

# The Font



ST VINCENT'S  
HOSPITAL  
MELBOURNE



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25 and still  
going strong

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Our changing  
campus

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A celebration of  
science and research



## Message from the CEO

St Vincent's has a long history of research that leads to transformational clinical outcomes for our patients. In this edition of *The Font* we meet Jeanette and John Caldwell, who became the first Victorian spouses to take part in a kidney transplant, when John donated a kidney to his wife Jeanette.

The procedure, performed here at St Vincent's 25 years ago when organ transplantation was still in its infancy, was a shining example of the skill, dedication and innovation displayed by our staff to this day. The procedure allowed Jeanette to live a full and healthy life – a quarter of a century later Jeanette continues to have near perfect kidney function.

St Vincent's recently signed a new 20 year Health Services Agreement (HSA) with the Victorian Government, ensuring the continuation of our life-changing care to Victorians.

The agreement provides the security to allow us to continue to grow our services under the direction of SVHA's bold enVision2025 strategic plan, and positions the hospital to achieve long term growth, sustainability and success.

The previous HSA, signed in the same year that Jeanette received her new kidney, paved the way for the construction of the Inpatient Services Building, which now sits proudly at the centre of our Fitzroy campus.

The skill, dedication and innovation of our researchers and clinicians was on display in August during Aikenhead Centre for Medical Discovery (ACMD) Research Week, when we came together to celebrate the work that will continue to change lives in the years ahead.

The next frontier in patient-focussed medical research is biomedical engineering. St Vincent's and our ACMD partners are showing that we are at the cutting edge of this field, with the creation of a 3D biofabrication facility here on campus. The facility will be Australia's first robotics and engineering suite embedded within a hospital. When it opens in October, it will showcase the life-changing developments that can be achieved when the best surgeons, engineers, biologists, robotic experts and the latest in 3D printing technology are brought together under one roof.











The future of biomedical engineering is limitless. Over the next 20 years, advances will be made to rebuild joints damaged by cancer, create mechanical limbs that have the sensation of feeling and implant 3D printed organs into patients.

St Vincent's will be at the forefront of these advancements as we continue to take steps to realise our vision for the ACMD.

Please enjoy this edition of *The Font*.

Susan O'Neill  
Chief Executive Officer  
St Vincent's Hospital Melbourne

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St Vincent's Hospital Melbourne is proud to be part of the St Vincent's Health Australia group, which is the second largest health and aged care provider in the country. SVHA's mission is to bring God's love to those in need through the healing ministry of Jesus. We are guided by the values of compassion, justice, integrity, and excellence.





## 25 years and still going strong

In 1991, Jeanette and John Caldwell made medical history by becoming the first married couple in Victoria to undergo a kidney transplant, a ground-breaking procedure performed right here at St Vincent's Hospital Melbourne.

Jeanette was born with a kidney condition. 'It wasn't detected until I was 22 years old. By the time it was detected the damage was done,' she says.

Jeanette successfully managed her condition for 10 years through special diets, but eventually her kidneys couldn't cope, and Jeanette was told she required dialysis. St Vincent's staff decided to test family members to see if they were a match for a kidney transplant.

**'Our understanding of the procedure and the chances of success were significantly lower than they are today.'**

'My mum would have been a match, but unfortunately she had a sickness when she was younger which had scarred her kidneys. That's when my husband John noticed my blood type and jokingly said 'that's my blood group!' and so it was decided to have him tested,' Jeanette says.

'To our surprise he proved to be a match.'

Nephrologist and transplant specialist Dr Hilton Gock says that back in 1991, organ transplants were still in their infancy.

'Our understanding of the procedure and the chances of success were significantly lower than they are today. Extensive research and development has seen great advances in reducing transplant rejection, but further research needs to be conducted to achieve success on a larger scale.'

The operation was performed by two of St Vincent's leading surgeons – the Vellor brothers. Ivo Vellor removed the donor kidney from John and Dominic Vellor transplanted John's kidney into Jeanette.

