys, The West Australian and Channel 7.

Hundreds go over the edge for PMH

The 2006 Allendale Abseil was hailed a huge success after close to 250 people abseiled 135-metres down Allendale Square on St George's Terrace to raise money for PMH and Youth Focus.

The Abseil was held over the weekend of October 28 and 29 and raised close to \$250,000, the highest amount in the event's history. The grand total now stands at nearly \$1 million over five years.

This year's participants included 92.9 breakfast hosts Wippa and Ollie, school kids, mums, dads and everyday adrenaline junkies! A few brave souls even made the descent forwards, adding an extra thrill to proceedings.

PMH Foundation CEO Vern Reid praised all the participants and their amazing fundraising efforts.

"The event owes its success to the dedication and enthusiasm of the volunteers, companies and abseilers who took part. They all helped us

reach our biggest total in the event's history and showed great courage in taking that step over the edge."

A big thank you to the Abseil's highest individual fundraisers, Peter Macphail, Arthur Manowski, Graham O'Neill and Daniel Young, plus all the corporate teams who took part.

Proceeds raised from entry fees will go towards the purchase of state-of-the-art equipment for the Cranio-Maxillo Facial Unit. Youth Focus, a charity that works with young people who show tendencies to self-harm and suicide will also benefit.

If you would like to take part in the 2007 Allendale Abseil visit www.pmhfoundation.com for more information.

Proudly supported by Adventure Out, Outdoors WA, Events WA, Channel 7 & 92.9



One of the brave participants who took part in the 2006 Allendale Abseil.



Julianna Tan (10), MLA Jaye Radisich and Kathleen Blackburn (11) with two of the book entries in this year's competition.

Budding authors crowned

The winners of the 2006 Write-A-Book-In-A-Day competition were announced at PMH last month, with the winning themes including refugees, convicts and a world where chocolate is slimming!

The 41 teams who took part were challenged to write, illustrate and bind a children's book in just 12 hours, with funds raised aiding Princess Margaret Hospital and the Katharine Susannah Prichard Writers Centre (KSPWC).

Speaking at the awards ceremony, MLA Member for Swan Hills Jaye Radisich congratulated all the winning teams for

their hard work and dedication.

"Write-A-Book-In-A-Day is an excellent initiative which promotes writing and team work for young people and helps raise money for PMH," she said.

Proceeds from entry fees will purchase new equipment for the hospital and will assist KSPWC. A copy of each finished book is also donated to the hospital library for patients to enjoy.

For more information, or to register for next year's event, phone PMH Foundation on 9489 1100.



Tiny babies create a big job for Kylie

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.

Kylie McDonald
WANTS Clinical Nurse Coordinator
and NCCU Equipment Nurse.

WANTS - West Australian Neonatal Transport System
NCCU - Neonatal Clinical Care Unit

How long have you worked at PMH?
Eleven years.

What does a typical day at work involve?
There is no typical day in my job; it can change from minute to minute! One minute I can be ordering and maintaining supplies and equipment for the NCCU and the next I can be out as a member of the WANTS team stabilising and retrieving a sick neonate from another hospital. I look after the acquisition of specialised equipment, conduct in house education sessions and provide in-service assistance for midwifery staff at peripheral hospitals. I also buddy with students for neonatal retrievals and work with the Royal Flying Doctor Service flight nurses.



Nurse Kylie McDonald with baby Isabelle, who has been cared for in the PMH neonatal ward since she was born 16 weeks premature.

What are the biggest challenges you face?
Challenges can be quite varied in the area of neonatal intensive care nursing. It can

be quite daunting from one crisis to the next, yet exciting because you never know what to expect, especially when you are out on a neonatal retrieval. It can also be challenging to provide modern, up to date equipment and conduct the necessary education and training on its uses.

What do you love the most about your job?
The relief and joy on the parents' faces when they leave the NCCU to go home with their babies, knowing that I had a helping hand in that journey.

What has been the most memorable moment at PMH?
There have been quite a few, from small comments of gratitude from a parent to being asked to contribute to "Love Hearts to Heaven", an event held by Heartkids WA for families who have lost a child to congenital heart disease.

What's the biggest lesson you have learned about kids (babies) during your time at the hospital?
How strong and determined these little ones can be!!!

