

The Gift.

MAGAZINE



Meet the
team caring
for our north

Healthier
futures:

Our new appeal to
ensure the whole
region thrives

*Celebrating
20 years*



EVENTS

The many ways and days
that exist to support your
local health service



STORIES

Tales of hardworking
staff, inspiring patients
and community
generosity



CELEBRATE

Marking a milestone
anniversary and the
conclusion of a major
campaign

The Board



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BARWON HEALTH FOUNDATION

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Letter From Zoe



“Thank you for investing in the lifesaving and life-changing work of Barwon Health – the work we do simply wouldn’t be possible without you.”

HELLO!

Welcome to the 2022 edition of The Gift – Barwon Health Foundation’s annual magazine.

The staff, patient and campaign success stories shared among these pages tell of our fundraising achievements in the past 12 months and, excitingly, provide an exclusive first look at our new appeal – Project North.

We celebrate the healthcare heroes who got us through the peak of the pandemic, profile grateful patients giving back to the health service, and provide you with all the dates you need to have in your diary so you don’t miss a single one of our renowned events.

We also reflect on the conclusion of the Kids Appeal, the overwhelming success of which means local children can now receive specialist rehabilitation at Bendigo Bank House.

As for our next goal, the aim of Project North is to help build healthier futures in our most under resourced communities by increasing access to services and education.

We hope you enjoy this glimpse into the difference your donations have and can make to the health of our region and feel inspired to continue on this journey with us.

This year marks the 20th anniversary of our Foundation and whether you’ve been with us since the beginning or are new to our Foundation Family, we thank you for investing in the lifesaving and life-changing work of Barwon Health – the work we do simply wouldn’t be possible without you.

Zoe Waters

Executive Director
Barwon Health Foundation

Meet the Team

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Events and Administration Trainee



Project North



Photo credit: Kane Jarrod Photography

Introducing the Foundation's newest campaign, a \$2.5 million appeal to support healthier futures for residents in the northern suburbs of Geelong.

Australia is widely known as 'the lucky country' and as such, we often don't recognise issues of poverty, poor education and generational disadvantage as part of our society.

However, these significant challenges, and their associated impacts, do exist right here in Geelong - and they affect the lives of thousands every day.

The northern suburbs of Geelong experience some of the highest rates of unemployment, youth disengagement and low-income households in our region.

These conditions invariably cause a whole host of serious health problems.

Most alarmingly, research confirms that many in the northern suburbs of Geelong are living shorter lives and facing higher rates of serious illness than those living in our region's more affluent areas.

It is hard to fathom that the difference between poor health and good health, a shorter life or a longer life, may be a mere 10 minute car ride.

This is why we are proud to launch Project North - an appeal to close the current health gap to ensure all members of our community, regardless of where they live, nationality or economic status, enjoy the very best health and wellbeing possible.





The Need:

- Norlane and Corio have some of the lowest socio-economic index rankings in Australia.
- The median household income in 3214 is 52% of Geelong's 3220 median household income.
- Levels of the burdens of disease are some of the highest in Victoria, resulting in lower life expectancy and higher levels of disability than State averages.
- The prevalence of diabetes in 3214 is more than double the rates in Geelong's 3220 area.
- Low-income adults without private dental insurance are 25 times more likely to have had all their teeth extracted than high-income adults with insurance.
- Concession card holders have 3.5 less teeth on average than non-card holders.

Sources: SEIFA index, ABS Census 2016, Public Health Information Development Unit at Torrens University, National Diabetes Service Schemes Australian Diabetes Map Jan 2019, Oral health and dental care in Australia 2015 Australian Institute of Health and Welfare

The next piece of the puzzle in the north.

If eyes are the window to the soul, a person's mouth and smile are the window to their current and future health.

Often dental care is mistakenly considered simply cosmetic; however, poor oral health is associated with many major causes of mortality and morbidity, including lung and oral cancers, cardiovascular disease, stroke, diabetes, and adverse pregnancy outcomes.

And yet some patients are waiting too long for an appointment, during which time warning signs can be missed and preventative measures, early intervention, education and referrals are reduced.

Our initial aim for Project North is to raise \$2.5 million to relocate and expand the dental service at Corio Community Health Centre to Barwon Health North, Norlane. The move will grow the service, making it possible for an additional 14,000 people to receive urgent and necessary dental care each year.

The service is free for children under 12 and adults who hold a health care or pensioner card, but the Corio team is currently operating from an aged facility that no longer meets the needs of the community it serves.

Narrow doors and corridors and a generally dysfunctional layout present major challenges for wheelchair access. Small treatment rooms make it difficult for a patient's family, carer, translator or support person to fit comfortably in the space – an important step in reducing fear.

Demand has been steadily increasing with population growth but infrastructure conditions prevent the needed expansion.

According to Corio Dental team leader Sonya Howard, the service operates walk-in only emergency dental each weekday morning and regular appointments each afternoon – both which are unable to keep up with demand.

"Every morning when the team arrives, there are more than 20 patients waiting for emergency dental care due to severe pain, facial swelling or infection," she says. "They have to get here at 8.30am and we see as many as we can until 12.30pm, but sometimes we don't get to everyone and have to turn them away."

There are currently between 20 and 25 dentists working out of Corio, making it the largest of the Barwon Health dental services, which also feature at Belmont Community Health Centre, Newcomb Community Health Centre and Wathaurong Aboriginal Co-Operative.