At the time no one knew how long John's kidney would last, but it turned out to be a match made in heaven. 25 years after her operation Jeanette continues to have near perfect kidney function.

Extensive research and development has seen great advances in successful organ transplants of today, but more research is needed.

'Unfortunately, not all patients are as blessed as Jeanette and suffer organ rejection or ongoing health issues. The research we're conducting now is to try and understand what affects the outcomes for transplant and dialysis patients,' Dr Gock said.

'I have been in the care of St Vincent's for over 35 years and I am still here today thanks to their ongoing care and support. I can't thank them enough,' Jeanette says.

You can join us in celebrating 25 years of Jeanette's and John's successful operation by showing your support to post-transplant research to aid prolonging organ transplants and furthering the medical procedures of tomorrow.

Above left: Jeanette and John Caldwell.  
Above right: Dr Hilton Gock.



# Our changing campus

The St Vincent's Fitzroy campus has been the site of a number of construction projects over the past 12 months, the most noteworthy being the GenesisCare Radiotherapy works, which has been prominently emerging in the central courtyard. Excitingly, the project has now come to fruition, with the radiotherapy centre seeing its first patients in mid-August.

With the 3D fabrication facility – the first phase of the Aikenhead Centre for Medical Discovery – under construction and a landscaped park on the old Druids Wing site also in development let's take a moment to show the changing face of our campus.



## The next frontier of bionic research

Imagine a future in which joints and limbs damaged through cancer or trauma could be rebuilt. Where the best surgeons, biomedical engineers, biologists and robotics experts come together under one roof to give patients faced with amputation a fully functioning limb so they can walk, work or hold a loved one again.

St Vincent's unveiled a vision of the future recently at a tour of the soon to be opened ACMD Biofabrication Centre, a state-of-the-art facility that will showcase the true potential of the Aikenhead Centre for Medical Discovery (ACMD).

The Biofabrication Centre will be Australia's first robotics and biomedical engineering centre embedded within a hospital. Researchers, clinicians, engineers and industry partners will work alongside each other with a vision to build biological structures such as organs, bones, brain, muscle, nerves and glands; almost anything that requires repair through disease and physical trauma.

A touring party of leading ACMD partners included St Vincent's Professor of Surgery Peter Choong, a staunch supporter of the collaborative philosophy at the very core of the ACMD.

'The facility will bring platform services together, in the form of molecular and cellular biology, bio-reactor work, tissue engineering, bio-printing and commercial services, into one space — a shared space where most of the walls are glassed, which is a very simple way of breaking down silos and opening up opportunities to share ideas or start new collaborations,' Prof Choong said.

Collaboration is a key aspect of the layout of the Centre. The facility will be comprised entirely of 'hot spaces', meaning all disciplines will need to share.

'That's the principle of what we are trying to achieve. We have to share the ideas, we have to share the technology, and people move in and out,' Prof Choong said.

Prof Choong says the space is a vital step in realising the ACMD, a hub that will fuse medicine, engineering, science and industry to realise powerful economic, patient and healthcare outcomes.

'Eighteen months ago, we discussed the prospect of creating a showcase space that will illustrate the bigger picture of bringing people together and doing it well. By investing \$3 million into this facility, we can show the world just what could be possible with \$300 million,' Prof Choong said.

'It's going to be a fantastic showroom – where we can really demonstrate two or three key projects and the promise of more, to get other people as excited by our vision as we are.'

Positioning a biofabrication facility in the Clinical Sciences Building, opposite the hospital, is fundamental too, because it locates research right next to the coal face, bringing clinicians and scientists together. It's also right next door to the Clinical School, connecting it to the clinicians of tomorrow.

At the centre of the communal area will be a coffee machine, where researchers and engineers can gather and percolate ideas.







## Introducing GenesisCare

St Vincent's now offers comprehensive cancer care on site at our Fitzroy campus with the addition of a new radiation oncology service that will provide immediate access to essential radiotherapy treatment for all patients, whether publicly or privately referred.