Santa's special visit

When Santa flies around the globe this Christmas delivering presents to all the children, he will also be paying a very special visit to the patients at PMH who are too sick to leave hospital.

Before the big day arrives though, his helpers (the PMH activity coordinators) will be busy finding and wrapping all the presents.

One of Santa's chief helpers, Berni Maginn, said around one-hundred presents will be given out on the day, which are all hand picked and wrapped on Christmas Eve.

"It's a fine tuned process - Santa's helpers start working months in advance and when Santa arrives on the 25th each present is waiting outside the kids' rooms for him to deliver.

"One of the nicest parts of it all is seeing the kids faces when they open their presents. Some of them are amazed at how perfectly picked they are.

"It's also great to see the reaction from parents who think it's going to be a hard day, and they're so grateful it's made nice for the kids."

Santa's helpers are able to buy the presents thanks to a generous donation made to the hospital over 30 years ago. If you would like to donate to this fund, please call the PMH Foundation on 9489 1100.



Santa's helpers surrounded by all the presents that will be handed out on Christmas Day at PMH.



Photo by Greg Winning Photography

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Stitches is our cuddly mascot. Help the kids at PMH by ordering Junior Stitches today! Please fill out the order form on page 7.



Big W's Big Heart

The physiotherapy department at PMH has completed its new gait treatment facility thanks to the generosity of Big W's "Big Heart" campaign.

Over a three year period, Big W contributed a massive \$150,000 to fund the new clinical area which is used to assess and re-train children's walking patterns. The donation provided the department with state-of-the-art equipment including strength training apparatus, electric tilt tables and height adjustable couches.

Children born with conditions such as spina bifida and cerebral palsy, and patients who have been involved in accidents and require treatment and guidance will benefit.

Physiotherapist Kim Laird said Big W's donation has increased the department's

ability to measure all components of gait, which she anticipates will lead to children with disabilities walking earlier and more efficiently.

She added: "The equipment allows these children to see the progress they are making and that the effort they put in pays off.

"The best part of our job is seeing their faces light up when that first step of recovery or progress is made. The excitement and emotion are immense and so rewarding.

"Thanks to Big W, we know we are giving these children the best."

The "Big Heart" campaign raised funds through weekly payroll contributions, sausage sizzles, morning teas and dress-up days.



Three-year-old Victoria and her mother, Raelene, test out the parallel bars donated by Big W.

Ruggies Recycling awarded for excellence

PMH Foundation's Ruggies Recycling program, and partner Jo Jo Plastics, have been recognised for environmental excellence at the recent Department of Industry and Resources Golden Gecko Awards.

The award acknowledged both organisations for introducing a unique program which collects, shreds, bags and removes poly pipe and other plastic materials from mine sites in the Goldfields and recycles them into fence posts and bollards.

Ruggies receives \$10 from every tonne recycled, which is then used to purchase vital equipment for PMH, and also support the Royal Flying Doctor Service.

Ruggies Recycling's Tony Fitz-Gibbon said: "This is the 'Oscar' of environmental projects in the mining industry. Most importantly, we have only scratched the surface in this area and look forward to expanding the project into the South West, Pilbara and Kimberley."

Ruggies works with over 50 mining companies to coordinate the recycling of waste in WA mine sites. Since 1996 the program has raised almost \$1 million to help WA kids.

To help Princess Margaret Hospital and the environment contact Ruggies Recycling on 9489 1100.



Ruggies Recycling's Tony Fitz-Gibbon with the prestigious Golden Gecko award.

Mental health staff given a boost

Staff on the psychological medicine ward at PMH were given a much needed boost this year when Lions Club District 201 W1 donated \$25,000 to help refurbish their ward.

According to clinical nurse manager, Neal Ruane, the eight-bed ward, which cares for children aged six to 16 who have a range of mental health issues, was tired and in need of a makeover.

"It was pretty rough and ready, I don't think anything had been replaced in over ten years. The couch was so old all the stuffing had started falling out."

Refurbishments included new artwork, a new nurses' station and back office, upgraded furniture and a dedicated reception area.

"It's now a much nicer environment for staff and patients. We're all happier and it's generally a more uplifting place," Neal said.

