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What's On in 2019



COVER FEATURE ARTIST - DAVID MCCARTHY, PROUD MEMBER OF THE MANDANDANJI TRIBE

# A Message from

**RAYMOND TAYLOR**  
CHAIRMAN

**The Toowoomba Hospital Foundation continues to grow and retain outstanding credibility in the local community which equates to valuable support for our hospitals and health service within the region.**

The Foundation is committed to making a difference in the lives of Darling Downs Health staff, patients and their families. We are incredibly fortunate to work with many generous organisations, community groups and individuals who assist us to achieve this goal.

In total this financial year, the Foundation contributed \$1,788,951 in vital equipment, staff development, scholarships and medical research to the Toowoomba Hospital, Baillie Henderson Hospital, Mt Lofty Heights Nursing Home and local health services.

This valuable support could not be achieved without a solid business base, and our excellent fundraising program along with the generosity of our donors, sponsors, supporters and volunteers.

The Toowoomba Hospital Foundation has always lived by the saying “we’ll get by with a little help from our mates”. A special heartfelt thank you to all the businesses, corporate sector, community groups, service clubs and individuals that embrace the work of the Foundation.

A very warm thank you to our generous mates from Pure Land Learning College who provide a significant donation annually. These funds are awarded to researchers who aspire to undertake innovative medical research relevant to our local hospitals and health service. Many thanks also to the Chairman and Members of the Research and Ethics Committee who oversee the applications for this research, and make decisions on awarding funding to the worthy recipients.

Working closely with Mr Mike Horan AM, Chair of the Hospital and Health Board and Dr Peter Gillies, Chief Executive of the Darling Downs Health ensures that the Foundation continues to support



the needs and the vision of the Hospital and Health Service.

To be afforded the honour of leading the Foundation has always been very humbling and a great privilege, however I could not perform in this role if it wasn't for the support I receive from my fellow board members. All members give generously of their time and play an integral part in ensuring the Foundation maintains a reputation of transparency, accountability and innovation. I thank each one of you, your loyalty as a voluntary group speaks volumes of the spirit that exists to ensure that the community is well served.

The success of any organisation can only be gauged by the quality and the efforts of its staff. The continued performance and achievements of our Foundation are testament to the way our staff carry out the wishes of the board and hospital community. I am very proud of the work ethic and dedication of this wonderful team led by Alison. Thank you all so much.

**To all who have contributed to our work at the Foundation, thank you for sharing our vision of connecting with our community to assist our local hospitals, I am proud to have been a part of our ongoing success.**

# A Message from

**ALISON KENNEDY**  
CHIEF EXECUTIVE OFFICER

**As I reflect on what has been an incredible 12 months we've had at the Toowoomba Hospital Foundation I'm reminded of the wonderful support and generosity we receive from across the community both big and small.**

This financial year was a huge testament to the shared passion of our staff, Board and donors with over \$1 million of fundraising and donations reached in 2017/18. Not only is this a tremendous effort but it highlights the vital role our local health service plays throughout the region.

With the support of the community 2017/18 also marks a record year for grants and donations of equipment gifted by the Toowoomba Hospital Foundation back into the Darling Downs Hospital and Health Service with over \$1.78 million invested – our highest amount to date.

We were honoured to have been able to contribute \$500,000 towards the Toowoomba Hospital's Theatre Seven operating theatre project. This has enabled an increase of 15 percent more surgeries per month and we are delighted to have been able to support such an important project.

In what was a mammoth accomplishment from everyone involved, 2017 saw the Foundation host two Women of Strength functions. Our luncheon with the inspiring Ita Buttrose raised \$23,278 for the Toowoomba Hospital Midwifery Department and our Magda at the Mills event with the ever-charming Magda Szubanski raised \$35,491 to support the Mt Lofty Heights Nursing Home.

The fantastic support from donors and community groups never cease to amaze us. This year, thanks to \$32,000 donated from the Lions Club of Toowoomba West's Toowoomba Christmas Wonderland we were able to purchase three robotic seals to help bring joy and support to patients with dementia.