The state of the art service, which opened in August, is operated by GenesisCare, Australia's largest provider of radiotherapy services. It provides immediate access to leading edge, contemporary radiation oncology for patients experiencing cancer.

Director of Cancer Services, Associate Prof Sue-Anne McLachlan says that the multi-million dollar facility provides a great boost to the cancer care currently provided at St Vincent's, making it truly comprehensive.

'Previously patients were referred to receive their radiation therapy at Peter MacCallum or other external facilities,' Sue-Anne explains.

'Now, our Cancer service incorporates all diagnostic and treatment facilities, allowing patients with multi-disciplinary treatment plans to be managed in a single location.'

The GenesisCare Radiation Oncology Centre is located on the basement level of Building C, 41 Victoria Parade. All patients, publicly or privately referred are able to access this new service and car parking is free for patients receiving treatment.

### Contact details:

GenesisCare Radiation Oncology Centre at St Vincent's Hospital  
Basement Level, Building C  
41 Victoria Parade  
Fitzroy VIC 3065

T: 9427 6500

F: 9427 6510

E: [svreception@genesiscare.com.au](mailto:svreception@genesiscare.com.au)

W: [genesiscare.com.au/stvincentsmelbourne](http://genesiscare.com.au/stvincentsmelbourne)

## Making space for new discoveries

Last year the old Druids' Wing on Victoria Parade was demolished. It was the first step in St Vincent's preparations to build the Aikenhead Centre for Medical Discovery.

The ACMD, to be built on the site of Druids' Wing and Building E (Aikenhead Wing), will be Australia's first biomedical engineering research and education centre on a hospital campus.

While federal funding is being secured to complete the \$180m required to begin construction, the site has been landscaped and is now a temporary park with grass, trees, seating and lighting.

The park provides a calming place for patients, visitors and staff to relax and will remain until construction work begins for the ACMD.



The staff on the 4th floor were absolutely amazing, so kind, helpful, truly wonderful, not only to the patient but the family as well. They even organised a surprise Birthday cake for my Dad, couldn't rate you guys high enough, well done on taking your care to the next level, your amazing and it was very much appreciated!

Jane Carty



@StVincentMelb

ACMD proudly announces landmark industry agreement with Stryker after signing MoU today [youtu.be/8pGIM77sOtY](https://youtu.be/8pGIM77sOtY) #ACMDResearch #StVincent

## Tao's miraculous recovery



In March 2011, Vietnamese seminarian Tao Pham was admitted to St Vincent's for 40 days for a tetanus infection following an accident.

Due to be ordained a deacon in the Catholic Church only 10 days after his admission to hospital, he sadly missed his ordination.

After he was discharged, Tao collapsed and was airlifted from Sale to St Vincent's where he remained unconscious and on life support for 50 days. When he regained

consciousness, he was paralysed, unable to walk and it was believed he would require high-level care for the rest of his life. Tao spent 688 consecutive days in the care of St Vincent's.

Tao had no income and was ineligible for financial assistance. His study visa was revoked and he faced deportation as he waited for his visa status to be resolved by the Migration Review Tribunal.

Mission Director Lisa McDonald intervened, finding a pathway through what seemed the impossible due to Tao's many complex ethical, medical, financial and visa related issues.

Together with many St Vincent's teams, Lisa arranged pro-bono legal support with a top immigration lawyer, sought reimbursement from his original visa sponsor to fund much needed equipment including an electric wheelchair and called on the wider Melbourne Catholic community for support and post-discharge accommodation for Tao.

Lisa and the Pastoral Care team listened deeply to Tao's anguish. 'When I awoke, I was absolutely hopeless,' Tao recalls. 'I was very worried about my bleak future. My idea to become a priest seemed to come to an end. I was 48 years old, had worked

with my bishop for eight years, acquired a great deal of pastoral experience and there I was – isolated, inactive and separated from my people by 7000km.

'However, drawing on his deep faith Tao continued to hope for a future where he would walk again. He never gave up on his dream of becoming a priest. Excellent holistic healthcare, personal perseverance and deep devotional prayer led to an unexpected physical and functional progress in Tao. He met his rehabilitation goals and was discharged in mid-2013.