Clinical Director of Community Health, Rehabilitation and Palliative Care Services Toni Hogg says that a new integrated facility would help recruit and retain the brightest minds to care for the community in the north, adding that relocating dental from Corio Community Health will also allow the mental health service currently located there to expand.

Project North

How good dental health in kids saves adult lives



The best start to life

The first 1000 days of life can set a child up for good health in so many ways.

Counted from conception until two years old, this important period encompasses the pregnancy, newborn and toddler stages critical to healthy development, growth and wellbeing.

Good oral and dental hygiene is included in this significant, future shaping period and, according to Barwon Health experts, the foundations are laid long before a child's first tooth comes in.

Corio Community Dental team leader Sonya Howard says for her oral therapists, it's all about creating positive experiences for children so they feel safe and comfortable coming back.

"At six months old, we give children a ride in the dental chair with their accompanying adult. It's all about establishing a feeling

of safety and comfort, getting familiar with the setting every six months and also establishing that habit of repeat visits for life," she said.

When they incur oral health disease, children can experience pain which in turn affects eating habits and the function of eating, which is vital to diet and health.

According to the Department of Health and Human Services, dental conditions were the highest cause of all potentially preventable hospitalisation in Victorian children under 9 in 2018 - often for extraction of teeth due to dental cavities.

In many cases, given early access to appropriate services, hospitalisation and tooth removal could generally be avoided.

Sonya and her team do a lot of work with young children to establish a relationship of trust with the dentist as well as good habits at home.

"We've painted children's nails in the chair before to put them at ease, educated refugees on how to use electric toothbrushes and incentivised visits by giving kids mouth guards which they love because they've seen their sporting heroes use them but they are an important protection device as well," she said.

Access to dental and broader health services for both parents and children is key to establishing the kind of education and resources that will set a child on the right trajectory.

With this in mind, the first major aim of Project North is to co-locate the community dental service with the other lifesaving and life-enhancing supports available at Barwon Health North.



Join the eViDent
Mouthgaard March
Campaign

These include urgent care, renal dialysis, imaging and a child and family health service featuring a maternal health clinic.

As Barwon Health's Clinical Director of Community Health, Rehabilitation and Palliative Care Services Toni Hogg puts it, "There's no wrong entry to the health service".

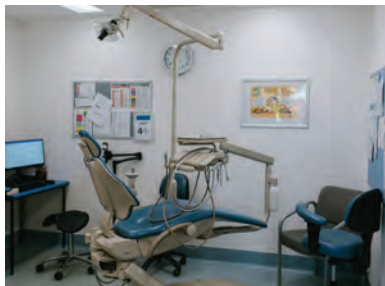
"By moving and expanding our dental service into a welcoming and family friendly facility at Barwon North, Project North's aim is to normalise attending a health service for all kinds of care, at all stages of life," she said.

When co-locating under the same roof, there is ease for referrals among services - for example, a pregnant women being treated for dental care could also introduced to the other support services available under the same roof.

This holistic approach is particularly beneficial where children in their first 1000 days are concerned. Child and family health services can provide developmental assessment and support and therapy to children under the age of five, with a specialist team of paediatricians, psychiatrists, audiologists, speech pathologists, occupational therapists, physiotherapists, psychologists, dietitians and social workers.

Importantly, all kids and their needs will be considered in the design of the new building - complementing Barwon Health Dental Services' existing considerations in this area. For example, the team worked together with Bellarine Community Health in piloting a program, the first of its kind in Victoria, that provides a personalised dental service for clients with autism. The ability to further modify one of the dental rooms for sensory needs is a dream of Sonya's the Foundation hopes to achieve through the Project North appeal.

Ultimately, this new service will help give all children living in the north, the very best start to life and help to build healthier futures for tomorrow.



28%
of 2-5 year olds have cavities in primary teeth.

Children in low socioeconomic groups experience almost twice as many dental cavities.

21%
of children aged 2-14 years have never consulted a dentist or dental professional.

Public community dental services are free in Victoria for children 12 and under and for adults who are health care or pensioner concession card holders.

12%
of 15-24-year-olds attending community dental clinics have evidence of gum disease.

Infection in baby teeth can lead to cellulitis, which can result in hospitalisation of children.

33.1%
of Victorians avoided or delayed visiting a dental professional due to cost.

Tooth decay is one of the most prevalent chronic conditions preschool children experience.

Source: The National Study of Adult Oral Health 2017-18, Department of Health, Australian Institute of Health and Welfare, Victorian Oral Health Alliance, The Victorian Population Health Survey, Dental Health Services Victoria.

Caring FOR THE Carers

At Villawood Properties, we're looking after local community care workers.

Police officers, emergency service workers, nurses, teachers and many more care worker professionals who need to live close to work in order to nurture their local community. If you're working within a 10km radius of a Villawood community and work in this sector, you can save up to \$20,000 on land*. This is our way of caring for the carers.

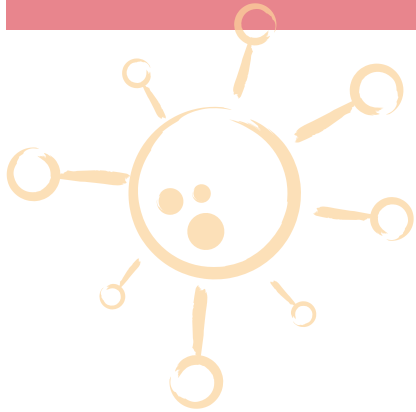


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People of the Pandemic



Amazing things happen every day at Barwon Health.

