

impossible

NEWS | SPRING 2024

Heartfelt gift

'The Alfred has given me a life'

Rehab boost

Small funds go a long way

Sunflower support

Awareness of hidden disabilities



theAlfred
FOUNDATION



Director's
report
Patrick Baker

It has been a year of significant change for The Alfred.

In April, we were incredibly proud to witness the opening of the world-class Paula Fox Melanoma and Cancer Centre. A centre for all Victorians that will revolutionise care and treatment for cancer patients and only made possible because of the steadfast commitment of donors.

The centre, which is home to lifesaving clinical trials, world-leading research and patient care, all under one roof, heralds a new era in cancer care and is a shining example of what can be achieved through the power of philanthropy and governments working together for a common goal.

We also welcomed Alfred Health's new Chief Executive Officer, Adam Horsburgh, in August. Adam replaces Professor Andrew Way, who was at the helm for 15 years, who we thank and acknowledge for his long-term support. You can read more about Adam in the story to the right of this column.

Elsewhere in this edition of **impossible**, get a glimpse of the impact that any-size donation can have, while you can read about one man's appreciation of The Alfred, describing the hospital as "giving (him) a life".

Thank you once again for your ongoing support and commitment. It is truly heartwarming to be aware of the extent to which you all regard The Alfred and the critical nature of the services it provides to the people of Victoria and beyond.

If you have any feedback, it is always welcome. Please email us at foundation@alfred.org.au or phone (03) 9076 3222.

Warmest regards,

Patrick Baker
Director, The Alfred Foundation

Cover image: Graham with one of the many models he has made, inspired by what he saw during his tour of the Cardiac Clinic at The Alfred. They are made from clay, wire, beads and balsa wood.



New Chief Executive leading Alfred Health

Following a rigorous selection process that attracted high-calibre national and international candidates, Adam Horsburgh (pictured) was selected and has started as the next Chief Executive of Alfred Health.

Mr Horsburgh, who was previously the Chief Executive at Austin Health, succeeded Professor Andrew Way AM on August 1.

Alfred Health Board Chair, The Hon Martin Foley, thanked Prof Way for his outstanding contribution and leadership.

"After 15 years at the helm, Andrew has cemented Alfred Health's position as a health service for all Victorians leading in critical and complex care, teaching and education, and research," he said.

"We are delighted that Adam will join us to build on this legacy, taking on the challenges and opportunities that face healthcare in the years ahead."

Mr Horsburgh has extensive executive experience in the Victorian public health sector. Before joining Austin Health in 2020, he was the Deputy Chief Executive and Chief Operating Officer at Melbourne Health and spent time as the Chief Operating Officer for Southern Health (now Monash Health) at Monash Medical Centre.

He has also held senior policy and advisory roles with the Victorian Government.

"I am very excited about this opportunity to work alongside such talented staff across Alfred Health," Mr Horsburgh said.

"The commitment to quality, safety and innovation at Alfred Health has created a strong foundation for future growth and advancement.

"I also look forward to building a relationship with Alfred Health's community and donors who support the great work of staff through their generosity."

Above image: Adam Horsburgh is the new Chief Executive of Alfred Health.

Support for the Sunflower

The Alfred is the first metropolitan hospital in Victoria - and one of the first few hospitals across the country - to support the Hidden Disabilities Sunflower.

The initiative aims to raise awareness of the daily challenges faced by individuals who live with an invisible disability or condition, who can wear the sunflower and indicate to people around them that they may need extra understanding, help or a little more time.

Lisa Cameron, the Disability Access and Inclusion Lead at Alfred Health, wants to make the hospital experience for patients with a hidden disability a little bit easier.

"While it is a simple concept, it can potentially have a big impact for people with hidden disability," she said.

"There is increasing understanding about disability in general in the community, but it is much harder for hidden disabilities because it's not immediately obvious what help is needed.

"For example, whether a carer should be included in a consultation, if a quiet area is needed to wait in, or an appointment time that includes less waiting time."

Lisa said that joining the Sunflower initiative was a signal to people that Alfred Health was serious about making its healthcare service more accessible and inclusive for people with a disability.



Alfred Health staff members joined Pharmacist Joseph Tesoriero to celebrate the Hidden Disabilities Sunflower.

"It is a symbol of safety and inclusion that is becoming more widely recognisable," she said. "This is part of something that's bigger than just Alfred Health."

The HealthSmart Pharmacy at The Alfred has made a \$10,000 donation towards supporter badges for staff and to support evaluation of the initiative.