The Mission team's efforts secured temporary accommodation for Tao, generously provided by the Redemptorist community in Kew and during this time, Tao volunteered as a Communion minister at St George's Health Service.

He now lives in a parish house in Greensborough and works in the parish. Even after his discharge and recovery Tao remains a part of the St Vincent's community.

When Mission had an opportunity to fund an additional Pastoral Practitioner, Tao was an obvious choice. Tao is now a part of St Vincent's team and is assigned to support the rehabilitation ward for five hours a week and follows up on the many Vietnamese patients we care for.

## Doing a top job in the Top End



Remote central Australia is a world away from inner city Fitzroy – but a hardy group of St Vincent's physiotherapists have swapped the office for the outback, in an adventurous work opportunity.

They have spent four months in the Northern Territory, on a community health rotation, bringing physiotherapy services to remote communities.

Under an agreement between St Vincent's and the NT Government, the Melburnians are based in Katherine, but spend their time on the road, visiting communities of mainly Aboriginal people situated up to eight hours away.



## Team St Vincent's run for a good cause

On a cold Sunday morning in July, among the thousands of participants at Run Melbourne, was a team of ambitious fundraisers representing St Vincent's Hospital in support of a very important cause.

If you're a regular reader, you will be familiar with Claire Tarr, our patient ambassador who signed up to Run Melbourne. Claire set an ambitious target and has been fundraising for a cause close to her heart.

Claire is being treated for Idiopathic Pulmonary Arterial Hypertension (IPAH), a rare, progressive and unfortunately deadly disease affecting her heart, lungs and arteries. Claire's goal (which has seen a dramatic increase due to the support she has received) is to raise \$8,000 for St Vincent's Hospital and research into her condition, and she is delighted with how much she has raised so far.

Claire took part in Run Melbourne for the first time back in 2010, but at that time, with no knowledge of her condition, it was a vastly different experience. This year she took to the track with great enthusiasm, but also with caution and restraint understanding her condition was going to limit her ability to comfortably cross the finish line.

With her closest friends and family by her side, Claire said she was overjoyed at her accomplishment.

'It might look like a casual stroll for most, but for me it felt like I'd just completed a marathon,' Claire says. 'I might not know what my future holds, but hopefully with further research into IPAH, the future of others will be that much brighter.'

**St Vincent's would like to thank and congratulate Claire, her family, other Team St Vincent's participants, and all who have donated to the cause.**

You can donate to Claire and research into IPAH until 31 August. Text 'CLAIRE' to 0400 807 807 or phone 9231 3365.

[runmelbourne2016.everydayhero.com/au/Claire-pah-let-s-find-a-cure](https://runmelbourne2016.everydayhero.com/au/Claire-pah-let-s-find-a-cure)



Now in its eleventh year, the program has worked successfully with many of St Vincent's physiotherapists including Andrew Lim, Michaela Ronke and Brice Summers (pictured) seeing it as a career highlight.

'It's like you're in a different country. It's completely different from anything you will ever see in Melbourne. And you learn so much about yourself too,' Michaela says.

While physiotherapists deal mainly with mobility problems, helping people live as independently as possible, the NT rotation demands a much broader set of skills.

'You become a jack of all trades,' Michaela admits. 'But it's good for you as a physio because you become appreciative of all the other disciplines.'

Andrew Lim says he's found himself repairing equipment, among other things. 'You do whatever needs to be done including aged care assessment, care strategies, paediatric assessment and even helping out with clients' Centrelink.'

Brice Summers says it gave him an insight into the Top End. 'People can talk about it without going out there and seeing it, but you don't have a real understanding of it unless you are there.'

The challenges of working in rural and remote communities are many, but the trio embraced them, knowing that the scheme only allows each person to take part just once – which made the experience all the more valuable.