Almost 75,000 Emergency Department presentations occur each year and well over 20,000 operations are performed.

Patients are treated for all manner of illnesses and receive the best possible treatment and care from our passionate healthcare heroes.

Of course, little miracles also arrive regularly, with around eight new births every single day.

And all of these ordinary – yet extraordinary – occurrences continued to take place amid the challenges of a pandemic.

In 2021, as in 2020, our frontline workers were charged with leading the local response to a global crisis and we couldn't be more proud.

With the support of the Geelong community the Foundation continued to use small gestures to convey the biggest of gratitude.

Food. Coffee. Wellness packs. Care packages of every variety and of course the collection of donations to fund urgent equipment and wellbeing items.

We extended our thanks to every single healthcare worker – whether directly or indirectly, COVID-19 has impacted all of their roles and they have responded with resilience and empathy.

From the infectious diseases team whose expertise has come to the fore, to those at the Ford Hub who immunised nearly 2000 people a day at the peak and are now safeguarding the youngest members of our community.

From the pharmacy team who were responsible for drawing up the vaccines, to the testing cohort who helped people get an all-important diagnosis, and the ICU staff who have had to witness the very worst outcomes of the virus.

To all of our healthcare heroes – the ones on the frontline, and the ones whose faces we often don't see but whose work we all benefit from – we say thank you.

If you would like to support or thank our healthcare heroes, email foundation@barwonhealth.org.au



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To find out more, visit us at 131 Ryrie Street, Geelong

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Built



DEB, COVID TESTER >

Deb was one of hundreds of COVID testers who worked across a number of in-demand Barwon Health sites over the past two years.



< ABBIE, ICU NURSE

"We modified our practice to include telehealth and as much technology and resources as we had available to include families of patients, because it was horrible for us and horrible for the families at times when they haven't been able to be at the bedside. Our biggest motivation is always watching patients – particularly long term – walk out or head to the ward and go home to their families. It makes everything so worth it when you see someone who didn't look so great suddenly look so good and be going home to live a fulfilling life."

"You've given them that extra time with their families and that's the biggest reward."

ADRIAN, PHARMACIST >

"We have had a dedicated team that has been helping to draw up the vaccines. The busiest we got was doing just under 2000 doses a day. Our team had up to 50 people at the peak. It certainly has been great to see the percentage of people who have got vaccinated and also the impact that has had on reducing hospitalisations, and being able to reopen Victoria."



"The busiest we got was doing about 2000 doses a day."



< JANINE, NURSE IMMUNISER

"It's brilliant team work, absolutely amazing, the staff have been wonderful (at Ford) and every single one of them really look after each other. On a busy day, we were seeing up to 2000 people a day. Generally, if you are just doing immunising yourself, you could be doing up to 80 people a day. Now I'm focused on immunising kids. We spoil them with fidget toys and squishies and lollipops and try and make it fun. I am so proud to see the uptake from the community and the parents are really positive."

"It's brilliant teamwork... the staff have been wonderful."

EUGENE, PUBLIC HEALTH UNIT DIRECTOR >

As Barwon Health's infectious diseases expert Eugene led the organisation's, and indeed the region's, response to COVID-19.



20th Anniversary

Celebrating
20 years

2002 – The Barwon Health Foundation was founded in 2002, following a rich history of philanthropy in Geelong, dating back to 1849 when a volunteer committee chaired by the Reverend Andrew Love lobbied the government and raised the money to build Geelong Hospital.

Jun 2004 – The Foundation welcomed Channel Nine's esteemed news presenter, Peter Hitchener, as the inaugural Patron. He continues to hold this role today.

Dec 2004 – A wide range of community groups, businesses and service clubs helped to landscape the grounds, plus a new entrance as part of The McKellar Centre Project.

Feb 2006 – The inaugural Our Women Our Children's Appeal was launched by the Foundation to raise \$350,000 in support of paediatric services in the new Emergency Department.

Dec 2006 – The Gala Appeal celebrated its 90th anniversary with Geelong Football Club player Tom Lonergan leading a parade just months after his own lifesaving experience with the hospital.

2007 – The Andrew Love Cancer Centre Appeal reached its target of \$4 million, resulting in the provision of a new Linear Accelerator for the centre.

2007 – The Foundation and the Barwon Health Mental Health team formed part of an active working committee to introduce a new program called "Read the Play", designed to create awareness about drugs, alcohol and depression with youth via our local sporting clubs. It continues to this day.

The Barwon Health Foundation celebrates its 20th birthday in 2022, marking two fruitful decades of joining forces with the community to improve patient comfort and care at Barwon Health. Here's a look back at some of our proudest achievements and partnerships.

2008 – The inaugural Geelong Hospital Appeal was launched, allowing donors to designate their funds to a particular area.

2009 – The Appeal priority this year focused on raising \$1 million for the purchase of medical equipment for two new operating theatres at the hospital.

May 2009 – The Blue Ribbon Foundation donated \$250,000 to the Emergency Department's new resuscitation bay. The resuscitation bay was officially dedicated to fallen officer Sergeant Russell James Thompson.