Our littlest of hospital patients have also experienced the generosity of our donors and community.



This year the Woolworths Wall Token Appeal helped raise \$51,500 towards the purchase of Play9 digital interactive play systems. These play systems are now a highlight of the Paediatric Unit.

The Play9 is bringing joy and entertainment to sick kids visiting the Toowoomba Hospital and now thanks to the Lions Club of Westbrook's donation of a cutting-edge procedural puppet who goes by the name of Dylan, children are also getting the comfort they need during the times they need it the most.

September 2017 also introduced a first in the Toowoomba Hospital Foundation's 26-year history. The Foundation together with Darling Downs Health Service entered a float into the Toowoomba Carnival of Flowers Grand Parade for the very first time.

All this incredible work can only be made possible through the generous support of the caring people, army of volunteers and corporate and community partners who continue their commitment to the vision, mission and passion of the Toowoomba Hospital Foundation. So, to you I offer my sincerest thanks.

Thank you also to the unwavering dedication of the wonderful Toowoomba Hospital Foundation team who stand steadfast behind what we do every single day.

The Toowoomba Hospital Foundation is truly making a difference in the lives of those who come to the Toowoomba Hospital, Baillie Henderson and Mt Lofty Heights Nursing Home, both staff and patients. I look forward to another incredible year and sharing in the successes of our community and staff who continue to contribute to the Foundation.

# A New Chapter for the Foundation 2018/2019

**\$1,788,951**

was contributed back into  
the Darling Downs  
Health Service  
this year.



**At the very core of our philosophy here at the Toowoomba Hospital Foundation is a simple yet extraordinarily powerful motto – we'll get by 'with a little help from our mates'.**

**And it's our mates, the incredible community of people, volunteers, business community, nursing and medical staff and the many patients and families of our hospitals, and their continued support and faith in our mission, who will guide our strategic direction in the year ahead.**

We're making 2018/19 the year of growth for the Toowoomba Hospital Foundation from new team members, new spaces and new business bases. While we absolutely love bringing you events, the next year will also be about looking to the future and that means ensuring the sustainability of the Toowoomba Hospital Foundation.

In a first for the Foundation, September 2018 marked a new business era for our organisation as we absorbed the Toowoomba Hospital Accommodation into our day-to-day operations.

The next year will see us build on the current accommodation services with the help of the incredible and experienced volunteers who keep Toowoomba Hospital Accommodation running like clockwork.

Over the coming months we'll also be working closely with Darling Downs Health to welcome their small army of hospital volunteers into our extended Foundation family. Our volunteers are integral to our success, and the more volunteer support we have the more we can achieve, give back and support patients and their families.

Not only are we looking at growing our volunteer base, but also our team. This year we welcomed Kisa as our new Receptionist and the next few months will also see us recruit for an Operations Manager. This new position will allow us to look at a wide variety of opportunities with our Café and on-campus parking for staff and visitors.

As we welcome more members into our team in the new year, we will be waving goodbye to our office building on 41 Joyce Street and saying hello to our new office space in the old Blood Bank Building on the Toowoomba Hospital campus opposite the multi-storey car park.

We've got many wonderful plans to turn our new office into a welcoming community space and we can't wait to cut the ribbon on this exciting new chapter in the Foundation's history.

New chapters are not without new challenges, and as we move forward with this new vision for the Toowoomba Hospital Foundation it is extremely important to us that our strategic direction continues to sit right next to that of Darling Downs Health.

Their goals are our goals and we want to make sure that the funds you raise go to where they are needed most across Toowoomba Hospital, Baillie Henderson Hospital and Mt Lofty Heights Nursing Home.

We make bigger and better impacts together, that's why we'll also be placing a renewed focus on strengthening our friendships with our mates and looking to new relationships with donors to support health care in our region.