Looking good gang!  
Madeleine Curran



# A celebration of science and research

Research on St Vincent's campus continues to go from strength to strength, and researchers and clinicians joined together to share their successes at the annual Aikenhead Centre for Medical Discovery (ACMD) Research Week.

This year's program was varied, interesting, with many events standing room only. The opening event set the tone, with engaging speeches, particularly by Australia's next Chief Medical Officer, Professor Brendan Murphy, who reminisced about his time as a St Vincent's clinician and researcher.

The Parliamentary Secretary for Medical Research, the Hon. Frank McGuire MLA, officially launched proceedings the same evening, viewing the posters on display and speaking with researchers about their work.

In its second year, the Public Debate proved to be a highlight, with a panel of eminent observers offering solutions to the question – 'Why does sport, not science, get all the attention?'

With the Rio Olympics in full swing, it was an opportune time for scientists to argue the merits of science over sport, while comedian Rod Quantock did his best to distract and divert the argument at every opportunity – much to the delight of the audience!

Dr Brian Liddicoat was awarded the annual TJ Martin Medal for his PhD thesis 'The Role of ADAR1 in Haematopoiesis and Leukaemia'.

The Research Week Art Prize was another celebration of creativity and science. Pauline Dewar won the ACMD Research Week Art Prize, for her work, 'Cultured'.

Congratulations to all our stellar researchers, who participated in the week, whether via their posters, in support of their colleagues, or by going to many of the events on campus.

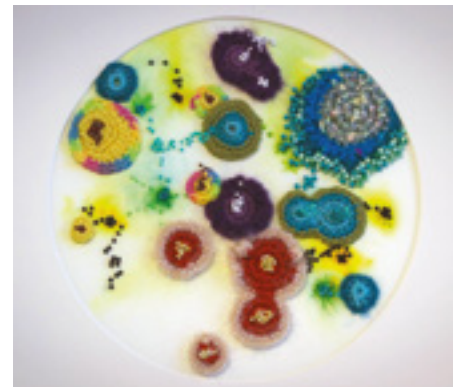


@StVincentMelb

Why sport, not science,  
gets all the attention?  
#ACMDResearch #StVincent

Above: Dr Brian Liddicoat with Prof TJ Martin.

Bottom right: 'Cultured' by Pauline Dewar.



Top: (from left) Dr Megan Robertson, Prof Mark Cook, Prof Brendan Murphy, Brenda Shanahan, the Hon. Frank McGuire and Susan O'Neill.

## Why does sport, not science, get all the attention?



'There is a massive machine working constantly on all of us from the world of sport saying "how do we impact on the wider world?" We need to have that discipline inside the scientific community to take seriously the task of engaging with the public.'

Simon McKeon AO,  
Chancellor of Monash University



'I'd argue that scientists are undoubtedly heroes, they have transformed the way we live and they save lives on an unprecedented scale. We just have a major image and PR problem.'

Professor Sharon Lewin,  
Director of The Peter Doherty  
Institute for Infection and Immunity



## Meet our new Director of Haematology – leading a team focusing on blood cancer

In a professional sense, you could say he's gone full circle. Having begun his medical career with us as an intern and then spent his first years as a doctor at St Vincent's Hospital in Melbourne, Dr Constantine Tam has returned to St V's as the Director of Haematology.

In the years in between, Dr Tam has built an impressive clinical history, specialising in haematology at the Alfred and Peter MacCallum hospitals, before heading to the U.S. In the states he worked in the world's largest cancer centre, the M.D. Anderson Cancer Centre in Texas. Dr Tam describes the experience as invaluable, but says he found the Texan environment somewhat harsh, and resisted the offer to stay longer, keen to return home to Melbourne, where he also has an appointment with the Victorian Comprehensive Cancer Centre.

Dr Tam is very proud to head a unit he describes as being staffed with the most enthusiastic and skilful doctors. 'We have a very busy practice, with a growing clinical trials unit that is doing some very exciting things.'