Pharmacist Joseph Tesoriero said HealthSmart was delighted to throw its support behind such a worthy cause: "I want to give back to this community at The Alfred. I feel strongly about the lost, the last, the least and the left-behind," he said.

"Something like this helps keep an eye out for people in their daily lives."

To find out more about the Sunflower program, visit hdsunflower.com/au



Thanks to our corporate sponsors

Thank you to our Critical Care Appeal corporate partners 3AW, Bulla Family Dairy, Jayco, QMS Media and Southern Cross Railway Station for their ongoing support.

For the second year in a row, the Appeal's main event was held at Southern Cross Station, one of the busiest railway stations in the country.

The help of Infranexus Management enabled us to have the activation at Southern Cross, which this year revolved around Quadra, a machine which will help revolutionise cancer research and treatments.

You may recognise Karen Ly (pictured), who was the face of our campaign, while staff and supporters featured prominently on the 3AW broadcast. We thank everyone involved for their help during the event.

QMS Media supported the appeal again by providing us with some fantastic billboard advertising.

We would also like to acknowledge the support of Bank First, who again funded two Alfred Nursing Scholarships and HealthSmart Pharmacy for their support of the Hidden Disability Sunflower Initiative at The Alfred.

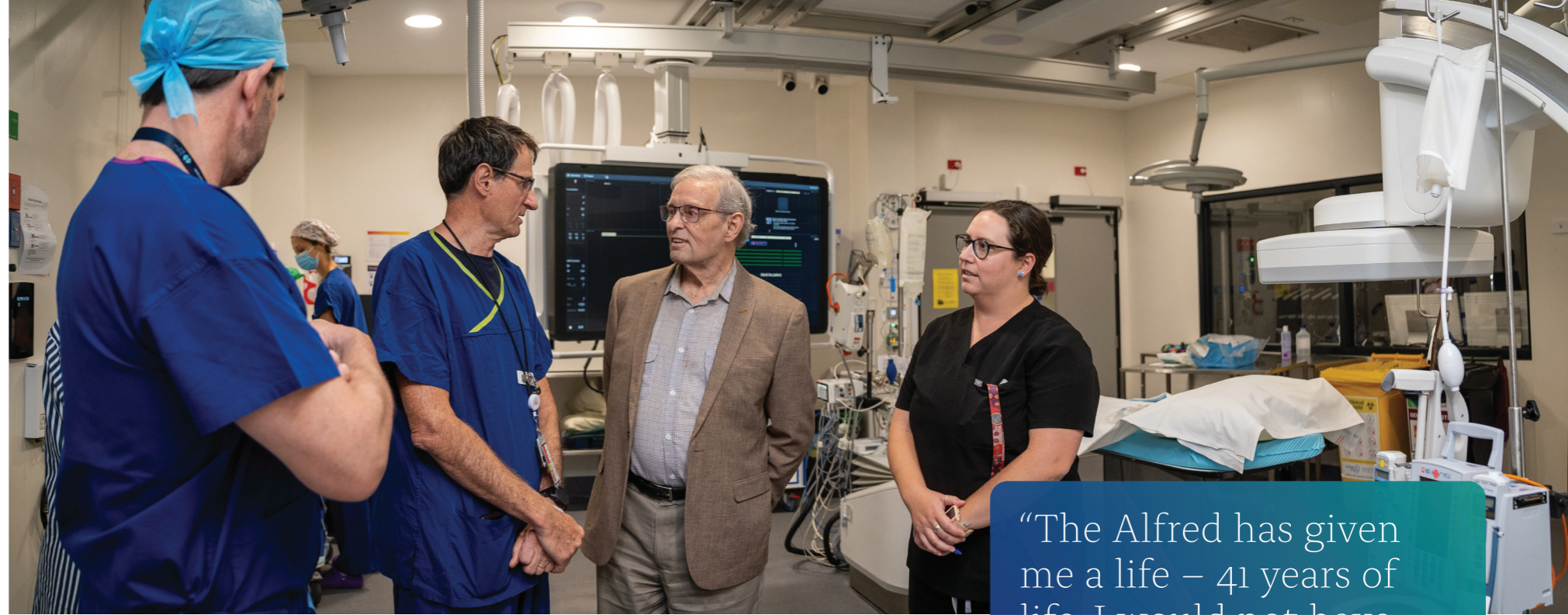
For information about corporate partnerships or how your business can support The Alfred, please email Nairn Miller at n.miller2@alfred.org.au

Graham's gift comes from the heart

Graham Rice appreciates the intricacies of the inner workings of mechanical things.



Graham greatly enjoyed his tour of the Cardiology Clinic at The Alfred.