Nov 2009 – The first Run Geelong event, supported by the Cotton On Foundation, was held.

2010 – The Cotton On Foundation came on board to partner with the Foundation in the \$7.3 million four year redevelopment of the Children's Ward, committing \$3.5 million plus additional proceeds from the Run Geelong event.

2010 – The Blue Ribbon Foundation donated proceeds from its ball to two dual foetal monitoring systems for the birthing suites.

2010 – Bronte's Ball, facilitated by the Russell family, raised funds to provide an oncology room for cancer treatment within the Children's Ward, alleviating the need to travel to Melbourne for treatment.

2011 – Cancer After Care Group donated \$888,443 for Rapid Arc technology used in the treatment of cancer.

Mar 2012 – The Rotary Club of Geelong helped to fund a \$150,000 renovation of White Cottages at the McKellar Centre which provide accommodation for visiting families of palliative care, aged care and rehabilitation patients.





Jun 2012 – The Geelong Hospital Appeal ‘Giving Weekend’ expanded to a three day event, with proceeds increasing by more than 34% on the previous year.

2013 – The redevelopment of the Cotton On Children’s Ward was complete.

2014 – The \$3.8 million entirely community-funded Cotton On Special Care Nursery was unveiled. The redeveloped facility has space for 20 cribs – up from 13 – plus two dedicated resuscitation/treatment rooms offering more privacy for families.

2014 – The Barwon Health Foundation Future Fund was established. Its objective was to provide funds primarily to support future infrastructure, medical equipment and medical research by building and growing an endowment fund to support Barwon Health in the longer term.

Feb 2015 – #ProjectLove was launched to support the redevelopment of the Andrew Love Cancer Centre Chemotherapy Day Ward and Pharmacy. It had a target of \$3 million.

2016 – The Barwon Health Foundation Future Fund allocated \$450,000 to the flagship Barwon Infant Study (BIS) to fund research personnel and new innovation in the BIS Bus. This mobile assessment unit increased accessibility and made it easier for mothers and children enrolled in the study to participate in regular research assessments.



2016 – In recognition of a generous bequest left by the late Beth Allerton, it was announced the new Oncology Pharmacy at Andrew Love Cancer Centre would be named ‘The Allerton Family Pharmacy’.

2017 – The Foundation funded over \$1.8m in new medical equipment and facilities across Barwon Health.

Feb 2018 – Funding raised through the Foundation, in partnership with the Cotton On Foundation, was put towards a refurbishment of the maternity ward.

2018 – Redevelopments of University Hospital Geelong’s entrance, podium and cafeteria were completed.

2019 – The Foundation hosted an event to officially open the redeveloped Chemotherapy Day Ward and Oncology Pharmacy at Andrew Love Cancer Centre.



Jul 2019 – The internal fundraising unit and the independent Barwon Health Foundation Future Fund entity were consolidated to establish an independent Barwon Health Foundation, managed by an independent board, governed by a group of passionate Geelong locals.

2019 – More than 32,000 people attended Foundation events, 135 businesses contributed, 91 community groups held a fundraiser, 467 people volunteered, and 489 donations were received in memory of a loved one.

Mar 2020 – The Foundation established the Coronavirus Emergency Response Fund, one of the first and most successful funds of its kind in Australia, in response to the emerging pandemic. More than \$1 million was raised.



Jun 2020 – The Adrian Costa Clinical Trials Centre was announced. Funding was secured with a generous \$2.5 million donation from the highly respected, Costa Family.

2021 – The evolution of the pandemic saw the Foundation pivot its focus driving donations, not only for patient care but also for staff health and wellbeing support. More than 10,000 wellbeing activities and items were distributed.

Dec 2021 – The Foundation’s Wish Upon A Star Christmas Appeal funded the purchase of a \$250,000 fetal ultrasound monitor for Maternity Services to support high risk pregnancies.

Jan 2022 – Construction of the \$3.6 million Bendigo Bank House, home to McKellar Kids’ Rehab, was completed, giving children their own purpose-built facility. Previously they were conducting rehabilitation alongside adults.



Mar 2022 – Project North, an appeal to close the region’s health inequality gap, is launched.

Wish Granted

How the Christmas Appeal improved access to vital scans for growing families.



CFMEU Geelong area organiser Brendan Pitt and former Barwon Health patient Mia.

There were squeals of delight and tears of gratitude when we received a call to say Geelong construction workers had raised \$101,848 for the 2021 Wish Upon A Star Christmas Appeal.

The incredible donation catapulted the Appeal past the \$250,000 fundraising target, which meant Barwon Health maternity services could hit 'order' on a fetal ultrasound monitor. The equipment will help the one in 10 local women with high-risk pregnancies get the extra scans they need here in Geelong, no longer having to travel to Melbourne – or go private – for the same service.

It will make a world of difference in many different situations, including those carrying twins, as they need to be more closely monitored and parents who have been through the loss of a child, or people who have birthed with a disability or major health condition before, who have specific concerns the medical team can keep an eye on.

The new technology will also be used to reduce the risk of pre-term birth in women who have a history of premature delivery. Since Barwon Health's neonatal unit can only care for babies born after 31 weeks, helping a mum get to this gestational milestone means she can deliver locally.

Upon hearing this, the Geelong Building and Construction Industry Group – which comprises members of the CFMEU, the ETU, the PPTU, builders and local and non-local subcontractors – was motivated to make change.