We don't do things by halves here and with the generous help of our community we will continue to evolve and find new ways and opportunities to make a difference in the lives of the people touched by our hospitals, today, tomorrow, next year and for many more years to come.

# Board of Directors



**RAYMOND TAYLOR**

**Chairman**

A founding member of the Toowoomba Hospital Foundation, Ray was first appointed to the Board in 1991 as Deputy Chairman and then later as Chairman in 1999. Ray is currently the Managing Director of Taylors Removals and Chairman of Directors of Chess Moving Australia. Having previously served as Director of the Qld Road Transport Association, Deputy Chair of the Fatima Home for Children Board and as Chairman of St Theresa's Parish Council, Ray brings a wealth of knowledge and experience to his duty as Chairman of the Foundation Board.



**ANDREW WIELANDT**

**Deputy Chairman**

Serving on our Board since 2006, Deputy Chairman Andrew Wielandt also Chairs the Toowoomba Hospital Foundation Health & Medical Research Committee. Managing Director of local wealth management firm, Dornbusch Partners, Andrew's community engagement includes being Chairman of the Toowoomba Empire Theatre Board and Past President of the Toowoomba Chamber of Commerce.



**MIKE HORAN AM**

**Board Member**

Mike was appointed as Chair of the Darling Downs Hospital and Health Board in May 2012 and has sat on the Toowoomba Hospital Foundation Board since that time. Mike was the Member for Toowoomba South in the Queensland Parliament from 1991 to 2012 and regards his time as Minister for Health (1996-1998) as a highlight of his political career.



**DR ROS REILLY**

**Board Member**

Roslyn is a former Registered Nurse and Midwife, retired from the Department of Nursing and Midwifery at USQ, where she was also Head of Department, Clinical Coordinator and Director of Post Graduate Studies and Acting Chair of Academic Board. She holds the position of Adjunct Associate Professor at USQ.



**HORST BROSI**

**Board Member**

Born in Toowoomba, Horst was appointed to the Foundation Board in 1999 and was a Partner and Director of his own engineering business, Vettiger, Vidler & Co Pty Ltd. Now retired, he was previously the Chairman of Downs Group Training, a past President of the Old Toowoomba Club and a founding member on the Police Citizens Youth Club Board.



**LEW ROWLING**

**Board Member**

Mr Rowling has been a lawyer for the past 38 years and he is the Senior Partner of Wonderley & Hall, a firm he has been with since 1976. Lew brings a wealth of legal knowledge and advice to the Toowoomba Hospital Foundation Board. Lew was appointed to the Toowoomba Hospital Foundation Board in July 2002.



**BRENDA TAIT**

**Board Member**

Currently Chief Operating Officer at Western Queensland Primary Health Network, Brenda previously spent 12 years as the CEO of RHealth Limited and three as General Manager of Wide Bay Medicare Local. She brings her experience in policy, planning and developing strategies for ensuring greater access to health services in rural and regional areas to the Foundation Board of which she's been a member since 1999.



**MEGAN O'HARA SULLIVAN**

**Board Member**

Councillor and portfolio leader of the Finance and Business Strategy Portfolio on Toowoomba Regional Council, Megan brings her passion for diversity, gender equality, the Customer Service Experience and stakeholder engagement to the Toowoomba Hospital Foundation Board. She is also a qualified optometrist and continues to practice part-time.



**PETER SEDL**

**Board Member**

A Certified Practising Accountant, Peter is currently a Proprietor/Director of Sedl Agencies, a Toowoomba family business that was started in 1986. He is also a Director of the National Distributors Alliance (NDA).



**DR PETER GILLIES**

**Board Member**

A doctor for nearly 25 years, Dr Peter Gillies has been with the DDHHS since 2009 when he moved to Toowoomba to take up the role of Director Medical Services. Appointed as Chief Executive in 2016 Dr Gillies has a background in general management and over his tenure at the Health Service has provided expert direction in improving patient care, waiting lists and emergency access.