"The Alfred has given me a life – 41 years of life. I would not have had that."

Graham Rice

As the author of two books about specific motor engine models, which have been published in more than 80 countries, he could be regarded as somewhat of an expert.

But even Graham still marvels at the most important mechanism of all – the human heart – a mechanism that, without the long-held expertise of The Alfred, he would not still be able to appreciate today.

"The Alfred has given me a life – 41 years of life," Graham said. *"I would not have had that."*

"How many things have I done in that time? None of that would have happened."

"I owe them everything, absolutely everything. That's how I see it."

Speaking from within the Glen Iris apartment which he has called home since 1961, Graham's first experience with The Alfred came in 1983 when he got *"a terrible pain in my chest"*.

A surgeon from The Alfred, Dr Bruce Davis, found four blockages in Graham's heart. He successfully had bypass surgery two weeks later.

"It was pretty rough in those days because they collapsed your lungs and I wasn't as fit as I should have been," he said.

"It was a bit of a struggle to get better, but I was determined."

During his recovery, Graham discovered an old friend whom he had not seen in 31 years at South Camberwell Tennis Club – picking up a sport that he had loved (with a bit of talent to boot) as a child. He proceeded to coach there for the next 17 years.

Otherwise fit, the only other time he needed to come back to The Alfred in relation to his heart was in 1995, after a suspected 'kink' in his coronary arteries.

"By this stage it had been almost 13 years since my previous surgery, and the average was 8.5 years," Graham said.

"It's now been 29 years and it's still going strong."

Graham recently toured the Cardiology Clinic at The Alfred and was left amazed at what can be achieved after meeting the brilliant game changers present.

"They are my people," he said. *"They are so good and efficient at what they do. The differences (that I've seen) are stunning."*

Director of Cardiology at The Alfred, Professor David Kaye, said opportunities for he and the team to connect with long-term patients like Graham and hear their stories after treatment was *"a real pleasure"*.

"During his entertaining and enjoyable visit, Graham described some of his impressive activities and my team and I are proud to have played a small part in helping him achieve them," Prof Kaye said.

"Generous gifts from our donors is pivotal in providing us with the cutting-edge equipment we use to deliver the best possible care to our patients."

"In addition to providing the best care to our local community, our team is internationally known for the cardiac services we provide to those with the most complex forms of heart disease."

"Having access to the best and latest equipment allows us to give this care and stay at the forefront internationally."

Graham is pleased to be leaving a gift to The Alfred in his Will. To find out more about leaving a gift in your Will, please visit www.alfredhealth.org.au/the-alfred-foundation/give/leave-a-gift-in-your-will or scan the QR code.



Director of Cardiology at The Alfred, Professor David Kaye (second from left) showed Graham around the clinic.



More rehab options thanks to donors

Patients who are restricted to their hospital room while recovering from stem cell transplants for haematological cancers at The Alfred now have a better opportunity to improve their rehabilitation process, thanks to the generosity of donors.

With exercise groups for prehabilitation and rehabilitation patients only running once a week for people who can attend, the purchase of a variety of physiotherapy and exercise equipment is a huge boost for patients.

Erica Patterson, a physiotherapist within the oncology department at The Alfred, said that patients would now be able to use the equipment during their inpatient stay.

"We do have a gym, but there are limitations to its usage," Erica said.

"The purchase of this equipment – resistance bands, exercise bikes and foot pedals – means that we can set up individualised programs which allow for continuity of care once patients are in a ward environment."

"It also caters for patients at different exercise levels and for those who can't leave their rooms."

Due to the strenuous toll on the body during stem cell transplants, patients benefit from having increased aerobic fitness and muscle strength in order to better tolerate the symptoms of a transplant, Erica said.

"There is lots of evidence for prehabilitation and rehabilitation of stem cell transplant patients, so we are not setting out to try and prove a point, but as a statewide service we are implementing what is evidence-based," she said.

"The exercises do not stop the side effects of chemotherapy, but we are preventing deterioration. Muscle strength is going to help our patients in their day-to-day living."

Lynn Deeley could not speak more highly of the team which helped her recuperate from a transplant.

"I started with absolutely no energy, nothing at all. I had a mission and a goal that I wanted to focus on, and that was heading for a trek in October; so I really needed to get my strength and energy back up as soon as possible," she said.

Barry (top) and Rudy (bottom) show off some of the equipment that patients will have greater access to during rehabilitation.

"So much of what patients go through is out of their control, but exercise is something that they can choose to participate in."

