

EVERY GIFT MAKES A DIFFERENCE



A big Thank you to all donors who responded to our 2017 Tax Appeal.

Your generosity demonstrates your commitment to support life-saving medical research, state of the art equipment & cutting edge services at Westmead.

With compassionate donors like you, the Westmead precinct can provide young parents like Cedric and thousands of patients from Sydney and beyond with access to the best possible treatment and care.

Together we raised \$70,000 towards medical breakthroughs and patient programs.

THANK YOU

OUR DONORS ASKED

As a retiree, I can no longer support the regular appeals, are there other ways for me to help WMRF?

I recently heard from one of our lovely supporters, who has retired from work. She was concerned that she would no longer be able to make her regular gift to our appeal.

'Finally retiring from work is wonderful, I get to spend more time with my grandchildren. But it does mean that I have to be careful with my income, and I don't have much money to give to you anymore – are there other ways in which I can help?'

Happily, I was able to advise our donor that yes, there are other ways in which she could help Westmead Medical Research Foundation to support the delivery of medical research and patient care. One simple way to ensure that she can continue to fund lifesaving equipment and vital research would be to leave a gift in her will.

After making provision for family and loved ones, I asked our donor to think about what kind of legacy she would like to leave – this could be a residuary gift, or a percentage of her estate, or a specific item, such as jewellery, or a work of art. I also advised that I would send her our Bequest brochure which has wording for her solicitor which will ensure her wishes are clear.

Leaving a gift in her will would help our donor be part of something bigger – a lasting legacy of investing in the future for her grandchildren, something that matters a great deal to her.

Visit our website, or contact Alison Whittaker on 02 9845 9019 or by email alison.whittaker@wmrf.org.au to obtain our wills pack which gives you everything you need to leave your legacy to Western Sydney. ♥



WESTMEAD
MEDICAL
RESEARCH
FOUNDATION

NEWSLETTER | AUGUST 2017

GIVING HOPE TO CANCER PATIENTS

Each year, over 130,000 Australians are diagnosed with cancer. Preventative and treatment strategies have come a long way over the years to improve cure rates and reduce the impact of cancer on individuals and families.

Initially trained as a clinician, and now also a researcher, Dr Eric Hau is one of the oncologists at the Crown Princess Mary Cancer Centre at Westmead Hospital and a researcher at The Westmead Institute. Westmead's "bench to bed" approach is crucial for Dr Hau and his team. Ultimately their focus is on improving the outcome of patients and their families.

Dr Hau's research focuses on radiation therapy as the main modality of treatment for cancer. Radiation therapy benefits around 1 in 2 patients diagnosed with cancer and around 40% of all solid cancer cures are attributable to radiation therapy. However, the mechanisms of radiation resistance are often obscure. The reasons when radiation does not work as well as we would like is one of his main focus areas of research.

"Cancer is one of the most devastating illness that affect people and their families. At the same time it can often be seemingly random which adds to the fear of this disease. Being involved in research provides the opportunity to be part of a team that may potentially contribute to improving outcomes for future cancer patients," says Dr Hau.

1 in 2 people with cancer would benefit from radiation therapy.

Radiation Oncology Targeting Cancer

"Recent years have resulted in a massive increase in basic cancer biology and technological innovations but it is important to have these amazing discoveries essentially translated into better length and quality of life for patients."

Further research in translating and bringing the numerous discoveries from the biological and physics laboratories will be required to continue to drive the improvement in outcomes for future patients affected by cancer. Donor generosity plays a

crucial role in the search of prevention, treatment and ultimately the cure for cancer.

Dr Hau loves the outdoors and when he has free time he enjoys bushwalking, kayaking and fishing. He feels that being able to help patients and families affected by cancer is one of the most meaningful things that one can do. "Sometimes it may be as simple as just spending time to speak to them and listen to their concerns. I am also excited by the discoveries in cancer biology and new technologies and how we can integrate them to improve patient outcomes," he says.