**KAREN GORDON**

**Board Member**

Karen is the Nursing Director -Medical Services at Toowoomba Hospital. She has over 27 years' experience in the Darling Downs Hospital and Health Service in the areas of clinical management and leadership, patient flow, critical care nursing and organ donation.



**HAROLD SHELTON**

**Board Member Secretary**

Harold has a Bachelor of Business (Accounting) and has more than 20 years' experience in commercial accounting fields, both in the public and private sector and is a Fellow of CPA Australia. He is currently the Financial Controller for the Darling Downs Hospital and Health Service, a role that encompasses financial and management accounting including, preparation of statutory accounts, budgetary and performance reporting.



## Our Team

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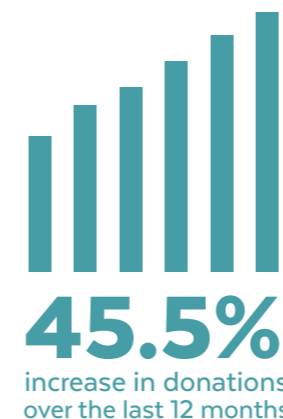
**E:** Kisa.Levale@health.qld.gov.au



FUNDING FOR PROFESSIONAL DEVELOPMENT,  
TRAINING AND EDUCATION FOR HOSPITAL STAFF

## OUR RECORD YEAR

# OVER \$1 MILLION OF FUNDRAISING & DONATIONS



**\$300,121**  
funding for equipment,  
resources and facilities



**\$937,057**

funding for special projects and programmes



# Our Events

## HOW YOUR SUPPORT HELPS

We're incredibly grateful to our community, who through every ticket sale, raffle prize, auction and donation have made our events a continued success and brought smiles and life-saving support to patients and their families.

### Women of Strength with Magda Szubanski

**\$35,499.21**

for Mt Lofty Heights  
Nursing Home

### Heroes & Villains Fun Run

**\$6,897.90**

for Toowoomba Hospital  
Foundation



**\$62,096.55**

for Children's Health

#### EVENTS IN THIS CAMPAIGN

- Melbourne Cup Luncheon
- A Christmas Wish
- Concept Tiles Charity Golf Day
- Christmas Centre Run
- Neighbourhood Christmas
- Mylonas Richter Memorial Golf Day
- Christmas Gift Wrapping
- Oil Patch Golf Day
- Easter Vintage Festival
- TSBE Race Day

### Women of Strength with Ita Buttrose

**\$23,278.03**

for Maternity Services

### Pop Up Paint Along

**\$3,894.58**

for Mt Lofty Heights  
Nursing Home



**\$74,911.69**

for Children's Health

#### EVENTS IN THIS CAMPAIGN

- PGA Corporate Challenge
- Ladies Golf Day
- Pop Up Pallets
- Teddy Bears Picnic
- Ladies Diamond Lunch
- iThink Golf Day
- Harvey Norman Birthday Sale/VIP Night
- Trivia Night

### Leon Treadwell Memorial Golf Day

**\$6,960.20**

for Oncology Department

### Mothers Day High Tea

**\$3,205**

for BreastScreen  
Queensland



**\$105,014.66**

for Cardiac Investigations Unit

#### EVENTS IN THIS CAMPAIGN

- Fluro Challenge
- Cent Sale
- Mark Raby Hike
- Christmas Wonderland of Lights



Thank you to all our sponsors who've supported us over the past year.

A special shout out to Suncorp for welcoming us into their employee giving program Brighter Futures this April donating \$10,000. We can't thank your staff enough for their ongoing support and to Suncorp for matching their efforts dollar-for-dollar in all future fundraising efforts.

