

MOMENTUM

MONASH HEALTH FOUNDATION NEWS

SUMMER 2023



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A message from our Director

Welcome to the Summer 2023 edition of *Momentum*.

This year has flown by, and it is a testament to the commitment of our community that the Monash Health Foundation has achieved so much in twelve short months.

We have recently published our first Monash Health Foundation Impact Report where we share with you inspiring stories taken from our community, employees and patients to demonstrate the real-life impact that your support has made on the lives of so many people.

You can read our Impact Report on the Monash Health Foundation website or contact our team and we can send you a hard copy in the post.

In this edition of *Momentum*, we invite you to celebrate with us numerous stories of hope, community and achievements as we close out 2023.

You'll also discover how you can support Monash Health in 2024, with details regarding our annual walk and gala featuring in our calendar of upcoming events.

Please allow me to extend my gratitude to all our supporters on behalf of the Foundation, Monash Health and of course, our patients.

I trust that you will enjoy this edition of *Momentum* and encourage you to share it with your family and friends.

Ron Fairchild CFRE, FFIA
Director, Monash Health Foundation

New Chief Executive appointment

Monash Health is pleased to announce that after a robust selection process attracting an outstanding field of national and international candidates, **Professor Eugene Yafele will be the next Chief Executive for Monash Health.**

Eugene is currently the Chief Executive Officer at University Hospitals in Bristol and Weston NHS Foundation Trust. Prior to that, Professor Yafele held the Chief Executive Officer position at Dorset Healthcare University NHS Foundation Trust and in 2022 was recognised as the top CEO in the NHS by the Health Service Journal.

In addition to bringing a deep and broad experience across senior clinical, leadership and operational roles, Eugene is particularly interested in value-based healthcare and reducing health inequities.

Professor Yafele will relocate from the United Kingdom to Australia and start with Monash Health by March 2024. In the interim, Martin Keogh will continue to act as Chief Executive.

We look forward to welcoming Professor Yafele in 2024.



◀ Hunter created his own 'Fundraise for Purpose' campaign, not only raising funds for Autism research, but spreading awareness and breaking down stigma.

***Momentum* is published by the Monash Health Foundation, the fundraising arm of Monash Health.**

Monash Health holds Deductible Gift Recipient (DGR) status. This means that donations of \$2 or more to the Monash Health Foundation are tax-deductible.

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Fundraising for Monash Health

Move Over October

Throughout October, our wonderful community of schools, health clubs, community groups, employees and individuals 'Moved Over October' to raise funds for Monash Children's Hospital.

The inaugural, month long event saw participants sign up to move their bodies throughout October in whatever way they chose. We had runners, swimmers, weightlifters, basketballers, walkers (the list goes on) taking part and we couldn't be prouder of our 'Mover's' achievements.

All funds raised thanks to the efforts of our Move Over October participants will be distributed to the area of greatest need at Monash Children's Hospital.

Thanks to all our fundraisers who 'Moved Over October' in support of Monash Children's Hospital.



▲ Monash Children's Hospital at Home team members Jackie Hopley, Katie Scott, Katie Robertson, Katrina Sullivan, Louise Edge and Lauren Wood (AKA the Trail Blazing Divas) rode almost 150km as part of their Move Over October campaign.



Super spooky support!

Long time friend and supporter of Monash Children's Hospital, Hayley Blackhaus loves nothing more than to get creative and celebrate. That's why on Halloween this year, she and her partner set about creating an incredible 'Scoundrels Playground' to entertain the community.

Hayley's Halloween display has become quite the drawcard for people all across Melbourne, who come from far and wide to walk through the various interactive elements set up on her driveway. This year,

Hayley decided that she'd request a gold coin donation from those wanting to get up close and personal with her creepy characters, with all funds raised going to Monash Children's Hospital.

Thanks to their efforts, more than \$2000 was raised for the hospital – an incredible achievement and true labour of love! We can't wait to see what they come up with next year!



Celebrating our community

The Monash Health Foundation are very excited to share with you our Annual Impact Report which is available for you to read on the Monash Health Foundation website.

We are incredibly proud of what the Monash Health Foundation and our community of supporters have accomplished over the past 12 months.

This publication allows us to share with you inspiring patient stories, important research projects, and tales of progress and advancement that simply wouldn't be possible without the unwavering commitment and support of our employees and the wider community.

The Monash Health Foundation would like to thank the many individuals and groups who have made a significant contribution toward the work we do for the benefit of our patients.

◀ Former NICU baby Toby and Associate Professor Atul Malhotra recreating the cover shot on our 2023 Impact Report.

Scan the QR code to read the full report.



Fundraise for Purpose— Hunter's story

When Hunter was diagnosed with autism spectrum disorder (autism) he asked his mum if she could help him fundraise 'so we can find a cure and no other babies will be born with autism.'

Hunter hoped that the more he knew about autism, the easier it would be for him to educate his friends, family and teachers and to break down any stigma and misconceptions about people with an autism diagnosis.