"Mental health always seems to be a low priority when it comes to available funds, so we are very appreciative of the help Lions and the PMH Foundation have given us."

Neal said his next wish is to be able to upgrade the ward's patient rooms which accommodate children on a short stay basis.



Psychological medicine nurse manager Neal Ruane in the new nurses station funded by Lions Club District 201 W1.



Roll up, roll up...the sideshow is coming to town!

Saturday March 31 - Fremantle Prison

Bearded ladies, the weird, the wacky and the truly amazing, prepare yourselves as Little Creatures Brewing presents one of the greatest shows to hit town - Sideshow at the Fremantle Prison on Saturday 31 March, 2007.

Burlesque dancers will wow you, strong men will enthrall you, the prison will haunt you, and the beat of the DJs will make you never want to escape! Best of all, proceeds will go to PMH and the Fremantle Hospital Research Foundation.

Tickets for the evening are \$200 including all the hair raising entertainment, drinks and food you can handle.

Or if you dare, test your limits by raising an extra \$800 to stay overnight. For those who make it, a hearty breakfast will signal the end of your sentence and freedom will be yours!

For more information phone PMH Foundation on 9489 1100 or visit www.littlecreaturesideshow.com.au



Spread some Christmas cheer in December

Be part of PMH Foundation's annual Christmas Lights campaign and light up a child's life.

It's easy. All you have to do is encourage people to donate a gold coin to PMH when they view your display. We'll provide you with tins and posters - you provide the Christmas cheer!



Over 35 households across Perth shone bright last year, with a few enthusiasts starting as early as October to get their glimmering masterpieces ready in time. Their spectacular efforts included dancing Santas, flying reindeer, snowmen, nativity scenes and thousands of lights.

Thanks to their hard work and the generosity of onlookers, over \$36,000 was raised to fund a state-of-the-art wheelchair. This year's campaign will help fund capnographs for the sleep lab at PMH. Capnographs measure the amount of carbon dioxide in the exhaled air of a patient's lungs.

For a Christmas Lights location near you visit www.pmhfoundation.com or phone Patrice on 9489 1100 to register your home.

Big Quiz breaks world record

PMH Foundation has received official confirmation from Guinness World Records in London that the "Big Quiz", held on June 14 at the Perth Convention Exhibition Centre, has broken the world record for the largest quiz ever held at one location.

The quiz, which raised funds for PMH Foundation and the Rotary Club of Western Endeavour, beat the previous record set in Galway, Ireland in 2004. The successful attempt may even secure an entry in the world famous Guinness World Records book.

"We knew we had more people at the Big Quiz than the previous world record, but it's always nerve wracking until it's official," event organiser Kirsty Shade said. "We are thrilled to be the current record holders and to have raised so much money for the kids at PMH."

The Big Quiz raised over \$30,000 to fund a new pain management program and assist the Rotary funded WA Cord Blood Bank.



Help the kids at PMH by labelling your school bags or luggage with this cool PMH Bag Tag for only \$4. Just fill out the order form on page 7.

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Thank You

The following organisations have donated more than \$250 since the last edition of Bear Facts