# Mates Events

WITH A LITTLE HELP FROM OUR MATES

## Colour of Change

\$48,100 BreastScreen Queensland

## Toowoomba's Christmas Wonderland

\$30,000 Toowoomba Hospital Foundation

## One Wish One Cure Luncheon

\$13,197 Diabetes

## Concept Tiles Charity Golf Day

\$10,414.94 Toowoomba Hospital Children's Appeal

## TSBE Race Day

\$9,985 Toowoomba Hospital Children's Appeal

## S&T Glass and Toowoomba Fasteners Golf Day

\$9,830.50 BreastScreen Queensland

## JB's With A Little Help From Our Friends

\$9,220.05 Toowoomba Hospital Foundation

## Fossil Downs Bush Rodeo

\$8,091.66 Renal and Oncology Department

## Mylonas Richter Memorial Golf Day

\$6,758.65 Toowoomba Hospital Children's Appeal

## Firies Charity Golf Day

\$5,957.10 Emergency Department

## It's a Bloke Thing

\$5,820 Toowoomba Hospital Foundation

## Mark Raby Hike

\$5,199.60 Helping Hearts Campaign

## Cent Sale

\$4,104.65 Helping Hearts Campaign

## PGA Corporate Challenge

\$3,758.25 Give Me 5 For Kids

## Fitzy's Feast

\$3,700 Men's Health

## A Christmas Wish

\$3,197.10 Toowoomba Hospital Children's Appeal

## Stepping Out Fashion Parade

\$2,255.00 Toowoomba Hospital Foundation

## Higgins and Weetwood Pin & Win

\$1,695.10 Toowoomba Hospital Foundation

Whether it's golf days, climbing mountains or festive lights, our incredible mates from across the region have gone above and beyond to help a number of causes across our hospitals.



## Significant Donations

**PURE LAND  
LEARNING  
COLLEGE**  
\$120,000

Research Grants

**WOOLWORTHS  
WALL TOKENS**  
\$68,748  
\$40,000

Paediatric  
Department

**DARLING  
DOWNS METALS**  
\$10,000

Toowoomba  
Hospital  
Foundation

**DANCING  
STARS**  
\$5,056.56

Youth Mental  
Health

**WAYNE  
PRICE**  
\$5,000

Toowoomba  
Hospital  
Foundation





# To the Beat

HOW MUSIC IS HELPING TO CHANGE YOUNG LIVES

**Talking. It isn't for everyone. Sharing your feelings, vulnerabilities, anxieties and opening yourself up can be hard and scary. But Music Therapist Rob McGrigor and Yannanda Day Program Coordinator Karen De Nooyer are switching traditional talk-therapy for creativity to give much-needed support to young people struggling with their mental health.**

With financial support from the Toowoomba Hospital Foundation, Karen De Nooyer has placed music therapy at the heart of services delivered for both day and inpatients at the Adolescent Mental Health Unit at Toowoomba Hospital.

"For many of the people who come to Yannanda our music therapy program can be the very first regular therapy that they have engaged in.

"It really sets the scene to be able to work with professionals and that it's OK to be in a therapeutic space," says Karen.

Music Therapist Rob McGrigor has been delivering his 10-week drum-based music program, which combines African drumming, African rhythms, games and elements of cognitive behaviour therapy, since day one in 2014.

"It's much easier to play how you feel on a drum then explain how you feel. Just by observing or listening to the way that they play we can get a sense of how they're doing.

"The Day Program really sets the scene for beginning to engage and to have what may often be a group of disjointed adolescents, because of the traumas they are suffering, leaving our session as a group of people who are speaking to each other.

**"When they talk about looking forward to coming back next week - it's like seriously? You want to come back to therapy?"**

Rob and Karen are also using songs to assist young people admitted to the ward by helping inpatients match where their mood is and to be able to find a place of regulation again.

"Whether it's difficult to speak about how they feel, that they can't say to a nurse 'I feel like this' the music can say to them 'Yes, that's how I feel!' so it can arm them with the words to start the discussion," says Rob. It's all about helping young patients take positive steps towards therapeutic communication by using music to help them identify and talk about how they feel.

"They may not feel very different but they may talk, and for me the outcome, the best outcome, is that they will talk," says Rob.