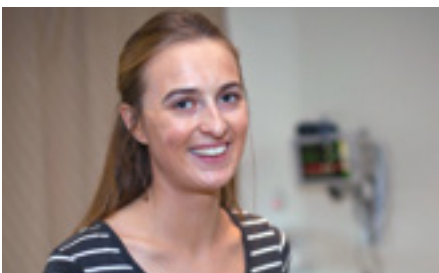
'We should be recognised as a leader in delivering the best treatment available for blood cancers, not only for standard treatments, but also in up and coming new therapies. For most of our patients, the best treatments are not the currently licensed ones, but are the drugs that are still in development, that are so exciting they are clearly superior to the traditional treatments. It is extremely rewarding to be able to make those opportunities available for our patients, both for the benefit of the patients, and to advance medicine in general.'

'St V's has a very bright future as a premier haematology blood cancer unit – not only in Victoria, but in Australia. I really want to have a hand in guiding the development of this unit.'



Above: St Vincent's new Director of Haematology, Dr Constantine Tam.

## The Sister's enduring legacy



**Occupational therapist Niamh Lane started working at St Vincent's in March this year, five months after arriving in Australia from Ireland.**

The job is giving her the chance to continue a family connection to the Sisters of Charity that goes back three generations..

'Coming to St Vincent's for the first time for the interview, I felt at home straight away,' Niamh says 'And it just seemed like the right fit for me.'

Niamh's Great Grandaunt was a Sister of Charity in Ireland who worked as a nurse at St Vincent's Hospital in Dublin for decades.

'Sister Mary Canisius O'Keeffe was a visionary and a constant advocate for the improvement of the provision of health care to the poor and vulnerable,' she says.

But the family connection to Sisters of Charity ran deeper than Sister O'Keeffe; before coming down under, Niamh worked at Marymount hospice in Cork, which was also founded by the order.

Both Niamh's grandfather and father served on the hospice's board, making contributions to its development.

After completing her degree, Niamh became the first occupational therapist at the hospice.

'The ethos of the hospice was providing holistic patient-centred care to palliative patients, and it was something that I was really keen to try and provide,' she says.

'There is a great Occupational Therapy department here at St Vincent's with a hugely experienced staff. It's lovely working in this environment with people who value our profession and also value the patients we are working with.'

Niamh's passion for occupational therapy is unmistakable and she is proud of the unique role occupational therapists play in helping to make patients as independent as they can be.

'When you can advocate for the patient in that way and when you make sure that they are able to go back to their daily life, then it is hugely fulfilling.'



## Touchpad technology adding a new dimension to aged care

**St Vincent's has recently piloted iPads and Samsung tablets in our Aged Care facilities, in a bid to assess the effectiveness of technology to combat boredom.**

St Vincent's is a major provider of aged care to people with dementia and mental health issues whose behaviours may not be managed in mainstream residential care. Thanks to the generous support of the Mazda Foundation, St Vincent's Aged Psychiatry and Occupational Therapy teams have recently piloted the touchpad tablets as a novel source of engagement amongst these residents.

Project manager Dr Samantha Loi has been particularly pleased with the results.

'From previous experience we knew that we'd need to do a lot of preparation before introducing the technology to the residents. This included meeting regularly with the staff at each facility to find out what applications or apps the residents might enjoy and how

we could support the staff to ensure introducing this technology wouldn't be a burden on their time when they are already very busy.'

Over 12 weeks, Auburn House, Riverside House and Prague House received the tablets, each with a wide range of apps available for residents to use. While the technology was initially a challenge for many residents, a substantial number began regularly using some of the apps. The most popular apps were: a talking ginger cat that could also be combed and washed, 3D bowling and solitaire. The 3D bowling app also reminded some of the residents of their own bowling experiences, and a group of residents engaged in some enjoyable competition as they played this on a regular basis.

'Introducing this technology appeared to reduce the levels of isolation amongst some of the residents and also encouraged them to talk to each other and with the staff,' said Dr Loi. 'It also enabled staff to get to know residents more including their present and past interests and their earlier life.'

At the end of the project the iPads and tablets remain with each facility and continue to be used. We are very grateful to the Mazda Foundation for their generosity in making this project possible.