"We love that we are all able to do something of this magnitude locally," CFMEU Geelong area organiser Brendan Pitt said. "The fact that expectant mothers need this piece of equipment to make sure kids get the best start to life was our motivator."

The Appeal raised upwards of \$400,000 overall, helping to purchase a secondary piece of equipment from the maternity services wish list to help reduce traumatic labours. We are so grateful to all those who made this very special wish come true.

Our Motivation



For Jade Walker and her twin daughters, access to a fetal medicine specialist was ultimately life-changing. We're proud that as a result of this appeal, patients like Jade will no longer have to travel to Melbourne or go private for this important care.

"It was one of these scans that picked up a rare condition called TAPS (Twin Anemia Polycythemia Sequence), which means one baby becomes anaemic and the other gets all the red blood cells. They picked up the issue and booked me in to deliver at the Royal Women's the next day. I was 33 weeks pregnant. As long as you get onto it early, like we did, everything can work out OK.

We were classed stage one, borderline stage two, but if it had progressed into stages three and four, it can cause permanent brain damage and other developmental issues. We shudder to think people who didn't have the money to pay for these private scans previously thought 'let's just take the risk', which, to be honest, crossed my mind, because the outcome could have been so different.

It's the whole reason the girls came early but safely, and we're so proud to have been part of bringing it to Geelong."



Jade and Ed with twins Maisie and Imogen

For the Kids



Kids Appeal Ambassador Keisha

Doors at Bendigo Bank House, home to McKellar Kids' Rehab, have opened thanks to the Geelong community's passion to make a difference.

After four years of fundraising, sick and injured Geelong kids now have access to the very best.

Doors to Bendigo Bank House, where McKellar Kids' Rehab is located, have opened and the reality is just as passionate donors had imagined.

Colour bounces off every surface, igniting instant optimism. Winding paths lead to perfectly appointed spaces representing boundless possibilities. Clouds suspended from the ceiling suggest the sky is the limit.

It's clear this is a space designed by kids, for kids, where each individual's potential can be realised.

The achievement marks the conclusion of the Kids Appeal, which began in 2017 with a goal of generating \$3.6 million to bring the vision to life.

The Foundation acknowledges and thanks every person who donated a dollar to tin shakers at intersections, attended a Foundation event, purchased an auction item or held a fundraiser of their own at their office, school or sporting club during this time.

In mid-2021 Bendigo Bank and its Community Bank Network closed the gap on the fundraising goal, donating upwards of half a million dollars so construction of the long-awaited centre could commence.

The Appeal also enjoyed ongoing support from Platinum Partner, Our Women Our Children, who were a great contributor to its success.

In recognition of this generous contribution, the bank was granted naming rights of the life-changing facility, which will be known as Bendigo Bank House.

It will support hundreds of young people and their families each year, including those with brain tumours, spinal injuries, neurological challenges and other conditions such as cerebral palsy.

A first of its kind in Victoria, this amazing facility includes a rehabilitation gym, therapy kitchen, outdoor therapy garden and child-friendly treatment rooms.

Until now, Geelong region kids have been receiving rehabilitation alongside adults in shared spaces not fit for purpose, but now these brave and resilient children have a centre all of their own.

Bendigo Bank Regional Manager David Tudor said the donation was only possible due to the bank's Geelong region customers.

"Every day, our customers help change and save lives simply by banking with us. Community banking is based on a profit-with-purpose model, which means our profits are returned directly to the community that has generated them," he said.

"The facilities now enjoyed by some of the most deserving kids in our community were made possible by the home loans, personal loans, business banking and credit cards of Geelong customers.

"You might not think who you bank with matters, but our customers are making a real difference and the Bendigo Bank House is an example of that."



Still in need of support



Donate



While there is a major focus on fundraising \$2.5 million to relocate and expand community dental as part of Project North, there are still a variety of other needs across the health service.

Each department has a wish list of equipment, programs or initiatives that would help improve patient comfort and care. In addition to major projects and campaigns, Barwon Health Foundation takes donations for every department all year round. If you have a specific area you would like to support, you can help secure an item on that department's wish list.



Mental Health

Engagement and distraction therapy - \$1,000

A hospital admission for a patient with an eating disorder can often be highly distressing. Staff have found that when patients are distracted and occupied, they are often calmer and better able to engage in treatment.

Aged Care

Electric patient beds - \$5,354

Increased patient comfort and added technology allow better usability for staff.

Special Care Nursery

Breast pump - \$3,640

Having access to a breast pump ensures mothers who have a baby in the Special Care Nursery have the best chance at establishing adequate milk supply for when their baby can breastfeed. Expressing frequently is the most effective way to establish milk supply that is adequate for a baby to continue breast feeding. Having breast pumps available within the nursery allows this to be stress-free and convenient for the mums during an already stressful period.

Cardiac

Temporary pacing unit - \$8,050

This temporary external pacemaker is used on cardiac patients whose own intrinsic or built in ability to pace fails. It is used as an interim device before patients can receive their permanent pacemaker.

Kids Ward

Special occasion gift - \$75

Help brighten the day of a child who is spending a special occasion - such as a birthday, Easter or Christmas - in hospital with a custom made hamper.

Maternity

Fetal heart detector - \$1,127

This device measures the heart rate and rhythm of a baby and allows health professionals to see how a baby is doing.