Erica Patterson, physiotherapist

Lynn was able to benefit from the gym at the rehabilitation centre, while she was also given a personalised program to do once she got home with equipment that she already had.

But having exercise equipment available to use in her room at the hospital *"would've been really good"*.

"I would've found that extremely beneficial," she said. *"It would have been just gentle things because immediately after your transplant your energy levels are severely low, but they do encourage you to move."*

"The rehab process was really good for me and everybody is just amazing."

Another positive effect from the new equipment is helping patients take control of their cancer journey, Erica said.

"So much of what patients go through is out of their control, but exercise is something that they can choose to participate in, and by providing some equipment for them to do that, I think only helps enable that," she said.

"We are so grateful for having these funds made available and enable us to practice physiotherapy within our full scope and also for the patients' benefit too."

"You feel really special that these funds are going towards patients – I am so passionate about the area that I work in and I am so thrilled that these patients will get these opportunities."

The rehabilitation group is a new initiative and finishes in November thanks to funding from the Southern Melbourne Integrated Cancer Service. The team hopes to gain ongoing funding, but the equipment provided will remain for inpatients after the project finishes.

Care pack morale boost

More than 2000 packs of personal hygiene essentials have been distributed to staff and patients alike during the past three years thanks to the support of a major donor.

Valued at about \$47,000, the basic packs have been provided to patients in the emergency department and to staff on International Nurses' Day at The Alfred.

The mission of Pinchapoo, short for Pinch-a-Shampoo, is to support Australians who experience hygiene poverty by redistributing products that have been discontinued or simply pulled off the shelves and are destined for landfill, even when they are still usable.

Bank First Chief Executive Officer Michelle Bagnall, along with Pinchapoo founder Kate Austin, demonstrated how much they appreciated the nursing profession by providing care packs to nurses at a recent event at The Alfred.

Nurses who received the packs said it was *"lovely when caring for others to receive a package to help care for yourself"*.

"It's a lovely gesture to show appreciation for all the hard work done by nurses across the organisation every single day," another nurse said.

Pinchapoo is supported by Bank First in the distribution of these packs at The Alfred: *"Our gratitude extends to the dedicated nurses who tirelessly care for others."*



Personal hygiene essentials were given to nurses at The Alfred at a recent event.

YES, I WOULD LIKE TO DONATE TO THE ALFRED FOUNDATION

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To make your gift, complete and return this coupon in the enclosed reply paid envelope, or send to:

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Donations of \$2 and over are tax-deductible
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Alfred Health Nurses' Fund

We are delighted to launch our Nurses' Fund. This fund will benefit nurses at Alfred Health through scholarships and opportunities for further education, training and research.

It will also encourage recruitment and retention of our amazing staff by supporting wellbeing.

Our community making the **impossible** possible



Run Melbourne

Run Melbourne was a spectacular success in July as 164 people represented Team Alfred during the half-marathon, 10km and 5km events.

Bathed in glorious sunshine by the end of the morning, it was thrilling to have a constant stream of staff, patients and their families and friends drop by the Team Alfred marquee.

Almost \$74,000 was raised for The Alfred, led by our star performer and former patient Jackson Arthur (pictured). Jackson was able to direct almost \$52,000 towards the total while also smashing his running target out of the park, completing the half-marathon in under 87 minutes.



Dry July

Congratulations to all the Team Alfred members who took part in Dry July this year.

With 59 people joining the cause to help raise funds for projects at The Alfred for people affected by cancer, almost \$20,000 was raised, which includes more than \$5000 from staff member Bron Leslie (pictured, middle): *"Over the years, money from Dry July fundraising has gone to make some significant improvements at Alfred Cancer."*

Alfred Cancer provides world-class cancer treatment, care and compassion to the people of Melbourne and Victoria.



Richard Payne

A longtime Alfred Health patient, Richard Payne has battled through high-risk melanomas, but that has not stopped him from achieving success around the world.

This includes being the oldest Australian man to swim the English Channel at age 55 in 2010, completing it in just 22 hours and 45 minutes.

Richard's next quest is closer to home – swimming and wading the length of the Yarra River (all 242km of it) – to raise funds for melanoma research at Alfred Health.

Starting in Reefton in February 2025, Richard will be out to show that melanoma survivors and Alfred Health patients can do almost anything with determination and passion.

Are you interested in creating your own fundraiser?

Scan the QR code or head to fundraising.alfredfoundation.org.au and create your own page today.



Scan the above QR code or head to donate.alfredfoundation.org.au
You will have the option of choosing 'Nurses Fund' from the drop-down menu during the process.



The Alfred Foundation

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