**'Introducing this technology appeared to reduce the levels of isolation amongst some of the residents.'**



@StVincentsMelb

Here is how organ donation changed the life of one of our patients: [youtu.be/5zJJEBdkopY](https://youtu.be/5zJJEBdkopY) #DonateLife #endthewait and register today



### Meet our patients

Gracing the cover this edition is St Vincent's patient Fr Anthony Guelen.

'The nurses have tremendous dedication to patients and they always deal with their patients in a very caring, loving and understanding way. I have been looked after very well and I'm very grateful.'



### Entertainment book

The 2016/17 Entertainment Book™ is now available for purchase as either a book or as a digital membership. For just \$65 members will receive up to 50% off and 2-for-1 offers for many popular restaurants, attractions, shopping, travel and more.

For every Entertainment™ Membership sold through St Vincent's Hospital Melbourne, 20 per cent goes towards fundraising. The more memberships sold the more St Vincent's Foundation raises. You can buy an Entertainment Book™ membership (for all states and territories) online at [entertainmentbook.com.au/orderbooks/9137w47](http://entertainmentbook.com.au/orderbooks/9137w47).

**For more information please contact Nina Reed on 9231 3365, or email [nina.reed@svha.org.au](mailto:nina.reed@svha.org.au)**



## Meet our people



'My role involves going to different parts of the hospital and I always feel welcomed wherever I go. I love everyone's energy and passion which makes coming to work an enjoyable experience.'

**Shannon Nelson,**  
Nurse Workforce  
Recruitment Advisor



'I work at Prague House and we provide St Vincent's residential care for 45 homeless or disadvantaged people. It is a wonderful place to work because you feel like part of a family as the residents rely so much on all the staff members for support and compassion.'

**Sylvia Robertson,**  
Administration Assistant

# Fighting the good fight

St Vincent's has a long and proud tradition of working with the community to deliver world class healthcare to people in need. Four years ago, two members of St Vincent's Foundation Council, Kate McGrath, Channel Nine News Chief-Of-Staff and Sarah Kennedy, Partner at Derwent Executive, established a group of women called the Sisterhood to raise much needed funds for the hospital.

This year's event was an afternoon in May, at Fenix Restaurant in Richmond. 250 women gathered for an unmissable lunch, followed by an afternoon of information and entertainment. In just a few hours over \$33,000 was raised for a new Art and Music Therapy Program at St Vincent's Mental Health Unit.

Among the speakers at the event were Professor David Castle, St Vincent's Chair of Psychiatry, Jo Stanley and Amber Petty. Stanley, the Gold FM breakfast co-host, told how early in her radio career she suffered anxiety.

'People thought I was being aloof and a bit snobbish but at the same time I didn't know how to deal with it,' she said. 'All I did was cry and sleep. Anxiety comes from an understanding that you don't know who you are, that you've lost that sense of self.'

Entertainment included Australian composer and pianist Gemma Turvey from New Palm Court Orchestra and TV presenter Gorgi Cogan.

Social isolation can be one of the most debilitating effects of mental illness. The Art Program, guided by a trained art therapist, encourages participants to use a range of materials to produce drawings, paintings, sculptures and collage. After a pilot program, participation was found to improve social and mental wellbeing and participants learnt creative skills, which promotes empowerment and self-sufficiency and help their long-term recovery.

**'Social isolation can be one of the most debilitating effects of mental illness.'**

Further funds are needed to continue and expand the Art and Music Therapy Program for people experiencing mental illness.

On behalf of St Vincent's we would like to thank the Sisterhood committee, those who attended the event and donated to the cause, and to our generous sponsors. If you'd like to donate to St Vincent's Mental Health Arts and Music Therapy Program please contact Foundation on 9231 3365.

## Text to donate

St Vincent's is pleased to introduce 'Text to donate', a simple new way to support our hospital. With mobile phones playing a major role in our lives, supporters now have the ability to donate from their mobile.