Cancer

Dry July participation - free

The best way to support Cancer Services at Barwon Health is to participate in Dry July. Signups open on May 1 and funds support wellness programs for local people undergoing treatment for cancer. As part of the challenge, you can ask family and friends to sponsor you, extending your impact on the health service.

dryjuly.com.au/geelong



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Barwon Health locations



Care types

- Acute
- Community
- Aged Care
- Mental Health
- Rehabilitation

Growth areas

- Future Northern Growth Area
- Future Western Growth Area
- Current Growth Areas

Population density

- < 500 People
- 500+ People

Barwon Health Facilities

1. Corio Community Health Centre
2. Barwon Health North
3. McKellar Centre
4. Mental Health, Alcohol and Other Drugs (MHAOD) Community Hub
5. University Hospital Geelong
6. Newcomb Community Health Centre
7. Belmont Community Health and Rehabilitation Centre
8. Community Rehab Facility (CRF) and Prevention and Recovery Care (PARC)
9. Alan David Lodge
10. Barwon Health Surf Coast (Future)
11. Torquay Community Health Centre
12. Angelsea Community Health Care

Lasting legacy



Meet a local couple whose generosity will help improve the health of the next generation and discover how you could do the same.

Jim and Val have resided in their Corio home since they relocated to Geelong from Ballarat in 1963. The couple, who will celebrate their 66th wedding anniversary this year, share a passion for the environment and are enthusiastic members of the Wetlands Environmental Taskforce which cares for 95 acres of wetlands in Connewarre.

Just as they care about ensuring the land is there for the next generation to enjoy, the pair decided to leave a gift in their will to the Foundation to help improve the health service in the future.

Jim and Val have enjoyed relatively good health throughout the years and continue to live at home independently, despite Jim, now 91, requiring heart bypass surgery at Barwon Health five years ago.

"We couldn't fault the care we received there it was just wonderful," Val reflects.

The two are also grateful for the care their friends and relatives – such as Val's cousin who underwent dialysis three times a week and a friend who spent time at the McKellar Centre – have received and want to continue to improve the patient experience.

By contributing their bequest to the 'greatest need' Jim and Val could help fast-track a project or equipment purchase that a local family is desperately waiting on to save or improve their life – a thought that makes them quietly proud. Getting their affairs in order while in good health, they say, has given them peace of mind for the future.

"It's a comfort. We've all got to face it sometime in life. It's nice to know something positive will happen after we're gone."

For information on leaving a bequest contact Francis Trainor on 4215 8919.

Extraordinary things - every day



What's happening at the Adrian Costa Clinical Trials Centre

The Adrian Costa Clinical Trials Centre (ACCTC) is another vitally important part of Barwon Health where extraordinary things are happening every day.

The ACCTC was established in mid-2020 following a generous gift from the Costa family to become Victoria's first regional clinical trials centre.

A thriving clinical trials program is fundamental to the delivery of innovative and evidence-based care, and also attracts the best and brightest to our region.

It's also crucial to the goal of identifying and solving the major health challenges facing our community with trials focused on both treatment and prevention.



Adrian Costa
CLINICAL TRIALS CENTRE

About 200 clinical trials are already underway across cardiology, intensive care, anaesthetics, psychiatry, orthopaedics, infectious diseases, pharmacy, endocrinology, neurosciences, paediatrics, palliative care, emergency care, cancer services and mental health.

Some of the studies that are recruiting now or will commence very soon include:

- The Moving Moods study, conducted with Deakin University, that explores the revolutionary idea that by changing the "gut" biome we can treat serious depression.
- The diaMentis study diagnosing mental illness through an experimental eye test.
- A gastroenterology trial of a drug to treat a painful disease of the colon that regularly results in surgery to remove parts of the patient's bowel.
- A world-first trial of a drug to treat challenging behaviours in autism - the first time the drug has been used for this purpose.

- The trial of a device to detect seizures in people with epilepsy.
- A new injectable drug treatment to treat osteoarthritis of the knee which has the potential to take away the need for joint replacement surgery.
- A screening study supported by the local Rotary organisation to investigate the incidence of bowel cancer in people in the Geelong region aged 30 to 49.

In the words of ACCTC director Paul Lightfoot, "Clinical trials can give hope where often there had been none."

With the help and support of our local community, the current extraordinary work being conducted by the Adrian Costa Clinical Trials Centre will only be the beginning.

To support cutting-edge medical research through clinical trials, contact Philanthropy Manager Francis Trainor on 4215 8919 or email francis.trainor@barwonhealth.org.au



How one cancer patient is expressing his gratitude for the extraordinary care and staff at Barwon Health

Giving back

ANGELOS Stephanopoulos looks forward to his visits to University Hospital Geelong.

He knows it's an unusual thing for a cancer patient to say, but there's something waiting for him beyond the doors of Barwon Health's Andrew Love Cancer Centre that's a delightful distraction from the pain and discomfort experienced.

"Nobody wants to be sick, nobody wants to go and have a blood transfusion for four hours, but I get excited when I have to come to the hospital because of the people," he smiles.

The 75-year-old, who has two types of cancer, has approached his entire health journey with the same glass-half-full attitude.

It was while in Myer, shopping for gifts to take with him on an overseas holiday to visit relatives in 2014, that he first felt ill.