This year Yannanda received a generous donation from the talented dancers of Dancing Stars Toowoomba and their incredible Director Lauren Fickling. These little stars danced their hearts out at their annual fundraising concert raising an incredible \$5,000 in support of the important work of the Child and Youth Mental Health Service. From the bottom of our hearts, thank you!



# Braving the Shave

## VENESSA'S GIFT TO ONCOLOGY

**It takes guts to rock a buzz cut, but it takes heart to raise nearly \$5,300 for our region's brave cancer patients — so it's fortunate that Pittsworth mum Venessa Cronin has both.**

Armed with plenty of passion for a cause she deeply cares about, earlier this year Venessa braved the shave to raise funds for vital equipment for the Toowoomba Hospital.

Thanks to her incredible efforts and big heart the Cancer and Oncology Unit is now home to two brand new Mobile Air Pressure Chairs, helping patients going through treatment, terminally ill or nearing the end of their life.

For Venessa parting with her beautiful golden locks in favour of a close crop was a small price to pay, especially to see her fundraising efforts channelled back into supporting people within her local community who have been touched by cancer.

"Shaving my hair and donating my funds to the Foundation was a way that I could feel like I was really helping locals, where I could see the money was actually going towards helping people I know or people that I know have family or friends using the services at the cancer unit," she said.

"I've been lucky enough that I haven't had cancer directly affect me or my immediate family, but just to know that I'm doing my small bit is really, really rewarding.

"Just to know that what I've fundraised is going towards equipment that will be well-used and help a lot of people is great."

Cancer and Oncology Nurse Unit Manager Andrea Barber said Venessa's donation has meant the world to both patients and staff of the Cancer and Oncology Unit.

"With Venessa's fundraising efforts our nurses on the ward can continue to give life-saving care and deliver better services to the people of our region," she said.

"We're always very grateful for any donations to the cancer centre. People put in a lot of effort to make donations and it helps us buy equipment we really need for patients.

"These chairs will be very well used, so we are extremely grateful to Venessa for thinking of us and our patients."

Having called the Toowoomba Hospital on a whim, Venessa said she never looked back when they pointed her towards the Foundation.

"I think me doing it this way, in aid of the Toowoomba Hospital Foundation has definitely turned a couple of heads. It's a different way of looking at fundraising," she said.

**"I chose to give to the cancer ward but there are so many areas within the Hospital who need support, and I would definitely encourage anyone looking to fundraise for a cause to consider giving to the Toowoomba Hospital Foundation. It's just such a great feeling to know that everything stays local and helps your local community."**





# Breast Solution

## COMFY CUPS GIVE WOMEN A BOOST

**Breasts. Women may curse them for getting in the way, being too big or not big enough, and if you've been fortunate to bear children, well, we'll leave that up to you to decide whether you think your breasts are a blessing or a curse. But, what if one day you had to give them up?**

Bronwyn Towner and her group of dedicated knitters are helping to give brave women fighting breast cancer their sense of identity back thanks to little hand knitted prostheses called Comfy Cups.

Putting their needle skills to work using wool made from natural fibres purchased by the Toowoomba Hospital Foundation, the knitting group has been donating a steady supply of A-E cups to the Toowoomba Hospital Cancer and Oncology Unit since 2015.

Soft, comfortable, light-weight, breathable and free, Comfy Cups are helping to give women who've lost one or both breasts through cancer treatment comfort and a self-esteem boost during this hard time in their lives.

With a history of breast cancer in her family Comfy Cup Knitting Group Coordinator Bronwyn Towner decided that she needed to do something to support ladies who've had mastectomies.

"I haven't gone through it myself, but going through it with my sister I found that it really impacts on your self-esteem and your confidence," she said.

"When you first have the operation and it's all very raw and real, you're very self-conscious. So, having something that you can slip into your bra when you walk out of the house or leave the hospital just does wonders for their self-worth and how they feel about the whole procedure.