Simply text the relevant keyword included in our promotional material to 0400 807 807. You will then receive a message – simply follow the prompts to complete your donation.

Donating by text message is a quick and easy way to support St Vincent's Hospital and helps us to further improve the care we provide for all of our patients.

**Try it now! Text 'NEWS7' and follow the prompts to complete your donation.**

# Peddling goodwill and powering change for St Vincent's

From 1 September cyclists across Australia saddled up to take part in The Great Southern Crossing, a virtual cycling event like no other.

An exciting 28-day challenge event, St Vincent's staff, doctors, nurses, patients and teams across our community are off to a flying start, peddling goodwill and powering change for St Vincent's Hospital. They are competing with teams across the nation, building awareness of St Vincent's Hospital and battling it out for a place on top of the leader board. All fundraising efforts from the event will be invested in Bionics Technology.

## Turn dreams into reality – Fundraising to Invest in Bionics Technology

Disorders such as cancer, trauma and degeneration cut lives short and reduce quality of life and the ability to live independently. Our vision is to create a dedicated hub – the Biofabrication Suite – bringing together medicine, engineering, science and industry to revolutionise how we approach medical solutions to these chronic health problems.

The ability to build organs, bones, nerves and even muscle – to literally replace body parts – will deliver life-changing opportunities for our patients!

'Going from the possibility of an amputation to where you preserve the limb on account of one (replacement) bone is rewarding if you can achieve it,' says Professor Peter Choong, Director of Orthopaedics at St Vincent's.



'Scientific advances have allowed us to consider 3D printing of bones. We printed a heel...that's an example of how science and research is transforming healthcare.'

## Accelerating discoveries together!

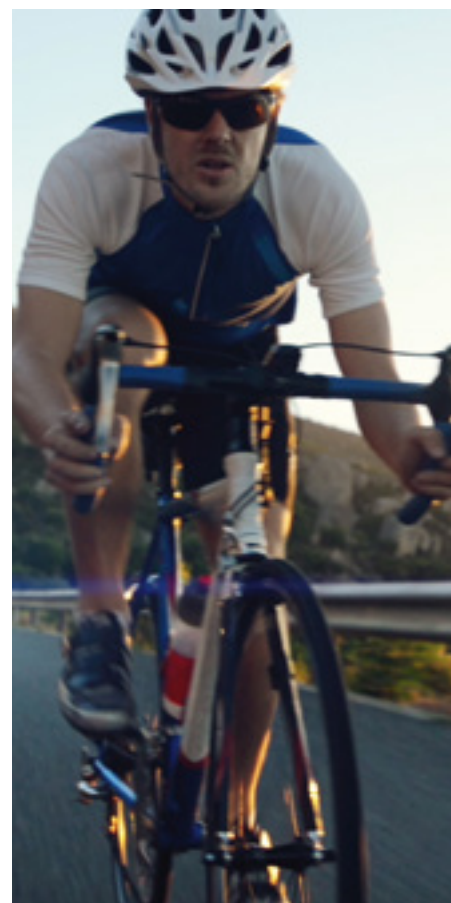
St Vincent's has a great tradition of excellence and innovation and with your fundraising support we can help revolutionise patient treatment through total limb reconstruction and nerve and muscle regeneration at the 3D biofabrication facility.

## Donate in support of one of our outstanding cycling teams today at:

[www.greatsoutherncrossing.com.au/st-vincent-s-melbourne](http://www.greatsoutherncrossing.com.au/st-vincent-s-melbourne) or text 'GSC' to 0400 807 807.

You can watch our teams progress as they work their way up the leader board at [www.greatsoutherncrossing.com.au](http://www.greatsoutherncrossing.com.au)

**For more information  
contact Reahn Aitchison in  
Foundation on (03) 9231 5535 or  
[reahn.aitchison@svha.org.au](mailto:reahn.aitchison@svha.org.au)**



**ST VINCENT'S  
HOSPITAL**  
MELBOURNE

PO Box 2900 Fitzroy  
VIC 3065 Australia  
(03) 9231 2211  
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