"I said to my wife let's get a coffee and sit down and then go back to shopping," Angelos explained. "While in the queue to get a coffee I collapsed and hit the ground."

Soon enough, tests diagnosed non-hodgkin's lymphoma.

"It was a shock because it's like I thought I was healthy yesterday and I am dying now, how is that possible? I had no symptoms," he says.

If the first diagnosis was a surprise, the second – some years later – came out of nowhere.

"A doctor said 'you've got a multiple myeloma' and I said 'what is it?' and she said 'it's worse than the non-Hodgkin lymphoma' and I said 'bring it on'.

"There's not any argument it's going to beat me, I know that, but you can sit home and cry 24 hours a day or you can get on with it. At least 50 percent of life is how you look at it."



Grateful patient
Angelos Stephanopoulos

The dual cancer status means Angelos doesn't qualify for clinical trials but he has benefited from both Day Ward and Hospital in the Home programs during his eight years as a patient of Barwon Health and is equally complimentary of both.

"For four months, two nurses would come to my house in the morning and have a coffee and a bit of a chat and give me my chemo and then I went straight to bed," he shares.

"I was doing it on a Thursday and on Friday, Saturday, Sunday I wanted to sell everything I've got and buy a house next to the hospital I was so sick on and on Monday, Tuesday, Wednesday I still wanted to sell everything but I wanted to move to the Greek Islands. Every week is like that – up and down. It's very tiring."

Currently, Angelos is receiving weekly treatment in the ALCC Day Ward where he's observed the hardworking staff over a number of years.

So grateful for their tireless efforts and warm demeanour, he made a generous donation to the Foundation to establish a new staff room for Cancer Services employees.

"When people give to the hospital, automatically their mind goes to a bed or a machine, less people think about the doctors and nurses and staff," he says.

"People will say 'it's their job, they're getting paid for it' but it's more than the job, it's about how they do it. They are always smiling, they always have time for the patients."

Emma Standon, Operations Manager of Cancer Services said the team was incredibly appreciative of the donation and excited to have their own permanent and dedicated staff area.

"The Cancer Services employee break room will provide a much need space for staff to unwind, relax and eat lunch in a beautiful space, away from the hustle and bustle of our busy clinical and patient areas," she said. "It's hoped construction will be completed by mid-2022."

If you've had an experience with the health service you'd like to give thanks for, email jemma.ryan@barwonhealth.org.au



Care and connection

Our mission is to enhance patient comfort and care, and sometimes this care extends to a patient's family.



Recently we received a grant application from the Social Work and ICU teams looking to create a keepsake for grieving relatives.

The result was an extra special key ring that will benefit those accessing a range of areas across the health service. Families are able to remove the central heart and leave this piece with their loved one while taking the other half with them on their travels so they remain forever connected.

It's a gesture we hope will bring comfort to families of people like Lauren, who spent her final days in palliative care at Barwon Health in 2020.



Sophie, Kerri and Lauren

Her mum Kerri, shares their story.

On April 28, 2003, I gave birth to a beautiful, healthy baby girl, Lauren.

She was perfect. A little sister to Sophie. Weighing 8 pound 10 ounces. After a dramatic entrance into the world, I remember cuddling her so tightly and dreaming of all the milestones and achievements ahead of her.

I could have never imagined that we'd be celebrating her 18th birthday without her present.

I can vividly remember the excitement on Lauren's face in September 2018 when she set off on a once-in-a-lifetime school excursion to Paris.

She desperately wanted to see the Eiffel Tower. She was mesmerised by its size and its beauty and posed for endless photos to capture this special moment.

On the trip, Lauren fell ill. She was vomiting, experiencing terrible fatigue and complaining of a constant headache. At first, we thought it was jetlag, but it persisted when she settled back at home.

Lauren's health continued to decline until she called me one day at work to say she couldn't move her legs. An MRI was ordered and she was transferred immediately by ambulance to Melbourne where she underwent a 12 hour surgery.

My daughter was diagnosed with stage 4 glioblastoma brain cancer at just 15 years of age. Our lives changed in an instant.

Lauren was a champion in every way. She fearlessly started oral chemotherapy and radiotherapy to extend what would be a devastatingly short life.

In the months that followed she spent a lot of time in hospital beds, oncology appointments, physical rehabilitation and occupational therapy where the team at Barwon Health's McKellar Centre literally helped her learn to walk again.

I have no doubt this care helped Lauren to live at home for as long as possible, surrounded by her family.

During this time we spoke about life, her bucket list, and, agonisingly, her wishes for her funeral.

Lauren was admitted to the Palliative Care Unit at the McKellar Centre during the peak of COVID-19.

When we arrived there, I didn't consider that we were so close to the end but, thinking about it now, deep down I knew we wouldn't get home.

On July 27, 2020, Lauren gained her angel wings at the McKellar Centre and will be forever 17.

Barwon Health will always hold a special place in my heart for the care and compassion Lauren and our family received during the most devastating time in our lives.

Funding a keyring to gift grieving families like mine is just one of the reasons the work of the Foundation is so special and worthy of our support.

Lauren was able to tick off some items from her bucket list, but many of them we have or will go on to do in her honour – taking the key ring with us.