**"It's not easy letting go of something, a part of your body, that means so much to your identity as a woman and it takes a while to come to terms with your new body image so, the Comfy Cups help with that."**

There's a subtle art to the making of a Comfy Cup but Bronwyn said if you're a good firm knitter and have a few knitting skills up your sleeve you can help boost the confidence of local breast cancer fighters one knitted row at a time.

"It gets easier over time, and I do a bit of quality control before they go out to all the ladies to make sure they're all the right size, the right firmness, weigh the same and they're all packaged up nicely with a care card," she said.

"It feels great that I'm able to just do my little bit, you know it could be me one day."

The Comfy Cup Knitting Group are always on the look-out for keen knitters to lend their needles and skills to the cause.



**OVER 100 SETS OF COMFY CUPS WERE GIVEN TO BREAST CANCER SURVIVORS**

# Meet the Researchers

PRIYA'S PASSION IS HELPING PATIENTS IN THE BUSH

**Named one of Queensland's 2018 Top 10 exceptional young leaders in public service across local, state and federal government, Dr Priya Martin is making her mark helping clinicians and patients not only in Toowoomba but across the state with a little help from Pure Land Learning College.**

As one of the very first recipients of the Toowoomba Hospital Foundation and Pure Land Learning College Research Scholarship program, Dr Priya Martin knows and cherishes the value a grant can bring, especially when undertaking a PhD while also juggling work and parental commitments.

Priya's award-winning PhD investigating the factors that influence the quality of clinical supervision of allied health professionals, was successful in gaining not one but two research grants from the Foundation. Her research has since helped further develop clinical supervision workshops at the Cunningham Centre in Darling Downs Health.

"My research has always been about delivering the best quality of care to patients. Better clinical supervision practices of staff will ultimately lead to improved outcomes for the patients they treat," she said.

"It's about training our staff better, particularly those based in regional and remote areas, so they have the necessary skills and confidence to provide the best care to patients.

"In large metro hospitals it's a lot easier to walk down the hall and seek advice and guidance from your peers, but when you're in the regions you're often the only practitioner, the only speech pathologist, the only physio — so my PhD also considered how they can use technology better to connect with offsite supervisors to provide the best possible care for all patients."

To date, the evidence-based clinical supervision workshops delivered by the Cunningham Centre have already been completed by over 1,000 clinical staff across Queensland.

Priya said the Pure Land Learning College research grants have made a huge difference in her professional life and to the wider Darling Downs community.

**"Such opportunities don't exist everywhere. I've come from a health service that didn't have a hospital foundation or a grants program, so we are quite lucky here to have this funding available to us," she said.**

"There are lots of barriers to undertaking research in a regional health setting and funding definitely makes it easier. Having the opportunity to do research here in my role means that I don't have to relocate to a bigger city to pursue these opportunities and I can stay in the region."



## 2017/18 GRANT RECIPIENTS

### Dr Alex King

For a comparative, quantitative study of Indigenous and Non-Indigenous retrospective Emergency Department Information System data in rural and regional Emergency Departments in South West Queensland.

### Dr Lucy-Anne Tolcher

Antibiotics use in children in rural vs urban Emergency Departments.

### Ms Linda Furness

Examining critical influences on professional identity of allied health students during clinical placements in a regional health service.

### Dr Shelia Cook

Lowering carbohydrate intake in adults with type 1 diabetes, a randomised controlled trial (LUCI1D).



## Finding a new purpose after tragedy

**That happy euphoric feeling, the buzz that you get from giving back and that addictive ‘helpers high’ – it’s no surprise that Australian’s spend a massive 700 million hours volunteering each year!**

For Tess Bourke, volunteering for the Toowoomba Hospital Foundation is all about giving back and supporting the health service that supported her family through heartbreak.

“My Mum came in for treatment at the Toowoomba Hospital, and she chose the hospital because she loved the staff and the way they looked after her,” she said.

“Unfortunately Mum passed away, and putting my hand up to volunteer for the Foundation was my way of giving back to an organisation that really supported her when she was going through a really tough time. That’s why I do what I do.”