| | | | | | |
|----------------------------|------------------------------|------------------------------|----------------------------|-----------------------------|--------------------------|
| Agincourt Resources | Calabrese Association | Exmouth Jumble | Lorraine Williams | Quest Financial Strategies | Toys "R" Us |
| Allens Arthur Robinson | Canning Districts Social | Charity Group | Settlement Services | Reece Pty Ltd | Transfield Services |
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| Ammtec Ltd | Cash Loan Money Centres | Solutions Pty Ltd | Malavoca Pty Ltd | Child Health UWA | - Paraburdoo |
| AOOB - Carnarvon | - Morley | Guardian Pharmacy - Craigie | Mark Hay Realty Group | Shenton College | Upfront Holdings Pty Ltd |
| Apache Energy Limited | Chasers Social Club | Halliburton | Marsh Pty Ltd | Skybeat Enterprises Pty Ltd | V & V Walsh (WA) Pty Ltd |
| Australasian Minerals & | Christmas Island | Hockey WA | Monkeyshine | SMD Australia | Variety Club of WA (Inc) |
| Trading Pty Ltd | Airport Stall | ISSC DDDDD CF | Multiplex Limited | Specialist Mortgage | Video Ezy - Kalamunda |
| Australia Post | City of Joondalup | John Hughes Group | Newcrest Mining - Telfer | Springfield Farm | WA Government Schools |
| Bakers Delight - Karrinyup | Cockatoo Island Mining | Katharine Susannah | Ocean Keys Shopping Centre | St Mark's Anglican | Music Society |
| Barrick Gold Corporation | Community | Prichard Foundation | Ocean Reef Senior | Community School | WA Police |
| - Darlot Gold Mine | Collie Art Group Quilters | Kimberley Diamond | High School | St Stephen's School | - Cannington Station |
| Barrick Gold Corporation | Commercial Sewing | Company NL | Parkwood Primary School | - Carramar | Woodvale Senior |
| - Lawlers Gold Mine | Cut Throat Joe's Barber Shop | Laser Technologies Pty Ltd | Kalgoorlie Diamond | Stratton Park Newsagency | High School |
| Blair Park Pty Ltd | Cystic Fibrosis Assoc of WA | Lils Retraction - Karratha | Jewellers | Subiaco Primary School | Wooldridges A & M |
| Budget Forklifts | Dept of Land Information | Lions Club - District 201 W1 | PEACH Trust Fund | Swan Taxis | Worsley Alumina Pty Ltd |
| Butler Primary School | Elmsfield Pty Ltd | Lions Club of Waroona | Perth Social Club | Technip Colflexip Subsea | Wyllie Group Pty Ltd |
| BHP Billiton | Entertainment Publications | LISWA Staff Association | Piccadilly Dance Club | The Bowen Foundation | Yidarra Catholic |
| Coca Cola | Ernst & Young | Little Folk Inc | PIHA Prop Ltd | Tony's Auto Wreckers | Primary School |

The following individuals/families have donated more than \$250 since the last edition of Bear Facts

| | | | | | |
|----------------------|------------------|--------------------------|-------------------------|-----------------------|-------------------------|
| Kym Beers | Junia Gardner | Helen Kemp | Charles Morgan | Margot Pfeiffer | John Toohey |
| D G Bennell | Beverly Gay | Eric Keogh | Alice Mosdel | Anthony & Milvia Poli | Neale Uren |
| Deidre Best | John Glover | Angus King | Margaret Mulheron | Terence Prindville | Robert & Fiona Waughman |
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| Judy Damastra | Mike Haigh | Kate Leaversuch | Theresa Muller | Mark Scott | Betty Whincup |
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| Sue Foulds | Catherine Holman | Senka Migro | Nick Orme | Tom & Trudy Te Rito | Glen Woods |
| Geraldine Gamble | R D Hughes | Wayne Miller | Lindsay Peet | Rajpal & Jyoti Thethy | |

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

Estate of Elizabeth Ann Bothwell

Estate of Zylvain Stanley Jemielita

Estate of Dorothy Potts

The following companies are major supporters of PMH



Stitches' Snapshots



Thanks Geoffrey!

Geoffrey and his friends from Toys "R" Us paid a very special visit to PMH to hand out balloons and stickers on the wards and present a cheque to the hospital. During the year, the Toys "R" Us team raised a whopping \$23,491 for the PMH Megazone thanks to in-store balloon sales.



Cockatoo Christmas

Janice Rogers and Karen Ball of the Cockatoo Island Mining Community present a donation of \$5,000 to PMH Foundation - a big feat for a small community of just 100 people located outside of Derby. Proceeds were raised from a Christmas in July event which featured an early appearance by Santa!



Music to our ears

School students entertain the crowd at the Western Australian Government Schools Music Society matinee concert for seniors, held at the Burswood Theatre in September. Proceeds totalling \$2,000 were donated to PMH by the Society, which fosters music education in schools across WA.



PMH profits from Calidad

Rob Millett and Rhainnon Fletcher from Calidad Industries present the Foundation's Jeanette Shorto with a cheque for over \$2000. Calidad has put a fantastic initiative in place that allows staff to select their favourite charity to receive a percentage of the company's profits.



Hands on donation

Chris Judd's handprints are immortalised in the walkway along Cottesloe beach as part of the Hands on Cottesloe campaign, which raised \$33,550 for PMH and nearly \$150,000 for various charities overall. Two-hundred and fifty local families and sports stars have left their mark for charity.