Events

2022 CALENDAR



World Health Day: Thursday, Apr 7

**Giving Weekend:
Friday, June 24 – Sunday, Jun 26**

Legacy Month: July 1

Dry July: Friday, July 1

Catwalk4Cancer: Saturday, Aug 20

Girls on Track: Sunday, Nov 13

Run4Geelong: Sunday, Nov 13

**Gala Christmas Concert:
Saturday, Dec 10**

Giving Weekend

This three-day appeal generated a fantastic \$73,401.60 to close the funding gap on what's now known as Bendigo Bank House, the dedicated centre for kids rehabilitation. A passionate army of volunteer manNed Geelong's busiest intersections, tin shaking for the cause while donations also came via phones, online donations and participating businesses gifting a portion of their weekend takings.

Dry July

The Geelong region toasted its most successful Dry July ever in 2021, generating a record breaking \$165,000 for Barwon Health's cancer services. Our ambassador Billy Brownless' 'Frothy Fund' finished as the number one fundraising team in Australia, generating a collective \$81,000. Community ambassador Rory Costelloe, a board member of the Foundation, notched up an impressive \$31,000 of solo fundraising. A total of 238 people gave up alcohol for the month of July to support their local cancer service.

Geelong Women's Business Club

The Foundation was thrilled to be the charity partner of the Geelong Women's Business Club event in November 2020. A portion of each ticket was donated to the Wish Upon A Star Christmas Appeal, which funded the purchase of a fetal ultrasound monitor for Barwon Health Maternity Services. After watching a video about the campaign and hearing Executive Director Zoe Waters speak about the need, guests were inspired to shop the pop-up Barwon Gifts stall and a total of \$5000 was raised.

Ward Visits

With visitors to the hospital limited due to COVID-19, surprise Geelong Football Club drop-ins could only be virtual but that didn't stop the impact, and resulting smiles, from being big. We thank Cats like Gary Rohan, Rhys Stanley, Tom Atkins, Oscar Brownless, Cooper Stephens, Renee Garing, Rene Caris, Francis Evans, Cameron Taheny and Rebecca Webster for helping to brighten the day of patients who found themselves on the Children's Ward for a variety of reasons.

Run4Geelong

The virtual Run4Geelong, sponsored by the Geelong Advertiser, was a great success on Sunday November 13, 2021, with 1546 participants raising \$116,451.33 for the health service. Fresh from her impressive performance at the Tokyo Olympics, the Foundation was thrilled to welcome local marathon runner Ellie Pashley as an event ambassador alongside former Geelong Cats footballer Tom Longergan. We also celebrated the launch of the inaugural RunPawGeelong activation, encouraging pet owners to register their furry friends in the virtual event.

Girls On Track

The Geelong Racing Club hosted yet another fantastic ladies day when Girls On Track returned in November. Director of Women's Services Geraldine Massson gave a moving speech at the event which the Foundation was a charity partner for, explaining the importance of having local access to a fetal ultrasound monitor for high risk pregnancies. The afternoon raised \$10,000 for the Wish Upon A Star Christmas Appeal.

Gala Christmas Concert

The region's best musical talent came together for a star-studded Geelong Connected Communities Gala Christmas Concert. Livestreamed from Geelong Arts Centre via Facebook and Channel 31 for local families to enjoy from home, the line-up featured performances by Stellar Perry, Imogen Brough, Luke Biscan, The Mik Maks and Taylor Henderson. Community acts such as Karen Feldman Dance Group, Cheer Geelong, With One Voice Choir, Geelong Memorial Pipe Band, Highland Pipe Band and Aerosport Allstars also brought festive cheer.

EVENTS OF 2021



Giving Weekend



Girls on Track



Dry July



Run4Geelong



Geelong Cats visit



Geelong's Longest Lunch at Home

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To the wonderful partners who contributed in 2021 and all members of the community who support us

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 The Craft and Chat Circle of Ocean Grove
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Gifts For Good

Did you know when you shop at barwongifts.com.au 100% of proceeds support Barwon Health?



T2 Hugo teapot \$40



Candle for a Cause \$29.95



Ceramic Care Cup \$22.95



Project Ten pencil case \$14.95



T2 Icon Duo Gift Pack - Fruit Loot \$30



Project Ten picnic mat \$89.95



Small cosmetic bag \$18.95

Ways to support

Giving

1 Regular giving

Give the gift of good health each and every week by joining our regular giving program. For just the cost of a coffee a week, you can change the life of a local life. Join our Foundation Family at barwonhealthfoundation.org.au/join-the-foundation-family

2 Host an event

It could be a morning tea, swimathon, sausage sizzle or skipping challenge - whatever the event, we'd love to be your charity of choice! If you're interested in hosting a fundraiser for your local health service, contact Danni dflowe@barwonhealth.org.au for a Community Fundraising Pack. We've even got an online donation platform to get your friends and family involved.

3 Attend an event

The Foundation hosts an array of events each year so just by enjoying a fabulous day out with friends, you can give back to our health service. Keep an eye on our Facebook page for ticket details.

4 Volunteer

We can't do what we do without the help of volunteers. Whether it be tin shaking, sausage sizzles or call rooms, we are so grateful for the support of those who make the magic happen. If you can spare a few hours to support an event, let us know at foundation@barwonhealth.org.au

5 Leave a gift in your will

A gift in your will is a lasting legacy that will live on, helping our community to thrive. If you have the capacity to support in this way, contact our Philanthropy Manager Francis ffrainor@barwonhealth.org.au





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