You are invited to join us at our next Community Seminar on **20th September 2017**, where the main topic will be the vision for radiation therapy. ♥

2017 BOWRAL CLASSIC

Sunday 22 October 2017

The Bowral Classic is offering a refreshing approach to event fundraising. Their mission is to provide both individual riders and teams the opportunity to fundraise for their charity of choice.

Join Dr Philip Lee from Westmead Hospital Palliative Care and 2017 Parramatta Citizen of the year who has accepted the challenge and will participate in the Bowral Classic while fundraising for WMRF.

To enjoy the freedom of the picturesque Southern Highlands and register for this event, please go to www.bowralclassic.com.au/charity/ and select Westmead Medical Research Foundation as your charity.

If the two-wheel challenge is not for you but would like to support Dr Lee please go to bowralclassic2017.gofundraise.com.au/page/PhilipLee0



Dr Philip Lee - Westmead Hospital

For more information please contact Marlene Nasr, Events Manager on 1800 639 037 ♥

Keep in touch

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THANKFUL AND GENEROUS

Mrs Mary Westbrook has been a donor of Westmead Medical Research Foundation (WMRF) since 2013. She became aware that donations from individuals and the general community were as important as donations from corporate partnerships.

Around that time, WMRF had established an information desk at the foyer of Westmead Hospital and it was there where Mary found out about the option to support not only medical research but also patient care.

Since Mary was already donating to other medical research foundations she was immediately attracted to donate towards patient care. She was aware of the high cost of health care and new equipment and "the reality is that the Federal and State governments support is not able to meet all the health care demands," says Mary.

Prior to her retirement, Mary was a Dietitian at Westmead Hospital. Initially, she worked in the Diabetes Education and Ambulatory Care Centre and in October 2010 she moved to the newly established Department of Genetic Medicine working with people with genetic metabolic disorders. The main focus of her work was dietary education and counselling of patients and their relatives.

"For many patients with a genetic metabolic disorder their specific individual diet is their medical treatment and they need to continue on their diet for life," Mary told us.

From her time at Westmead, she remembers how much she enjoyed the walk through the trees from Hawkesbury Road to the hospital entrance in the mornings and the opportunity to work with staff and patients from a wide range of different cultural backgrounds.

"Giving a specific amount on a monthly basis helps the foundation plan ahead and budget better.

I see donating to healthcare as a way of giving back a small amount to patients, who are the ultimate reason why there is employment at Westmead."

to find out what WMRF has achieved over the years for both the research and patient care projects through donor generosity and what projects they are hoping to fund. "Giving regular monthly donations enables WMRF to plan ahead," says Mary.

To become a monthly donor like Mary, please call us on 1800 639 037 or visit wmrf.org.au. ♥

"I am thankful that God has given me many good things and this motivates me to share with those who have less or have a greater need than me. As a result, I have donated to others ever since I started earning money."

One of the main rewards of her job was to help patients to focus on the positive aspects of their diets and the variety of food they could eat rather than focusing on the foods that needed to be avoided.

Since retiring, Mary and her husband enjoy walks around parts of Sydney they have never visited before. Mary also volunteers in a community garden and has more time to enjoy cooking – especially trying new recipes – knitting, gardening and meeting with friends and family.

As her message to other potential monthly donors, Mary recommends



Mrs Mary Westbrook

THE IMPACT OF A TRIVIA NIGHT

Westmead Hospital is the busiest centre for newborn care in NSW. Nearly 6000 babies are born at the hospital each year and of those, around 1600 will require specialist care in the hospital's Neonatal Intensive Care Unit (NICU).

On May 6, 2016, Noah was born at Norwest Private Hospital. Unfortunately he was not breathing when he came into the world and the doctors and nursing staff spent over 3 hours trying to stabilise him. Noah was then rushed to NICU at Westmead Hospital where the close relationship between the Dogao family and the team of doctors and nurses began.