You won’t find the word ‘busy’ in Tess Bourke’s vocabulary, there’s no such thing in her family.

“I hate the word busy. We’re not busy, it’s life. I think it’s about balancing your priorities and for me it’s really important to give back.

**“I think if there’s anything that you really want to do and your passionate about, you find the time to do it.”**

Since moving to Toowoomba two years ago, Tess has given her time and talents to many events helping to raise funds for vital equipment across the Darling Downs Health service.

Thank you to all the incredible volunteers who have given their time and their hearts to making the past year a resounding success. We wouldn’t be able to do what we do without your support and generosity.



**“I love what the Foundation does, the things you stand for and raising the money for the hospital is fantastic.**

- Tess Bourke



## From Samoa to the Garden City

**You’ll be hard pressed to ever find a frown on Kisa Levale’s face and we dare you not to smile every time you see her greeting you at our front Reception. Kisa brings her unique style, bubbly attitude and golden smile to the Toowoomba Hospital Foundation as one of our champion volunteers and we wouldn’t have it any other way.**

Kisa first came to the Toowoomba Hospital Foundation on a volunteer placement as part of her Business Certificate with YWCA Toowoomba and has never looked back.

“Out of all the girls in the program I was the one my supervisor chose to work with Alison and the team at the Foundation, I felt very special and it’s just been amazing volunteering here,” she said.

From attending events, helping with raffles to answering the phones it was everything Kisa was looking for when she first started searching for administration work.

“I’ve really enjoyed helping people, this feeling of knowing that I’ve been a part of making someone’s day, however small, is what I’ve loved the most,” she said.

“Finding out the causes and the stories behind the fundraising is just crazy and it’s amazing what people can do. Seeing how willing everyone is to give out of their own pocket or to give their time and effort is incredible.

“I think that is the highlight of volunteering at the Foundation, it’s meeting these incredible people who are saving lives or going through something like cancer that is so gratifying and it’s the reason why we do what we do.”

It’s often something small that makes the biggest difference and during her time manning the front Reception at the Foundation office, Kisa has developed a new appreciation for the little things.

“You don’t get the same day every day, especially with the variety of people coming through the front door and the fact that you can help them with something as little as car parking is a nice feeling,” she said.

**“They’re going through financial hardships and then they’re physically sick and to be able to make things a little easier for them that is rewarding for us and I love that, I love helping people.”**

# Save the Date 2019

|                                      |                                     |  |                                      |
|--------------------------------------|-------------------------------------|--|--------------------------------------|
| 22<br>FEB<br>PGA Mini Golf Challenge | 22<br>MAR<br>Firies Golf Day        | 12<br>APR<br>Leon Treadwell Charity Golf Day | 11<br>MAY<br>Mother's Day High Tea   |
| 1<br>JUN<br>Teddy Bears Picnic       | 7<br>JUN<br>Ladies Diamond Luncheon | 21<br>JUN<br>Pop Up Pallets                  | 28<br>JUN<br>Women of Strength       |
| OCT<br>Handling the Outback          | 5<br>NOV<br>Melbourne Cup           | 1<br>DEC<br>Christmas Centre Run             | 25<br>DEC<br>Neighbourhood Christmas |

To view and book our latest events please visit: [www.toowoombahospitalfoundation.org.au](http://www.toowoombahospitalfoundation.org.au)  
\*events subject to change



## DID YOU KNOW

1,000s of beanies, booties, jackets and blankets were given to new Mums and bubs this year, each lovingly hand knitted by our dedicated group of knitting volunteers.

## GET INVOLVED

Help us make a difference in the lives and bring vital equipment to patients and staff of our hospitals by fundraising, donating online, volunteering or leaving a gift.

Your generosity, great or small, will mean the world to the many people who are touched by our hospitals every day.

Follow us:



### PUBLIC AVAILABILITY

An online version of this document is available on our website [www.toowoombahospitalfoundation.org.au](http://www.toowoombahospitalfoundation.org.au)



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