Another great date

Twins Natalie and Caroline O'Brien at the Great Date Auction on August 25 where VIP dates were auctioned off to raise money for PMH. The twins attracted the highest bid of the night, \$2100, and were among local celebrities including Patti Chong and 92.9's Wippa and Ollie who went under the hammer for the kids.

Order your PMH Foundation merchandise HERE!



Bear Keyring

\$4

5129



Silver Stitches Keyring

\$6

5850

| | | | |
|----------------|------------|---------|--------|
| TITLE | FIRST NAME | SURNAME | |
| STREET ADDRESS | | SUBURB | P/CODE |
| PHONE () | FAX () | | |
| MOBILE | EMAIL | | |

| CODE | ITEM | PRICE | QUANT. | COST |
|---|-------------------------|--------------|--------|------|
| 5620 | JUNIOR STITCHES | \$10 | | |
| 5127 | PMH BAG TAG | \$4 | | |
| 5850 | SILVER STITCHES KEYRING | \$6 | | |
| 5129 | BEAR KEYRING | \$4 | | |
| POSTAGE Orders of 1-2 items, add \$4 Orders of 3 or more items, add \$6.50 All prices are GST inclusive. | | Sub Total | | |
| <input type="checkbox"/> I would like to make a donation to PMH (\$) | | Postage | | |
| | | TOTAL | | |

MERCHANDISE PAYMENT DETAILS

I ENCLOSE MY CHEQUE/MONEY ORDER
(Please make payable to **PMH Foundation**)

OR PLEASE DEBIT MY

VISA
 MASTERCARD
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 DISCOVER

CARD NUMBER

CARD HOLDER'S NAME

SIGNATURE _____ EXP. DATE / /

Please send to: **PMH Foundation**, GPO Box D184
 Perth WA 6840
 or fax to: (08) 9489 1199



Lisa's special gift

Lisa Downing of Stirling is the proud owner of the first set of new PMH Foundation number plates, but for Lisa the plates are special for a very different reason.

Three years ago, Lisa and her husband Tim suffered a tragic loss when their daughter, Kate, was diagnosed with a brain tumour at only two-years-old.

"We were in Adelaide and Kate started to get very wobbly on her feet. She was falling over a lot and was almost paralysed," Lisa said.



Lisa Downing, with her new PMH number plates, holds up a photo of her daughter Kate.

"We got back to Perth in February and Kate was admitted to the oncology ward. She died 6 months later."

As a way to remember Kate, Tim surprised Lisa on her birthday this year with a set of 'Number 3' plates - signifying Kate's age when she passed away.

Lisa said it was the perfect present and has helped her cope with her loss.

"A little piece of Kate comes with me wherever I go now. It's lovely and it's great that we can support the hospital.

"It's very significant to me - a celebration of the time we had with Kate."

If you would like to help PMH by purchasing your own personalised number plates, featuring the new design, please contact the Foundation. The plates are available in a variety of number combinations.

Christmas cards

Purchase your corporate or personal Christmas cards from Auscard this year and part proceeds will be donated to PMH.



Just visit the website at www.auscard.com.au or phone for a catalogue on 1800 014 888.



As a bonus, if you order again by September next year you'll receive a further 10% off! Happy Christmas!

HOW CAN I SUPPORT PMH?

There are lots of ways you can help WA's sick and injured children, including:

DONATIONS See donation form below

CORPORATE PROGRAMS

Payroll Deduction Program
Matching Gift Program
Safety Awards
Sponsorships/Gifts in Kind
Phone PMH Foundation on 9489 1100.

VOLUNTEERING

Become a PMH Foundation volunteer.
Phone PMH Foundation on 9489 1100.

WILLS & BEQUESTS

You can save the lives of a new generation through your Will.
Phone Jeanette on 9489 1180.

CONTACT PRINCESS MARGARET HOSPITAL FOUNDATION

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POSTAL ADDRESS

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FAX (08) 9489 1199

EMAIL stitches@pmhfoundation.com

www.pmhfoundation.com

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YES, I would like to donate to PMH this Christmas!

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 who may enjoy reading it

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