Soon Hunter (under supervision from his mum) was pounding the pavement, door knocking in his neighbourhood and having conversations with people from all walks of life about autism.

This passion project evolved into an opportunity for Hunter to fundraise for autism research.

With the support of his school, Hunter organised a very special haircut for himself, inviting his peers to make a donation for his cause in exchange for snipping a lock of his hair at assembly.

Hunter's haircut, along with the donations he collected from his local community came to an incredible \$2080!

Hunter's mum soon connected with the team at the Monash Health Foundation to discuss how these funds could be best put to use.

Not long after the Monash Health Foundation's initial conversation with Hunter and his mum, word of his fundraising and awareness campaign reached members of the office of the Chief Executive.

This Team was so impressed by Hunter's tenacity that they decided to donate an additional \$3000 to his cause, totaling over \$5000 for autism research.

In early November Hunter met with Katrina Williams, Professor of Paediatrics at Monash Health, along with her colleagues from Monash University, and was presented with a certificate of appreciation for his efforts.

"I'm excited to see what they learn about autism and I hope these funds help them to do more great research," Hunter said.

Hunter encourages others to Fundraise for Purpose – and we think you should too.



◀ Left to right: Paediatrician at Monash Children's Hospital Sara Jame, Hollie Clarke, Hunter Clarke, and Senior Research Fellows at Monash University and Monash Health Alexandra Ure and Amanda Brignell.



I'm excited to see what they learn about autism and I hope these funds help them to do more great research"

Hunter



To learn more about Fundraise for Purpose scan the QR code or contact foundation@monashhealth.org.

Friends of Monash Health Luncheon—

‘La Dolce Vita’



▲ FOMH Chair Dame Janet Spooner OAM DGSJ (centre) and guests at the La Dolce Vita luncheon.



▲ Monash Health Foundation Director Ron Fairchild, Event host Rebecca Maddern and Monash Health Chief Medical Officer, Anjali Dhulia.

The sun was shining in Melbourne on the 12th of October as the Friends of Monash Health (FOMH) hosted their Amalfi themed luncheon at the Glasshouse.

Almost 250 supporters joined the FOMH Committee for an afternoon of Italian themed delights, entertainment and fundraising for the Victorian Heart Hospital.

Hosted by Channel 7 personality Rebecca Maddern, guests enjoyed raffles, live auctions and the chance to pledge their support to the Victorian Heart Hospital with donations going toward funding vital pieces of equipment.

Just under \$150,000 was raised on the day thanks to the efforts of the FOMH committee and luncheon attendees.

The Monash Health Foundation extends its gratitude to the Friends of Monash Health Committee and all those who attended in support of the Victorian Heart Hospital.

Connecting with our community— CEO breakfast

The Monash Health Foundation hosted the first of its ‘Business Breakfast Series’ events at the Victorian Heart Hospital (VHH) this week, welcoming CEO’s and business leaders from the local area.

The Business Breakfast Series brings businesses together with Monash Health to share knowledge, improve health outcomes, provide networking opportunities and to promote the premise of giving and volunteering.

Guests gained valuable insights into heart health, innovation and research taking place at the Victorian Heart Hospital, with

Professor Derek Chew, Director of the Victorian Heart Institute and VHH sharing his wealth of knowledge and answering an array of questions.

The vibrant discussion panel, hosted by Channel 9’s Penny Liersch and made up of Cath Jeffries (Director of Health, Safety and Wellbeing at Monash Health) Dr Alexandra Murphy (Cardio-Oncologist at Monash Health) and Steve Jeffares (Founder and Director of Stomping Ground Brewery) provided attendees with practical examples and actions that businesses can readily implement to improve heart health amongst their workforce.



▲ Dipak Sanghvi, Akshay Vashisht, Martin Keogh, Richard Lim and Ron Fairchild at the CEO Breakfast.

Helping kids be kids, even in hospital

If you were to ask a group of children about some of the activities they like to do in their free time, odds are that playing video games might be one of them.



These days, video games offer kids (and adults) a chance to learn, connect and above all have fun. So what happens when a child who loves to create a Minecraft village online with their friends is admitted to hospital?

Thanks to the incredible team at Gamers Outreach, and the support of the Chalmers family, kids can keep building their Minecraft village or racing their pals in a round of Mario Kart while receiving care at Monash Children's Hospital.

Gamers Outreach supply GO Karts (Gamers Outreach Karts) to hospitals worldwide. These portable video game kiosks are made especially for hospital environments, with user accessibility at the forefront of the design.

These GO Karts provide entertainment and enrichment to patients who might be bedbound for long periods or facing a long stay in hospital.

In 2021, Monash local and avid gamer, Oscar Chalmers helped facilitate the purchase of two GO Karts for kids at Monash Children's Hospital (the first in Australia) and they were a huge hit amongst patients.

Oscar's family established a significant connection with Monash Children's Hospital when Oscar's older twin brothers both required significant treatment at different stages of their childhoods. Both are now 16 years old and thriving.