Noah Dogao

The community of mothers and families of critically ill newborns spend days, weeks and even months in the Unit, and they require a relaxing and calming environment to have a rest during the time spent at the Hospital while their little ones are being treated and cared for.

These mothers, quite often have to wait many days before being able to hold their babies in their arms for the first time so support from their partners and loved ones make a huge difference to them. Siblings and fathers of the newborns are allowed to visit 24/7, and having an inviting area that feels warm and homely during their visits is something that the NICU team want to be able to offer.

There is an existing parents room in NICU, however despite the room being clean and tidy, it is now worn out and does not provide the comfort that the NICU team would like to offer to the mothers and their families.



Cheque Presentation

Little did Chris and Ann-Maree Dogao know that they will be spending the first 10 weeks of Noah's life in NICU, where the team worked tirelessly caring for him 24 hours a day.

In April this year, the Dogao Family generously hosted a trivia night to raise money for NICU, which will now go towards refurbishing the parents room in the ward.

"We can never thank the NICU team enough not only for the care they gave to Noah, but also the support they gave us as parents." Chris Dogao (Noah's father)



Trivia Night

Thanks to the Dogao family hosting this fantastic event that raised \$13,666, Westmead Medical Research Foundation is funding the refurbishment of the room where parents and families like Noah's spend so much of their time, while the little ones are given the best possible care.

Just imagine how much more we can do with the generous support of the community.

If you would like to find out more on how to support projects such as this, please contact Marlene Nasr, Events Manager on 1800 639 037 or email wmrf@wmrf.org.au ♥

VITAL CORPORATE SUPPORT

Since 2011, Sargents Pies Charitable Foundation has donated more than \$2 million to Westmead Medical Research Foundation with funds allocated to critical equipment and programs across Western Sydney Local Health District.

Their most recent gift of \$240,000 in June 2017 will be directed towards new oxygenation units that are beneficial add-ons to ventilators, funded by Sargents Pies Charitable Foundation in 2016, supporting Westmead Hospital's Neonatal Intensive Care Unit (NICU) and PANDA warmers for the Birth Unit, to ensure babies have the best possible start to life.

Sargents Pies Charitable Foundation representative Brian Andrews said the foundation was committed to helping western Sydney hospitals.

"We are thrilled to be able to support the incredible efforts of the hard-working NICU doctors and nurses by funding new equipment," he said. "Feedback from families who have benefited from the equipment is most rewarding."

The support in 2017 also included funding for a specialist exercise physiologist for Westmead's Redbank House to assist in exercise programs for children to achieve optimal improvements in overall health and wellbeing.

Blacktown and Mount Druitt hospitals also received funds for equipment supporting the WSLHD VET in Schools Program for Assistant in Nursing, based at the Blacktown Simulation Centre.

"Partnerships with the corporate community leave a footprint beyond our imagination. Sargents Pies Charitable Foundation has touched so many lives throughout their years of support – we can't thank them enough" – Susie Saba, Partnerships Manager, WMRF.

Through your company – big or small – you can create lasting social change in your community and beyond. Corporate philanthropic partnerships are crucial in ensuring our work can continue in supporting patient care and medical research at Westmead, soon to be Australia's biggest medical precinct.

For more information contact Susie Saba, Partnerships Manager, WMRF on 02 9845 8162 or susie.saba@wmrf.org.au ♥



Victoria Kastoun and son Anthony at NICU

SAVE THE DATE



Join us for a glass of wine in the evening of **20th September 2017** at The Westmead Institute building, to learn more about the vision for radiation therapy, including radiation labs, patient experience, and a visit to The Crown Princess Mary Cancer Centre to see first-hand the latest technology in radiation therapy.

For more information or to RSVP, please contact Alison Whittaker on 02 9845 9019 or by email alison.whittaker@wmrf.org.au. ♥