[When Oscar's family contacted the Monash Health Foundation with an offer to purchase more GO Karts, we were thrilled as we know how far this equipment can go toward improving the wellbeing of our young patients.](#)

In early November, Oscar and his parents joined members of the Monash Health Foundation and several of our Nurse Unit Managers at Monash Children's Hospital to deliver eight GO Karts as an early Christmas present for our patients.

On behalf of our patients, staff and community we would like to extend our gratitude to the Chalmers family for their unwavering generosity and for all their hard work behind the scenes to make the delivery of these GO Karts happen.

◀ Oscar Chalmers, patient Leah and Nurse Unit Manager Beck enjoying one of the new GO Karts.

Monash Newborn appeal



Each year, Monash Newborn, Casey Special Care Nursery provides care to more than 750 unwell babies.

Sometimes, these sick babies require prolonged stays in the special care nursery of up to sixty days, and the toll constant travel takes on parents from a financial, emotional and physical perspective can be enormous.

This festive season, we're asking you to help us keep unwell babies and their carers together, by considering a donation that will go toward funding new recliner sofa beds.



To support this appeal, visit the Monash Health Foundation website or scan the QR code.

Diana and Dean's story

There is so much emotion that comes with giving birth. The excitement, the nerves, the overwhelming joy of finally holding your newborn after nine long months. For Diana, these emotions were amplified when Dean was born as he required urgent medical care.

Baby Dean was born on the 18th August and at eight days old was admitted to Monash Newborn, Casey Special Care Nursery as he was rapidly losing weight due to feeding issues as a result of a tongue tie (a condition present at birth where the tongue has a restricted range of motion and can greatly impact the sucking reflex).

"Fortunately, the nurses at Monash Newborn, Casey Special Care Nursery assured me I wouldn't have to leave Dean, and I was able to stay with him in the nursery throughout his admission. This made me feel more at ease, like I had a bit more control over what was happening."

Throughout his stay, Dean steadily gained weight, and Diana was able to learn different feeding and care techniques and

bond with her baby. Bonding was made that little bit easier for Diana and Dean, as she was able to sleep overnight next to Dean in one of the recliner sofa beds.

"It was so important for me to build my confidence as a new mum, and to have the ongoing assistance of the speech pathologist, nurses and dieticians who all worked closely together to ensure Dean became stronger every day," Diana said.

Baby Dean has been able to return home with his family, and they are looking forward to establishing their routine in the comfort of their own surroundings.

"I can't thank the team at Monash Health enough for their compassion, care and ongoing support. I am even more grateful that I was able to be by my son's side every step of the way," said Diana.

Event calendar

Please mark your diaries

3 March 2024

Monash Children's Hospital Walk

Join us at Jells Park for a fantastic day of fun and fundraising!

16 March 2024

65km for Cystic Fibrosis

Walk or run around Princes/Royal Park in Carlton and raise funds for CF research.

17 March 2024

The Biggest Playdate

Join the Miranda Foundation for an action-packed day of carnival themed fun.

20 March 2024

CEO Breakfast Series #2

Stay tuned for details of our second CEO Breakfast focusing on womens health.

4 May 2024

Monash Children's Hospital Gala

Keep an eye out for details on what is set to be a spectacular event.

Did you know that you can support the Monash Health Foundation by giving regularly?

Your ongoing support will be at the heart of our ability to continue providing world-class healthcare, research and education – improving outcomes for the entire Monash community.

- Regular giving is a safe and easy way to donate
- No matter the size of your regular gift, you'll be providing a steady a reliable source of critical funding
- Donations are debited monthly over the year rather than in one large lump sum
- You'll become part of a passionate community dedicated to making a lasting difference to the lives of Monash Health patients.



To sign up as a regular donor scan the QR code.



Support Monash Health directly with a donation.

There are lots
of ways you
can donate



Visit monashhealthfoundation.org/donate
or scan the code.

Detach and post this form in
the reply paid envelope supplied
or return to:
Monash Health Foundation,
Locked Bag 29, Clayton South
VIC 3169.

Call 03 9594 2700 to pay by
bank transfer.

Yes, I would like to donate to support Monash Newborn,
Casey Special Care Nursery this festive season.

Ways to donate

- Scan the QR code or visit monashhealth.org/foundation-2023festive/
- Detach and **post** this form in the reply paid envelope supplied or return to Monash Health Foundation Locked Bag 29, Clayton South VIC 3169
- **Call** 03 9594 2700 to pay by bank transfer



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Amount (donations of \$2 and over are tax deductible)

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Please accept my donation of:

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I would like to keep my donation anonymous.

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Giving in your legal will

- I am considering a gift to Monash Health in my will.
Please provide me with more information.
- I have already mentioned Monash Health in my will.

At the Monash Health Foundation we respect your privacy. We collect personal information through this form so we can process your donation, issue you with tax receipts, respond to any requests you make and to send your communications. Monash Health likes to keep you updated on how you can make a difference. If you would like to change your communication preferences please contact us at foundation@monashhealth.org or 03 9594 2700. ABN: 82 142 080 338.